



2013 Golden Bear Track & Field



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Cal Visits Stanford for 119th Big Meet

2013 Schedule

Date	Opponent	Result
1/18-19	at Cherry-Silver Invite *	non-scoring
1/25-26	at UW Indoor Invite ^	non-scoring
2/8	at Don Kirby Invite *	non-scoring
2/8-9	at Flotrack Husky Classic ^	non-scoring
2/22-23	at MPSF Indoors ^	M 8th, W 3rd
3/2	at Stanford Outdoor Opener %	non-scoring
3/8-9	at NCAA Indoors #	M T54th
3/16	at Hornet Open ♦	non-scoring
3/23	at Johnny Mathis Invite &	non-scoring
3/27-28	California Multis +	non-scoring
3/27-30	at Texas Relays Multis >	non-scoring
3/29	at SF St. Distance Carnival &	non-scoring
3/29-30	at Stanford Invite %	non-scoring
4/6	Cal-Michigan-Virginia +	M 1st, W 2nd
4/20	Stanford (Big Meet) %	All Day
4/26-27	Brutus Hamilton Invite +	All Day
4/28	at Payton Jordan Invite %	All Day
5/4	at Sac State Open ♦	All Day
5/4-5	at Pac-10 Multi-Events **	All Day
5/11-12	at Pac-10 Championships **	All Day
5/23-25	at NCAA West Preliminary >	All Day
6/5-8	at NCAA Championships !	All Day

* Albuquerque, NM > Austin, TX
 ^ Seattle, WA & San Francisco, CA
 + Berkeley, CA % Stanford, CA
 # Fayetteville, AR ** Los Angeles, CA
 ♦ Sacramento, CA ! Des Moines, IA

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 31st 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, home to the Cal track & field and team, 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: In one of the longest ongoing rivalries in any sport across the country, Cal and Stanford will do battle on the track this coming Saturday in the 119th renewal of the Big Meet.

Action at Cobb Track & Angell Field on the Stanford campus gets underway with the women's hammer at 10:15 a.m., while the first event on the track is the women's 3000-meter steeplechase at 1 p.m. The final race will be the men's 4x400-meter relay scheduled to go off at 4:10 p.m.

In the most recent dual rankings released last week, the Cal men are No. 9 in the country after defeating both Michigan and Virginia in a triangular at Edwards Stadium April 6. The Golden Bear women, who split with UM and UVA, are rated 12th, while the Cardinal is fifth.

The Bears own a 66-50-2 series edge in the men's competition, which dates back to 1893. The Cardinal men have claimed six Big Meets in a row since Cal won back-to-back meets in 2005 and '06. Stanford holds a 22-11 lead over Cal in the women's meet that started in 1980.

Last year, Stanford won, 106-57, on the men's side and, 122-41, on the women's. Highlights for the Bears included a 7-2.25 clearance by Brian Carmichael to win the men's high jump, victories by Collin Jarvis (8:54.06) and Taylor Bryson (10:19.73) in the 3000-meter steeplechase races, and a big PR from Malaina Payton in the women's long jump (21-6.25w).

COCHRAN SETS CAL FROSH RECORD: Ethan Cochran, a two-time state discus champion while at Newport Harbor HS, etched his name in the Cal record book with a throw of 188-8 in the discus this past Friday. The mark broke the seven-year-old school record of 184-8 set by Nate Rolfe and moved Cochran up to 16th in the country in the event this year. Other than NCAA champion Martin Maric, who threw 201-10 in 2009, no other Bear has thrown further than Cochran since the 1993 season.

TOP 25 BEARS: Seven Golden Bears are ranked among the national top 25 in their respective events, led by Hamed Suleman, who is second in the triple jump with his effort of 53-4.50 from the Texas Relays. Also in the top 10 are Kelsey Santisteban (women's 5000m, 8th, 15:52.06) and Ray Stewart (men's 110m hurdles, 9th, 13.67). The others in the rankings are Malaina Payton (women's long jump, 14th, 20-5.75); Jordan Locklear (men's 1500m, 15th, 3:45.14); Ethan Cochran (men's discus, 16th, 188-8) and Amanda Hunter (women's triple jump, 18th, 42-0.50).

