



2012 Golden Bear Track & Field

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Golden Bears Set for Inaugural Pac-12 Championships

2012 Schedule

| Date | Opponent | Result |
|---------|---------------------------------|--------------------|
| 1/20-21 | at Cherry-Silver Invite * | Non-Scoring |
| 1/27-28 | at UW Indoor Invite ^ | Non-Scoring |
| 2/10 | at Don Kirby Invite * | Non-Scoring |
| 2/10-11 | at Husky Classic ^ | Non-Scoring |
| 2/24-25 | at MPSF Indoors ^ | M10th, W6th |
| 3/3 | Cal Outdoor Opener + | Non-Scoring |
| 3/9-10 | at NCAA Indoors # | W15th |
| 3/17 | at Hornet Invitational ♦ | Non-Scoring |
| 3/23-24 | at Johnny Mathis Invite & | Non-Scoring |
| 3/31 | at Jim Click Invite = | 1st |
| 4/6 | at SFSU Distance Carnival & | Non-Scoring |
| 4/6-7 | at Stanford Invite % | Non-Scoring |
| 4/14 | Stanford (Big Meet) | M2nd, W2nd |
| 4/27-28 | Brutus Hamilton Invite + | non-scoring |
| 4/29 | at Payton Jordan Invite % | non-scoring |
| 5/5 | at Sac State Open ♦ | non-scoring |
| 5/12-13 | at Pac-12 Championships ** | All Day |
| 5/24-26 | at NCAA West Preliminary > | All Day |
| 6/6-9 | at NCAA Championships ! | All Day |

* Albuquerque, NM = Tucson, AZ
^ Seattle, WA & San Francisco, CA
+ Berkeley, CA % Stanford, CA
Nampa, ID ** Eugene, OR
♦ Sacramento, CA ! Des Moines, IA
> Austin, TX

Home Meets in Bold at Edwards Stadium

Head Coach Tony Sandoval

With more than 35 years of experience coaching collegiate track & field, Tony Sandoval is in his 30th season as a member of the Cal coach staff and fourth overseeing the men's and women's programs as Director of Track & Field.

Sandoval initially came to Cal as head women's coach in 1983 and served in that capacity for nine years before the men's and women's teams combined into a single entity, serving as associate director of track & field from 1992-2007. In addition, Sandoval, who specializes in coaching the Golden Bear runners in the 800 meters and above, is Cal's head cross country coach.

Edwards Stadium/Goldman Field

Edwards Stadium/Goldman Field is home to the Cal track & field and team and has witnessed 12 world, 26 American and 24 collegiate records. The facility opened in 1932 as the only stadium in the world built for track & field use only, and has since hosted eight NCAA championship meets and eight Pac-10 Championships, among many others.



THIS WEEK IN CAL TRACK & FIELD: The Golden Bears head to Hayward Field in Eugene, Ore., for the inaugural Pac-12 Championships Saturday and Sunday, partaking in a field that includes four ranked teams on the men's and women's sides of the ledger.

Cal enters the meet with its greatest depth in the jumps, especially in the men's long jump where the Bears hold four spots in the conference's top 10. Hammed Suleman's 25-5.25 from the Jim Click Shootout in late March ties for the best effort in the Pac-12 so far this year, while Jonte Grant (4th, 25-0.50), Taylor Kientzel (7th, 24-4.25) and Chase Wheeler (10th, 24-1.75) are all among the league leaders. Malaina Payton, owner of the Cal freshman record from the 2010 season, is second in the Pac-12 in the women's long jump with a wind-aided 21-6.25 from the Big Meet.

Two Bears are ranked in the men's and women's triple jump – men: Suleman (3rd, 52-1.25) and Chad Jones (10th, 50-2.50); women: Amanda Hunter (5th, 41-9.25) and Aziza Baker (6th, 41-8.75). In the high jump, Cal boasts three athletes with seven-foot clearances in Brian Carmichael (7-2.25), Nick Ridge (7-0.50) and Harrison Steed (7-0.25).

Deborah Maier leads the Pac-12 in the women's 10,000m (32:12.47), but she will more likely run the 5000m, where her 15:29.24 from the indoor season rates No. 2 on the league list. Other Bears in the top five are: Collin Jarvis (3rd, men's 3000m steeplechase, 8:54.06); Taylor Bryson (3rd, women's 3000m steeplechase, 10:19.73) and Derek White (4th, men's discus, 180-8).

Fox Sports Net will air a two-hour tape delayed show at a time to be announced. Please check local listings for the broadcast in your area.

MAIER SETS PAC-12 RECORD IN 10,000: Junior Deborah Maier, an All-American in both cross country and indoor track this season, waited until the Payton Jordan Invitational April 29 to make her outdoor debut. And just over 30 minutes after stepping onto the surface at Stanford, she completed the 10,000 meters in record-setting fashion. Maier's time of 32:12.47 not only made her the No. 3 10K runner in NCAA history, but she broke both the Pac-12 mark and a 27-year-old Cal record in the event.

