

2013 TRITON MEN'S TRACK & FIELD BEST MARKS

100 Meters

Keith Rose	10.62	!	CCAA Championships	5/4
Anthony Wang	11.05		All-UC Meet	3/2
Riley Stauffer	11.93		Pomona-Pitzer Invitational	4/13

200 Meters

Keith Rose	21.57	!+	CCAA Championships	5/3
David Guinasso	22.54		Soka Peace Invitational	4/20
Nathaniel Ford	23.00		San Diego Collegiate Challenge	3/9
C. Mamikunian	23.36		Soka Peace Invitational	4/20
Jordan Ekaidat	24.09		Mangrum Invitational	4/6

400 Meters

Arvind Rao	50.11		Soka Peace Invitational	4/20
Nathaniel Ford	50.20		Aztec Invitational	3/16
David Guinasso	50.32	+	Cal-Nevada Championships	3/29
Sho Kodera	50.66		Aztec Invitational	3/16
C. Mamikunian	50.73		Aztec Invitational	3/16
Jordan Ekaidat	53.02		Triton Invitational	4/27

800 Meters

Kellen Levy	1:55.59		Triton Invitational	4/27
Anthony Heredia	1:55.76	+	CCAA Championships	5/3
Arvind Rao	1:56.42	+	CCAA Championships	5/3
Sho Kodera	1:57.27		All-UC Meet	3/2
Daniel Hauptman	1:58.13		UCSD Triangular	2/16
Mario Flores	1:58.91		UCSD Triangular	2/16
Mike Kloha	1:59.65		Triton Invitational	4/27
C. Mamikunian	2:00.11		Triton Invitational	4/27
Daniel Franz	2:00.67		UCSD Triangular	2/16
Zach Withall	2:08.53		UCSD Triangular	2/16

1500 Meters

Kellen Levy	3:55.89		Pomona-Pitzer Invitational	4/13
Anthony Heredia	3:57.36		Cal-Nevada Championships	3/30
Tanner Collins	3:59.70		Triton Invitational	4/27
Daniel Hauptman	4:01.10		UCSD Triangular	2/16
Matt Lenehan	4:02.39		Triton Invitational	4/27
Tareq Alwafai	4:02.93		Mangrum Invitational	4/6
Mario Flores	4:03.04		UCSD Triangular	2/16
Daniel Franz	4:03.82		Triton Invitational	4/27
Ben Rich	4:04.30		Mangrum Invitational	4/6
Mike Kloha	4:07.16		Cal-Nevada Championships	3/30
Eddie Carrillo	4:09.58		San Diego Collegiate Challenge	3/9
Warren Liem	4:09.67		San Diego Collegiate Challenge	3/9
Scott Acton	4:11.25		Triton Invitational	4/27
Zach Withall	4:11.61		UCSD Triangular	2/16

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
Daniel Franz	8:52.31		Mangrum Invitational	4/6
Warren Liem	9:04.60		All-UC Meet	3/2
Ryan Lok	9:08.32		UCSD Triangular	2/16

3000 Steeplechase

Daniel Franz	9:31.32		Pomona-Pitzer Invitational	4/13
Daniel Hauptman	9:32.25		Occidental Distance Carnival	3/15
Mario Flores	9:38.13		Cal-Nevada Championships	3/30
Matt Lenehan	9:54.52		CCAA Championships	5/4

5000 Meters

Tanner Collins	14:37.98		Occidental Distance Carnival	3/15
Tareq Alwafai	14:47.12		Pomona-Pitzer Invitational	4/13
Matt Lenehan	14:53.90		Pomona-Pitzer Invitational	4/13
Kellen Levy	14:56.06		Occidental Distance Carnival	3/15
Ben Rich	14:59.14		Pomona-Pitzer Invitational	4/13
Eddie Carrillo	15:06.39		Pomona-Pitzer Invitational	4/13
Scott Acton	15:09.25		Occidental Distance Carnival	3/15
Warren Liem	15:19.01		Occidental Distance Carnival	3/15
Ryan Lok	15:34.97		Triton Invitational	4/27

10000 Meters

Kellen Levy	30:58.93		CCAA Championships	5/3
Matt Lenehan	31:11.48		CCAA Championships	5/3
Scott Acton	31:28.22		Cal-Nevada Championships	3/29
Warren Liem	32:19.27		Cal-Nevada Championships	3/29
Ryan Lok	33:05.46		Cal-Nevada Championships	3/29

110 Hurdles

Jeffrey Lim	15.11	+	CCAA Championships	5/3
Kevin Chiao	15.15		All-UC Meet	3/2
Adam Augustyn	15.19		Mangrum Invitational	4/6
Quentin McWhorter	15.50		Soka Peace Invitational	4/20
David Baker	15.66		Rossi Relays	2/23
Riley Stauffer	16.63		UCSD Triangular	2/16
Connor Zindroski	16.89		Rossi Relays	2/23

