

# 2013 FINAL TRITON MEN'S TRACK & FIELD BEST MARKS

## 100 Meters

Keith Rose	10.62	!	CCAA Championships	5/4
Anthony Wang	11.05		All-UC Meet	3/2
Riley Stauffer	11.93		Pomona-Pitzer Invitational	4/13

## 200 Meters

Keith Rose	21.57	!+	CCAA Championships	5/3
David Guinasso	22.54		Soka Peace Invitational	4/20
Nathaniel Ford	23.00		San Diego Collegiate Challenge	3/9
C. Mamikunian	23.36		Soka Peace Invitational	4/20
Jordan Ekaidat	24.09		Mangrum Invitational	4/6

## 400 Meters

Arvind Rao	50.11		Soka Peace Invitational	4/20
Nathaniel Ford	50.20		Aztec Invitational	3/16
David Guinasso	50.32	+	Cal-Nevada Championships	3/29
Sho Kodera	50.66		Aztec Invitational	3/16
C. Mamikunian	50.73		Aztec Invitational	3/16
Jordan Ekaidat	53.02		Triton Invitational	4/27

## 800 Meters

Kellen Levy	1:55.59		Triton Invitational	4/27
Anthony Heredia	1:55.76	+	CCAA Championships	5/3
Arvind Rao	1:56.42	+	CCAA Championships	5/3
Sho Kodera	1:57.27		All-UC Meet	3/2
Daniel Hauptman	1:58.13		UCSD Triangular	2/16
Mario Flores	1:58.91		UCSD Triangular	2/16
Mike Kloha	1:59.65		Triton Invitational	4/27
C. Mamikunian	2:00.11		Triton Invitational	4/27
Daniel Franz	2:00.67		UCSD Triangular	2/16
Zach Withall	2:08.53		UCSD Triangular	2/16

## 1500 Meters

Kellen Levy	3:55.89		Pomona-Pitzer Invitational	4/13
Anthony Heredia	3:57.36		Cal-Nevada Championships	3/30
Tanner Collins	3:59.70		Triton Invitational	4/27
Daniel Hauptman	4:01.10		UCSD Triangular	2/16
Matt Lenehan	4:02.39		Triton Invitational	4/27
Tareq Alwafai	4:02.93		Mangrum Invitational	4/6
Mario Flores	4:03.04		UCSD Triangular	2/16
Daniel Franz	4:03.82		Triton Invitational	4/27
Ben Rich	4:04.30		Mangrum Invitational	4/6
Mike Kloha	4:07.16		Cal-Nevada Championships	3/30
Eddie Carrillo	4:09.58		San Diego Collegiate Challenge	3/9
Warren Liem	4:09.67		San Diego Collegiate Challenge	3/9
Scott Acton	4:11.25		Triton Invitational	4/27
Zach Withall	4:11.61		UCSD Triangular	2/16

## 3000 Meters

Kellen Levy	8:35.00		UCSD Triangular	2/16
Tanner Collins	8:37.23		All-UC Meet	3/2
Tareq Alwafai	8:42.79		All-UC Meet	3/2
Ben Rich	8:45.36		UCSD Triangular	2/16
Matt Lenehan	8:46.89		All-UC Meet	3/2
Eddie Carrillo	8:47.58		All-UC Meet	3/2
Scott Acton	8:48.40		All-UC Meet	3/2
Daniel Franz	8:52.31		Mangrum Invitational	4/6
Warren Liem	9:04.60		All-UC Meet	3/2
Ryan Lok	9:08.32		UCSD Triangular	2/16

## 3000 Steeplechase

Daniel Franz	9:31.32		Pomona-Pitzer Invitational	4/13
Daniel Hauptman	9:32.25		Occidental Distance Carnival	3/15
Mario Flores	9:38.13		Cal-Nevada Championships	3/30
Matt Lenehan	9:54.52		CCAA Championships	5/4

## 5000 Meters

Tanner Collins	14:37.98		Occidental Distance Carnival	3/15
Tareq Alwafai	14:47.12		Pomona-Pitzer Invitational	4/13
Matt Lenehan	14:53.90		Pomona-Pitzer Invitational	4/13
Kellen Levy	14:56.06		Occidental Distance Carnival	3/15
Ben Rich	14:59.14		Pomona-Pitzer Invitational	4/13
Eddie Carrillo	15:06.39		Pomona-Pitzer Invitational	4/13
Scott Acton	15:09.25		Occidental Distance Carnival	3/15
Warren Liem	15:19.01		Occidental Distance Carnival	3/15
Ryan Lok	15:34.97		Triton Invitational	4/27

## 10000 Meters

Kellen Levy	30:58.93		CCAA Championships	5/3
Matt Lenehan	31:11.48		CCAA Championships	5/3
Scott Acton	31:28.22		Cal-Nevada Championships	3/29
Warren Liem	32:19.27		Cal-Nevada Championships	3/29
Ryan Lok	33:05.46		Cal-Nevada Championships	3/29

## 110 Hurdles

Jeffrey Lim	15.11	+	CCAA Championships	5/3
Kevin Chiao	15.15		All-UC Meet	3/2
Adam Augustyn	15.19		Mangrum Invitational	4/6
Quentin McWhorter	15.50		Soka Peace Invitational	4/20
David Baker	15.66		Rossi Relays	2/23
Riley Stauffer	16.63		UCSD Triangular	2/16
Connor Zindroski	16.89		Rossi Relays	2/23

