

2013 TRITON MEN'S TRACK & FIELD BEST MARKS

100 Meters

Keith Rose	10.79	All-UC Meet	3/2
Anthony Wang	11.05	All-UC Meet	3/2

200 Meters

Keith Rose	21.75	San Diego Collegiate Challenge	3/9
Nathaniel Ford	23.00	San Diego Collegiate Challenge	3/9

400 Meters

Nathaniel Ford	50.20	Aztec Invitational	3/16
Sho Koderia	50.66	Aztec Invitational	3/16
C. Mamikunian	50.73	Aztec Invitational	3/16
David Guinasso	51.19	PLNU Collegiate Scoring Meet	3/23
Jordan Ekaidat	53.42	Aztec Invitational	3/16

800 Meters

Sho Koderia	1:57.27	All-UC Meet	3/2
Daniel Hauptman	1:58.13	UCSD Triangular	2/16
Anthony Heredia	1:58.38	San Diego Collegiate Challenge	3/9
Arvind Rao	1:58.46	All-UC Meet	3/2
Mario Flores	1:58.91	UCSD Triangular	2/16
Daniel Franz	2:00.67	UCSD Triangular	2/16
Mike Kloha	2:04.58	UCSD Triangular	2/16
Zach Withall	2:08.53	UCSD Triangular	2/16

1500 Meters

Kellen Levy	3:57.43	San Diego Collegiate Challenge	3/9
Anthony Heredia	4:00.52	Aztec Invitational	3/16
Daniel Hauptman	4:01.10	UCSD Triangular	2/16
Tanner Collins	4:02.33	San Diego Collegiate Challenge	3/9
Mario Flores	4:03.04	UCSD Triangular	2/16
Matt Lenehan	4:05.16	San Diego Collegiate Challenge	3/9
Ben Rich	4:05.77	San Diego Collegiate Challenge	3/9
Daniel Franz	4:06.17	UCSD Triangular	2/16
Mike Kloha	4:09.47	UCSD Triangular	2/16
Eddie Carrillo	4:09.58	San Diego Collegiate Challenge	3/9
Warren Liem	4:09.67	San Diego Collegiate Challenge	3/9
Zach Withall	4:11.61	UCSD Triangular	2/16
Scott Acton	4:12.91	San Diego Collegiate Challenge	3/9

3000 Meters

Kellen Levy	8:35.00	UCSD Triangular	2/16
Tanner Collins	8:37.23	All-UC Meet	3/2
Tareq Alwafai	8:42.79	All-UC Meet	3/2
Ben Rich	8:45.36	UCSD Triangular	2/16
Matt Lenehan	8:46.89	All-UC Meet	3/2
Eddie Carrillo	8:47.58	All-UC Meet	3/2
Scott Acton	8:48.40	All-UC Meet	3/2
Warren Liem	9:04.60	All-UC Meet	3/2
Ryan Lok	9:08.32	UCSD Triangular	2/16

3000 Steeplechase

Daniel Hauptman	9:32.25	Occidental Distance Carnival	3/15
Daniel Franz	9:44.22	All-UC Meet	3/2
Mario Flores	9:49.96	All-UC Meet	3/2

5000 Meters

Tanner Collins	14:37.98	Occidental Distance Carnival	3/15
Kellen Levy	14:56.06	Occidental Distance Carnival	3/15
Tareq Alwafai	14:56.30	Occidental Distance Carnival	3/15
Matt Lenehan	15:07.05	Occidental Distance Carnival	3/15
Scott Acton	15:09.25	Occidental Distance Carnival	3/15
Ben Rich	15:12.15	Occidental Distance Carnival	3/15
Eddie Carrillo	15:13.18	Occidental Distance Carnival	3/15
Warren Liem	15:19.01	Occidental Distance Carnival	3/15
Ryan Lok	15:41.37	Occidental Distance Carnival	3/15

110 Hurdles

Kevin Chiao	15.15	All-UC Meet	3/2
Jeffrey Lim	15.27	Rossi Relays	2/23
David Baker	15.66	Rossi Relays	2/23
Quentin McWhorter	16.10	PLNU Collegiate Scoring Meet	3/23
Riley Stauffer	16.63	UCSD Triangular	2/16
Connor Zindroski	16.89	Rossi Relays	2/23