Competing in a field full of experienced national and international runners, Maier placed 12th overall, but was the top collegian in her first attempt at the distance. Kirsten O'Hara set the old Cal mark of 32:40.76 in 1985, while the previous conference record was 32:19.97 by Stanford's Alicia Craig in 2004. As a result, Maier was tabbed the Pac-12 Female Outdoor Athlete of the Week.

Top 10,000-meter Runners in NCAA History

| | | |
|-------------------------------|----------|------|
| 1. Lisa Koll (Iowa State) | 31:18.07 | 2010 |
| 2. Sally Kipyego (Texas Tech) | 31:25.45 | 2008 |
| 3. Deborah Maier (California) | 32:12.47 | 2012 |

BRUTUS HAMILTON INVITATIONAL RECAP: Two near-perfect days greeted competitors at Edwards Stadium for the annual Brutus Hamilton Invitational April 27-28, and several Golden Bears posted notable achievements during the two-day meet. In particular, Angelica Weaver ran a lifetime-best 58.37 in the 400m hurdles to move to third on Cal's all-time performer list, and Harrison Steed showed off his return from hip surgery in clearing 7-0.25 in the high jump. In addition, Taylor Bryson had a 20-second improvement in the women's 1500m, winning in 4:20.81, and Charnell Price became the school's No. 4 all-time performer in the 100m (11.67).

MORE FROM THE PAYTON JORDAN: In addition to Maier's performance, several other Golden Bears had impressive showings at the Payton Jordan Invita-

tional. Chelsea Reilly, Cal's record-holder in the indoor mile and 3000m, ran the No. 3 5000m time in school history (15:57.53) in her first outdoor race of the year; Scott Esparza set a PR in the men's hammer (197-10); Alima Kamara ran her fastest 400m in two years (53.87), which was nearly a second ahead of her time at the Brutus Hamilton meet a day earlier; and Taylor Bryson improved on her 1500m time to 4:20.35.

BEARS IN THE TOP 25: The Bears have several individual ranked among the top 25 nationally in their specialties, including Hammed Suleman, who is 10th in the men's long jump (25-5.25) and 16th in the men's triple jump (52-1.25). Others in the top 25 are: Deborah Maier (1st, women's 10,000m, 32:12.47), Malaina Payton (6th, women's long jump, 21-6.25), Brian Carmichael (10th, men's high jump, 7-2.25), Collin Jarvis (16th, men's 5000m, 13:42.31) and Chelsea Reilly (18th, women's 5000m, 15:57.53).

LINDA OSESO'S 3 MEETS IN 2 DAYS: While the rest of her teammates were taking last week off from competition the third week of April, senior Linda Oseso stayed plenty busy with a full weekend that included appearances in three meets in three different cities. She began by posting a distance of 182-3 in the hammer at the Brian Clay Invitational held at Azusa Pacific on Thursday, April 19. Oseso then started her Friday with a PR 189-10 during a fourth-place finish at the Beach Invitational in Long Beach. Later that same day, she improved her lifetime best in the hammer to 193-8 at Mt. SAC, which extended her own Kenyan national record in the event.

TRACK & FIELD RECOGNIZED AT ACADEMIC HONORS LUNCHEON: Several members of the Cal track & field team were lauded at Cal's annual Student-Athlete Academic Honors Luncheon held May 3. Linda Oseso was a double-winner, receiving the Walter A. Haas Jr. Community Service Award for her volunteer efforts with Bear SAAC and a \$5,000 Oscar Geballe Postgraduate Scholarship. Oseso is an interdisciplinary studies major with an emphasis in global health and society with a minor in global poverty. In addition, Maxime Chevee, a molecular and cell biology major, received both Pac-12 and Oscar Geballe postgraduate scholarships. Bob Riestenberg (men's cross country), Dan Davis (men's track & field), Chelsea Reilly (women's cross country) and Nicole Larson (women's track & field) all earned Golden Bear Achievement Awards for having the highest cumulative GPA on their respective teams.

LOOKING BACK AT THE 2011 PAC-10 MEET: Ray Stewart won the men's 110m hurdles and Cal posted six top-three finishes at the 2011 Pac-10 Championships held in Tucson, Ariz. The Cal men placed ninth at the meet, with the Golden Bear women eighth. Stewart prevailed in the hurdles in a PR 13.48 to give the Bears their lone win. In addition, Brian Carmichael took second in the men's long jump in a then-PR 7-1.50, while Tracey Stewart was runner-up in the women's triple jump (42-4.25). In addition, Alison Greggor (36:00.24, 10,000m), Kristen Meister (5-10.75, HJ) and the 4x100m relay (Emani Truluck, Alima Kamara, Kayla Dixon and Cherrelle Garrett, 45.02) each took their in their respective events. Of that group, only Truluck and Kamara are back in 2012, as Stewart is redshirting this season due to a knee injury suffered during the indoor campaign, with the others having graduated.

