



2012 Golden Bear Track & Field

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Cal Athletic Media Relations | 349 Haas Pavilion | Berkeley, Calif. 94720 | **Phone:** (510) 642-0515 | **Internet:** CalBears.com | **Twitter:** @Cal_Track
Track & Field Contact: Herb Benenson | **Email:** benenson@berkeley.edu

NCAA Berths on the Line at West Preliminary Meet

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 **	M10th, W10th
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: Golden Bears will be vying for coveted spots at the NCAA Championships when 26 individuals and one relay travel to Austin, Texas, for the NCAA West Preliminary Rounds Thursday through Saturday.

The meet includes representatives from 25 states and features 48 entries in individual events and the top 24 relay teams. First-round, quarterfinal and semi-final heats will narrow the list of competitors to 12 in each event, with the finals held at the NCAA Championships set for June 6-9 at Drake University in Des Moines, Iowa.

Boasting a Pac-12-record 32:12.47 in the 10,000 meters, junior Deborah Maier enters the weekend as the top seed in her specialty. Cal also features five others seeded among the top 12 in their respective events: Malaina Payton (5th, women's long jump), Chelsea Reilly (8th, women's 5000m), Brian Carmichael (8th, men's high jump), Collin Jarvis (9th, men's 3000m steeplechase) and Hammed Suleman (10th, men's long jump; 12th, men's triple jump).

The Bears lead the nation with 10 entries in the men's jumps - four in the triple jump and three each in the high jump and long jump - while Cal also has five jumpers on the women's side.

Of those participating at the preliminary meet this year, four have advanced to the national level previously, all in 2010 - Maier (9th, 5000m), Payton (18th, 4x100m relay), Alima Kamara (20th, 400m; 24th, 4x400m relay) and Angelica Weaver (24th, 4x400m relay).

NCAA West Preliminary Rounds Entries

Men

Name	Event	Mark	Seed
Chase Wheeler	100m	10.46	35th
Collin Jarvis	3000m steeplechase	8:48.05	8th
Maxime Chevee	5000m	14:07.44	35th
Matt Miller	10,000m	29:30.92	30th
Brian Carmichael	High Jump	7-2.25	8th
Nick Ridge	High Jump	7-0.50	22nd
Harrison Steed	High Jump	7-0.25	28th
Hammed Suleman	Long Jump	25-5.50	10th
Jonte Grant	Long Jump	25-0.75	18th
Chase Wheeler	Long Jump	25-0.50	19th
Hammed Suleman	Triple Jump	52-1.25	12th
Taylor Kientzel	Triple Jump	51-1.00	19th
Jonte Grant	Triple Jump	50-8.25	28th
Chad Jones	Triple Jump	50-2.25	35th
Derek White	Discus	187-6	13th
Scott Esparza	Hammer	197-9	24th
Derek White	Hammer	192-4	43rd

Women

Name	Event	Mark	Seed
Charnell Price	100m	11.51	17th
Charnell Price	200m	23.74	25th
Taylor Bryson	1500m	4:20.35	15th
Chelsea Reilly	5000m	15:57.53	8th
Deborah Maier	10,000m	32:12.47	1st
Emani Truluck	100m hurdles	13.62	31st
Angelica Weaver	400m hurdles	57.85	15th
Team	4x100m relay	44.89	15th
Gianna Fernandez	High Jump	5-9.25	26th
Kristin Rimbach	High Jump	5-8.75	34th
Malaina Payton	Long Jump	21-6.25	5th
Amanda Hunter	Triple Jump	41-9.25	19th
Aziza Baker	Triple Jump	41-8.75	21st
Linda Oseso	Hammer	193-11	25th

COLLIN JARVIS = PAC-12 CHAMPION: Just over two years ago, no Golden Bear had ever captured a conference title in the men's 3000-meter steeplechase. Now, Cal can list a pair of champions. In 2010, Steve Sodaro won the Pac-10 race held at Edwards Stadium, and on May 12, Collin Jarvis prevailed in the first Pac-12 event. Jarvis finished in 8:48.05, a six-second improvement over his winning mark at the Big Meet. The time puts him No. 7 on Cal's all-time performer list and he becomes just the third Bear to run under 8:50 over the last 25 seasons (but third in the last five years).