ON THE ALL-TIME CAL LISTS: Several Cal times and marks have earned spots on the school's top 10 performance list so far this season. Those who have earned mention are:

Hamed Suleman	Men's Triple Jump	53-4.50
Ethan Cochran	Men's Discus	188-8
Kelsey Santisteban	Women's 5000m	15:52.06
Molly Babcock	Women's 3000m Steeple	11:08.26
Amanda Hunter	Women's Triple Jump	42-0.50
Shelby Ashe	Women's Hammer	191-2
Jaci Powell	Women's Javelin	141-5

GOLDEN BEAR NOTES: Deborah Maier, who has yet to run this spring due to a lingering illness, is the top returning 10,000m runner in the country after posting a mark of 32:12.47 ... Shelby Ashe is just 22 inches shy of the Cal freshman record in the women's hammer ... Ray Stewart earned All-America honors indoors with an eighth-place finish in the 60-meter hurdles.

RECAPPING THE TRIANGULAR: With 1-2 finishes in the final three results of the day, the Cal men's track & field team captured a tri-meet over Michigan and Virginia April 6 at Edwards Stadium. In the women's competition, the Golden Bears finished second behind the Wolverines despite winning eight of 19 events.

Cal surged to the front in the men's team race in the high jump with Noel Frazier and Mike Tracy grabbing top honors (both cleared 6-9.75) as the Bears outscored Michigan, 12-2, in the event to take a 137-131 edge in team points. Ethan Cochran (178-10) and Chijoke Nwuzi (174-7) extended Cal's advantage with their marks in the discus, and Chad Jones (50-7.25) and Taylor Kientzel (49-3.00) wrapped up the day with a sweep in the triple jump.

Overall, the Bears finished with 161 points to 145 for Michigan and 93 for Virginia. On the women's side, Michigan prevailed with 153 points to 142 for Cal and 86 for Virginia.

The meet featured three of the top four public universities in the country according to the latest U.S. News & World Report rankings - 1. Cal, 3. Virginia and 4. Michigan - and the triangular competition is expected to become a regular event between the schools.

18 BEARS EARN INDOOR ACADEMIC HONORS: A total of 18 Golden Bears earned mention on the 2013 MPSF Indoor All-Academic team - 5 men and 13 women. Among those recognized are four-time honoree Amanda Hunter, three-time winners Taylor Dutch and Gianna Fernandez, and two-time recipients Tom Blocker, Hillary Hayes and Kristin Rimbach.

The full list of Cal's 2013 academic team members:

Women		Men
Chioma Amaechi	Amanda Hunter	Evan Barr
Grace Beaudoin	Taylor Lawson	Tom Blocker
Christine Bowlus	Sunny Margerum	Matt Carpowich
Taylor Dutch	Laura O'Neill	Sullivan Parker
Gianna Fernandez	Kristin Rimbach	Derek White
Sydney Gray	Kelsey Santisteban	
Hillary Hayes		

BIG MEET SCHEDULE

Cobb Track & Angell Field
Stanford, Calif.

Field Events

10:15 a.m.	Women's Hammer followed by Men's Hammer
11:30 a.m.	Women's Long Jump followed by Men's Long Jump
12:30 p.m.	Women's Javelin followed by Men's Javelin
1:00 p.m.	Women's Pole Vault followed by Men's Pole Vault
1:00 p.m.	Women's Shot Put followed by Men's Shot Put
1:00 p.m.	Men's High Jump followed by Women's High Jump
2:30 p.m.	Women's Triple Jump followed by Men's Triple Jump
2:30 p.m.	Women's Discus followed by Men's Discus