ALL-AMERICAN BEARS: Six Golden Bears earned a total of nine All-America certificates for their performances at the NCAA Indoor Championships March 9-10 - the most ever for the school at the national indoor meet. Junior Deborah Maier, who posted runner-up finishes in both the 3000m and 5000m, received two first-team honors, while the other Cal competitors earned second-team status - Chelsea Reilly (3000m, distance medley relay), Sofia Oberg (800m, DMR), Angelica Weaver (DMR), Taylor Bryson (DMR) and Malaina Payton (long jump).

ALL-TIME PERFORMER UPDATES: A number Golden Bears have recorded marks this spring that have either placed them among Cal's all-time top-10 performers or improved their standing on the lists:

| <i>Men</i> | <i>Event</i> | <i>Mark</i> | <i>Rank</i> | <i>Women</i> | <i>Event</i> | <i>Mark</i> | <i>Rank</i> |
|-------------------|---------------------|--------------------|--------------------|---------------------|---------------------|--------------------|--------------------|
| Matt Miller | 3000m | 8:13.43 | 10th | Charnell Price | 100m | 11.67 | 4th |
| Collin Jarvis | 5000m | 13:42.31 | 4th | Carisma Lyday | 100m | 11.73 | 6th |
| Matt Miller | 10,000m | 29:30.92 | 5th | Charnell Price | 200m | 23.85 | 8th |
| Collin Jarvis | 3000m SC | 8:54.06 | 9th | Alima Kamara | 200m | 23.91 | 9th |
| Brian Carmichael | High Jump | 7-2.25 | T9th | Chelsea Reilly | 5000m | 15:57.53 | 3rd |
| Hammed Suleman | Long Jump | 25-5.25 | 7th | Taylor Bryson | 5000m | 16:05.72 | 5th |
| Scott Esparza | Hammer | 197-10 | 9th | Deborah Maier | 10,000m | 32:12.47 | 1st |
| | | | | Emani Truluck | 100m Hurdles | 13.62 | 4th |
| | | | | Angelica Weaver | 400m Hurdles | 58.37 | 3rd |
| | | | | Taylor Bryson | 3000m SC | 10:19.73 | 2nd |
| | | | | Juliana Green | 3000m SC | 11:37.62 | 7th |
| | | | | Nicole Larson | Pole Vault | 12-9.50 | 8th |
| | | | | Mackenzie Landry | Pole Vault | 11-11.75 | 9th |
| | | | | Malaina Payton | Long Jump | 20-7.75 | 5th |
| | | | | Aziza Baker | Triple Jump | 41-8.75 | 7th |
| | | | | Amanda Hunter | Triple Jump | 41-1.50 | 9th |
| | | | | Linda Oseso | Hammer | 193-8 | 3rd |
| | | | | Katie Bruzzzone | Javelin | 135-2 | 9th |
| | | | | Cheri Chan | Javelin | 131-4 | 10th |

GOLDEN BEAR NOTES: The Cal women are ranked 10th in the USTFCCCA Program of the Year rankings after taking 18th at the NCAA cross country meet and 15th at the NCAA indoor meet ... both the men's and women's cross country teams earned All-Academic recognition for having GPAs above 3.0 in the fall; in addition, Deborah Maier and Chelsea Reilly received individual academic honors ... former Cal distance runners Magdalena Lewy Boulet (10th) and Brooke Wells (19th) placed in the top 20 at the U.S. Olympic Marathon Trials in January ... over the summer, Angelica Weaver captured the USA junior title in the 400m hurdles with a time of 59.83, while Monte Corley won the 400mH crown at the Pan Am Junior Championships in a Cal freshman-record 51.21 ... Cal graduate Alysia Montano, the three-time USA 800m champion who placed fourth at the World Championships last summer, cruised to a meet-record 52.16 at the Brutus Hamilton Invitational in Berkeley April 28 ... Deborah Maier's 15:29.24 in the 5000 meters run during the indoor season is more than 17 seconds lower than the Cal outdoor record of 15:46.80 set by Kirsten O'Hara in 1985.

PAC-12 CHAMPIONSHIPS

SCHEDULE OF EVENTS

SATURDAY, MAY 12

Field Events

| <i>Time</i> | <i>Event</i> | <i>Round</i> |
|-------------|--------------|--------------|
| 10 a.m. | W Hammer | Trials/Final |
| 1:15 p.m. | W Javelin | Trials/Final |
| 1:50 p.m. | M Pole Vault | Trials/Final |
| 2:00 p.m. | M Shot Put | Trials/Final |
| 2:05 p.m. | M Long Jump | Trials/Final |
| 3:05 p.m. | W Shot Put | Trials/Final |
| 4:15 p.m. | W Long Jump | Trials/Final |
| 4:30 p.m. | M High Jump | Trials/Final |
| 4:35 p.m. | M Javelin | Trials/Final |