400 Hurdles

Jeffrey Lim	56.32	UCSD Triangular	2/16
Keenan Smith	57.32	Aztec Invitational	3/16
David Baker	57.60	All-UC Meet	3/2
Connor Zindroski	58.36	San Diego Collegiate Challenge	3/9
Riley Stauffer	59.04	UCSD Triangular	2/16
Oscar Zuniga	59.20	All-UC Meet	3/2
Kevin Chiao	1:01.43	Rossi Relays	2/23

4x100 Relay

Chiao, Ford, Lim, Rose	43.12	All-UC Meet	3/2
Stauffer, Ford, Chiao, Rose	43.86	Rossi Relays	2/23
Stauffer, Ford, Chiu, Rose	43.88	UCSD Triangular	2/16

4x400 Relay

Rose, Koderia, Ford, Berthet	3:23.44	All-UC Meet	3/2
Rose, Koderia, Mamikunian, Zuniga	3:24.62	Rossi Relays	2/23
Mamikunian, Koderia, Rao, Berthet	3:25.20	San Diego Collegiate Challenge	3/9
Rao, Guinasso, Ford, Berthet	3:26.71	Rossi Relays	2/23
Baker, Mamikunian, Guinasso, Rao	3:27.02	All-UC Meet	3/2

4x800 Relay

Rao, Guinasso, Koderia, Mamikunian	8:05.35	Rossi Relays	2/23
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High Jump

Sean Cook	6'4"	Rossi Relays	2/23
Jake Hawn	5'8.75"	UCSD Triangular	2/16

Pole Vault

Benjamin Berthet	15'11"	&	San Diego Collegiate Challenge	3/9
Clint Rosser	15'11"	&	San Diego Collegiate Challenge	3/9

Long Jump

Sean Cook	22'4.5"	San Diego Collegiate Challenge	3/9
Randy Copeman	21'7.5"	All-UC Meet	3/2
Q. McWhorter	21'3.25"	UCSD Triangular	2/16
Jake Hawn	21'0"	UCSD Triangular	2/16
Kyle Chiu	20'2.5"	UCSD Triangular	2/16
Connor Zindroski	19'9.5"	Rossi Relays, All-UC Meet	2/23, 3/2
Kevin Chiao	19'4"	San Diego Collegiate Challenge	3/9

Triple Jump

Sean Cook	46'0"	UCSD Triangular	2/16
Q. McWhorter	45'0.5"	All-UC Meet, PLNU Meet	3/2, 3/23
Antony Kountouris	44'9"	San Diego Collegiate Challenge	3/9
Randy Copeman	41'8.75"	Rossi Relays	2/23

Shot Put

Ryan Eckert	52'7.25"	UCSD Triangular	2/16
Zach Nagengast	49'4.25"	UCSD Triangular	2/16
Matt Endler	46'4.75"	PLNU Collegiate Scoring Meet	3/23
Jared Shahbazian	45'3.75"	UCSD Triangular	2/16
A.B. Shaheen	43'8.75"	San Diego Collegiate Challenge	3/9
Jeffrey Shu	42'9"	San Diego Collegiate Challenge	3/9
Giovanni Rico	38'2.75"	UCSD Triangular	2/16

Discus

Zach Nagengast	166'7"	&	San Diego Collegiate Challenge	3/9
Matt Endler	153'9"		San Diego Collegiate Challenge	3/9
Jared Shahbazian	135'7"		San Diego Collegiate Challenge	3/9
Jeffrey Shu	124'1"		San Diego Collegiate Challenge	3/9

Hammer Throw

A.B. Shaheen	187'6"	&	All-UC Meet	3/2
Zach Nagengast	185'0"	&	Aztec Invitational	3/16
Matt Endler	153'0"		Aztec Invitational	3/16
Giovanni Rico	131'10"		Rossi Relays	2/23

Javelin

Nash Howe	212'4"	&	San Diego Collegiate Challenge	3/9
Kiley Libuit	197'9"	&	San Diego Collegiate Challenge	3/9
Jake Hawn	143'9"		UCSD Triangular	2/16

! - School Record

- NCAA A Cut (Automatic Qualifier)

& - NCAA B Cut (Provisional Qualifier)

NOTE: Ross and Sharon Irwin Collegiate Scoring Meet is the official name of the PLNU Collegiate Scoring Meet.