Running Events

1:00 p.m.	Women's 3000m Steeplechase
1:15 p.m.	Men's 3000m Steeplechase
1:30 p.m.	Women's 4x100m Relay
1:35 p.m.	Men's 4x100m Relay
1:40 p.m.	Women's 1500m Run
1:45 p.m.	Men's 1500m Run
1:55 p.m.	Women's 100m Hurdles
2:05 p.m.	Men's 110m Hurdles
2:10 p.m.	Women's 400m Dash
2:15 p.m.	Men's 400m Dash
2:20 p.m.	Women's 100m Dash
2:25 p.m.	Men's 100m Dash
2:35 p.m.	Women's 800m Run
2:40 p.m.	Men's 800m Run
2:50 p.m.	Women's 400m Hurdles
2:55 p.m.	Men's 400m Hurdles
3:00 p.m.	Women's 200m Dash
3:05 p.m.	Men's 200m Dash
3:10 p.m.	Women's 3000m Run
3:25 p.m.	Men's 3000m Run
3:35 p.m.	Senior Recognition Ceremony
4:05 p.m.	Women's 4x400m Relay
4:10 p.m.	Men's 4x400m Relay

BIG MEET RECORDS

Men				Women			
Event	Mark	Athlete	Year	Event	Mark	Athlete	Year
100m	10.46	Jimmie Johnson (Stanford)	1997	100m	11.32	Chauntae Bayne (Stanford)	2006
200m	20.5	James Lofton (Stanford)	1978	200m	23.01	Chauntae Bayne (Stanford)	2006
400m	46.37	Rene Rodriguez (Stanford)	1994	400m	53.01	Alysia Johnson (California)	2006
800m	1:47.7	Ernie Cunliffe (Stanford)	1960	800m	2:03.43	Alysia Johnson (California)	2007
1500m	3:42.14	Grant Robinson (Stanford)	2002	1500m	4:19.4	Regina Jacobs (Stanford)	1983
	3:42.14	Garrett Heath (Stanford)	2009	3000m	9:13.78	Alison Wiley (Stanford)	1984
3000m	7:54.31	Chris Derrick (Stanford)	2012	5000m	15:41.5	Alison Wiley (Stanford)	1983
5000m	13:52.85	Jason Balkman (Stanford)	1999	100m Hurdles	13.18	Kimyon Broom (California)	2010
110m Hurdles	13.61	Myles Bradley (Stanford)	2009	400m Hurdles	58.06	Deanna Slaton (California)	2004
400m Hurdles	49.9	Larry Cowling (California)	1982	3000m Steeple	10:13.47	Laura Turner (Stanford)	2002
3000m Steeple	8:48.32	Steve Sodaro (California)	2010	4x100m Relay	44.32	Stanford	2006
4x100m Relay	39.7	California	1970	4x400m Relay	3:39.30	Stanford	2006
4x400m Relay	3:08.7	California	1966	High Jump	6-2.00 (1.87m)	Lisa Bernhagen (Stanford)	1987
High Jump	7-3.50 (2.22m)	Brian Marshall (Stanford)	1985	Pole Vault	14-1.25 (4.30m)	Katerina Stefanidi (Stanford)	2011
Pole Vault	18-0.50 (5.49m)	Bubba McLean (California)	2002	Long Jump	21-7.25 (6.58m)	Sheila Hudson (California)	1990
Long Jump	26-1.50 (7.96m)	Chris Huffins (California)	1991	Triple Jump	44-0.75 (13.43m)	Erica McClain (Stanford)	2006
Triple Jump	53-9.75 (16.40m)	Mike Harris (California)	1990	Shot Put	57-4.75 (17.49m)	Jillian Camarena (Stanford)	2004
Shot Put	67-9.25 (20.65m)	Terry Albritton (Stanford)	1977	Discus	200-9 (61.18m)	Carol Cady (Stanford)	1984
Discus	198-7 (60.52m)	Dave Maggard Jr. (California)	1985	Hammer	214-0 (65.22m)	Jennifer Joyce (California)	2002
Hammer	231-1 (70.43m)	Dave Popejoy (Stanford)	1995	Javelin	175-0 (53.34m)	Summer Pierson (Stanford)	1998
Javelin	224-10 (68.52m)	Ryan Young (California)	2009				