PAC-12 CHAMPIONSHIPS IN REVIEW: In addition to Jarvis' victory, several other Bears placed among the top 5 at the Pac-12 meet held May 12-13 in Eugene, Ore. Hammed Suleman was the runner-up in the men's long jump (25-5.50w), with teammate Jonte Grant taking fifth (25-0.75). Derek White placed second in the men's discus (187-6), and Taylor Kientzel finished fifth in the men's triple jump (51-1.00w). The women had a trio of fifth-place finishers: Charnell Price (100m, 11.51w), Angelica Weaver (400m hurdles, 57.85) and the 4x100m relay (Carisma Lyday, Charnell Price, Angelica Weaver, Alima Kamara, 44.89).

A LOOK BACK AT THE 2011 WEST PRELIMINARY MEET: Four Golden Bears qualified for the NCAA Championships out of the West Preliminary Rounds in 2011, with a fifth receiving an automatic berth in the decathlon. Kristen Meister tied for first in the women's high jump, while Ray Stewart was seventh in the men's 110-meter hurdles, Tracey Stewart placed fifth in the women's triple jump and Steve Sodaro took sixth in the men's 3000-meter steeplechase. Mike Morrison advanced based on an earlier mark in the decathlon, and he went on to capture the NCAA title with a school-record 8,118 points.

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

BEARS IN THE TOP 25: The Bears have several individual ranked among the top 25 nationally in their specialties, including Deborah Maier, the top-ranked 10,000m runner (32:12.47). Others in the top 25 are: Malaina Payton (8th, women's long jump, 21-6.25), Hammed Suleman (18th, men's long jump, 25-5.25; 21st, men's triple jump, 52-1.25), Brian Carmichael (22nd, men's high jump, 7-2.25), Collin Jarvis (18th, men's 5000m, 13:42.31; 19th, men's 3000m steeple, 8:48.05), Chelsea Reilly (18th, women's 5000m, 15:57.53) and Derek White (18th, men's discus, 187-6).

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.

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:

Men	Event	Mark	Rank	Women (cont.)	Event	Mark	Rank
Matt Miller	3000m	8:13.43	10th	Deborah Maier	10,000m	32:12.47	1st
Collin Jarvis	5000m	13:42.31	4th	Emani Truluck	100m Hurdles	13.62	4th
Matt Miller	10,000m	29:30.92	5th	Angelica Weaver	400m Hurdles	57.85	T2nd
Collin Jarvis	3000m SC	8:48.05	7th	Taylor Bryson	3000m SC	10:19.73	2nd
Brian Carmichael	High Jump	7-2.25	T9th	Juliana Green	3000m SC	11:27.37	7th
Hammed Suleman	Long Jump	25-5.25	7th	Team	4x100m Relay	44.89	7th
Scott Esparza	Hammer	197-10	9th	Nicole Larson	Pole Vault	12-9.50	8th
				Mackenzi Landry	Pole Vault	11-11.75	9th
Women	Event	Mark	Rank	Malaina Payton	Long Jump	20-7.75	5th
Charnell Price	100m	11.67	4th	Aziza Baker	Triple Jump	41-8.75	7th
Carisma Lyday	100m	11.73	6th	Amanda Hunter	Triple Jump	41-7.75	8th
Charnell Price	200m	23.74	7th	Linda Oseso	Hammer	193-11	3rd
Alima Kamara	200m	23.91	9th	Katie Bruzzone	Javelin	135-2	9th
Taylor Bryson	1500m	4:20.35	6th	Cheri Chan	Javelin	131-4	10th
Chelsea Reilly	5000m	15:57.53	3rd				
Taylor Bryson	5000m	16:05.72	5th				

GOLDEN BEAR NOTES: Six Golden Bears earned nine All-America certificates for their performances at the NCAA Indoor Championships - the most ever for the school at the national indoor meet - Deborah Maier (2nd, 3000m; 2nd, 5000m) gained 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) ... 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 ... 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.

NCAA WEST PRELIMINARY ROUNDS

GOLDEN BEAR SCHEDULE OF EVENTS

THURSDAY, MAY 24

Running Events

W 400m hurdles	3:00 p.m.	First Round	Weaver
W 1500m	4:00 p.m.	First Round	Bryson
M 100m	4:30 p.m.	First Round	Wheeler
W 100m	4:55 p.m.	First Round	Price
M 10,000m	7:00 p.m.	Semifinal	Miller
W 10,000m	7:40 p.m.	Semifinal	Maier

Field Events

M Long Jump	11:00 a.m.	First Round	Suleman, Grant, Wheeler
W Long Jump	3:30 p.m.	First Round	Payton