Running Events

| <i>Time</i> | <i>Event</i> | <i>Round</i> |
|-------------|---------------------------|--------------|
| 1:25 p.m. | M 4x100-meter relay | Trials |
| 1:35 p.m. | W 4x100-meter relay | Trials |
| 1:45 p.m. | M 1,500 meters | Trials |
| 2:00 p.m. | W 1,500 meters | Trials |
| 2:20 p.m. | M 110-meter hurdles | Trials |
| 2:40 p.m. | W 100-meter hurdles | Trials |
| 3:00 p.m. | M 400 meters | Trials |
| 3:20 p.m. | W 400 meters | Trials |
| 3:40 p.m. | M 100 meters | Trials |
| 3:55 p.m. | W 100 meters | Trials |
| 4:10 p.m. | M 800 meters | Trials |
| 4:25 p.m. | W 800 meters | Trials |
| 4:45 p.m. | M 3000-meter steeplechase | Final |
| 5:00 p.m. | W 3000-meter steeplechase | Final |
| 5:20 p.m. | M 400-meter hurdles | Trials |
| 5:35 p.m. | W 400-meter hurdles | Trials |
| 5:50 p.m. | M 200 meters | Trials |
| 6:10 p.m. | W 200 meters | Trials |
| 6:30 p.m. | M 10,000 meters | Final |
| 7:05 p.m. | W 10,000 meters | Final |

SUNDAY MAY 13

Field Events

| <i>Time</i> | <i>Event</i> | <i>Round</i> |
|-------------|---------------|--------------|
| 10:45 a.m. | W Discus | Trials/Final |
| 12:00 noon | M Hammer | Trials/Final |
| 12:05 p.m. | W Pole Vault | Trials/Final |
| 12:10 p.m. | M Triple Jump | Trials/Final |
| 1:30 p.m. | M Discus | Trials/Final |
| 1:30 p.m. | W Triple Jump | Trials/Final |
| 1:40 p.m. | W High Jump | Trials/Final |

Running Events

| <i>Time</i> | <i>Event</i> | <i>Round</i> |
|-------------|---------------------|--------------|
| 1:00 p.m. | M 4x100-meter relay | Final |
| 1:07 p.m. | W 4x100-meter relay | Final |
| 1:15 p.m. | M 1,500 meters | Final |
| 1:25 p.m. | W 1,500 meters | Final |
| 1:35 p.m. | M 110-meter hurdles | Final |
| 1:45 p.m. | W 100-meter hurdles | Final |
| 1:55 p.m. | M 400 meters | Final |
| 2:05 p.m. | W 400 meters | Final |
| 2:15 p.m. | M 100 meters | Final |
| 2:05 p.m. | W 100 meters | Final |
| 2:30 p.m. | M 800 meters | Final |
| 2:35 p.m. | W 800 meters | Final |
| 2:45 p.m. | M 400-meter hurdles | Final |
| 2:55 p.m. | W 400-meter hurdles | Final |
| 3:05 p.m. | M 200 meters | Final |
| 3:12 p.m. | W 200 meters | Final |
| 3:20 p.m. | M 5000 meters | Final |
| 3:40 p.m. | W 5000 meters | Final |
| 4:45 p.m. | M 4x400 Relay | Final |
| 4:15 p.m. | W 4x400 Relay | Final |