April 14, 2013

2013 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)					3000-meter steeplechase (8:35.37, Kevin Davis, 2007)				
Tom Blocker	10.59	4/6	Berkeley	10.59	Collin Jarvis	8:59.00	3/29	Stanford	8:48.05
Dash Oliver	10.69w	3/23	San Francisco	10.73	Seamus Land	9:30.64	3/29	San Francisco	9:30.64
Ray Stewart	10.69w	3/23	San Francisco	10.57	Edward Trim	9:47.72	4/6	Berkeley	9:47.72
Eric McDaniel	10.70w	3/29	Austin	10.81	4x100-meter Relay (39.14, Strickland/Burns/Nichols/Walker, 1975)				
Julius Travis	10.72w	3/23	San Francisco	10.85	Blocker/Wheeler/Oliver/Saseun	40.50	3/2	Stanford	40.50
Charles Saseun	10.89	4/6	Berkeley	10.89	McDaniel/Blocker/Oliver/Stewart	40.57	3/23	San Francisco	40.57
Taylor Kientzel	11.42	4/6	Berkeley	11.42	McDaniel/Blocker/Saseun/Travis	40.59	4/6	Berkeley	40.59
200 meters (20.20, Atlee Mahorn, 1988)					Travis/Roach/Saseun/Jones	40.81	3/23	San Francisco	40.81
Tom Blocker	21.58	4/6	Berkeley	21.58	McDaniel/Blocker/Oliver/Jones	40.96	3/29	Austin	40.96
Chad Jones	21.87	3/2	Stanford	21.87	McDaniel/Travis/Ezold/Roach	41.10	3/2	Stanford	41.10
Kyle Ezold	21.93	3/30	Stanford	21.93	Travis/Roach/Saseun/Ezold	41.41	3/30	Stanford	41.41
Charles Saseun	21.98	3/30	Stanford	21.98	4x400-meter Relay (3:03.9, Wallace/Walker/Mosley/Robinson, 1976)				
Eric McDaniel	22.07	3/2	Stanford	22.07	Davis/Holmes/Bermea/Surovell	3:14.73	4/6	Berkeley	3:14.73
Cameron Roach	22.26	3/2	Stanford	22.21i	Berry-Smith/Davis/Holmes/Surovell	3:16.14	3/30	Stanford	3:16.14
Daniel Davis	22.55	3/23	San Francisco	22.55	Holmes/Ezold/Roach/Bermea	3:19.31	3/23	San Francisco	3:19.31
400 meters (45.46, Peter Howard, 1985)					Martinez/Bland/Surovell/Berry-Smith	3:23.60	3/2	Stanford	3:23.60
Kyle Ezold	48.07	3/23	San Francisco	48.07	High Jump (7-5.75, Jeff Rogers, 1990)				
Daniel Davis	49.11	4/6	Berkeley	48.72	Noel Frazier	6-11.75 (2.13m)	3/2	Stanford	6-11.75
Elliott Surovell	49.33	3/23	San Francisco	49.33	Nick Ridge	6-10.75 (2.10m)	3/23	San Francisco	7-3.00i
Cameron Roach	49.86	3/23	San Francisco	49.86	Mike Tracy	6-10.75 (2.10m)	3/23	San Francisco	6-10.75
Jonathan Berry-Smith	50.07	3/23	San Francisco	48.53	Harrison Steed	6-9.75 (2.08m)	3/16	Sacramento	7-2.50
800 meters (1:45.4, Rick Brown, 1972)					Pole Vault (18-8.25, Brent Burns, 1992)				
Jordan Locklear	1:51.21	4/6	Berkeley	1:50.49	Evan Barr	15-5.00 (4.70m)	3/30	Stanford	15-8.25
Kristian Martinez	1:54.54	4/6	Berkeley	1:54.54	Andrew Ramay	14-9.00 (4.50m)	4/6	Berkeley	14-9.00
Andrew Bland	1:57.53	4/6	Berkeley	1:57.53	Long Jump (26-6.25, Curtis Rogers, 1990)				
1500 meters (3:39.59, Mark Matusak, 2010)					Hammed Suleman	24-5.75w (7.46m)	3/29	Austin	25-5.50w
Jordan Locklear	3:45.14	4/6	Berkeley	3:45.14	Taylor Kientzel	23-11.75 (7.31m)	3/29	Austin	23-11.75
Thomas Joyce	3:50.31	4/6	Berkeley	3:50.31	Chase Wheeler	23-9.00 (7.24m)	4/6	Berkeley	25-0.00