FRIDAY, MAY 25

Running Events

W 100m hurdles	3:30 p.m.	First Round	Truluck
M 100m	4:30 p.m.	Quarterfinal	Wheeler
W 100m	4:45 p.m.	Quarterfinal	Price
W 400m hurdles	5:45 p.m.	Quarterfinal	Weaver
W 200m	6:25 p.m.	First Round	Price
M 3000m steeplechase	6:50 p.m.	Quarterfinal	Jarvis

Field Events

M Hammer	12:00 noon	First Round	Esparza, White
W High Jump	3:00 p.m.	First Round	Fernandez, Rimbach
M Triple Jump	4:00 p.m.	First Round	Suleman, Kientzel, Grant, Jones

SATURDAY, MAY 26

Running Events

W 4x100m relay	4:15 p.m.	Quarterfinal	Team
W 1500m	4:45 p.m.	Quarterfinal	Bryson
W 100m hurdles	5:20 p.m.	Quarterfinal	Truluck
W 200m	5:50 p.m.	Quarterfinal	Price
M 5000m	6:05 p.m.	Semifinal	Chevee
W 5000m	6:45 p.m.	Semifinal	Reilly

Field Events

M Discus	9:00 a.m.	First Round	White
W Hammer	12:00 noon	First Round	Oseso
M High Jump	3:00 p.m.	First Round	Carmichael, Ridge, Steed
W Triple Jump	4:30 p.m.	First Round	Hunter, Baker

