



SACRAMENTO STATE

TRACK & FIELD

2010 OUTDOOR MEN'S EVENT LIST

100	Athlete	Meet	Mark	High Jump	Athlete	Meet	Mark
	Andy White	Causeway Classic (4/2)/ Big Sky Champs. (5/14)	10.54		Emilio Hernandez	Big Sky Championships (5/13)	7-01.00
	Ronald Brookins	Big Sky Championships (5/14)	10.60		Sam Schur	Mondo Mid-Major Challenge (4/7) - Dec	6-06.00
	Jordan Archie	Hornet Invitational (3/19)	10.76		Nick Taylor	Bulldog Invitational (4/30)/ Big Sky Champ. (5/13)	6-04.75
	Evan Meehan	Bulldog Invitational (4/30)	10.83				
	Sam Schur	Big Sky Championships (5/11) - Dec	11.24				
200	Athlete	Meet	Mark	Pole Vault	Athlete	Meet	Mark
	Justin Nesbitt	Causeway Classic (4/2)	21.38		Blair Wallingford	Mt. SAC Relays (4/15)	16-06.75
	Jordan Archie	Big Sky Championships (5/13)	21.67		Andrew Lohse	Bulldog Invitational (4/30)	15-07.00
	Evan Meehan	Big Sky Championships (5/13)	21.69		Bret Thompson	Cal-Nevada Championships (3/27)	15-05.00
	Kirk Anderson	Cal-Nevada Championships (3/26)	22.26		Sam Schur	Big Sky Championships (5/12) - Dec	14-07.25
	Tyler Creswell	Bulldog Invitational (4/30)	23.23				
400	Athlete	Meet	Mark	Long Jump	Athlete	Meet	Mark
	Kirk Anderson	Big Sky Championships (5/13)	48.16		Ronald Brookins	Big Sky Championships (5/13)	25-00.00
	Justin Nesbitt	Mondo Mid-Major Challenge (4/9)	49.34		Emilio Hernandez	Causeway Classic (4/2)	24-05.50
	Matt Williamson	Bulldog Invitational (4/30)	50.51		Greg Mayo	Big Sky Championships (5/13)	23-08.75
	Sam Schur	Mondo Mid-Major Challenge (4/7) - Dec	50.93		Sam Schur	Big Sky Championships (5/11) - Dec	23-03.50
					Nick Taylor	Hornet Invitational (3/19)	21-07.25
800	Athlete	Meet	Mark	Triple Jump	Athlete	Meet	Mark
	Nathanael Litwiller	NCAA West Preliminary (5/28)	1:48.35		Emilio Hernandez	Cal-Nevada Championships (3/27)	49-03.50
	Cole Younger	Big Sky Championships (5/13)	1:50.93		Nick Taylor	Big Sky Championships (5/14)	48-08.75
	Myko Lucas	Big Sky Championships (5/13)	1:51.01		Greg Mayo	Big Sky Championships (5/14)	47-10.00
	Terrell Kirtz	Mondo Mid-Major Challenge (4/9)	1:52.07				
	Reesey Byers	Big Sky Championships (5/13)	1:53.34		Shot Put	Athlete	Meet
	Jake Arveson	Mondo Mid-Major Challenge (4/9)	1:53.71				
	Matt Case	Mondo Mid-Major Challenge (4/9)	1:54.23		Taylor Weldon	Mondo Mid-Major Challenge (4/9)	55-00.00
	Cameron Mitchell	Mondo Mid-Major Challenge (4/9)	1:54.75		Zach Coniglio	Causeway Classic (4/2)	52-10.75
	Zach Kaylor	Bulldog Invitational (4/30)	1:58.06		Alberto Millan	Big Sky Championships (5/14)	52-10.25
	Steve Kutsch	Hornet Invitational (3/19)	2:05.77		Jason Wacker	Mondo Mid-Major Challenge (4/9)	52-06.50
					Andrew Titherington	Cal-Nevada Championships (3/27)	44-07.00
					Sam Schur	Mondo Mid-Major Challenge (4/7) - Dec	44-04.00
1,500	Athlete	Meet	Mark	Discus	Athlete	Meet	Mark
	Nathanael Litwiller	Big Sky Championships (5/14)	3:47.12				
	Cole Younger	Big Sky Championships (5/14)	3:52.07		Zach Coniglio	Big Sky Championships (5/14)	162-09
	Reesey Byers	Mondo Mid-Major Challenge (4/9)	3:52.93		Jason Wacker	Bulldog Invitational (4/30)	151-04
	Zach Kaylor	Mt. SAC Relays (4/15)	3:53.67		Alberto Millan	Mondo Mid-Major Challenge (4/9)	151-00
	Daniel Mitchell	Aggie Opener (3/12)	3:56.28		Taylor Weldon	Mondo Mid-Major Challenge (4/9)	150-07
	Steve Kutsch	Aggie Opener (3/12)	4:01.60		Andrew Titherington	Hornet Invitational (3/19)	145-02
	Matt Case	Beach Invitational (4/16)	4:04.56		Sam Schur	Mondo Mid-Major Challenge (4/8) - Dec	129-02
	Sam Schur	Big Sky Championships (5/12) - Dec	4:31.00				
5,000	Athlete	Meet	Mark	Hammer	Athlete	Meet	Mark
	Reesey Byers	Mt. SAC Relays (4/15)	14:14.35				
	Daniel Mitchell	Big Sky Championships (5/14)	14:35.13		Callan Duffy	Causeway Classic (4/2)	174-09
					Taylor Weldon	Aggie Opener (3/12)	174-07
					Zach Coniglio	Hornet Invitational (3/19)	170-02
					Alberto Millan	Bulldog Invitational (4/30)	168-08
					Andrew Titherington	Aggie Opener (3/12)	133-05
10,000	Athlete	Meet	Mark	Javelin	Athlete	Meet	Mark
	None						
110-Hurdles	Athlete	Meet	Mark		Blair Wallingford	Big Sky Championships (5/14)	214-08
	Ronald Brookins	Mt. SAC Relays (4/16)	13.42		Jesse Elvrom	Mondo Mid-Major Challenge (4/9)	197-00
	Tyler Creswell	Big Sky Championships (5/14)	14.76		Sam Schur	Big Sky Championships (5/12) - Dec	174-06
	Sam Schur	Brutus Hamilton Open (4/22)	14.85				
400-Hurdles	Athlete	Meet	Mark	Decathlon	Athlete	Meet	Mark
	Tirrell Day	Big Sky Championships (5/14)	54.24				
	Andrew Ahmann	Bulldog Invitational (4/30)	55.17		Sam Schur	Big Sky Championships (5/11-12)	7,378
	Matt Williamson	Causeway Classic (4/2)	1:02.54				
Steeplechase	Athlete	Meet	Mark	Relays	Athlete	Meet	Mark
	Daniel Mitchell	Big Sky Championships (5/13)	9:15.23				
	Zach Kaylor	Brutus Hamilton Open (4/22)	9:43.15		4x100	Big Sky Championships (5/13)	40.24
	Steve Kutsch	Beach Invitational (4/16)	10:07.34		4x400	Big Sky Championships (5/14)	3:13.36



