

# 2014 TRITON WOMEN'S TRACK & FIELD BEST MARKS

## 100 Meters

Janay Pierce	12.02	&+	CCAA Championships	5/2
Erica Anunwah	12.32		San Diego Challenge	3/15
Amy Heins	12.39	+	CCAA Championships	5/2
Ronke Odubela	12.82		San Diego Challenge	3/15
Meredith Bell	13.21		Soka Peace Invitational	4/19

## 200 Meters

Lauren Lopez	24.85		Soka Peace Invitational	4/19
Janay Pierce	24.92		Soka Peace Invitational	4/19
Erica Anunwah	25.27		All Cal-Championships	3/8
Ellexi Snover	25.29		Aztec Invitational	3/29
Amy Heins	25.71		Aztec Invitational	3/29
Veronica Bradley	26.22	H	CCAA Championships	5/1
Michelle Cummins	26.42		Soka Peace Invitational	4/19
Ronke Odubela	26.57		Triton Invitational	4/26
Marisa Padilla	26.69		All Cal-Championships	3/8
Meredith Bell	27.11		Soka Peace Invitational	4/19
Casey Buck	27.13	H	CCAA Championships	5/1
Sarah Wobber	27.23		Soka Peace Invitational	4/19
Ruth McConnell	27.23		Pomona-Pitzer Invitational	4/12

## 400 Meters

Lauren Lopez	56.05		CCAA Championships	5/3
Jackie Chalmers	56.87		Pomona-Pitzer Invitational	4/12
Sabrina Pimentel	57.43		Soka Peace Invitational	4/19
Marisa Padilla	57.53	+	Cal-Nevada Championships	4/4
Ruth McConnell	1:00.75		All-Cal Championships	3/8
Sarah Wobber	1:02.58		All-Cal Championships	3/8

## 800 Meters

Sabrina Pimentel	2:09.07	I&	Sun Angel Classic	4/12
Lorato Anderson	2:14.76		CCAA Championships	5/3
Ella Verhees	2:15.88		Triton Invitational	4/26
Raélene deArmas	2:18.15		Triton Invitational	4/26
Corinne Hinkle	2:20.26		San Diego Challenge	3/15
A. Mansoorbakht	2:21.04		Triton Invitational	4/26
Marie Diaz	2:23.84		Triton Invitational	4/26
Veronica Bradley	2:25.91	H	CCAA Championships	5/2
Casey Buck	2:46.09	H	California Invitational	4/17

## 1500 Meters

Corinne Hinkle	4:39.56		Triton Invitational	4/26
Ella Verhees	4:40.44		Pomona-Pitzer Invitational	4/12
Marie Diaz	4:42.20		Pomona-Pitzer Invitational	4/12
Paige Hughes	4:46.31		Triton Invitational	4/26
Chia Chang	4:49.50		Aztec Invitational	3/28
Amanda Weber	4:51.93		San Diego Challenge	3/15
A. Kakebeen	4:53.75		Triton Invitational	4/26
Michelle Le Roux	4:54.90		Pomona-Pitzer Invitational	4/12
Raélene deArmas	4:57.07		San Diego Challenge	3/15
Madison Tanner	4:57.69		Aztec Invitational	3/28
Madison Hills	5:01.20		San Diego Challenge	3/15
Ximena Cruz	5:02.08		Triton Invitational	4/26
Chandler Colquitt	5:04.22		Aztec Invitational	3/28
Alia Bales	5:05.40		Aztec Invitational	3/28
Isabella Gallo	5:07.60		Aztec Invitational	3/28

## 3000 Meters

Paige Hughes	10:13.88		Rossi Relays	2/22
Chia Chang	10:28.58		All-Cal Championships	3/8
Michelle Le Roux	10:35.56		All-Cal Championships	3/8
Madison Tanner	10:38.35		Rossi Relays	2/22
Chandler Colquitt	10:43.04		All-Cal Championships	3/8
Alia Bales	11:10.45		Rossi Relays	2/22
Carolina Guzman	11:11.32		Rossi Relays	2/22

## 3000 Steeplechase

A. Kakebeen	11:14.13	I&	Cal-Nevada Championships	4/5
Madison Hills	11:49.62		All-Cal Championships	3/8
Amanda Weber	11:49.67		All-Cal Championships	3/8