Note: All times Pacific Time



As of: May 13, 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	10.78w	5/12	Eugene	10.86	400-meter hurdles (48.46, Larry Cowling, 1982)				
Tom Blocker	11.03	3/17	Sacramento	10.90	Ryan Holmes	54.78	5/12	Eugene	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	8:48.05	5/12	Eugene	8:48.05
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		7-0.25 (2.14m)	5/12	Eugene	7-0.25
Colin Holtson	1:52.58	3/3	Berkeley	1:52.58	Nick Ridge	7-0.00 (2.15m)	5/5	Sacramento	7-0.00
Dylan Isaacson	1:52.86	4/28	Berkeley	1:52.86	Mike Tracy	6-9.75 (2.08m)	4/14	Berkeley	6-9.75
1500 meters (3:39.59, Mark Matusak, 2010)					Pole Vault (18-8.25, Brent Burns, 1992)				
Collin Jarvis	3:48.25	3/31	Tucson	3:48.25	Evan Barr	15-4.00 (4.69m)	5/12	Eugene	15-4.00
Matt Carpowich	3:49.24	3/31	Tucson	3:49.24	Andrew Ramay	14-7.25 (4.45m)	3/3	Berkeley	14-7.25
Chris Walden	3:51.35	3/3	Berkeley	3:51.35	Long Jump (26-6.25, Curtis Rogers, 1990)				
Maxime Chevee	3:54.08	4/14	Berkeley	3:54.08	Hammed Suleman	25-5.50w (7.76m)	5/12	Eugene	25-5.25
Matt Petersen	3:58.53	3/24	San Francisco	3:58.53	Jonte Grant	25-0.75 (7.64m)	5/12	Eugene	25-0.75
J.P. Slater	4:00.42	4/27	Berkeley		Chase Wheeler	25-0.50w (7.63m)	5/12	Eugene	25-0.00
Simon Schmidt	4:05.81	3/24	San Francisco	4:05.81	Taylor Kientzel	23-6.75w (7.18m)	5/5	Sacramento	23-10.25
Renaud Poizat	4:06.58	3/3	Berkeley	4:06.58	Chad Jones	22-1.00 (6.73m)	3/31	Tucson	23-4.50
Chris Kigar	4:08.06	3/24	San Francisco	4:08.06	Idarre Coles	21-0.75w (6.42m)	3/17	Sacramento	21-0.75w
Bob Reistenberg	4:12.07	3/3	Berkeley	4:01.06	Triple Jump (55-0.00, Ken Williams, 1985)				
Jordan Locklear	3:48.08	5/1	Stanford	3:48.08	Hammed Suleman	52-1.25 (15.88m)	3/31	Tucson	52-10.75i
Mile (3:56.18, Michael Coe, 2009)					Taylor Kientzel	51-0.00w (15.57m)	5/13	Eugene	50-7.50
Matt Carpowich	4:05.82	4/28	Berkeley	4:05.82	Jonte Grant	50-8.25 (15.45m)	5/13	Eugene	50-8.25
Chris Walden	4:06.86	4/28	Berkeley	4:06.86	Chad Jones	50-2.50 (15.30m)	3/31	Tucson	50-2.50
Collin Jarvis	4:08.19	4/28	Berkeley	4:08.19	Shot Put (66-3.00, Dave Porath, 1981)				
Matt Miller	4:11.17	4/28	Berkeley	4:11.17	Sullivan Parker	54-8.00 (16.66m)	4/27	Berkeley	54-8.00
Simon Schmidt	4:17.63	4/28	Berkeley	4:17.63	Stephen Burke	46-4.00 (14.12m)	3/17	Sacramento	46-4.00
3000 meters (7:48.05i, Michael Coe, 2009)						46-4.00 (14.12m)	4/14	Berkeley	46-4.00
Collin Jarvis	8:05.88	4/14	Berkeley	7:59.85i	Scott Esparza	46-2.00 (14.07m)	4/14	Berkeley	46-2.00
Matt Miller	8:13.43	4/14	Berkeley	8:13.43	Discus (210-11, Ramon Jimenez-Gaona, 1992)				
Maxime Chevee	8:23.58	4/14	Berkeley	8:23.10	Derek White	187-6 (57.15m)	5/13	Eugene	186-7
Chris Walden	8:24.17	4/14	Berkeley	8:24.17	Chijoke Nwuzi	163-3 (49.75m)	4/29	Stanford	163-3
Matt Carpowich	8:34.77	4/14	Berkeley	8:34.77	Sullivan Parker	151-5 (46.18m)	4/29	Stanford	151-5
J.P. Slater	8:37.08	4/14	Berkeley	8:37.08	Hammer (229-0, Jari Matinoli, 1986)				
5000 meters (13:31.8, Bolota Asmerom, 2001)					Scott Esparza	197-10 (60.29m)	4/29	Stanford	197-10
Collin Jarvis	13:42.31	4/6	Stanford	13:42.31	Derek White	192-4 (58.62m)	4/14	Berkeley	192-4
Maxime Chevee	14:07.44	4/6	Stanford	14:05.45i	Stephen Burke	172-6 (52.58m)	4/27	Berkeley	172-6
Matt Carpowich	14:19.33	4/6	San Francisco	14:19.33	Isaac Dan	166-9 (50.82m)	3/24	San Francisco	166-9
Chris Walden	14:24.89	4/6	Stanford	14:24.89	Chijoke Nwuzi	166-2 (50.64m)	4/27	Berkeley	166-2
J.P. Slater	14:57.66	4/6	Stanford	14:54.21	Javelin (250-10, Ryan Young, 2009)				
Matt Petersen	14:58.31	4/27	Berkeley	14:46.45	Hammed Suleman	145-0 (44.20m)	4/14	Berkeley	145-0
Simon Schmidt	15:10.07	4/6	Stanford	14:36.54i	Chijoke Nwuzi	140-8 (42.87m)	4/14	Berkeley	140-8
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	11.51w	5/13	Eugene	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	57.85	5/13	Eugene	57.85
