

**Cal State L.A. Men's Track and Field  
All-Time Top-10 Individual Performances**

**100 METERS**

1. 10.15 Bryan Bridgewater, 1992
2. **10.21 Leon Tafirenyika, 2024**
3. 10.23 Barry Smith, 1995
4. 10.38 Gregory Veals, 2015
5. 10.39 Robert Love, 1990
6. 10.40 Damein White, 2008
7. 10.44 Gregg Holmes, 1982
8. 10.44 Darnelle Harris, 2022
9. 10.45 Thomas Farnbach, 1998
10. 10.50 Terry Johnson, 1989

**200 METERS**

1. 20.15 Bryan Bridgewater, 1992
2. 20.41 Leon Tafirenyika, 2023
3. 20.55 Damein White, 2008
4. 20.59 Barry Smith, 1995
5. 20.64\* Nii Addo Allotey, 1970
6. 20.74 Gregg Holmes, 1983
7. 20.96 Thomas Farnbach, 1998
8. 20.97 Chester Hart, 1977
8. **20.97 Jesus Chavez, 2024**
10. 20.98 Eric Williams, 1983

**400 METERS**

1. 45.74 Khallifah Rosser, 2016
2. **46.05 Leon Tafirenyika, 2024**
3. 46.24c Patrick Drake, 1991
4. 46.36 Donnie Miller, 1978
5. 46.3 Gerald Peete, 1978
6. 46.53 Sam Turner, 1978
7. 46.93 Ed O'Neal, 1989
8. 46.98 Bryan Bridgewater, 1993
9. 47.01 Dominic McGiffert, 2010
10. 47.07 Bennie Hollis, 1981
- 47.07 Rufus Jackson, 1986

**800 METERS**

1. 1:48.2 Mal Whitfield, 1956
2. 1:48.53 Shannon Turner, 2023
3. 1:49.34 Tony Young, 1985
4. 1:49.3 Leon Webster, 1968
5. 1:49.74 Rob Briglia, 1987

6. 1:49.87 Randy Osborne, 1979
7. 1:49.8\* Dave Kemp, 1965  
1:49.8 Ralph Picon, 1966
9. 1:50.1\* Bob Blanchard, 1966
10. 1:50.4\* Danny Schweikart, 1957

### **1,500 METERS**

1. 3:43.30 Tony Young, 1987
2. 3:47.56 Phil Imlay, 1983
3. 3:48.0\* John Dean, 1971
4. 3:48.8\* Bob Blanchard, 1966
5. 3:49.4 Don Ausherman, 1986
6. 3:50.1\* Frank Britton, 1976
7. 3:50.42 Jesus Guterrez, 1989
8. 3:50.6\* Carey Simons, 1977
9. 3:51.2\* Danny Schweikart, 1959
10. 3:51.7 Cleveland Whalen, 1977

### **3,000 METERS**

1. 8:11.7\* Jeff Lough, 1973
2. 8:12.9\* Gilbert Cortez, 1982
3. 8:17.9\* Carey Simons, 1976
4. 8:18.9\* John Dean, 1973
5. 8:22.7 Tony Young, 1986
6. 8:26.5\* Frank Britton, 1975
7. 8:27.6\* Jeff Ambos, 1982
8. 8:31.55\* Rob Arsenault, 1986
9. 8:31.7\* Victor Shelton, 1982
10. 8:33.37 Even Negash, 2017

### **5,000 METERS**

1. 14:01.9 Jesus Gutierrez, 1989
2. 14:08.0\* Jeff Lough, 1973
3. 14:15.92 Martine Sandoval, 1988
4. 14:17.6 Carey Simons, 1977
5. 14:20.7 Benny Cruz, 1988
6. 14:20.95 Gilbert Cortez, 1983
7. 14:21.0\* John Dean, 1973
8. 14:34.36 Rob Arsenault, 1988
9. 14:36.0 Tony Young, 1985
10. 14:36.22 Jose Padilla, 1993

### **10,000 METERS**

1. 29:36.8 Carey Simons, 1977
2. 29:53.56 Martine Sandoval, 1988
3. 29:53.6 Jesus Gutierrez, 1989

4. 30:02.2 Gilbert Cortez, 1982
5. 30:05.6 Rob Arsenault, 1987
6. 30:12.0 Jeff Lough, 1971
7. 30:19.4 Jay Rubino, 1978
8. 30:23.1\* Sam Young, 1975
9. 30:42.18 Jose Padilla, 1993
10. 30:46.55 Rob Arsenault, 1988

### **3,000-METER STEEPLECHASE**

1. 8:37.85 Jacques Sallberg, 1998
2. 9:01.97 Gonzalo Ceja, 2015
3. 9:02.96 Andres De La Cruz, 2014
4. 9:10.6 Steve Kirchoff, 1979
5. 9:15.0 Ray Butman, 1998
6. 9:15.84 Even Negash, 2016
7. 9:16.4 Scott Schweitzer, 1972
8. 9:17.5 Jeff Ambos, 1982
9. 9:20.2 Felipe Brizuela, 1977
10. 9:23.4 Sam Young, 1975