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100	Athlete	Meet	Mark	High Jump	Athlete	Meet	Mark
	Victoria Humphrey	Causeway Classic (4/2)	11.94		Naima Goodwin	Causeway Classic (4/2)	5-10.50
	Alicia Truesdale	Big Sky Championships (5/13)	11.99		Moira Robinson	Big Sky Championships (5/14)	5-07.00
	Sakya Bolton	Big Sky Championships (5/13)	12.00		Mariah Rogers	Bulldog Invitational (4/30)	5-01.00
	Mariah Rogers	Cal-Nevada Championships (3/26)	12.28				
	Percylla Nared	Hornet Invitational (3/19)	12.29				
200	Athlete	Meet	Mark	Pole Vault	Athlete	Meet	Mark
	Victoria Humphrey	Big Sky Championships (5/14)	24.28		Ericka Violet	Big Sky Championships (5/14)	13-00.75
	Mariah Rogers	Big Sky Championships (5/13)	24.39		Kaitlyne Moore	Cal-Nevada Championships (3/26)	12-05.50
	Brianna Nelson	Big Sky Championships (5/13)	24.59		Dylann Swisley	Causeway Classic (4/2)	11-06.25
	Alicia Truesdale	Cal-Nevada Championships (3/26)	25.00		Sara Pizzo	Cal-Nevada Championships (3/26)	10-06.00
	Percylla Nared	Causeway Classic (4/2)	25.25				
	Naima Goodwin	Mondo Mid-Major Challenge (4/7) - Hep	27.29				
400	Athlete	Meet	Mark	Long Jump	Athlete	Meet	Mark
	Victoria Humphrey	Big Sky Championships (5/13)	54.75		Moira Robinson	Big Sky Championships (5/13)	19-09.75
	Brianna Nelson	Bulldog Invitational (4/30)	55.30		Natalia Wright	Mondo Mid-Major Challenge (4/8)	19-06.75
	Arielle Holzendorf	Brutus Hamilton Open (4/22)	56.65		Sakya Bolton	Big Sky Championships (5/13)	19-03.50
	Lea Wallace	Causeway Classic (4/2)	56.84		Naima Goodwin	Causeway Classic (4/2)	19-01.25
					Mariah Rogers	Aggie Opener (3/12)	19-00.00
					Lauren McGlory	Bulldog Invitational (4/30)	18-01.75
800	Athlete	Meet	Mark	Triple Jump	Athlete	Meet	Mark
	Lea Wallace	Mondo Mid-Major Challenge (4/9)	2:02.95		Moira Robinson	Mt. SAC Relays (4/15)	42-04.00
	Veronica Stinnett	Big Sky Championships (5/13)	2:11.13		Lauren McGlory	Big Sky Championships (5/14)	41-11.50
	Alec Slamal	Bulldog Invitational (4/30)	2:17.03		Natalia Wright	Cal-Nevada Championships (3/27)	41-09.75
	Erin Lewis	Beach Invitational (4/16)	2:18.81		Naima Goodwin	Big Sky Championships (5/14)	39-01.00
	Jessica Koehne	Bulldog Invitational (4/30)	2:21.84		Baiba Celma	Bulldog Invitational (4/30)	37-06.50
	Danzel Bradshaw	Beach Invitational (4/16)	2:24.79				
	Mariah Rogers	Big Sky Championships (5/12) - Hep	2:29.21				
	Naima Goodwin	Mondo Mid-Major Challenge (4/8) - Hep	2:41.62				
1,500	Athlete	Meet	Mark	Shot Put	Athlete	Meet	Mark
	Lea Wallace	Payton Jordan Cardinal Invitational (5/1)	4:11.31		Andi Behring	Causeway Classic (4/2)	49-09.75
	Erin Lewis	Bulldog Invitational (4/30)	4:37.90		Markita Hinton	Cal-Nevada Championships (3/27)	44-08.25
