

Best Performances 2006

30-Apr

100 meters	10.34	10.65
Elijah Markstrom	11.21	15-Apr
Ryan House	11.65	25-Mar
Jeremy Adams	12.05	25-Mar
Cameron Scott	12.53	29-Mar

800 meters	1:49.80	1:53.00
David Wellman	1:52.19	30-Apr
Dustin Fee	1:54.21	22-Apr
Michael Wickman	1:54.39	8-Apr
Daniel Mollo	1:55.23	22-Apr
Nick Clinton	1:56.72	8-Apr
Bobby McNeil	1:57.48	8-Apr
David Daum	2:03.88	8-Apr

110 hurdles	13.90	14.70
Zach Buchanan	15.13	15-Apr
Micah Smith	15.15	15-Apr
Gabe Velasquez	15.72	8-Apr
Michael Balasek	15.81	15-Apr
Chris Sansoe	16.74	11-Mar
Cameron Scptt	18.27	15-Apr

400 hurdles	51.70	53.30
Patrick Domek	53.66	4-Mar
J.J. Akins-Dunbar	55.29	4-Mar
Chris Sansoe	56.42	25-Mar
Jeremy Adams	57.73	22-Apr
Michael Balasek	58.94	22-Apr

discus	175'00"	160'00"
Brendan Page	171'08"	15-Apr
David Guerin	154'01"	4-Mar
Nick Knipe	140'09"	15-Apr
Tim Rozborski	120'07"	4-Mar
Steve Garcia	115'04"	15-Apr
Phil Smith	112'09"	15-Apr
Cameron Scott	102'10"	30-Mar

shot put	59'10.5"	52'02"
Brendan Page	58'08"	22-Apr
David Guerin	51'06.5"	4-Mar
Tim Rozborski	45'00.25"	11-Mar
Steve Garcia	41'09.25"	15-Apr
Cameron Scott	32'08.5"	29-Mar

hammer	195'00"	171'07"
Brendan Page	179'09"	22-Apr
Phil Smith	144'05"	22-Apr
Steve Garcia	141'05"	22-Apr
Nick Knipe	131'02"	4-Mar

javelin	218'00"	195'00"
Tim Rozborski	201'06"	1-Apr
Troy Lalaguna	195'11.5"	11-Mar
Phil Smith	152'00"	15-Apr
Cameron Scott	124'00"	15-Apr

200 meters	20.85	21.45
Elijah Markstrom	22.84	25-Mar
Breezon Ware	23.25	4-Mar
J.J. Akins-Dunbar	23.59	25-Mar
Gabe Velasquez	23.60	15-Apr
Zach Buchanan	23.69	15-Apr
Ryan House	23.82	4-Mar
Micah Smith	24.31	8-Apr

1,500 meters	3:47.00	3:54.00
Michael Wickman	3:52.44	30-Apr
Scott Bauhs	3:53.77	25-Mar
Charlie Serrano	3:54.24	25-Mar
Nick Clinton	3:56.65	22-Apr
Patrick Boivin	3:57.60	25-Mar
Kyle Ivie	3:58.29	15-Apr
Tim Tollefson	4:08.86	15-Apr
Jeff Wilson	4:09.77	15-Apr
Dave Daum	4:10.09	8-Apr
Beau Bettinger	4:15.00	15-Apr
Alex Duenas	4:24.08	15-Apr
Cameron Scott	4:53.39	30-Mar

3,000 steeplechase	9:00.00	9:26.00
Tim Tollefson	9:09.25	1-Apr
Patrick Boivin	9:24.82	11-Mar

3,000 meters		
Scott Bauhs	8:28.42	4-Mar
Angel Marquez	8:30.41	25-Mar
Charlie Serrano	8:36.22	4-Mar
Kyle Ivie	8:38.00	4-Mar
Michael Wickman	8:43.46	25-Mar
Patrick Boivin	8:44.35	4-Mar
Antonio Miramontes	8:49.08	4-Mar
Tim Tollefson	8:52.76	4-Mar
Rory Kuykendall	8:57.35	4-Mar
Aaron Torres	8:58.48	4-Mar
Jeff Wilson	8:59.07	4-Mar
Alex Duenas	9:01.17	25-Mar
Nick Clinton	9:03.38	4-Mar

long jump	25'00"	23'03.5"
Breezon Ware	22'10.5"	25-Mar
Justin Carter	20'06.25	31-Mar
Travis Garside	19'04"	15-Apr
Cameron Scott	17'04.5"	29-Mar

triple jump	51'00"	47'05"
Justin Carter	45'04.5"	15-Apr
Travis Garside	41'01"	15-Apr
Micah Smith	37'10"	4-Mar

high jump	7'01"	6'10.25"
Greg Morgan	6'06"	8-Apr
Troy Lalaguna	5'09"	11-Mar
Cameron Scott	5'07"	11-Mar

400 meters	46.50	48.00
Breezon Ware	50.03	25-Mar
J.J. Akins-Dunbar	50.30	22-Apr
Patrick Domek	50.53	25-Mar
Elijah Markstrom	52.44	4-Mar
Cameron Scott	58.35	29-Mar

5,000 meters	14:00.00	14:50.00
Charlie Serrano	14:06.36	31-Mar
Kyle Ivie	14:20.25	31-Mar
Scott Bauhs	14:23.70	30-Apr
Patrick Boivin	14:24.57	31-Mar
Angel Marquez	14:42.78	22-Apr
Antonio Miramontes	14:54.78	8-Apr
Rory Kuykendall	15:09.90	11-Mar
Jeff Wilson	15:12.83	22-Apr
Aaron Torres	15:15.44	8-Apr
Tim Tollefson	15:35.79	8-Apr
Alex Duenas	15:49.32	11-Mar

10,000 meters	29:30.00	31:10.00
Scott Bauhs	29:39.13	31-Mar
Charlie Serrano	29:43.26	15-Apr
Antonio Miramontes	31:18.55	22-Apr

4 x 100 relay	40.25	41.30
House-Ware-Eli-J.J.	42.71	25-Mar

4 x 400 relay	3:09.40	3:14.40
Ware-Fee-Mollo-J.J.	3:18.85	1-Apr

4 x 400 relay splits		
Ware:	49.44-50.13-49.34-48.95	
J.J.:	50.44-49.67-49.98-49.9	
Mollo:	50.03-50.41-49.97-	-
Domek:	-50.18-49.18-50.62	
Wellman:	50.15-51.18-	-49.70
Fee:	50.71-50.98-	- -
Eli:	52.47-51.0-	- -
Clinton:	52.15-	- -

pole vault	17'00"	15'09"
Zach Buchanan	15'01"	25-Mar
Tony Garcia	15'00"	15-Apr
Cameron Scott	10'02"	30-Mar

decathlon	6.920	6,350
Cameron Scott	4793	4/29/30