400 Hurdles

Keenan Smith	55.95		Pomona-Pitzer Invitational	4/13
Jeffrey Lim	56.32		UCSD Triangular	2/16
David Baker	57.60		All-UC Meet	3/2
Connor Zindroski	58.36		San Diego Collegiate Challenge	3/9
Riley Stauffer	58.53		Triton Invitational	4/27
Oscar Zuniga	59.20		All-UC Meet	3/2
Kevin Chiao	1:01.43		Rossi Relays	2/23

4x100 Relay

Wang, McWhorter, Chiao, Rose			
42.72	Mangrum Invitational	4/6	
Chiao, Ford, Lim, Rose			
43.12	All-UC Meet	3/2	
Guinasso, Augustyn, Chiao, Rose			
43.69	CCAA Championships	5/4	
Stauffer, Ford, Chiao, Rose			
43.86	Rossi Relays	2/23	
Stauffer, Ford, Chiu, Rose			
43.88	UCSD Triangular	2/16	
Wang, McWhorter, Lim, Rose			
44.11	Cal-Nevada Championships	3/30	

4x400 Relay

Rose, Ford, Guinasso, Rao			
3:19.16	CCAA Championships	5/4	
Rose, Koderia, Ford, Baker			
3:22.70	Cal-Nevada Championships	3/30	
Ford, Heredia, Guinasso, Koderia			
3:22.83	Mangrum Invitational	4/6	
Rose, Koderia, Ford, Berthet			
3:23.44	All-UC Meet	3/2	
Ford, Koderia, Guinasso, Rao			
3:23.97	Soka Peace Invitational	4/20	
Rose, Koderia, Mamikunian, Zuniga			
3:24.62	Rossi Relays	2/23	
Mamikunian, Koderia, Rao, Berthet			
3:25.20	San Diego Collegiate Challenge	3/9	
Rose, Ford, Koderia, Rao			
3:26.57	Pomona-Pitzer Invitational	4/13	
Rao, Guinasso, Ford, Berthet			
3:26.71	Rossi Relays	2/23	
Baker, Mamikunian, Guinasso, Rao			
3:27.02	All-UC Meet	3/2	
Ford, Guinasso, Koderia, Rao			
3:30.49	Triton Invitational	4/27	
Baker, Rao, Mamikunian, Smith			
3:36.07	Mangrum Invitational	4/6	
Kloha, Lenehan, Alwafai, Collins			
3:36.26	Triton Invitational	4/27	
Flores, Hauptman, Kloha, Collins			
3:41.52	Mangrum Invitational	4/6	

4x800 Relay

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

High Jump

Sean Cook	6'6.75"	Pomona-Pitzer Invitational	4/13
Jake Hawn	5'8.75"	UCSD Triangular	2/16

Pole Vault

Clint Rosser	16'3.5" &	APU Last Chance Qualifier	5/11
Benjamin Berthet	15'11" &	San Diego Collegiate Challenge	3/9

Long Jump

Sean Cook	23'10.75" &	CCAA Championships	5/3
Kevin Chiao	22'5.75"	Mangrum Invitational	4/6
Q. McWhorter	22'3.75"	CCAA Championships	5/3
Randy Copeman	21'7.5"	All-UC Meet	3/2
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

Triple Jump

Q. McWhorter	47'1.5"	Soka Peace Invitational	4/20
Sean Cook	46'0"	UCSD Triangular	2/16
A. Kountouris	45'6.25"	CCAA Championships	5/4
Randy Copeman	45'3"	Soka Peace Invitational	4/20

Shot Put

Ryan Eckert	54'2.75" &	APU Last Chance Qualifier	5/11
Zach Nagengast	51'7"	CCAA Championships	5/3
Matt Endler	48'6.75"	Cal-Nevada Championships	3/29
A.B. Shaheen	46'8.75"	Soka Peace Invitational	4/20
J. Shahbazian	45'10.75"	Triton Invitational	4/27
Jeffrey Shu	42'9"	San Diego Collegiate Challenge	3/9
Giovanni Rico	38'2.75"	UCSD Triangular	2/16

Discus

Zach Nagengast	169'4" &	Triton Invitational	4/27
Matt Endler	155'5"	Soka Peace Invitational	4/19
Jared Shahbazian	139'9"	Soka Peace Invitational	4/19
Jeffrey Shu	129'9"	Soka Peace Invitational	4/19

Hammer Throw

A.B. Shaheen	191'8" &	Soka Peace Invitational	4/19
Zach Nagengast	185'0" &	Aztec Invitational	3/16
Matt Endler	153'1"	Soka Peace Invitational	4/19
Giovanni Rico	133'11"	CCAA Championships	5/3

Javelin

Nash Howe	221'4" #	CCAA Championships	5/4
Kiley Libuit	198'4" &	Triton Invitational	4/27
Jake Hawn	143'9"	UCSD Triangular	2/16

! - School Record + - Prelims Mark

- 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