



May 3-4 & 10-11, 2024



Miller & Capriotti Athletics Complex  
San Luis Obispo, Calif.

**FRIDAY, MAY 3**

11:00 AM Decathlon Day 1  
11:30 AM Heptathlon Day 1

**SATURDAY, MAY 4**

10:30 AM Decathlon Day 2  
11:30 AM Heptathlon Day 2

**FRIDAY, MAY 10**

Track Events	Gender	Event	Trial/Final
1:00 PM	Women's	3000m Steeple	Final
1:20 PM	Men's	3000m Steeple	Final
2:20 PM	Women's	1500m	Trials
2:35 PM	Men's	1500m	Trials
2:55 PM	Women's	100m Hurdles	Trials
3:10 PM	Men's	110m Hurdles	Trials
3:25 PM	Women's	400m	Trials
3:40 PM	Men's	400m	Trials
3:55 PM	Women's	100m	Trials
4:10 PM	Men's	100m	Trials
4:25 PM	Women's	800m	Trials
4:40 PM	Men's	800m	Trials
5:00 PM	Women's	400m Hurdles	Trials
5:15 PM	Men's	400m Hurdles	Trials
5:30 PM	Women's	200m	Trials
5:45 PM	Men's	200m	Trials
6:05 PM	Women's	10000m	Final
6:45 PM	Men's	10000m	Final

**Field Events** **Gender** **Event** **Trial/Final**

10:00 AM	Women's	Javelin	Final
12:00 PM	Women's	Long Jump	Final
12:00 PM	Men's	Javelin	Final
1:00 PM	Women's	Pole Vault	Final
2:00 PM	Women's	Discus	Final
2:30 PM	Men's	Long Jump	Final
4:00 PM	Men's	Discus	Final
4:30 PM	Men's	High Jump	Final

**SATURDAY, MAY 11**

Track Events	Gender	Event	Trial/Final
1:00 PM	Women's	4x100m Relay	Final
1:10 PM	Men's	4x100m Relay	Final
1:20 PM	Women's	1500m	Final
1:30 PM	Men's	1500m	Final
1:45 PM	Women's	100m Hurdles	Final
1:55 PM	Men's	110m Hurdles	Final
2:10 PM	Women's	400m	Final
2:20 PM	Men's	400m	Final
2:30 PM	Women's	100m	Final
2:40 PM	Men's	100m	Final
2:50 PM	Women's	800m	Final
3:00 PM	Men's	800m	Final
3:15 PM	Women's	400m Hurdles	Final
3:25 PM	Men's	400m Hurdles	Final
3:40 PM	Women's	200m	Final
3:50 PM	Men's	200m	Final
4:00 PM	Women's	5000m	Final
4:20 PM	Men's	5000m	Final
4:40 PM	Women's	4x400m Relay	Final
5:00 PM	Men's	4x400m Relay	Final

**Field Events** **Gender** **Event** **Trial/Final**

10:00 AM	Women's	Hammer	Final
10:30 AM	Women's	Triple Jump	Final
12:00 PM	Men's	Hammer	Final
12:30 PM	Men's	Triple Jump	Final
1:00 PM	Men's	Pole Vault	Final
2:00 PM	Women's	Shot Put	Final
2:30 PM	Women's	High Jump	Final
3:30 PM	Men's	Shot Put	Final