## 5000 Meters

Paige Hughes	17:50.46		San Diego Challenge	3/15
Chandler Colquitt	17:55.16		San Diego Challenge	3/15
Alia Bales	18:11.81		Triton Invitational	4/26
Michelle Le Roux	18:23.37		Triton Invitational	4/26
Marie Diaz	18:23.41		San Diego Challenge	3/15
Madison Tanner	18:41.26		San Diego Challenge	3/15
Chia Chang	18:45.41		Triton Invitational	4/26

## 10000 Meters

Paige Hughes	37:03.67		Mt. SAC Relays	4/17
Chandler Colquitt	37:38.85		Mt. SAC Relays	4/17
Madison Tanner	37:58.17		Cal-Nevada Championships	4/4
Alia Bales	38:35.72		Cal-Nevada Championships	4/4

## 100 Hurdles

Michelle Cummins	14.73	+	CCAA Championships	5/2
Veronica Bradley	15.13	H	CCAA Championships	5/1
Laura Schellenberg	15.15		San Diego Challenge	3/15
Kayla Batom	15.66		Soka Peace Invitational	4/19
Kirsten Martin	15.799		All-Cal Championships	3/8
Casey Buck	16.01	H	CCAA Championships	5/1

## 400 Hurdles

Lauren Irish	1:01.40	I&	CCAA Championships	5/3
L. Schellenberg	1:03.05		CCAA Championships	5/3
Kirsten Martin	1:06.53		Triton Invitational	4/26
Ronke Odubela	1:08.71		San Diego Challenge	3/15
Kayla Batom	1:12.36		All-Cal Championships	3/8

## 4x100 Relay

Heins, Anunwah, Snover, Pierce	47.13		CCAA Championships	5/3
Heins, Anunwah, Snover, Pierce	47.30		Soka Peace Invitational	4/19
Heins, Anunwah, Snover, Pierce	47.32		Triton Invitational	4/26
Heins, Anunwah, Sato, Pierce	47.35		San Diego Challenge	3/15
Heins, Anunwah, Snover, Pierce	47.59		Cal-Nevada Championships	4/5

**4x400 Relay**

Pimentel, Irish, Chalmers, Lopez	3:46.63 &	Oxy Invitational	5/10
Pimentel, Chalmers, Irish, Lopez	3:47.08 &	CCAA Championships	5/3
Pimentel, Padilla, Lopez, Irish	3:48.50 &	Triton Invitational	4/26
Pimentel, Chalmers, Padilla, Irish	3:49.37	Soka Peace Invitational	4/19
Pimentel, Chalmers, Padilla, Lopez	3:50.41	Cal-Nevada Championships	4/5
Pimentel, Chalmers, Snover, Lopez	3:50.63	Aztec Invitational	3/29
Pimentel, Chalmers, Snover, Lopez	3:50.66	San Diego Challenge	3/15

**High Jump**

Kristen Daugherty	5'5"	Pomona-Pitzer Invitational	4/12
Savanna Forry	5'4.5"	Aztec Invitational	3/29
Veronica Bradley	5'4.25" H	CCAA Championships	5/1
Devon Brook	5'4.25"	CCAA Championships	5/3
J. Wildenthaler	5'4.25"	CCAA Championships	5/3
Casey Buck	5'2.25"	SDCC/Cal-Nevada	3/15, 4/5
Taylor Eljenholm	5'2.25"	Cal-Nevada Championships	4/5
Sarah Reinhardt	5'0.25"	Triton Invitational	4/26
Kirsten Martin	4'8.25"	All-Cal Championships	3/8

**Pole Vault**

Megan Benham	12'2" &	CCAA Championships	5/3
Chrissi Carr	11'11.75" &	Pomona-Pitzer Invitational	4/12
Sydney Blakeley	11'7.75"	Triton Invitational	4/26
Emily Soley	10'0"	P-P Invite/Soka Invite	4/12, 4/19

