

2006 Men's Outdoor Best Marks (as of 6/13/06)

2006 UCLA Men's Track & Field Results

(Duals – 1-0)

Indoor

January 27-28- Husky Indoor Invitational (Seattle, WA)
 February 4 - United Heritage Invitational (Boise, ID)
 February 10-11 - Iowa State Indoor Classic (Ames, IA)
 February 24-25 - MPSF Indoor Championships (Seattle, WA)
 - 4th, 88 points
 March 10-11 - NCAA Indoor Championships (Fayetteville, AR)
 - 52nd, 2 points

Outdoor

March 4 - UCLA Invitational
 March 15-18 - Cal State Northridge Invitational (1st, 246.50 pts.)
 March 31-April 1 - Stanford Invite/Jim Click Shootout
 - Cal/Nevada Championships
 April 6-8 - Rafer Johnson/Jackie Joyner Kersee Invitational
 April 13-16 - Mt. SAC Relays
 April 14-15 - Sun Angel Classic (Tempe, AZ)
 April 21-22 - UC San Diego Invitational
 April 29 - UCLA 83, USC 80
 May 6 - Occidental Invitational
 May 5-6/12-13 - Pac-10 Championships (Eugene, OR)
 - 5th, 97.50 points
 May 26-27 - NCAA West Regionals (Provo, UT)
 - 6th, 62.50 points
 June 4 - Jim Bush Invite (Occidental, CA)
 June 7-10 - NCAA Outdoor Championships (Sacramento, CA)
 - 22nd, 11 points
 June 21-25 - USATF Senior/Junior Nationals (Indianapolis, IN)

KEY

-Lifetime-best in parenthesis
 *NCAA Regional Qualifier
 **NCAA Automatic
 ***NCAA Provisional
 SR-School Record

100m (Regional-10.50)

Garland West	10.91 (4/29)
Alex Pearlstone (10.70)	10.96 (4/29)
Andrew Moreno	11.46 (4/12)
Matt Reuter	11.60 (5/7)
James Rhoades (10.84)	
Demetre Howard (11.32)	

200m (Regional-21.19)

Craig Everhart (20.76)	*21.14 (4/29)
Brandon Johnson (21.29)	21.33 (4/1)
James Rhoades (21.80)	22.15 (4/1)
Garland West (21.65)	22.17 (4/29)
Alex Pearlstone (21.41)	22.18 (4/29)
Andrew Moreno	23.32 (4/7)
Derrick Cook {unattached-23.07 (4/7)}	23.47 (3/31)
Matt Reuter	23.71 (4/7)
David Shipp (22.72)	
Mike Elbogen (22.86)	

400m (Regional-47.26(47.0))

Craig Everhart (44.89)	*45.44 (6/9)
Elijah Wells	47.16 (6/4)
James Rhoades (47.94)	47.96 (4/1)
David Shipp (47.56)	48.98 (4/14)
Mike Elbogen (48.74)	49.49 (3/4)
Matt Reuter	51.76 (4/12)
Andrew Moreno	52.71 (4/12)
Brandon Johnson (46.34)	

800m (Regional-1:50.40(1:51.1))

Martell Munguia (1:48.14)	*1:47.95 (6/7)
Mike Haddan	1:50.76 (4/1)
Erik Emilsson (1:50.58)	1:51.09 (4/29)
Laef Barnes	1:53.28 (3/18)
Micky Cobrin (1:52.50)	1:53.74 (4/29)
James Rhoades	1:54.02 (4/22)
Ryan Gordon (1:55.40)	2:01.88 (3/18)
Matt Stollenwerk (1:52.89)	
Nick DeFelice (1:59.42)	

1500m (Regional-3:47.80(3:47.5))

Mike Haddan	*3:45.86 (5/13)
Martell Munguia	*3:46.74 (3/4)
Austin Ramos	*3:47.66 (3/4)
Erik Emilsson (3:45.38)	3:49.58 (4/29)
Micky Cobrin (3:53.48)	3:49.67 (4/1)
Laef Barnes	3:50.41 (41)
Kyle Shackleton	3:53.93 (4/7)
Matt Stollenwerk	3:55.56 (3/18)
Drew Shackleton	4:00.20 (3/18)
Nick De Felice (3:59.47)	4:00.33 (3/18)
Andrew Moreno	4:56.71 (4/13)
Matt Reuter	5:02.68 (5/7)

Mile

Laef Barnes	4:06.25 (4/8)
Micky Cobrin	4:09.29 (4/8)
Erik Emilsson (4:06.10)	4:11.03 (4/8)
Martell Munguia	4:16.49 (4/8)

3000m

Micky Cobrin	
Erik Emilsson (8:15.02)	
Austin Ramos (8:13.39)	
Drew Shackleton (8:42.80)	
Nick DeFelice (8:47.84)	
Kyle Shackleton (8:53.53)	

3000m SC (Regional-9:07.0(9:06.7))

Erik Emilsson (8:34.80)	*8:47.55 (3/31)
Drew Shackleton	9:16.25 (4/1)
Matt Stollenwerk	9:21.34 (4/7)
Kyle Shackleton	9:32.45 (4/29)
Ryan Gordon	9:36.89 (4/29)
Micky Cobrin (9:46.18)	