Chris Walden	3:51.20	3/29	Stanford	3:51.20	Andrew Ramay	18-1.00 (5.51m)	3/2	Stanford	18-1.00
Matt Carpowich	3:52.58	4/6	Berkeley	3:49.24	Triple Jump (55-0.00, Ken Williams, 1985)				
Leland Later	3:52.89	3/29	Stanford	3:52.89	Hammed Suleman	53-4.50 (16.27m)	3/29	Austin	53-4.50
Kristian Martinez	3:55.50	3/29	San Francisco	3:55.50	Chad Jones	50-7.25 (15.42m)	4/6	Berkeley	51-3.50
Joe Greenspun	3:56.11	3/2	Stanford	3:56.11	Taylor Kientzel	50-4.75w (15.36m)	3/29	Austin	51-0.00w
Andrew Bland	3:59.22	3/2	Stanford	3:59.22	Jonte Grant	48-6.25 (14.79m)	3/23	San Francisco	50-8.25
Seamus Land	4:01.17	3/23	San Francisco	4:01.17	Shot Put (66-3.00, Dave Porath, 1981)				
Jared Jones	4:05.59	3/2	Stanford	4:05.49	Ethan Cochran	56-8.75 (17.29m)	4/6	Berkeley	56-8.75
Edward Trim	4:07.40	3/23	San Francisco	4:07.40	Sullivan Parker	55-6.25 (16.92m)	4/6	Berkeley	55-6.25
Juan David Garcia	4:07.42	3/23	San Francisco	4:07.42	Cody Bickham	49-3.50 (15.02m)	4/6	Berkeley	49-3.50
3000 meters (7:48.05i, Michael Coe, 2009)					Andrew Cruikshank	42-8.75 (13.02m)	4/6	Berkeley	42-8.75
James Slater	8:24.10	3/2	Stanford	8:24.10	Discus (210-11, Ramon Jimenez-Gaona, 1992)				
Thomas Joyce	8:28.34	3/2	Stanford	8:28.34	Ethan Cochran	188-8 (57.52m)	4/12	Salinas	188-8
Matt Petersen	8:39.15	3/2	Stanford	8:39.15	Chijoke Nwuzi	174-7 (53.22m)	4/6	Berkeley	174-7
Seamus Land	8:52.93	3/2	Stanford	8:52.93	Cody Bickham	165-9 (50.53m)	4/12	Salinas	165-9
Jared Hazlett	8:57.89	3/2	Stanford	8:57.89	Sullivan Parker	160-6 (48.94m)	4/12	Salinas	160-6
Edward Trim	9:16.13	3/2	Stanford	9:16.13	Andrew Cruikshank	134-3 (40.93m)	4/6	Berkeley	134-3
5000 meters (13:31.88, Bolota Asmerom, 2001)					Hammer (229-0, Jari Matinalli, 1986)				
Collin Jarvis	14:02.60	4/6	Berkeley	13:42.31	Scott Esparza	200-6 (61.11m)	4/6	Berkeley	206-3
Chris Walden	14:18.20	4/6	Berkeley	14:18.20	Isaac Dan	177-9 (54.18m)	3/29	Stanford	177-9
Jordan Locklear	14:23.67	3/23	San Francisco	14:23.67	Chijoke Nwuzi	173-3 (52.80m)	4/6	Berkeley	173-3
Leland Later	14:24.75	4/6	Berkeley	14:24.75	Stephen Burke	167-1 (50.93m)	4/6	Berkeley	172-6
Thomas Joyce	14:50.30	3/29	San Francisco	14:50.30	Javelin (250-10, Ryan Young, 2009)				
10,000 meters (28:32.27, Yosef Ghebray, 2009)					Andrew Cruikshank	164-7 (50.16m)	4/6	Berkeley	164-7
James Slater	29:52.29	3/29	San Francisco	29:52.29	Hammed Suleman	158-11 (48.45)	4/6	Berkeley	158-11
Matt Petersen	31:08.97	3/29	San Francisco	31:08.97	110-meter hurdles (13.39, Larry Cowling, 1982)				
400-meter hurdles (48.46, Larry Cowling, 1982)					Ray Stewart	13.67w	3/29	Austin	13.48
Randy Bermea	51.99	4/6	Berkeley	51.99	Randy Bermea	14.58	3/2	Stanford	14.58
Ryan Holmes	53.69	3/23	San Francisco	52.91	Chad Jones	14.60	3/2	Stanford	14.51
					Maurice Valentine Jr.	15.03	3/2	Stanford	15.03