**Long Jump**

Veronica Bradley	18'8"	Triton Invitational	4/26
Kristin Sato	18'7.25"	CCAA Championships	5/2
Casey Buck	18'0.5"	Triton Invitational	4/26
Kristen Daugherty	17'8.75"	San Diego Challenge	3/15
Bailey Turk	17'5.25"	Soka Peace Invitational	4/19
Amy Heins	16'11.5"	Soka Peace Invitational	4/19
Taylor Eljenholm	16'9.75"	San Diego Challenge	3/15

**Triple Jump**

Chantia Justice	39'7.75" &	CCAA Championships	5/3
Kristin Sato	39'3" &	Triton Invitational	4/26
J. Wildenthaler	37'10.5"	CCAA Championships	5/3
Ashley Rhorer	37'3.25"	Triton Invitational	4/26
Kristen Daugherty	37'0.5"	Pomona-Pitzer Invitational	4/12
Michelle Cummins	36'2.25"	All-Cal Championships	3/8
Taylor Eljenholm	34'7.25"	Triton Invitational	4/26
Devon Brook	33'9.5"	Rossi Relays	2/22

**Shot Put**

Eva Isaacs	43'0.5"	CCAA Championships	5/3
Haley Libuit	38'10.5"	CCAA Championships	5/3
Casey Buck	37'2.25" H	California Invitational	4/16
Veronica Bradley	31'11.25" H	California Invitational	4/16

**Discus**

Eva Isaacs	142'9"	Triton Invitational	4/25
Haley Libuit	89'9"	All-Cal Championships	3/8

**Hammer Throw**

Valerie Francis	147'6"	All-Cal Championships	3/8
Savanna Forry	146'10"	Pomona-Pitzer Invitational	4/12

**Javelin**

Haley Libuit	135'11" &	Aztec Invitational	3/29
Ellexi Snover	123'6"	Soka Peace Invitational	4/19
Amanda Horowitz	115'1"	San Diego Challenge	3/15
Devon Brook	94'7"	Soka Peace Invitational	4/19
Casey Buck	93'0"	Rossi Relays	2/22
Veronica Bradley	91'1"	Pomona-Pitzer Invitational	4/12

**Heptathlon**

Veronica Bradley	4691 &	CCAA Championships	5/1-2
Casey Buck	4182	CCAA Championships	5/1-2

I - School Record

+ - Prelim

# - NCAA Automatic Qualifier

H - Heptathlon

&amp; - NCAA Provisional Qualifier

**Individual Wins**

Janay Pierce	100 Meters (12.24)	All-Cal (3/8)
Lauren Lopez	400 Meters (57.17)	All-Cal (3/8)
Sabrina Pimentel	800 Meters (2:15.12)	All-Cal (3/8)
Chantia Justice	Triple Jump (38'6.75")	All-Cal (3/8)
Haley Libuit	Javelin (135'2")	All-Cal (3/8)
Sabrina Pimentel	800 Meters (2:15.20)	SDCC (3/15)
Paige Hughes	5000 Meters (17:50.46)	SDCC (3/15)
Kristin Sato	Long Jump (18'0.25")	SDCC (3/15)
Kristin Sato	Triple Jump (39'1") (T)	SDCC (3/15)
Chantia Justice	Triple Jump (39'1") (T)	SDCC (3/15)
Paige Hughes	1500 Meters Open (4:46.10)	Aztec (3/28)
Paige Hughes	10000 Meters (37:04.39)	Cal-Nevada (4/4)
Janay Pierce	100 Meters (12.11)	Soka Peace (4/19)
Lauren Lopez	200 Meters (24.85)	Soka Peace (4/19)
Lauren Lopez	400 Meters (56.59)	Soka Peace (4/19)
Lorato Anderson	800 Meters (2:19.75)	Soka Peace (4/19)
Savanna Forry	High Jump (5'5")	Soka Peace (4/19)
Chrissi Carr	Pole Vault (11'5.75")	Soka Peace (4/19)
Kristin Sato	Triple Jump (39'1")	Soka Peace (4/19)
Eva Isaacs	Shot Put (40'0.75")	Soka Peace (4/19)
Ellexi Snover	Javelin (123'6")	Soka Peace (4/19)
Kristin Sato	Triple Jump (39'3")	Triton Invitational (4/26)
Paige Hughes	10000 Meters (37:32.91)	CCAA (5/2)
Sabrina Pimentel	800 Meters (2:10.95)	CCAA (5/3)