### **110-METER HIGH HURDLES**

1. 13.79 Ingvar Moseley, 2017
2. 13.81 Chester Hart, 1978
3. 13.82 Sam Turner, 1978
4. 13.92 Ray Banner, 1996
5. 14.07 Terry Johnson, 1989
6. 14.11 Angelo Booker, 1981
7. 14.12 Darryl Gilliams, 1987 (13.94w)
8. 14.16 Copsy Rillera, 1977
- 14.16 Keadrick Washington, 1994
10. 14.19 Leon Brisco, 1981

### **400-METER INTER. HURDLES**

1. 48.65 Khallifah Rosser, 2018
2. 49.04 Sam Turner, 1978
3. 50.27 Gordon Bugg, 1985
4. 50.44 Clarence Hopper, 1980
5. 51.02 Qwintin Workman, 2023
6. 51.25 Terry Chappelle, 1985
7. 51.45\* Bill McCullough, 1974
8. 51.80 Jerry Coulson, 1988
9. 51.82 Terry Jenkins, 2003
10. 51.95 Keadrick Washington, 1994

### **MARATHON**

1. 2:22.59 Sam Young, 1975
2. 2:25.02 Gilbert Cortez, 1982
3. 2:27.25 Ruben Ruiz, 1979
4. 2:33.34 Felipe Brizuela, 1977
5. 2:34.36 Kirby Lee, 1988
6. 2:37.44 Carey Simons, 1976
7. 2:38.26 Gary Cohen, 1978
8. 2:38.54 John Fisanotti, 1977
9. 2:41.07 Tom Diederich, 1979
10. 2:42.00 Irwin Merin, 1971

### **HIGH JUMP**

1. 7-5 Eugene Hutchinson, 2006
2. 7-2.5 Steve Jones, 1986
3. 7-2.25 Chris Olsson-O'Neill, 1992
3. 7-2.25 Porte-Joie Tshiaba, 2022
5. 7-1 William Winston, 1975
- 7-1 George Woods, 1992
- 7-1d Desi Burt, 2007
8. 7-0.5 Ron Lee, 1988
9. 6-11.75 Brian McCleary, 1992
10. 6-11.5 Frank Eatmon, 1987

### **POLE VAULT**

1. 17-1.5 Raimo Eskola, 1980
2. 17-0i Brian Fisher, 1990
3. 17-0 Kimmo Jokivartio, 1980
4. 16-11 Craig Robinson, 1978
5. 16-8.75 John-Erik Blomquist, 1968
6. 16-6.75 Dan Tapia, 1994
7. 16-6.5 Jeff Ferguson, 1978
8. 16-3.25 Jordan Tyler, 2011
9. 16-1.25 Mike Hernandez, 1998
10. 16-1 Lupe Rios, 1976
- 16-1 Sergio Alusha, 1996

### **LONG JUMP**

1. 26-9.5 Rainer Stenius, 1966
2. 26-2.5 Joel Wiley, 1959
3. 25-6.75 Jonathan Jordan, 1998
4. 25-6.25 Giorgio Bryant, 2011
5. 25-6 Eddie West, 1989
6. 25-5.5 Ken Tucker, 1962
7. 25-3.5 John Turek, 1977
8. 25-1 Craig Stewart, 1974
9. 25-0 Chris Wilcox, 1989

10. 24-10 Claudie Watson, 1974
- 24-10 Stan Oporski, 1986
- 24-10 Kevin Finney, 2007

### **TRIPLE JUMP**

1. 54-8 Josh Como, 2011
2. 54-7.75 Stan Oporski, 1987
3. 54-3.25 Jonathan Jordan, 1996
4. 52-6 Byron Gray, 1982
5. 52-2 Andre Cobbs, 1985
6. 51-3.75 Dale Jonson, 1993
7. 51-01 Keinan Briggs, 2006
8. 50-11.75 Chris Watkins, 1969
9. 50-11.50 Dameion Berry-Smith, 2013
10. 50-11.25i Eddie West, 1988

### **35-POUND WEIGHT**

1. 63-6.75 Tambi Wenj, 1997
2. 60-1 Mohammad Saatara, 1994
3. 57-10.25 Greg Retzer, 1987
4. 57-0 Oscar Garza, 1985
5. 55-6.5 Robert Clark, 1993
6. 53-3.75 Darrin Buckner, 1990
7. 49-11 Rande Treece, 1987
8. 47-8.5 Kevin Absher, 1991
9. 48-7.5 Dwayne Winstead, 1993
10. 45-9.5 Quincy Taylor, 1990

### **SHOT PUT**

1. 65-1.25 Tambi Wenj, 1997
2. 61-8 Tommie Lister, 1982
- 61-8 Taras Rohde, 2002
4. 59-4.25 Mike Boldon, 1985
5. 58-8 Chris Merced, 1998
6. 56-6.50 Verlondon Harris, 2011
7. 55-10.5 Bill Pace, 1964
8. 54-5.5 James Bivens, 1989
9. 54-3.75 Omar Edwards, 2019
10. **54-2.50 Jason Nwaka, 2024**