As of: May 7, 2012

2012 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

| Name | Mark | Date | Site | PR | Name | Mark | Date | Site | PR |
|--|----------|------|---------------|-----------|---|------------------|------|---------------|-----------|
| 100 meters (10.18a, Atlee Mahorn, 1990) | | | | | 110-meter hurdles (13.39, Larry Cowling, 1982) | | | | |
| Chase Wheeler | 10.46w | 5/5 | Sacramento | 10.62 | Chad Jones | 14.51 | 4/28 | Berkeley | 14.51 |
| Chad Jones | 10.68w | 5/5 | Sacramento | 10.91 | Idarre Coles | 16.51 | 3/17 | Sacramento | 16.51 |
| Dash Oliver | 10.86 | 4/14 | Berkeley | 10.86 | 400-meter hurdles (48.46, Larry Cowling, 1982) | | | | |
| Tom Blocker | 11.03 | 3/17 | Sacramento | 10.90 | Ryan Holmes | 55.12 | 4/28 | Berkeley | 52.91 |
| Charles Saseun | 11.05w | 5/5 | Sacramento | 10.76 | Simon Schmidt | 1:04.22 | 4/14 | Berkeley | 1:04.22 |
| Michael Bullard | 11.08 | 4/6 | Stanford | 11.08 | 3000-meter Steeplechase (8:35.37, Kevin Davis, 2007) | | | | |
| Hammed Suleman | 11.14 | 3/3 | Berkeley | 11.14 | Collin Jarvis | 8:54.06 | 4/14 | Berkeley | 8:54.06 |
| Taylor Kientzel | 11.15w | 5/5 | Sacramento | 11.47 | Simon Schmidt | 9:02.36 | 4/14 | Berkeley | 9:02.36 |
| Jonathan Berry-Smith | 11.23 | 4/27 | Berkeley | 11.23 | Chris Kigar | 9:28.10 | 4/27 | Berkeley | 9:28.10 |
| Kamron Shahbahrami | 11.41 | 3/24 | San Francisco | 11.41 | 4x100-meter Relay (39.14, Strickland/Burns/Nichols/Walker, 1975) | | | | |
| 200 meters (20.20, Atlee Mahorn, 1988) | | | | | Blocker/Wheeler/Oliver/Jones | 40.54 | 4/28 | Berkeley | 40.54 |
| Dash Oliver | 22.02 | 4/7 | Stanford | 22.02 | Grant/Wheeler/Oliver/Suleman | 41.19 | 4/14 | Berkeley | 41.19 |
| Tom Blocker | 22.06 | 4/28 | Berkeley | 21.74 | Grant/Oliver/Bullard/Jones | 41.32 | 3/31 | Tucson | 41.32 |
| Jonathan Berry-Smith | 22.23 | 4/7 | Stanford | 22.23 | Grant/Kientzel/Carmichael/Suleman | 42.54 | 3/24 | San Francisco | 42.54 |
| Charles Saseun | 22.32w | 4/27 | Berkeley | 22.32w | Grant/Kientzel/Jones/Suleman | 42.61 | 3/17 | Sacramento | 42.61 |
| | 22.60 | 4/14 | Berkeley | 22.60 | Suleman/Kientzel/Ridge/Grant | 42.65 | 3/3 | Berkeley | 42.65 |
| Michael Bullard | 22.68w | 3/31 | Tucson | 22.68w | 4x400-meter Relay (3:03.9, Wallace/Walker/Mosley/Robinson, 1976) | | | | |
| Taylor Kientzel | 24.00 | 3/24 | San Francisco | 24.00 | Berry-Smith/Holmes/Holtson/Sam | 3:16.25 | 4/14 | Berkeley | 3:16.25 |
| Kamron Shahbahrami | 24.17 | 3/3 | Berkeley | 24.17 | Berry-Smith/Holmes/Isaacson/Holtson | 3:20.21 | 4/28 | Berkeley | 3:20.21 |
| 400 meters (45.46, Peter Howard, 1985) | | | | | Bullard/Berry-Smith/Holtson/Shahbahrami | 3:24.69 | 3/3 | Berkeley | 3:24.69 |
| Jonathan Berry-Smith | 48.53 | 4/14 | Berkeley | 48.53 | Carmichael/Kientzel/Ridge/Grant | 3:27.37 | 3/3 | Berkeley | 3:27.37 |
| Sebastian Sam | 49.76 | 3/24 | San Francisco | 49.76 | High Jump (7-5.75, Jeff Rogers, 1990) | | | | |
| Idarre Coles | 52.94 | 3/17 | Sacramento | 52.94 | Brian Carmichael | 7-2.25 (2.19m) | 4/14 | Berkeley | 7-2.25 |
| 800 meters (1:45.4, Rick Brown, 1972) | | | | | Harrison Steed | 7-0.25 (2.14m) | 4/28 | Berkeley | 7-0.25 |
| Sebastian Sam | 1:51.83 | 3/3 | Berkeley | 1:48.82 | Nick Ridge | 7-0.00 (2.15m) | 5/5 | Sacramento | 7-0.00 |
| Colin Holtson | 1:52.58 | 3/3 | Berkeley | 1:52.58 | Mike Tracy | 6-9.75 (2.08m) | 4/14 | Berkeley | 6-9.75 |
| Dylan Isaacson | 1:52.86 | 4/28 | Berkeley | 1:52.86 | Pole Vault (18-8.25, Brent Burns, 1992) | | | | |
| 1500 meters (3:39.59, Mark Matusak, 2010) | | | | | Evan Barr | 15-1.00 (4.60m) | 3/3 | Berkeley | 15-1.00 |
| Collin Jarvis | 3:48.25 | 3/31 | Tucson | 3:48.25 | Andrew Ramay | 14-7.25 (4.45m) | 3/3 | Berkeley | 14-7.25 |
