



SACRAMENTO STATE

TRACK & FIELD

2009 OUTDOOR MEN'S EVENT LIST

100				400-Hurdles			
Athlete	Meet	Mark		Athlete	Meet	Mark	
Jason Nelson	Brutus Hamilton (4/25)	10.85		Danny Carlson	Causeway Classic (5/1)	1:02.88	
Ronald Brookins	Sacramento State Open (5/9)	10.87		Ben Rinn	Causeway Classic (5/1)	1:06.03	
Andy White	Mt. SAC Relays (4/17)	10.90					
Philip Burks	Mondo Invitational (4/4)	11.22		High Jump			
David Houghton	Mondo Invitational (4/4)	11.38		Athlete	Meet	Mark	
Alex Harvin	Aggie Open (3/14)	11.57		Sam Schur	Mondo Invitational (4/4)	6-00.75	
Sam Schur	UC Multi (3/25)	11.71					
200				Long Jump			
Athlete	Meet	Mark		Athlete	Meet	Mark	
Jason Nelson	Mondo Invitational (4/4)	21.88		Ronald Brookins	Brutus Hamilton (4/25)	24-11.25	
Philip Burks	Brutus Hamilton (4/24)	22.28		Philip Burks	Big Sky Championships (5/15)	23-08.00	
David Houghton	Cal-Nevada Championships (3/28)	22.46		David Houghton	Brutus Hamilton (4/25)	22-11.75	
Alex Harvin	Sacramento State Open (5/9)	22.80		Sam Schur	Mondo Invitational (4/4)	22-01.75	
400				Triple Jump			
Athlete	Meet	Mark		Athlete	Meet	Mark	
Jason Nelson	Mondo Invitational (4/4)	48.38		Philip Burks	Cal-Nevada Championships (3/29)	48-00.00	
Alex Harvin	Brutus Hamilton (4/25)	50.52		David Houghton	Causeway Classic (5/1)	41-11.50	
David Houghton	Brutus Hamilton (4/25)	50.98					
Terrell Kirtz	Aggie Open (3/14)	51.18		Pole Vault			
Sam Schur	UC Multi (3/25)	53.27		Athlete	Meet	Mark	
800				Blair Wallingford	Woody Wilson Classic (4/11)	15-07.00	
Athlete	Meet	Mark		Andrew Lohse	Cal-Nevada Championships (3/29)	14-07.25	
David Rabinowitz	Brutus Hamilton (4/25)	1:50.04		Sam Schur	UC Multi (3/27)	11-07.75	
Terrell Kirtz	Hornet Invitational (3/21)	1:51.63					
Myko Lucas	Big Sky Championships (5/15)	1:52.52		Shot Put			
Cameron Mitchell	Sacramento State Open (5/9)	1:55.74		Athlete	Meet	Mark	
1,500				Taylor Weldon	Big Sky Championships (5/15)	52-01.75	
Athlete	Meet	Mark		Michael Goytia	Woody Wilson Classic (4/11)	46-08.75	
David Rabinowitz	Cal-Nevada Championships (3/29)	3:50.00		Jon Jordan	Brutus Hamilton (4/25)	43-08.00	
Scott Grose	Mondo Invitational (4/4)	3:54.01		Sam Schur	UC Multi (3/25)	40-01.25	
Chris Romo	Woody Wilson Classic (4/11)	3:59.60					
Cameron Mitchell	Aggie Open (3/14)	4:00.35		Discus			
Myko Lucas	Aggie Open (3/14)	4:03.55		Athlete	Meet	Mark	
Kyle Lackner	Sacramento State Open (5/9)	4:05.39		Taylor Weldon	Sacramento State Open (5/9)	150-08	
Ben Rinn	Mondo Invitational (4/4)	4:07.37		Michael Goytia	Woody Wilson Classic (4/11)	134-05	
Jason Sey	Causeway Classic (5/1)	4:22.92		Sam Schur	Causeway Classic (5/1)	116-06	
Colin Szehner	Causeway Classic (5/1)	4:31.73		Blake Brown	Aggie Open	112-07	
Sam Schur	UC Multi (3/26)	4:45.62					
Steeplechase				Hammer			
Athlete	Meet	Mark		Athlete	Meet	Mark	
Scott Grose	Mt. SAC Relays (4/16)	9:06.18		Taylor Weldon	Mondo Invitational (4/4)	162-02	
Dominic Vogl	Cal-Nevada Championships (3/28)	9:10.65		Jon Jordan	Sacramento State Open (5/9)	159-08	
Daniel Carlson	Cal-Nevada Championships (3/28)	9:34.28		Michael Goytia	Brutus Hamilton (4/25)	137-03	
Ben Rinn	Cal-Nevada Championships (3/28)	10:07.30		Blake Brown	Causeway Classic (5/1)	75-09	
5,000							
Athlete	Meet	Mark		Javelin			
Chris Romo	Cal-Nevada Championships (3/28)	14:41.61		Athlete	Meet	Mark	
Colin Szehner	Sacramento State Open (5/9)	15:10.51		Nick Mills	NCAA West Regional (5/29)	215-11	
Kyle Lackner	Brutus Hamilton (4/24)	15:14.59		Blair Wallingford	Sacramento State Open (5/9)	177-03	
Jason Sey	Brutus Hamilton (4/24)	15:14.85		Sam Schur	Sacramento State Open (5/9)	151-09	
10,000							
Athlete	Meet	Mark		Decathlon			
Jason Sey	Cal-Nevada Championships (3/28)	31:30.98		Athlete	Meet	Mark	
Colin Szehner	Big Sky Championships (5/15)	32:03.40		Sam Schur	UC Multi (3/25-26)	6,298	
Kyle Lackner	Big Sky Championships (5/15)	34:41.43					
110-Hurdles				Relays			
Athlete	Meet	Mark		Athlete	Meet	Mark	
Ronald Brookins	Mondo Invitational (4/4)	13.92		4x100	Hornet Invitational (3/21)	41.24	
Marcus McMillan	Big Sky Championships (5/16)	14.68		4x400	Big Sky Championships (5/16)	3:16.86	
Sam Schur	Mondo Invitational (4/4)	15.62					