## 400 Hurdles

Keenan Smith	55.95		Pomona-Pitzer Invitational	4/13
Jeffrey Lim	56.32		UCSD Triangular	2/16
David Baker	57.60		All-UC Meet	3/2
Connor Zindroski	58.36		San Diego Collegiate Challenge	3/9
Riley Stauffer	58.53		Triton Invitational	4/27
Oscar Zuniga	59.20		All-UC Meet	3/2
Kevin Chiao	1:01.43		Rossi Relays	2/23

**4x100 Relay**

Wang, McWhorter, Chiao, Rose	42.72	Mangrum Invitational	4/6
Chiao, Ford, Lim, Rose	43.12	All-UC Meet	3/2
Guinasso, Augustyn, Chiao, Rose	43.69	CCAA Championships	5/4
Stauffer, Ford, Chiao, Rose	43.86	Rossi Relays	2/23
Stauffer, Ford, Chiu, Rose	43.88	UCSD Triangular	2/16
Wang, McWhorter, Lim, Rose	44.11	Cal-Nevada Championships	3/30

**4x400 Relay**

Rose, Ford, Guinasso, Rao	3:19.16	CCAA Championships	5/4
Rose, Kodera, Ford, Baker	3:22.70	Cal-Nevada Championships	3/30
Ford, Heredia, Guinasso, Kodera	3:22.83	Mangrum Invitational	4/6
Rose, Kodera, Ford, Berthet	3:23.44	All-UC Meet	3/2
Ford, Kodera, Guinasso, Rao	3:23.97	Soka Peace Invitational	4/20
Rose, Kodera, Mamikunian, Zuniga	3:24.62	Rossi Relays	2/23
Mamikunian, Kodera, Rao, Berthet	3:25.20	San Diego Collegiate Challenge	3/9
Rose, Ford, Kodera, Rao	3:26.57	Pomona-Pitzer Invitational	4/13
Rao, Guinasso, Ford, Berthet	3:26.71	Rossi Relays	2/23
Baker, Mamikunian, Guinasso, Rao	3:27.02	All-UC Meet	3/2
Ford, Guinasso, Kodera, Rao	3:30.49	Triton Invitational	4/27
Baker, Rao, Mamikunian, Smith	3:36.07	Mangrum Invitational	4/6
Kloha, Lenehan, Alwafai, Collins	3:36.26	Triton Invitational	4/27
Flores, Hauptman, Kloha, Collins	3:41.52	Mangrum Invitational	4/6

**4x800 Relay**

Rao, Guinasso, Kodera, Mamikunian	8:05.35	Rossi Relays	2/23
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**High Jump**

Sean Cook	6'6.75"	Pomona-Pitzer Invitational	4/13
Jake Hawn	5'8.75"	UCSD Triangular	2/16

**Pole Vault**

Clint Rosser	16'3.5" &	APU Last Chance Qualifier	5/11
Benjamin Berthet	15'11" &	San Diego Collegiate Challenge	3/9

**Long Jump**

Sean Cook	23'10.75" &	CCAA Championships	5/3
Kevin Chiao	22'5.75"	Mangrum Invitational	4/6
Q. McWhorter	22'3.75"	CCAA Championships	5/3
Randy Copeman	21'7.5"	All-UC Meet	3/2
Jake Hawn	21'0"	UCSD Triangular	2/16
Kyle Chiu	20'2.5"	UCSD Triangular	2/16
Connor Zindroski	19'9.5"	Rossi Relays, All-UC Meet	2/23, 3/2

**Triple Jump**

Q. McWhorter	47'1.5"	Soka Peace Invitational	4/20
Sean Cook	46'0"	UCSD Triangular	2/16
A. Kountouris	45'6.25"	CCAA Championships	5/4
Randy Copeman	45'3"	Soka Peace Invitational	4/20

**Shot Put**

Ryan Eckert	54'2.75" &	APU Last Chance Qualifier	5/11
Zach Nagengast	51'7"	CCAA Championships	5/3
Matt Endler	48'6.75"	Cal-Nevada Championships	3/29
A.B. Shaheen	46'8.75"	Soka Peace Invitational	4/20
J. Shahbazian	45'10.75"	Triton Invitational	4/27
Jeffrey Shu	42'9"	San Diego Collegiate Challenge	3/9
Giovanni Rico	38'2.75"	UCSD Triangular	2/16

**Discus**

Zach Nagengast	169'4" &	Triton Invitational	4/27
Matt Endler	155'5"	Soka Peace Invitational	4/19
Jared Shahbazian	139'9"	Soka Peace Invitational	4/19
Jeffrey Shu	129'9"	Soka Peace Invitational	4/19

**Hammer Throw**

A.B. Shaheen	191'8" &	Soka Peace Invitational	4/19
Zach Nagengast	185'0" &	Aztec Invitational	3/16
Matt Endler	153'1"	Soka Peace Invitational	4/19
Giovanni Rico	133'11"	CCAA Championships	5/3

**Javelin**

Nash Howe	221'4" #	CCAA Championships	5/4
Kiley Libuit	198'4" &	Triton Invitational	4/27
Jake Hawn	143'9"	UCSD Triangular	2/16

! - School Record                      + - Prelims Mark

# - NCAA A Cut (Automatic Qualifier)

&amp; - NCAA B Cut (Provisional Qualifier)

**NOTE:** Ross and Sharon Irwin Collegiate Scoring Meet is the official name of the PLNU Collegiate Scoring Meet