



# SACRAMENTO STATE

## TRACK & FIELD

### 2009 INDOOR MEN'S EVENT LIST

#### 60

| Athlete         | Meet                         | Mark |
|-----------------|------------------------------|------|
| Ronald Brookins | Big Sky Championships (2/28) | 6.86 |
| Jason Nelson    | Cougar Indoor (2/1)          | 7.02 |
| Andy White      | Cougar Indoor (2/7)          | 7.07 |
| Alex Harvin     | Cougar Indoor (2/1)          | 7.24 |
| Marcus McMillan | Cougar Indoor (2/1)          | 7.32 |
| Matt Williamson | Cougar Indoor (2/1)          | 7.40 |
| Sam Schur       | Cougar Indoor (2/1)          | 7.49 |

#### 200

| Athlete         | Meet                               | Mark  |
|-----------------|------------------------------------|-------|
| Jason Nelson    | Big Sky Championships (2/27)       | 22.10 |
| Ronald Brookins | United Heritage Invitational (2/7) | 22.42 |
| Marcus McMillan | Husky Classic (2/14)               | 22.80 |
| David Houghton  | United Heritage Invitational (2/7) | 22.95 |

#### 400

| Athlete         | Meet                               | Mark  |
|-----------------|------------------------------------|-------|
| Jason Nelson    | Big Sky Championships (2/27)       | 48.75 |
| Jermaine Wilson | United Heritage Invitational (2/7) | 50.04 |
| Alex Harvin     | Husky Classic (2/14)               | 51.50 |

#### 800

| Athlete          | Meet                 | Mark    |
|------------------|----------------------|---------|
| David Rabinowitz | Husky Classic (2/14) | 1:53.05 |
| Terrell Kirtz    | Husky Classic (2/14) | 1:54.29 |
| Myko Lucas       | Husky Classic (2/14) | 1:55.72 |
| Cameron Mitchell | Cougar Indoor (2/1)  | 1:57.08 |

#### Mile

| Athlete     | Meet                 | Mark    |
|-------------|----------------------|---------|
| Scott Grose | Husky Classic (2/14) | 4:17.48 |

#### 3000

| Athlete      | Meet                 | Mark    |
|--------------|----------------------|---------|
| Dominic Vogl | Husky Classic (2/14) | 8:43.08 |

#### 5000

| Athlete      | Meet                         | Mark     |
|--------------|------------------------------|----------|
| Dominic Vogl | Big Sky Championships (2/28) | 15:56.57 |

#### 60-Hurdles

| Athlete         | Meet                               | Mark |
|-----------------|------------------------------------|------|
| Ronald Brookins | Husky Classic (2/14)               | 7.96 |
| Marcus McMillan | Big Sky Championships (2/28)       | 8.15 |
| Matt Williamson | United Heritage Invitational (2/7) | 8.81 |
| Sam Schur       | United Heritage Invitational (2/7) | 8.83 |

#### High Jump

| Athlete         | Meet                | Mark    |
|-----------------|---------------------|---------|
| Sam Schur       | Cougar Indoor (2/1) | 5-11.25 |
| Matt Williamson | Cougar Indoor (2/1) | 5-07.75 |

#### Long Jump

| Athlete         | Meet                               | Mark     |
|-----------------|------------------------------------|----------|
| Ronald Brookins | Big Sky Championships (2/27)       | 25-02.75 |
| Philip Burks    | Big Sky Championships (2/27)       | 23-06.75 |
| David Houghton  | Big Sky Championships (2/27)       | 23-06.25 |
| Sam Schur       | Husky Classic (2/14)               | 22-03.50 |
| Matt Williamson | United Heritage Invitational (2/7) | 21-10.75 |

#### Triple Jump

| Athlete      | Meet                         | Mark     |
|--------------|------------------------------|----------|
| Philip Burks | Big Sky Championships (2/28) | 48-05.25 |

#### Pole Vault

| Athlete           | Meet                               | Mark     |
|-------------------|------------------------------------|----------|
| Jimmy Williamson  | Husky Classic (2/14)               | 16-01.25 |
| Blair Wallingford | Big Sky Championships (2/28)       | 15-11.00 |
| Andrew Lohse      | United Heritage Invitational (2/7) | 14-03.25 |
| Sam Schur         | Big Sky Championships (2/28)       | 12-11.50 |
| Matt Williamson   | Cougar Indoor (2/1)                | 11-05.75 |