**Relay Wins**

4x100 (Heins, Anunwah, Sato, Pierce), 47.69 (T)	Rossi (2/22)
4x400 (Pimentel, Chalmers, Padilla, Lopez), 3:51.89	Rossi (2/22)
4x400 (Pimentel, Chalmers, Snover, Lopez), 3:51.21	All-Cal (3/8)
4x100 (Heins, Anunwah, Sato, Pierce), 47.35	SDCC (3/15)
4x400 (Pimentel, Chalmers, Snover, Lopez), 3:50.66	SDCC (3/15)
4x100 (Heins, Anunwah, Snover, Pierce), 47.30	Soka Peace (4/19)
4x400 (Pimentel, Chalmers, Padilla, Irish), 3:49.37	Soka Peace (4/19)
4x400 (Pimentel, Irish, Chalmers, Lopez), 3:46.63	Oxy Invite (5/10)

# 2014 TRITON MEN'S TRACK & FIELD BEST MARKS

## 100 Meters

Keith Rose	10.71	Cal-Nevada Championships	4/4
Emmanuel Elijah	11.01 +	CCAA Championships	5/2
Markus Woods	11.57	San Diego Challenge	3/15
Dan Golubovic	11.69 D	California Invitational	4/16
Xander Simpson	11.78	All-Cal Championships	3/8
Shaun Tu	11.86	Triton Invitational	4/26

## 200 Meters

Keith Rose	21.30 !&	CCAA Championships	5/3
Emmanuel Elijah	22.49	Soka Peace Invitational	4/19
David Guinasso	22.56	Aztec Invitational	3/29
Nate Ford	22.83	All-Cal Championships	3/8

## 400 Meters

D. Van de Streek	49.21	CCAA Championships	5/3
Jared Senese	49.41	Soka Peace Invitational	4/19
Sam Ozenbaugh	49.44	CCAA Championships	5/3
David Guinasso	49.85	Pomona-Pitzer Invitational	4/12
Nate Ford	50.40	All-Cal Championships	3/8
C. Mamikunian	50.56	Pomona-Pitzer Invitational	4/12
Connor Macky	50.90	P-Pitzer Invite/Soka Invite	4/12, 4/19
Sho Kodera	51.48	Soka Peace Invitational	4/19
Dan Golubovic	53.16 D	CCAA Championships	5/1

## 800 Meters

Carlos Bojorquez	1:51.10 &	Sun Angel Classic	4/12
Jared Senese	1:51.58 &	Oxy Invitational	5/10
Connor Macky	1:57.15	San Diego Challenge	3/15
Sho Kodera	1:58.28	All-Cal Championships	3/8
Sean Upton	1:58.58	San Diego Challenge	3/15
Chanan Batra	1:59.14	San Diego Challenge	3/15

## 1500 Meters

Carlos Bojorquez	3:50.16 &	Mt. SAC Relays	4/18
Kellen Levy	3:54.83	Aztec Invitational	3/28
Tanner Collins	3:57.28	Pomona-Pitzer Invitational	4/12
Mario Flores	3:58.30	Aztec Invitational	3/28
Sean Upton	4:00.67	All-Cal Championships	3/8
Daniel Hauptman	4:00.78	Pomona-Pitzer Invitational	4/12
Tareq Alwafai	4:01.54	Pomona-Pitzer Invitational	4/12
Chanan Batra	4:02.38	Cal-Nevada Championships	4/5
Brendan Gee	4:04.46	Aztec Invitational	3/28
Charles Morgan	4:04.54	Pomona-Pitzer Invitational	4/12
Daniel Franz	4:04.86	Aztec Invitational	3/28
Scott Acton	4:06.14	Aztec Invitational	3/28
Grant Foster	4:07.49	Pomona-Pitzer Invitational	4/12
Eddie Carrillo	4:15.59	Aztec Invitational	3/28
Dan Golubovic	4:41.12 D	California Invitational	4/17

## 3000 Meters

Tanner Collins	8:34.54	Rossi Relays	2/22
Tareq Alwafai	8:37.39	Rossi Relays	2/22
Kellen Levy	8:39.80	All-Cal Championships	3/8
Eddie Carrillo	8:45.15	All-Cal Championships	3/8
Scott Acton	8:45.88	All-Cal Championships	3/8
Brendan Gee	8:56.51	All-Cal Championships	3/8