| Matt Carpowich | 3:49.24 | 3/31 | Tucson | 3:49.24 | Long Jump (26-6.25, Curtis Rogers, 1990) | | | | |
| Chris Walden | 3:51.35 | 3/3 | Berkeley | 3:51.35 | Hammed Suleman | 25-5.25 (7.75m) | 3/31 | Tucson | 25-5.25 |
| Maxime Chevee | 3:54.08 | 4/14 | Berkeley | 3:54.08 | Jonte Grant | 24-3.75 (7.41m) | 4/28 | Berkeley | 25-0.50i |
| Matt Petersen | 3:58.53 | 3/24 | San Francisco | 3:58.53 | Chase Wheeler | 24-1.75 (7.36m) | 4/14 | Berkeley | 24-1.75 |
| J.P. Slater | 4:00.42 | 4/27 | Berkeley | | Taylor Kientzel | 23-6.75w (7.18m) | 5/5 | Sacramento | 23-10.25 |
| Simon Schmidt | 4:05.81 | 3/24 | San Francisco | 4:05.81 | Chad Jones | 22-1.00 (6.73m) | 3/31 | Tucson | 23-4.50 |
| Renaud Poizat | 4:06.58 | 3/3 | Berkeley | 4:06.58 | Idarre Coles | 21-0.75w (6.42m) | 3/17 | Sacramento | 21-0.75w |
| Chris Kigar | 4:08.06 | 3/24 | San Francisco | 4:08.06 | Triple Jump (55-0.00, Ken Williams, 1985) | | | | |
| Bob Reistenberg | 4:12.07 | 3/3 | Berkeley | 4:01.06 | Hammed Suleman | 52-1.25 (15.88m) | 3/31 | Tucson | 52-10.75i |
| Jordan Locklear | 3:48.08 | 5/1 | Stanford | 3:48.08 | Chad Jones | 50-2.50 (15.30m) | 3/31 | Tucson | 50-2.50 |
| Mile (3:56.18, Michael Coe, 2009) | | | | | Jonte Grant | 49-4.25 (15.04m) | 3/31 | Tucson | 49-4.25 |
| Matt Carpowich | 4:05.82 | 4/28 | Berkeley | 4:05.82 | Taylor Kientzel | 47-7.00 (14.50m) | 3/31 | Tucson | 47-11.75 |
| Chris Walden | 4:06.86 | 4/28 | Berkeley | 4:06.86 | Shot Put (66-3.00, Dave Porath, 1981) | | | | |
| Collin Jarvis | 4:08.19 | 4/28 | Berkeley | 4:08.19 | Sullivan Parker | 54-8.00 (16.66m) | 4/27 | Berkeley | 54-8.00 |
| Matt Miller | 4:11.17 | 4/28 | Berkeley | 4:11.17 | Stephen Burke | 46-4.00 (14.12m) | 3/17 | Sacramento | 46-4.00 |
| Simon Schmidt | 4:17.63 | 4/28 | Berkeley | 4:17.63 | | 46-4.00 (14.12m) | 4/14 | Berkeley | 46-4.00 |
| 3000 meters (7:48.05i, Michael Coe, 2009) | | | | | Scott Esparza | 46-2.00 (14.07m) | 4/14 | Berkeley | 46-2.00 |
| Collin Jarvis | 8:05.88 | 4/14 | Berkeley | 7:59.85i | Discus (210-11, Ramon Jimenez-Gaona, 1992) | | | | |
| Matt Miller | 8:13.43 | 4/14 | Berkeley | 8:13.43 | Derek White | 180-8 (55.06m) | 4/14 | Berkeley | 180-8 |
| Maxime Chevee | 8:23.58 | 4/14 | Berkeley | 8:23.10 | Chijoke Nwuzi | 163-3 (49.75m) | 4/29 | Stanford | 163-3 |
| Chris Walden | 8:24.17 | 4/14 | Berkeley | 8:24.17 | Sullivan Parker | 151-5 (46.18m) | 4/29 | Stanford | 151-5 |
| Matt Carpowich | 8:34.77 | 4/14 | Berkeley | 8:34.77 | Hammer (229-0, Jari Matinli, 1986) | | | | |
| J.P. Slater | 8:37.08 | 4/14 | Berkeley | 8:37.08 | Scott Esparza | 197-10 (60.29m) | 4/29 | Stanford | 197-10 |
| 5000 meters (13:31.8, Bolota Asmerom, 2001) | | | | | Derek White | 192-4 (58.62m) | 4/14 | Berkeley | 192-4 |
| Collin Jarvis | 13:42.31 | 4/6 | Stanford | 13:42.31 | Stephen Burke | 172-6 (52.58m) | 4/27 | Berkeley | 172-6 |
| Maxime Chevee | 14:07.44 | 4/6 | Stanford | 14:05.45i | Isaac Dan | 166-9 (50.82m) | 3/24 | San Francisco | 166-9 |
| Matt Carpowich | 14:19.33 | 4/6 | San Francisco | 14:19.33 | Chijoke Nwuzi | 166-2 (50.64m) | 4/27 | Berkeley | 166-2 |
| Chris Walden | 14:24.89 | 4/6 | Stanford | 14:24.89 | Javelin (250-10, Ryan Young, 2009) | | | | |
| J.P. Slater | 14:57.66 | 4/6 | Stanford | 14:54.21 | Hammed Suleman | 145-0 (44.20m) | 4/14 | Berkeley | 145-0 |
| Matt Petersen | 14:58.31 | 4/27 | Berkeley | 14:46.45 | Chijoke Nwuzi | 140-8 (42.87m) | 4/14 | Berkeley | 140-8 |
| Simon Schmidt | 15:10.07 | 4/6 | Stanford | 14:36.54i | | | | | |
| Renaud Poizat | 15:14.42 | 4/27 | Berkeley | 14:56.07 | | | | | |
| 10,000 meters (Yosef Ghebray, 2009) | | | | | | | | | |
| Matt Miller | 29:30.92 | 4/6 | Stanford | 29:30.92 | | | | | |