	Veronica Stinnett	Causeway Classic (4/2)	4:41.84		Holly Lohse	Big Sky Championships (5/13)	43-10.75
	Krystal Buck	Brutus Hamilton Open (4/22)	4:51.34		Jessica Bonner	Brutus Hamilton Open (4/22)	43-07.75
	Rachel Mitchell	Hornet Invitational (3/19)	4:53.76		Erinn Jones	Mondo Mid-Major Challenge (4/9)	43-02.25
	Athena Gillen	Hornet Invitational (3/19)	5:17.01		Naima Goodwin	Mondo Mid-Major Challenge (4/7) - Hep	35-09.50
	Ashley Chavez	Hornet Invitational (3/19)	5:17.46		Moira Robinson	Mondo Mid-Major Challenge (4/7) - Hep	35-00.25
					Mariah Rogers	Mondo Mid-Major Challenge (4/7) - Hep	30-01.50
5,000	Athlete	Meet	Mark	Discus	Athlete	Meet	Mark
	Rachel Mitchell	Mt. SAC Relays (4/15)	16:43.64		Holly Lohse	Cal-Nevada Champ. (3/27)/Beach Invt. (4/16)	158-10
	Lauren Mugnaini	Brutus Hamilton Open (4/22)	17:31.70		Markita Hinton	Bulldog Invitational (4/30)	144-03
	Breanna Lewis	Mondo Mid-Major Challenge (4/9)	18:12.27		Jessica Bonner	Hornet Invitational (3/19)/ Bulldog Invt. (4/30)	143-02
	Justine Rea	Cal-Nevada Championships (3/26)	19:00.16		Holly Fraser	Beach Invitational (4/16)	138-08
	Ashley Chavez	Beach Invitational (4/16)	20:33.07		Erinn Jones	Bulldog Invitational (4/30)	137-07
	Athena Gillen	Beach Invitational (4/16)	21:58.57				
10,000	Athlete	Meet	Mark	Hammer	Athlete	Meet	Mark
	None				Sarah Yoldi	Big Sky Championships (5/14)	180-06
100-Hurdles	Athlete	Meet	Mark		Holly Lohse	Mt. SAC Relays (4/15)	172-03
	Sakya Bolton	Big Sky Championships (5/14)	13.57		Lila Yoldi	Bulldog Invitational (4/30)	171-03
	Alicia Truesdale	Big Sky Championships (5/14)	13.71		Erinn Jones	Bulldog Invitational (4/30)	147-07
	Moira Robinson	Big Sky Championships (5/14)	13.94				
	Mariah Rogers	Causeway Classic (4/2)	14.34				
	Naima Goodwin	Mondo Mid-Major Challenge (4/7) - Hep	15.14				
400-Hurdles	Athlete	Meet	Mark	Javelin	Athlete	Meet	Mark
	Nicole Jackson	Big Sky Championships (5/14)	59.86		Emily Kersting	Causeway Classic (4/2)	151-06
	Alicia Truesdale	Aggie Opener (3/12)	1:03.62		Holly Fraser	NCAA West Preliminary (5/27)	146-10
	Sakya Bolton	Causeway Classic (4/2)	1:13.45		Baiba Celma	Causeway Classic (4/2)	135-04
Steeplechase	Athlete	Meet	Mark		Mariah Rogers	Big Sky Championships (5/12) - Hep	106-08
	Rachel Mitchell	Big Sky Championships (5/13)	10:55.56		Naima Goodwin	Mondo Mid-Major Challenge (4/8) - Hep	99-01
	Krystal Buck	Mondo Mid-Major Challenge (4/9)	11:43.40				
	Justine Rea	Brutus Hamilton Open (4/22)	11:45.08				
				Heptathlon	Athlete	Meet	Mark
					Mariah Rogers	Big Sky Championships (5/11-12)	4,833
					Naima Goodwin	Mondo Mid-Major Challenge (4/7-8)	4,741
				Relays	Athlete	Meet	Mark
					4x100	Big Sky Championships (5/14)	45.83
					4x400	Big Sky Championships (5/14)	3:42.76