## 3000 Steeplechase

Mario Flores	9:21.98 &	Cal-Nevada Championships	4/5
Daniel Franz	9:23.37 &	CCAA Championships	5/3
Daniel Hauptman	9:26.12	CCAA Championships	5/3
Charles Morgan	10:00.10	Triton Invitational	4/26

## 5000 Meters

Tanner Collins	14:27.19 &	Mt. SAC Relays	4/18
Tareq Alwafai	14:31.88 &	Mt. SAC Relays	4/18
Kellen Levy	14:49.36	Cal-Nevada Championships	4/4
Brendan Gee	15:11.28	Cal-Nevada Championships	4/4
Mario Flores	15:25.44	San Diego Challenge	3/15
Scott Acton	15:29.80	CCAA Championships	5/3
Grant Foster	15:41.65	Cal-Nevada Championships	4/4
Eddie Carrillo	15:51.04	Triton Invitational	4/26
Daniel Franz	15:54.21	San Diego Challenge	3/15

## 10000 Meters

Scott Acton	30:51.86 &	Mt. SAC Relays	4/17
Kellen Levy	31:12.33	CCAA Championships	5/2
Eddie Carrillo	32:18.55	Cal-Nevada Championships	4/4

## 110 Hurdles

Kevin Chiao	14.91 +	CCAA Championships	5/2
Adam Augustyn	14.98 +	Cal-Nevada Championships	4/4
Dan Golubovic	15.20 D	NCAA Championships	5/22
Jeffrey Lim	15.30	All-Cal Championships	3/8
Riley Stauffer	15.95 +	CCAA Championships	5/2
Connor Zindroski	16.63	All-Cal Championships	3/8

## 400 Hurdles

Markus Woods	53.27 &	CCAA Championships	5/3
Jeffrey Lim	55.37	Triton Invitational	4/26
Riley Stauffer	56.19	Soka Peace Invitational	4/19
Connor Zindroski	59.20	San Diego Challenge	3/15

## 4x100 Relay

Elijah, Guinasso, Van de Streek, Rose	41.82	CCAA Championships	5/3
Elijah, Van de Streek, Guinasso, Rose	41.92	Triton Invitational	4/26
Elijah, Guinasso, Van de Streek, Rose	42.06	Cal-Nevada Championships	4/5
Elijah, Chiu, Stauffer, Rose	42.44	Rossi Relays	2/22
Elijah, Woods, Stauffer, Rose	42.55	Aztec Invitational	3/29

## 4x400 Relay

Ozenbaugh, Senese, Guinasso, Van de Streek	3:17.30	CCAA Championships	5/3
Guinasso, Senese, Ozenbaugh, Van de Streek	3:17.94	Cal-Nevada Championships	4/5
Woods, Senese, Ozenbaugh, Van de Streek	3:18.44	San Diego Challenge	3/15
Guinasso, Ozenbaugh, Senese, Van de Streek	3:18.45	Soka Peace Invitational	4/19

**4x800 Relay**

Senese, Upson, Franz, Flores	7:56.42	Rossi Relays	2/22
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**High Jump**

Dan Golubovic	6'5"	D California Invitational	4/16
Sean Cook	6'4.75"	All-Cal Championships	3/8
Kyle Chiu	6'1.25"	Triton Invitational	4/26

**Pole Vault**

Dan Golubovic	16'0.75"	&D CCAA Championships	5/2
Clint Rosser	15'11"	& San Diego Challenge	3/15
Benjamin Berthet	15'5.5"	Rossi Relays	2/22

**Long Jump**

Randy Copeman	23'5.5"	Soka Peace Invitational	4/19
Sean Cook	23'0.75"	San Diego Challenge	3/15
Craig Ihle	22'5.75"	Soka Peace Invitational	4/18
Kyle Chiu	22'1.75"	Cal-Nevada Championships	4/4
Dan Golubovic	22'0.75"	San Diego Challenge	3/15
Shaun Tu	21'11"	Soka Peace Invitational	4/19
Xander Simpson	21'8"	Rossi Relays	2/22
Alex Simpson	21'6.25"	Soka Peace Invitational	4/19
D. Van de Streek	20'8"	San Diego Challenge	3/15