#### Shot Put

| Athlete         | Meet                               | Mark     |
|-----------------|------------------------------------|----------|
| Taylor Weldon   | United Heritage Invitational (2/7) | 48-10.00 |
| Jason Wacker    | United Heritage Invitational (2/7) | 44-11.75 |
| Jon Jordan      | United Heritage Invitational (2/7) | 44-05.50 |
| Sam Schur       | Big Sky Championships (2/27)       | 39-07.25 |
| Matt Williamson | Cougar Indoor (2/1)                | 30-00.25 |

#### Weight Throw

| Athlete       | Meet                               | Mark     |
|---------------|------------------------------------|----------|
| Taylor Weldon | Husky Classic (2/14)               | 42-03.25 |
| Jon Jordan    | United Heritage Invitational (2/7) | 39-09.25 |

#### Heptathlon

| Athlete         | Meet                     | Mark  |
|-----------------|--------------------------|-------|
| Sam Schur       | Cougar Indoor (1/31-2/1) | 4,734 |
| Matt Williamson | Cougar Indoor (1/31-2/1) | 4,379 |

#### Relays

| Athlete | Meet                               | Mark     |
|---------|------------------------------------|----------|
| 4x400   | Husky Classic (2/14)               | 3:19.49  |
| DMR     | United Heritage Invitational (2/7) | 10:39.06 |