# MEET RECORDS

Men's Events	Record	Name	School	Year
100m	10.12	Kaaron Conwright	Cal Poly	2000
200m	20.00	LaMonte King	UC Irvine	1979
400m	45.36	Corey Nelson	Boise State	1999
800m	1:44.75	Charles Jock	UC Irvine	2012
1500m	3:42:54	Phillip Reid	Cal Poly	2007
5000m	14:03.92	Peter Brett	Fresno State	1985
10000m	29:08.24	Sean Davidson	Cal Poly	2014
110m Hurdles	13.60	Dedy Cooper	San Jose State	1976
400m Hurdles	49.30	Bernie Holloway	San Jose State	1982
3000m Steeple	8:42.11	Ben Bruce	Cal Poly	2005
4x100m Relay	39.50	Baker, Hudson, Yearwood, Woodson	North Texas	1999
4x400m Relay	3:07.43	Robinson, Armstrong, Decatur, Holloway	San Jose State	1983
High Jump	74.50"	Brandon Campbell	Cal State Fullerton	2001
Long Jump	26'11.75"	LaMonte King	UC Irvine	1979
Triple Jump	54'2.25"	Ron Livers	San Jose State	1978
Pole Vault	18'6.5"	Doug Fraley	Fresno State	1986
Discus	205'5"	Jarred Rome	Boise State	2000
Hammer	252'8"	Matt Mileham	Fresno State	1984
Javelin (old)	267'4"	Curt Ransford	San Jose State	1980
Javelin*	236'8"	Roy Seidmeyer	Fresno State	1988
Javelin*	235'2"	Doug Lefler	Long Beach State	2004
Shot Put	69'8"	Joachim Olson	Idaho	2002
Decathlon	7,631	Pete Mansur	Fresno State	1984

\*new record due to change in men's javelin specifications in 1986 and 1999.

Women's Events	Record	Name	School	Year
100m	11.34	Ashley Marshall	UC Davis	2013
200m	23.23	LaDonna Antoine	Utah State	1997
400m	51.48	LaDonna Antoine	Utah State	1997
800m	2:03.05	Brenda Martinez	UC Riverside	2009
1500m	4:16.40	Trena Hull	UNLV	1987
3000m	9:29.42	Buffy Rabbitt	UC Irvine	1991
5000m	16:09.74	Brianna Weidler	UC Davis	2023
10000m	33:44.80	Sameen Andar	UC Irvine	2023
100m Hurdles	13.11	Angela Whyte	Idaho	2003
400m Hurdles	56.64	Hope Bender	UC Santa Barbara	2019
3000m Steeple	10:14.49	Ryley Fick	Long Beach State	2023
4x100m Relay	44.43	Vines, Kamara, Lambert, Veale	CSUN	2013
4x400m Relay	3:37.36	Hull, Franklin, Cheeks, Green	UNLV	1987
High Jump	6'4.75"	Sharon Day	Cal Poly	2008
Long Jump	21'9.5"	Shunta' Rose	UNLV	1992
Triple Jump	43'11.25"	Billie Butler	UNLV	1992
Discus	204'1"	Lacy Barnes	Fresno State	1988
Javelin (old)	176'0"	Joanne Davis	UC Santa Barbara	1984
Javelin*	177'10"	Stella Weinberg	CSUN	2019
Hammer	215'11"	Monique Griffiths	CSUN	2017
Shot Put	56'11"	Breana Jemison	UC Riverside	2016
Pole Vault	13'11.75"	Miranda Miller	CSU Bakersfield	2022
Heptathlon	5,814	Hope Bender	UC Santa Barbara	2019

\*new record due to change in women's javelin specifications in 1999.

## MEN'S TEAM CHAMPIONS

Year	School	Points
2023	Cal State Fullerton	184.5
2022	Cal State Fullerton	200
2021	Cal State Fullerton	163
2020	<i>Not held due to COVID pandemic</i>	
2019	Long Beach State	169.5
2018	Cal State Fullerton	154
2017	Cal State Fullerton	133
2016	Long Beach State	176
2015	Long Beach State	185
2014	Long Beach State	218.5
2013	Long Beach State	176.5
2012	UC Santa Barbara	179
2011	Long Beach State	177.5
2010	CSUN	173
2009	CSUN	176.5
2008	Long Beach State	185

## WOMEN'S TEAM CHAMPIONS

Year	School	Points
2023	Long Beach State	149
2022	Long Beach State	134
2021	Cal Poly	181.5
2020	<i>Not held due to COVID pandemic</i>	
2019	Cal State Fullerton	129.5
2018	Long Beach State	122
2017	CSUN	144
2016	UC Davis	135.5
2015	CSUN	212
2014	UC Davis	194
2013	UC Davis	172.5
2012	UC Davis	170
2011	CSUN	165.5
2010	CSUN	193
2009	CSUN	198
2008	CSUN	189