2012 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

Women

| Name | Mark | Date | Site | PR | Name | Mark | Date | Site | PR |
|--|-----------|------|---------------|----------|---|-------------------|------|---------------|----------|
| 100 meters (11.33, Antonette Carter, 2006) | | | | | 100-meter hurdles (13.02, Kimyon Broom, 2009) | | | | |
| Charnell Price | 11.67 | 4/28 | Berkeley | 11.67 | Emani Truluck | 13.62 | 4/14 | Berkeley | 13.62 |
| Carisma Lyday | 11.73 | 3/31 | Tucson | 11.73 | Golde Ibia | 14.10w | 5/5 | Sacramento | 14.30 |
| Malaina Payton | 12.05 | 4/14 | Berkeley | 12.05 | Tiarra Pittman | 15.20 | 4/29 | Stanford | 15.20 |
| Emani Truluck | 12.35 | 4/27 | Berkeley | 12.35 | 400-meter hurdles (57.61, Helga Holldorsdottir, 1986) | | | | |
| Gia Trevisan | 12.37 | 4/27 | Berkeley | 12.37 | Angelica Weaver | 58.37 | 4/28 | Berkeley | 58.37 |
| Golde Ibia | 12.43 | 4/27 | Berkeley | 12.43 | Ashley Cooke | 1:05.61 | 4/27 | Berkeley | 1:00.58 |
| Tiarra Pittman | 12.57 | 4/27 | Berkeley | 12.49 | 3000-meter Steeplechase (10:14.94, Rowena Tam, 2011) | | | | |
| Nicole Larson | 14.05 | 4/14 | Berkeley | 14.05 | Taylor Bryson | 10:19.73 | 4/14 | Berkeley | 10:19.73 |
| 200 meters (22.72, Antonette Carter, 2006) | | | | | Juliana Green | 11:27.37 | 4/27 | Berkeley | 11:27.37 |
| Charnell Price | 23.85 | 4/27 | Berkeley | 23.85 | 4x100-meter Relay (44.28, Omwanghe/T. Johnson/Hawes/Carter, 2004) | | | | |
| Alima Kamara | 23.91 | 4/28 | Berkeley | 23.91 | Payton/Price/Lyday/Kamara | 45.33 | 4/28 | Berkeley | 45.33 |
| Gia Trevisan | 24.48 | 3/3 | Berkeley | 24.48 | Payton/Trevisan/Lyday/Price | 45.43 | 3/31 | Tucson | 45.43 |
| Angelica Weaver | 24.49 | 4/27 | Berkeley | 24.49 | Payton/Kamara/Weaver/Price | 46.84 | 3/24 | San Francisco | 46.84 |
| Carisma Lyday | 24.66 | 3/31 | Tucson | 24.66 | 4x400-meter Relay (3:35.46, Turner/Pierce/E. Smith/A. Johnson, 2007) | | | | |
| Emani Truluck | 25.74 | 3/31 | Tucson | 25.21 | Weaver/Stevenson/Lawson/Trevisan | 3:44.55 | 4/28 | Berkeley | 3:44.55 |
| Golde Ibia | 25.90 | 3/31 | Tucson | 25.90 | Price/Stevenson/Lawson/Trevisan | 3:44.72 | 4/14 | Berkeley | 3:44.72 |
| Amanda Hunter | 26.05 | 3/3 | Berkeley | 26.05 | Price/Trevisan/Lawson/Kamara | 3:49.36 | 3/3 | Berkeley | 3:49.36 |
| 400 meters (52.53, Latasha Gilliam, 1996) | | | | | Kamara/Trevisan/Lawson/Weaver | 3:59.15 | 3/31 | Tucson | 3:59.15 |
| Alima Kamara | 53.87 | 4/29 | Stanford | 52.75 | Gammage/Stevenson/Lyday/Pittman | 4:03.08 | 3/3 | Berkeley | 4:03.08 |
| Angelica Weaver | 54.65 | 3/3 | Berkeley | 54.65 | High Jump (6-1.25, Kristen Meister, 2011) | | | | |
| Gia Trevisan | 55.26 | 4/14 | Berkeley | 55.26 | Gianna Fernandez | 5-9.25 (1.76m) | 4/28 | Berkeley | 5-9.75 |
| 800 meters (1:59.29, Alysia Johnson, 2007) | | | | | Kristin Rimbach | 5-8.75 (1.75m) | 5/5 | Sacramento | 5-10.00 |
| Sofia Oberg | 2:06.20 | 4/14 | Berkeley | 2:03.99 | Grace Beaudoin | 5-6.00 (1.68m) | 4/28 | Berkeley | 5-6.00 |