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100	Athlete	Meet	Mark	100-Hurdles	Athlete	Meet	Mark
	Victoria Humphrey	Big Sky Championships (5/16)	12.11		Ericka Violett	Brutus Hamilton (4/25)	13.95
	Chelsea Davis	Brutus Hamilton (4/24)	12.45		Sakya Bolton	Big Sky Championships (5/16)	14.13
	Sakya Bolton	Brutus Hamilton (4/24)	12.53		Nicole Jackson	Big Sky Championships (5/15)	14.32
	Brianna Nelson	Aggie Open (3/14)	12.73		Naima Goodwin	Big Sky Championships (5/13)	14.61
	Natalia Wright	Mondo Invitational (4/4)	13.03				
200	Athlete	Meet	Mark	400-Hurdles	Athlete	Meet	Mark
	Victoria Humphrey	Cal-Nevada Championships (3/29)	24.68		Morinsola Keshinro	Cal-Nevada Championships (3/29)	59.90
	Brianna Nelson	Brutus Hamilton (4/25)	24.74		Nicole Jackson	Mondo Invitational (4/4)	1:01.87
	Chelsea Davis	Brutus Hamilton (4/25)	24.97				
	Morinsola Keshinro	Hornet Invitational (3/21)	26.00				
	Brittany Thomas	Mondo Invitational (4/4)	26.30				
	Naima Goodwin	Big Sky Championships (5/13)	26.39				
	Sakya Bolton	Hornet Invitational (3/21)	26.71				
	Natalia Wright	Aggie Open (3/14)	27.62				
400	Athlete	Meet	Mark	High Jump	Athlete	Meet	Mark
	Chelsea Davis	Mt. SAC Relays (4/17)	55.68		Naima Goodwin	UC Multi (3/25)	5-05.25
	Brianna Nelson	Big Sky Championships (5/16)	55.70		Morinsola Keshinro	Causeway Classic (5/1)	5-00.25
	Victoria Humphrey	Mt. SAC Relays (4/17)	55.82				
	Morinsola Keshinro	Brutus Hamilton (4/24)	57.30				
	Brittany Thomas	Hornet Invitational (3/21)	58.87				
	Nicole Jackson	Brutus Hamilton (4/25)	1:00.00				
800	Athlete	Meet	Mark	Long Jump	Athlete	Meet	Mark
	Lea Wallace	NCAA West Regional (5/30)	2:06.97		Ericka Violett	Brutus Hamilton (4/25)	19-11.50
	Renisha Robinson	NCAA West Regional (5/30)	2:08.14		Natalia Wright	Brutus Hamilton (4/25)	18-09.75
	Lora Marchini	Mondo Invitational (4/4)	2:15.53		Naima Goodwin	Big Sky Championships (5/14)	18-05.00
	Mary Wagner	Cal-Nevada Championships (3/28)	2:15.83				
	Jodie Leal	Sacramento State Open (5/9)	2:17.34				
	Jenni Eiremo	Sacramento State Open (5/9)	2:17.51				
	Caprice Bradshaw	Causeway Classic (5/1)	2:29.39				
	Naima Goodwin	Big Sky Championships (5/14)	2:31.03				
	Ashley Chavez	Causeway Classic (5/1)	2:31.73				
1,500	Athlete	Meet	Mark	Triple Jump	Athlete	Meet	Mark
	Renisha Robinson	Woody Wilson Classic (4/11)	4:26.50		Ericka Violett	Brutus Hamilton (4/25)	40-09.75
	Lea Wallace	Mondo Invitational (4/4)	4:28.87		Natalia Wright	Brutus Hamilton (4/25)	40-04.25