**Triple Jump**

Randy Copeman	45'10"	Cal-Nevada Championships	4/5
Sean Cook	45'9.25"	San Diego Challenge	3/15
Alex Simpson	45'0.5"	CCAA Championships	5/3
Xander Simpson	44'8"	Rossi Relays	2/22
D. Van de Streek	44'3.25"	Rossi Relays	2/22

**Shot Put**

Jared Shahbazian	46'11.5"	All-Cal Championships	3/8
Nick Gastaldo	45'10"	Triton Invitational	4/26
Jeffrey Shu	44'2.75"	CCAA Championships	5/2
Roland Padilla	43'6.5"	Triton Invitational	4/26
Dan Golubovic	37'2"	D NCAA Championships	5/22

**Discus**

Dan Golubovic	138'5"	D CCAA Championships	5/2
Jeffrey Shu	138'1"	Soka Peace Invitational	4/18
Nick Gastaldo	136'02"	Triton Invitational	4/25
Jared Shahbazian	131'3"	Rossi Relays	2/22
Roland Padilla	128'6"	Triton Invitational	4/25

**Hammer Throw**

Giovanni Rico	147'0"	Pomona-Pitzer Invitational	4/12
Nick Gastaldo	135'2"	CCAA Championships	5/2
Roland Padilla	114'6"	Soka Peace Invitational	4/18
Jared Shahbazian	78'11"	San Diego Challenge	3/15

**Javelin**

Nash Howe	229'3"	# San Diego Challenge	3/15
Anthony Capitulo	201'2"	& CCAA Championships	5/3
Travis Vandegriff	184'0"	Cal-Nevada Championships	4/5
Dan Golubovic	159'11"	D California Invitational	4/17

**Decathlon**

Dan Golubovic	6898	& CCAA Championships	5/1-2
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! - School Record	+ - Prelim
# - NCAA Automatic Qualifier	D - Decathlon
& - NCAA Provisional Qualifier	

**Individual Wins**

Markus Woods	400 Hurdles (55.89)	Rossi (2/22)
Anthony Capitulo	Javelin (197'6")	Rossi (2/22)
Emmanuel Elijah	100 Meters (11.16)	All-Cal (3/8)
Markus Woods	400 Hurdles (55.39)	All-Cal (3/8)
Dan Golubovic	High Jump (6'4.75")	All-Cal (3/8)
Randy Copeman	Long Jump (22'5.75")	All-Cal (3/8)
Nash Howe	Javelin (218'10")	All-Cal (3/8)
Tanner Collins	5000 Meters (15:00.46)	SDCC (3/15)
Sean Cook	Long Jump (23'0.75")	SDCC (3/15)
Nash Howe	Javelin (229'3")	SDCC (3/15)
Carlos Bojorquez	1500 Meters (3:55.18)	Cal-Nevada (4/5)
Carlos Bojorquez	800 Meters (1:51.10)	Sun Angel (4/12)
Dan Golubovic	Decathlon (6720)	Cal Invite (4/16-17)
Keith Rose	200 Meters (21.51)	Soka Peace (4/19)
Kevin Chiao	110 Hurdles (15.05)	Soka Peace (4/19)
Markus Woods	400 Hurdles (54.76)	Soka Peace (4/19)
Benjamin Berthet	Pole Vault (14'11")	Soka Peace (4/19)
Randy Copeman	Long Jump (23'5.5")	Soka Peace (4/19)
Nick Gastaldo	Shot Put (43'10.5")	Soka Peace (4/19)
Dan Golubovic	Decathlon (6898)	CCAA (5/1-2)
Kellen Levy	10000 Meters (31:12.33)	CCAA (5/2)
Nash Howe	Javelin (225'4")	CCAA (5/3)

**Relay Wins**

4x800 (Senese, Upson, Franz, Flores), 7:56.42	Rossi (2/22)
4x400 (Woods, Senese, Ozenbaugh, Van de Streek), 3:18.44	SDCC (3/15)
4x400 (Guinasso, Ozenbaugh, Senese, Van de Streek), 3:18.45	Soka (4/19)