

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
Riley Stauffer	11.93	Pomona-Pitzer Invitational	4/13

200 Meters

Keith Rose	21.75	San Diego Collegiate Challenge	3/9
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
Arvind Rao	1:56.50	Triton Invitational	4/27
Anthony Heredia	1:57.21	Mangrum Invitational	4/6
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

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	31:04.87	Cal-Nevada Championships	3/29
Scott Acton	31:28.22	Cal-Nevada Championships	3/29
Matt Lenehan	31:43.43	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

Kevin Chiao	15.15	All-UC Meet	3/2
Adam Augustyn	15.19	Mangrum Invitational	4/6
Jeffrey Lim	15.27	Rossi Relays	2/23
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	
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, 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

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

Long Jump

Sean Cook	22'9"	Triton Invitational	4/27
Kevin Chiao	22'5.75"	Mangrum Invitational	4/6
Q. McWhorter	22'2.5"	Mangrum Invitational	4/6
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
Randy Copeman	45'3"	Soka Peace Invitational	4/20
A. Kountouris	44'9.75"	Soka Peace Invitational	4/20

Shot Put

Ryan Eckert	52'7.25"	UCSD Triangular	2/16
Zach Nagengast	49'4.25"	UCSD Triangular, Soka	2/16, 4/20
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	131'10"	Rossi Relays	2/23

Javelin

Nash Howe	212'4" &	San Diego Collegiate Challenge	3/9
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