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	23.74	5/12	Eugene	23.74	4x100-meter Relay (44.28, Omwanghe/T. Johnson/Hawes/Carter, 2004)				
Alima Kamara	23.91	4/28	Berkeley	23.91	Lyday/Price/Weaver/Kamara	44.89	5/13	Eugene	44.89
Gia Trevisan	24.48	3/3	Berkeley	24.48	Payton/Price/Lyday/Kamara	45.33	4/28	Berkeley	45.33
Angelica Weaver	24.49	4/27	Berkeley	24.49	Payton/Trevisan/Lyday/Price	45.43	3/31	Tucson	45.43
Carisma Lyday	24.66	3/31	Tucson	24.66	Payton/Kamara/Weaver/Price	46.84	3/24	San Francisco	46.84
Emani Truluck	25.74	3/31	Tucson	25.21	4x400-meter Relay (3:35.46, Turner/Pierce/E. Smith/A. Johnson, 2007)				
Golde Ibia	25.90	3/31	Tucson	25.90	Weaver/Stevenson/Trevisan/Price	3:42.51	5/13	Eugene	3:42.51
Amanda Hunter	26.05	3/3	Berkeley	26.05	Weaver/Stevenson/Lawson/Trevisan	3:44.55	4/28	Berkeley	3:44.55
400 meters (52.53, Latasha Gilliam, 1996)					Price/Stevenson/Lawson/Trevisan	3:44.72	4/14	Berkeley	3:44.72
Alima Kamara	53.87	4/29	Stanford	52.75	Price/Trevisan/Lawson/Kamara	3:49.36	3/3	Berkeley	3:49.36
Angelica Weaver	54.65	3/3	Berkeley	54.65	Kamara/Trevisan/Lawson/Weaver	3:59.15	3/31	Tucson	3:59.15
Gia Trevisan	55.26	4/14	Berkeley	55.26	Gammage/Stevenson/Lyday/Pittman	4:03.08	3/3	Berkeley	4:03.08
Taylor Lawson	57.44	5/12	Eugene	57.44	High Jump (6-1.25, Kristen Meister, 2011)				
800 meters (1:59.29, Alysia Johnson, 2007)					Gianna Fernandez	5-9.25 (1.76m)	4/28	Berkeley	5-9.75
Sofia Oberg	2:06.20	4/14	Berkeley	2:03.99	Kristin Rimbach	5-8.75 (1.75m)	5/5	Sacramento	5-10.00
Taylor Bryson	2:09.05	3/3	Berkeley	2:09.05	Grace Beaudoin	5-6.00 (1.68m)	4/28	Berkeley	5-6.00
Arielle Stevenson	2:09.14	4/28	Berkeley	2:09.14	Aziza Baker	5-5.25 (1.66m)	3/31	Tucson	5-5.25
Sydney Gray	2:09.45	4/28	Berkeley	2:09.45	Tara Lookabaugh	5-4-50 (1.64m)	4/14	Berkeley	5-4.50
Taylor Dutch	2:12.37	3/3	Berkeley	2:12.18	Pole Vault (13-9.25, Katie Morgan, 2008)				
Dynasty Gammage	2:12.39	4/28	Berkeley	2:12.39	Nicole Larson	12-11.50 (3.95m)	4/28	Berkeley	12-11.50
Taylor Lawson	2:14.78	4/14	Berkeley	2:14.78	Mackenzi Landry	11-11.75 (3.65m)	4/28	Berkeley	11-11.75
1500 meters (4:09.23, Louise Romo, 1984)					Tara Lookabaugh	9-8.00 (2.95m)	5/5	Sacramento	9-8.00
Taylor Bryson	4:20.35	4/29	Stanford	4:20.35	Long Jump (22-1.00, Sheila Hudson, 1990)				
Sydney Gray	4:28.72	4/29	Stanford	4:28.72	Malaina Payton	21-6.25w (6.56m)	4/14	Berkeley	20-7.75
Taylor Dutch	4:29.60	4/28	Berkeley	4:25.26	Amanda Hunter	18-10.75w (5.76m)	3/3	Berkeley	19-1.50
Laura O'Neill	4:38.07	4/27	Berkeley	4:38.07	Sunny Margerum	16-7.00 (5.05m)	4/14	Berkeley	16-7.00
Hillary Hayes	4:43.99	4/27	Berkeley	4:28.22	Triple Jump (46-0.75, Sheila Hudson, 1990)				
Juliana Green	5:01.39	5/5	Sacramento	4:39.39	Amanda Hunter	41-9.25w (12.73m)	4/28	Berkeley	41-7.75
2 Miles					Aziza Baker	41-8.75 (12.72m)	4/28	Berkeley	41-8.75
Kelsey Santisteban	10:48.96	4/6	San Francisco	10:48.96	Shot Put (54-4.75, Kristin Heaston, 1999)				
Laura O'Neill	10:49.95	4/6	San Francisco	10:49.95	Linda Oseso	43-5.25 (13.24m)	4/14	Berkeley	47-3.50i
Hillary Hayes	11:03.93	4/6	San Francisco	11:03.93	Discus (188-11, Kelechi Anyanwu, 2007)				
3000 meters (9:00.86i, Chelsea Reilly, 2012)					Linda Oseso	133-11 (40.81m)	4/14	Berkeley	133-11
Kelsey Santisteban	9:50.62	4/14	Berkeley	9:50.62	Hammer (214-0, Jennifer Joyce, 2002)				
Taylor Dutch	10:03.43	3/31	Tucson	10:03.43	Linda Oseso	193-11 (59.12m)	5/12	Eugene	193-11
Hillary Hayes	10:11.09	4/14	Berkeley	10:11.09	Javelin (152-10, Emilee Strot, 2006)				
Laura O'Neill	10:26.92	4/14	Berkeley	10:26.92	Katie Bruzzzone	135-2 (41.21m)	4/14	Berkeley	135-2
Kathleen Uyttewaal	10:52.49	4/14	Berkeley	10:52.49	Cheri Chan	132-10 (40.48m)	4/28	Berkeley	132-10
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					