### **DISCUS**

1. 192-0 Colin Sutherland, 1977
2. 183-3 Julius Joseph, 2012
3. 178-5 Darrin Buckner, 1990
4. 175-1 Tambi Wenj, 1997
5. 174-4 Oscar Garza, 1987

6. 173-10 Greg Retzer, 1988
7. 171-0 Mike Boldon, 1986
8. 170-10 Robert Clark, 1994
9. 170-5 Dan Davis, 1995
10. 165-10 Chris Merced, 1998

#### **HAMMER**

1. 201-7 Greg Retzer, 1988
2. 198-11 Robert Clark, 1994
3. 193-3 Tambi Wenj, 1996
4. 185-3 Mohammad Saatara, 1995
5. 182-9 Julius Joseph, 2011
6. 179-11 Randee Treece, 1987
7. 179-10 Oscar Garza, 1985
8. 179-5 Jim Hortado, 1994
9. 176-4 Andre Evans, 2015
10. 174-7 Verlondon Harris, 2011

#### **JAVELIN**

1. 229-9 Richard Doering, 1991
2. 224-1 Craig Johnson, 1990
3. 216-7 Gino Tatum, 1986
4. 209-03 Jared Stock, 2005
5. 207-1 Desi Burt, 2008
6. 206-11 Mike Doerr, 1988
7. 206-0 James Woods, 1991
8. 205-07 Hassan Maleki, 2004
9. 203-6 Jered Stock, 2001
10. 202-9 Julian Gonzales, 2009

#### **DECATHLON**

1. 7807 Chris Wilcox, 1991
2. 7528 Desi Burt, 2008
3. 7486 Lennart Hedmark, 1968
4. 7089 Julian Gonzales, 2008
5. 6993 Josh Linker, 2009
6. 6987 Jorma Vesala, 1970
7. 6927 Fred Dixon, 1971
8. 6919 Kenneth Andren, 1976
9. 6772 Spud Alford, 1978
10. 6758 Scott Hubbard, 2013

#### **400-METER RELAY**

1. 40.00 Francis Nunez, Damein White, Lamar Taylor, Brandon Crawford, 2008
2. 40.04 Roy Frazier, Eric Williams, Bennie Hollis, Gregg Holmes, 1983
3. 40.12 Ray Banner, Sterlin Lankford, Ruben Benitez, Barry Smith, 1995

4. 40.17\* Gerald Peete, Donnie Miller, J.T. Carr, Sam Turner, 1978
5. 40.21 Jason Gibbs, Glenn Stewart, Ruben Benitez, Barry Smith, 1994
6. **40.40** **Shawn Simms, Dominic Boykins, Jesus Chavez, Leon Tafirenyika, 2024**
7. 40.49 Lucky Smith, Anthony Perry, Angelo Booker, Gregg Holmes, 1982
8. 40.50\*\* Chester Hart, J.T. Carr, Gerald Peete, Sam Turner, 1978
8. 40.50 Leve Ross, Damein White, Josh Como, Dominic McGiffert, 2010
8. 40.50 Shawn Simms, Darnelle Harris, Phillip McElroy II, Leon Tafirenyika, 2023
10. 40.54 David Sals, Terry Johnson, Lionel Hemmons, Robert Love, 1990

### **1,600-METER RELAY**

1. 3:06.51\* Randy Osborne, Donnie Miller, Gerald Peete, Sam Turner, 1978
2. 3:08.86 Sterlin Lankford, Ruben Benitez, Ray Banner, Nathan Woods, 1995
3. 3:09.03\*\* Chester Hart, Donnie Miller, Gerald Peete, Sam Turner, 1978
4. 3:09.06 **Clifton Johnson, Shannon Turner, Qwintin Workman, Leon Tafirenyika, 2024**
5. 3:09.21 Lindel Hodge, Eric Williams, Gregg Holmes, Bennie Hollis, 1983
6. 3:09.24 Shannon Turner, Jesus Nichol II, Qwintin Workman, Leon Tafirenyika, 2023
7. 3:09.76 Nathan Woods, Reuben Benitez, Barry Smith, Sterlin Lankford, 1995
8. 3:09.79 John Hensley, Dave Sanford, Bryan Bridgewater,  
Keadrick Washington, 1992
9. 3:09.91 Ruben Benitez, John Hensley, Glenn Stewart,  
Keadrick Washington, 1994
10. 3:10.32\*\* Daryll Pipkin, Dick Barton, Dave Kemp, Sam Clayton, 1965

\* FET imperial mark (yards)  
converted to meters (x.9942).

\*\* hand-timed imperial mark  
(yards) converted to FET meters  
(+0.14, x .9942).

c hand-timed metric converted to FET  
\* hand-timed yards converted to metric  
w wind-aided metric mark  
d decathlon mark  
i indoor mark  
all records through 2023 Season