2013 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)					High Jump (6-1.25, Kristen Meister, 2011)				
Charnell Price	11.75	3/23	San Francisco	11.68	Gianna Fernandez	5-7.75 (1.72m)	3/2	Stanford	5-9.75
Carisma Lyday	11.81	3/29	Stanford	11.73	Grace Beaudoin	5-7.25 (1.71m)	3/29	Stanford	5-7.25
Malaina Payton	12.00	3/2	Stanford	12.00	Kristin Rimbach	5-7.25 (1.71m)	4/6	Berkeley	5-10.00
Esther Higgwe	12.16	3/29	Stanford	12.16	Jaci Powell	5-2.25 (1.58m)h	3/27	Berkeley	5-2.25
Golde Ibia	12.51	3/29	Stanford	12.43	Pole Vault (13-9.25, Katie Morgan, 2008)				
200 meters (22.72, Antonette Carter, 2006)					Victoria Rische	12-9.50 (3.90m)	3/2	Stanford	12-11.00i
Charnell Price	23.93	3/23	San Francisco	23.74	Mackenzi Landry	11-3.00 (3.43m)	4/6	Berkeley	11-11.75
Alima Kamara	24.29	3/2	Stanford	23.91	Tara Lookabaugh	10-0.00 (3.05m)	3/2	Stanford	10-0.00
Carisma Lyday	24.81	4/6	Berkeley	24.66	Long Jump (22-1.00, Sheila Hudson, 1990)				
Esther Higgwe	25.37	4/6	Berkeley	25.37	Malaina Payton	20-5.75 (6.24m)	4/6	Berkeley	20-7.75
Jaci Powell	25.83h	3/27	Berkeley	25.83	Jaci Powell	18-11.25 (5.77m)	3/16	Sacramento	18-11.25
Golde Ibia	26.00	3/23	San Francisco	25.90	Sunny Margerum	18-5.00 (5.61m)	3/29	Stanford	18-5.00
400 meters (52.53, Latasha Gilliam, 1996)					Tara Lookabaugh	15-11.00 (4.85m)	3/2	Stanford	15-11.00
Alima Kamara	53.48	4/6	Berkeley	52.75	Grace Beaudoin	15-4.75 (4.69m)	3/2	Stanford	15-4.75
Arielle Cunningham-Stevenson	56.88	3/23	San Francisco	56.88	Triple Jump (46-0.75, Sheila Hudson, 1990)				
800 meters (1:59.29, Alysia Johnson, 2007)					Amanda Hunter	42-0.50w (12.81m)	3/16	Sacramento	41-7.75
Arielle Cunningham-Stevenson	2:10.67	4/6	Berkeley	2:09.14	Shot Put (54-4.75, Kristin Heaston, 1999)				
Laura O'Neill	2:13.27	3/23	San Francisco	2:13.27	Chioma Amaechi	49-11.25 (15.22m)	4/6	Berkeley	52-6.50i
Dynasty Gammage	2:16.74	4/6	Berkeley	2:12.39	Torie Owers	48-11.75 (14.93m)	4/6	Berkeley	52-10.25i
Jaci Powell	2:21.66h	3/28	Berkeley	2:21.66	Jaci Powell	35-10.00 (10.92m)h	3/27	Berkeley	35-10.00
1500 meters (4:09.23, Louise Romo, 1984)					Discus (188-11, Kelechi Anyanwu, 2007)				
Sydney Gray	4:26.83	3/29	Stanford	4:26.83	Chioma Amaechi	153-10 (46.90m)	4/6	Berkeley	153-10
Taylor Dutch	4:29.22	4/6	Berkeley	4:25.26	Torie Owers	140-6 (42.82m)	3/30	Stanford	140-6