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|                    |  |             |                     |                                    |             |
|--------------------|--|-------------|---------------------|------------------------------------|-------------|
| <b>60</b>          |  |             |                     |                                    |             |
| <b>Athlete</b>     | <b>Meet</b>                                | <b>Mark</b> |                     |                                    |             |
| Victoria Humphrey  | Cougar Indoor (2/1)                        | 7.79        | Natalia Wright      | Big Sky Championships (2/28)       | 39-03.75    |
| Natalia Wright     | United Heritage Invitational (2/7)         | 8.25        | Naima Goodwin       | Big Sky Championships (2/28)       | 38-03.25    |
| Jessica Pimentel   | Cougar Indoor (2/1)                        | 8.26        | Baiba Celma         | Husky Classic (2/14)               | 38-00.25    |
| <b>200</b>         |  |             | <b>Pole Vault</b>   |                                    |             |
| <b>Athlete</b>     | <b>Meet</b>                                | <b>Mark</b> | <b>Athlete</b>      | <b>Meet</b>                        | <b>Mark</b> |
| Brianna Nelson     | Big Sky Championships (2/28)               | 25.10       | Ericka Violet       | Husky Classic (2/14)               | 12-11.75    |
| Victoria Humphrey  | United Heritage Invitational (2/7)         | 25.17       | Kaitlynn Moore      | United Heritage Invitational (2/7) | 12-05.50    |
| Morinsola Keshinro | United Heritage Invitational (2/7)         | 25.50       | Lizzy Norvell       | Big Sky Championships (2/27)       | 12-05.50    |
| Brittany Thomas    | Cougar Indoor (2/1)                        | 27.46       | Jessica Pimentel    | Cougar Indoor (2/1)                | 10-00.00    |
| <b>400</b>         |  |             | <b>Shot Put</b>     |                                    |             |
| <b>Athlete</b>     | <b>Meet</b>                                | <b>Mark</b> | <b>Athlete</b>      | <b>Meet</b>                        | <b>Mark</b> |
| Victoria Humphrey  | Big Sky Championships (2/28)               | 56.21       | Ify Agwuenu         | Big Sky Championships (2/28)       | 48-01.25    |
| Morinsola Keshinro | Husky Classic (2/14)                       | 57.06       | Tatiana Clark       | Big Sky Championships (2/28)       | 45-02.50    |
| Brianna Nelson     | Husky Classic (2/14)                       | 57.40       | Monica Gomez        | Big Sky Championships (2/28)       | 44-08.75    |
| Chelsea Davis      | Cougar Indoor (2/1)                        | 58.48       | Nicole McClure      | Big Sky Championships (2/28)       | 44-06.00    |
| Brittany Thomas    | Cougar Indoor (2/1)                        | 1:00.95     | Naima Goodwin       | Big Sky Championships (2/27)       | 35-02.50    |
| Nicole Jackson     | Cougar Indoor (2/1)                        | 1:01.64     | <b>Weight Throw</b> |                                    |             |
| <b>800</b>         |  |             | <b>Athlete</b>      | <b>Meet</b>                        | <b>Mark</b> |
| <b>Athlete</b>     | <b>Meet</b>                                | <b>Mark</b> | Nicole McClure      | Big Sky Championships (2/27)       | 56-00.00    |
| Renisha Robinson   | Big Sky Championships (2/28)               | 2:08.64     | Monica Gomez        | Big Sky Championships (2/27)       | 53-11.25    |
| Lea Wallace        | United Heritage Invitational (2/7)         | 2:13.07     | Tatiana Clark       | Husky Classic (2/14)               | 51-09.00    |
| Lora Marchini      | Husky Classic (2/14)                       | 2:17.93     | Ify Agwuenu         | United Heritage Invitational (2/7) | 49-03.50    |
| Mary Wagner        | Husky Classic (2/14)                       | 2:18.32     | <b>Pentathlon</b>   |                                    |             |
| Jodie Leal         | Husky Classic (2/14)                       | 2:19.26     | <b>Athlete</b>      | <b>Meet</b>                        | <b>Mark</b> |
| Naima Goodwin      | Cougar Indoor (2/1)                        | 2:39.55     | Naima Goodwin       | Big Sky Championships (2/27)       | 3,460       |
| <b>Mile</b>        |  |             | <b>Relays</b>       |                                    |             |
| <b>Athlete</b>     | <b>Meet</b>                                | <b>Mark</b> | <b>Athlete</b>      | <b>Meet</b>                        | <b>Mark</b> |
| Renisha Robinson   | Cougar Indoor (2/1)                        | 4:58.02     | 4x400               | Big Sky Championships (2/28)       | 3:48.89     |
| Erin Lewis         | Cougar Indoor (2/1)                        | 5:04.02     | DMR                 | United Heritage Invitational (2/7) | 12:10.29    |
| Jodie Leal         | Cougar Indoor (2/1)                        | 5:16.13     |                     |                                    |             |
| <b>3,000</b>       |  |             |                     |                                    |             |
| <b>Athlete</b>     | <b>Meet</b>                                | <b>Mark</b> |                     |                                    |             |
| Erica Sahli        | Cougar Indoor (2/1)                        | 10:32.01    |                     |                                    |             |
| <b>3,000</b>       |  |             |                     |                                    |             |
| <b>Athlete</b>     | <b>Meet</b>                                | <b>Mark</b> |                     |                                    |             |
| Erica Sahli        | Big Sky Championships (2/28)               | 19:13.43    |                     |                                    |             |
| <b>60-Hurdles</b>  |  |             |                     |                                    |             |
| <b>Athlete</b>     | <b>Meet</b>                                | <b>Mark</b> |                     |                                    |             |
| Ericka Violet      | Big Sky Championships (2/28)               | 8.56        |                     |                                    |             |
| Nicole Jackson     | Big Sky Championships (2/27)               | 8.99        |                     |                                    |             |
| Naima Goodwin      | Big Sky Championships (2/27)               | 9.11        |                     |                                    |             |
| <b>High Jump</b>   |  |             |                     |                                    |             |
| <b>Athlete</b>     | <b>Meet</b>                                | <b>Mark</b> |                     |                                    |             |
| Baiba Celma        | Cougar Indoor (2/1)                        | 5-04.25     |                     |                                    |             |
| Naima Goodwin      | Big Sky Championships (2/27)               | 5-02.50     |                     |                                    |             |
| <b>Long Jump</b>   |  |             |                     |                                    |             |
| <b>Athlete</b>     | <b>Meet</b>                                | <b>Mark</b> |                     |                                    |             |
| Ericka Violet      | Husky Classic (2/14)/Big Sky Champ. (2/27) | 20-00.25    |                     |                                    |             |
| Natalia Wright     | Husky Classic (2/14)                       | 18-00.50    |                     |                                    |             |
| Naima Goodwin      | Big Sky Championships (2/27)               | 18-00.25    |                     |                                    |             |
| Baiba Celma        | Cougar Indoor (2/1)                        | 17-04.25    |                     |                                    |             |
| Jessica Pimentel   | United Heritage Invitational (2/7)         | 15-05.50    |                     |                                    |             |
| <b>Triple Jump</b> |  |             |                     |                                    |             |
| <b>Athlete</b>     | <b>Meet</b>                                | <b>Mark</b> |                     |                                    |             |
| Ericka Violet      | Big Sky Championships (2/28)               | 41-03.00    |                     |                                    |             |