| Taylor Bryson | 2:09.05 | 3/3 | Berkeley | 2:09.05 | Aziza Baker | 5-5.25 (1.66m) | 3/31 | Tucson | 5-5.25 |
| Arielle Stevenson | 2:09.14 | 4/28 | Berkeley | 2:09.14 | Tara Lookabaugh | 5-4-50 (1.64m) | 4/14 | Berkeley | 5-4.50 |
| Sydney Gray | 2:09.45 | 4/28 | Berkeley | 2:09.45 | Pole Vault (13-9.25, Katie Morgan, 2008) | | | | |
| Taylor Dutch | 2:12.37 | 3/3 | Berkeley | 2:12.18 | Nicole Larson | 12-11.50 (3.95m) | 4/28 | Berkeley | 12-11.50 |
| Dynasty Gammage | 2:12.39 | 4/28 | Berkeley | 2:12.39 | Mackenzi Landry | 11-11.75 (3.65m) | 4/28 | Berkeley | 11-11.75 |
| Taylor Lawson | 2:14.78 | 4/14 | Berkeley | 2:14.78 | Tara Lookabaugh | 9-8.00 (2.95m) | 5/5 | Sacramento | 9-8.00 |
| 1500 meters (4:09.23, Louise Romo, 1984) | | | | | Long Jump (22-1.00, Sheila Hudson, 1990) | | | | |
| Taylor Bryson | 4:20.35 | 4/29 | Stanford | 4:20.35 | Malaina Payton | 21-6.25w (6.56m) | 4/14 | Berkeley | 20-7.75 |
| Sydney Gray | 4:28.72 | 4/29 | Stanford | 4:28.72 | Amanda Hunter | 18-10.75w (5.76m) | 3/3 | Berkeley | 19-1.50 |
| Taylor Dutch | 4:29.60 | 4/28 | Berkeley | 4:25.26 | Sunny Margerum | 16-7.00 (5.05m) | 4/14 | Berkeley | 16-7.00 |
| Laura O'Neill | 4:38.07 | 4/27 | Berkeley | 4:38.07 | Triple Jump (46-0.75, Sheila Hudson, 1990) | | | | |
| Hillary Hayes | 4:43.99 | 4/27 | Berkeley | 4:28.22 | Amanda Hunter | 41-9.25w (12.73m) | 4/28 | Berkeley | 41-1.50 |
| Juliana Green | 5:01.39 | 5/5 | Sacramento | 4:39.39 | Aziza Baker | 41-8.75 (12.72m) | 4/28 | Berkeley | 41-8.75 |
| 2 Miles | | | | | Shot Put (54-4.75, Kristin Heaston, 1999) | | | | |
| Kelsey Santisteban | 10:48.96 | 4/6 | San Francisco | 10:48.96 | Linda Oseso | 43-5.25 (13.24m) | 4/14 | Berkeley | 47-3.50i |
| Laura O'Neill | 10:49.95 | 4/6 | San Francisco | 10:49.95 | Discus (188-11, Kelechi Anyanwu, 2007) | | | | |
| Hillary Hayes | 11:03.93 | 4/6 | San Francisco | 11:03.93 | Linda Oseso | 133-11 (40.81m) | 4/14 | Berkeley | 133-11 |
| 3000 meters (9:00.86i, Chelsea Reilly, 2012) | | | | | Hammer (214-0, Jennifer Joyce, 2002) | | | | |
| Kelsey Santisteban | 9:50.62 | 4/14 | Berkeley | 9:50.62 | Linda Oseso | 193-8 (59.02m) | 4/21 | Walnut | 193-8 |
| Taylor Dutch | 10:03.43 | 3/31 | Tucson | 10:03.43 | Javelin (152-10, Emilee Strot, 2006) | | | | |
| Hillary Hayes | 10:11.09 | 4/14 | Berkeley | 10:11.09 | Katie Bruzzone | 135-2 (41.21m) | 4/14 | Berkeley | 135-2 |
| Laura O'Neill | 10:26.92 | 4/14 | Berkeley | 10:26.92 | Cheri Chan | 132-10 (40.48m) | 4/28 | Berkeley | 132-10 |
| Kathleen Uyttewaal | 10:52.49 | 4/14 | Berkeley | 10:52.49 | | | | | |
| 5000 meters (15:29.24i, Deborah Maier, 2012) | | | | | | | | | |
| Chelsea Reilly | 15:57.53 | 4/29 | Stanford | 15:57.53 | | | | | |
| Taylor Bryson | 16:05.72 | 4/6 | Stanford | 16:05.72 | | | | | |
| 10,000 meters (32:12.47, Deborah Maier, 2012) | | | | | | | | | |
| Deborah Maier | 32:12.47# | 4/29 | Stanford | 32:12.47 | | | | | |