Christine Bowlus	4:33.77	3/23	San Francisco	4:33.77	Shelby Ashe	107-5 (32.74m)	4/6	Berkeley	107-5
Laura O'Neill	4:35.12	3/2	Stanford	4:35.12	Hammer (214-0, Jennifer Joyce, 2002)				
Heather Cerney	4:36.38	3/23	San Francisco	4:36.38	Shelby Ashe	191-2 (58.27m)	4/6	Berkeley	191-2
Mariel Mendoza	4:41.45	3/23	San Francisco	4:41.45	Chioma Amaechi	178-4 (54.35m)	4/6	Berkeley	189-2
Dynasty Gammage	4:42.16	3/23	San Francisco	4:42.16	Torie Owers	171-3 (52.21m)	3/30	Stanford	171-3
Molly Babcock	4:45.93	3/23	San Francisco	4:45.93	Javelin (152-10, Emilee Strot, 2006)				
Christine Zavesky	4:53.64	3/2	Stanford	4:53.64	Jaci Powell	141-5 (43.11m)h	3/28	Berkeley	141-5
Sam Ralstin	5:12.32	3/23	San Francisco	5:12.32	Katie Bruzzzone	133-4 (40.64m)	3/23	San Francisco	135-2
3000 meters (9:00.86i, Chelsea Reilly, 2012)					Cheri Chan	130-2 (39.68m)	4/6	Berkeley	132-10
Heather Cerney	9:55.63	3/2	Stanford	9:55.63	Heptathlon (5,624, Ifeoma Ozoeze, 1995)				
Anna Corrigan	9:56.43	4/6	Berkeley	9:56.43	Jaci Powell	4,995	3/28	Berkeley	4,995
Hillary Hayes	10:07.03	4/6	Berkeley	9:58.67i					
Molly Babcock	10:30.20	3/2	Stanford	10:30.20					
Sam Ralstin	10:45.22	3/2	Stanford	10:45.22					
Dynasty Gammage	11:01.44	3/2	Stanford	11:01.44					
5000 meters (15:29.24i, Deborah Maier, 2012)									
Kelsey Santisteban	15:52.06	3/29	Stanford	15:52.06					
Christine Bowlus	16:53.89	3/29	San Francisco	16:53.89					
Hillary Hayes	17:44.97	3/29	San Francisco	17:42.78					
100-meter hurdles (13.02, Kimyon Broom, 2009)									
Jaci Powell	14.19w	3/16	Sacramento	14.19w					
Golde Ibia	14.22	4/6	Berkeley	14.22					
Sunny Margerum	16.07w	3/16	Sacramento	16.07w					
400-meter hurdles (57.61, Helga Holldorsdottir, 1986)									
Taylor Lawson	1:01.04	4/6	Berkeley	1:01.04					
Tiarra Pittman	1:01.75	4/6	Berkeley	1:01.75					
3000-meter steeplechase (10:14.94, Rowena Tam, 2011)									
Molly Babcock	11:08.26	3/29	San Francisco	11:08.26					
4x100-meter Relay (44.28, Omwanghe/T. Johnson/Hawes/Carter, 2004)									
Lyday/Price/Higgwe/Kamara	45.67	4/6	Berkeley	45.67					
4x400-meter Relay (3:35.46, Turner/Pierce/E. Smith/A. Johnson, 2007)									
Lawson/Stevenson/Price/Kamara	3:41.24	4/6	Berkeley	3:41.24					
Gray/Pittman/Mendoza/O'Neill	3:59.58	3/2	Stanford	3:59.58					