	Kristina Holtz	Mondo Invitational (4/4)	4:34.64		Baiba Celma	Sacramento State Open (5/9)	38-03.25
	Erin Lewis	Sacramento State Open (5/9)	4:35.34		Naima Goodwin	Big Sky Championships (5/16)	38-00.00
	Mary Wagner	Mondo Invitational (4/4)	4:36.83				
	Jenni Eiremo	Brutus Hamilton (4/25)	4:38.77				
	Lora Marchini	Cal-Nevada Championships (3/29)	4:39.26				
	Erica Sahli	Mondo Invitational (4/4)	4:40.77				
	Caprice Bradshaw	Mt. SAC Relays (4/17)	4:40.98				
	Jodie Leal	Brutus Hamilton (4/25)	4:45.43				
	Ashley Chavez	Mondo Invitational (4/4)	4:54.05				
	Erin Wachter	Causeway Classic (5/1)	5:03.0h				
Steeplechase	Athlete	Meet	Mark	Pole Vault	Athlete	Meet	Mark
	Kristina Holtz	NCAA West Regional (5/30)	10:31.52		Lizzy Norvell	NCAA West Regional (5/29)	12-10.00
	Jodie Leal	Cal-Nevada Championships (3/28)	10:54.72		Ericka Violett	WW (4/11)/Mt. SAC (4/18)/BH (4/24)	12-07.50
	Jenni Eiremo	Woody Wilson Classic (4/11)	11:13.12		Kaitlynn Moore	Sacramento State Open (5/9)	12-02.50
	Caprice Bradshaw	Brutus Hamilton (4/25)	11:15.20		Jessica Pimentel	Sacramento State Open (5/9)	11-03.75
	Ashley Chavez	Hornet Invitational (3/21)	12:02.09				
5,000	Athlete	Meet	Mark	Shot Put	Athlete	Meet	Mark
	Kristina Holtz	Brutus Hamilton (4/25)	16:51.82		Ify Agwuenu	NCAA West Regional (5/30)	50-06.75
	Erica Sahli	Brutus Hamilton (4/25)	17:17.33		Nicole McClure	Big Sky Championships (5/15)	46-10.75
	Erin Wachter	Brutus Hamilton (4/25)	18:08.82		Monica Gomez	Big Sky Championships (5/15)	46-04.25
	Caprice Bradshaw	Sacramento State Open (5/9)	18:19.72		Tatiana Clark	Mondo Invitational (4/4)	44-00.50
					Laura Arnold	Mondo Invitational (4/4)	38-04.00
					Naima Goodwin	Big Sky Championships (5/13)	35-10.50
10,000	Athlete	Meet	Mark	Discus	Athlete	Meet	Mark
	Erin Wachter	Cal-Nevada Championships (3/28)	38:03.34		Ify Agwuenu	Hornet Invitational (3/21)	137-06
	Erica Sahli	Big Sky Championships (5/15)	38:17.12		Tatiana Clark	Sacramento State Open (5/9)	133-01
					Laura Arnold	Sacramento State Open (5/9)	126-08
					Amanda Helmer	Causeway Classic (5/1)	99-11
Relays	Athlete	Meet	Mark	Hammer	Athlete	Meet	Mark
	4x100	Sacramento State Open (5/9)	46.76		Monica Gomez	Mondo Invitational (4/4)	170-11
	4x400	Big Sky Championships (5/16)	3:43.57		Nicole McClure	Woody Wilson Classic (4/11)	167-08
					Amanda Helmer	Causeway Classic (5/1)	157-01
					Tatiana Clark	Woody Wilson Classic (4/11)	141-04
					Ify Agwuenu	Aggie Open (3/14)	136-06