Two-Mile

Erik Emilsson	8:56.99 (3/4)
Laef Barnes	8:58.32 (3/4)
Kyle Shackleton	9:05.96 (3/4)
Nick DeFelice	9:11.68 (3/4)

5000m (Regional-14:10.00(14:09.7))

Kyle Shackleton	14:38.90 (4/29)
Mike Haddan	14:44.80 (4/29)
Erik Emilsson (14:48.98)	14:50.60 (4/29)
Drew Shackleton (15:01.63)	15:05.30 (3/29)
Nick DeFelice (15:05.81)	15:06.33 (4/29)
Austin Ramos (14:15.61)	15:14.01 (4/29)
Laef Barnes	15:23.32 (4/29)

10,000m (Auto-28:45.00/Prov-29:30.00)

Austin Ramos (30:02.01)	31:11.57 (5/12)
Kyle Shackleton	32:04.66 (5/12)
Nick DeFelice (31:15.73)	

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110m High Hurdles (Regional-14.30)

Kevin Craddock	*13.73 (5/13)
Matt Reuter	15.75 (4/29)
Derrick Cook (14.65) {unattached}	15.09 (4/7) 15.80 (3/31)
Andrew Moreno	18.27 (4/13)
Jason Eiker-Wiles (14.96)	

400m Hurdles (Regional-52.51(52.2))

Brandon Johnson (48.59)	*50.12 (4/8)
Kevin Craddock	*52.01 (4/1)
Tracy Session	*52.30 (5/26)
Mike Elbogen	55.13 (4/29)
Torsten Niegmann	55.88 (4/29)
Jason Eiker-Wiles (56.21)	57.50 (4/22)

4 X 100m Relay (Regional-40.66(40.4))

Johnson, Everhart, Rhoades, Wells	40.79 (4/1)
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4 X 400m Relay (Regional-3:10.00(3:09.7))

Wells, Everhart, Rhoades, Session	*3:07.20 (5/27)
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High Jump (Regional-6-10.75(2.10))

Dominique Easterling (6-10.75)	6-8.75/2.05 (4/8)
Luke Barr (7-0)	6-6.75/2.00 (4/8)
Joel Tuosto (6-8.75)	6-6.75/2.00 (4/8)
Matt Reuter	6-3.50/1.92 (5/6)
Andrew Moreno	5-8.50/1.74 (4/12)
David Murphy (6-6.75)	

Pole Vault (Regional-16-6.75(5.05))

Michael Landers	*18-0.50/5.50 (6/9)
David Shortenhaus	*17-5/5.31 (5/26)
Chris Bencomo (16-0)	*16-7.25/5.06 (5/6)
Zack Miller (16-0)	*16-7.25/5.06 (5/26)
Matt Reuter	12-11.50/3.95 (5/7)
Andrew Moreno	12-7.50 /3.85 (4/13)
Dave Murphy (17-0.75)	
Dustsin DeLeo (16-6.75) {unattached}	15-9/4.80 (4/7)

Long Jump (Regional-24-1/7.34)

Joel Tuosto	*25-6.75/7.79m (w+.8) (5/26)
Dominique Easterling	*24-4.25/7.42 (5/26)
Demetre Howard	23-0.75/7.03 (4/8)
Chris Merriweather (23-2.50)	22-11/6.98 (4/29)
Michael Johnson	22-5.75/6.85 (5/12)
Matt Reuter	21.0.50/6.41 (5/7)
Andrew Moreno	19-8.25/6.00 (4/12)
Alex Pearlstone (23-10.25)	

Triple Jump (Regional-49-5.75(15.08))

Dominique Easterling	*52-1.25/15.88 (5/13)
Michael Johnson (51-3.50)	*51-7.75/15.74 (4/15)
Demetre Howard	*51-5.50/15.68(w+1.7) (4/29)
Chris Merriweather (48-6.25)	48-8/14.83 (4/8)

Shot Put (Regional--55-1.50(16.80))

John Caulfield	*63-8.25/19.41 (3/31)
Jake Knight (61-9.75)	*61-3/18.67 (4/8)
Jeremy Silverman (64-0.50)	*60-5.25/18.42 (5/12)
Vache Sevajian (52-10)	53-2.25/16.21 (4/29)
Greg Garza	52-1.75/15.89 (3/4)
Josh Rider	41-8.50/12.71 (3/4)
Matt Reuter	35-11.50/10.96 (5/6)
Andrew Moreno	35-5/10.80 (4/12)
Jason Rider	

Discus (Regional-169-7/51.70)

Greg Garza	*194-1/59.17 (5/13)
Jason Rider (186-6)	*190-8/58.11 (5/26)
John Caulfield	*189-0/57.61 (5/26)
Jeremy Silverman (180-2)	165-9/50.52 (4/22)
Josh Rider (177-5)	161-8/49.28 (3/4)
Matthew Reuter	113-4/34.54 (4/13)
Andrew Moreno	102-11/31.37 (4/3)
David Shortenhaus (170-6)	

Javelin (Regional-202-1/61.60)

David Shortenhaus	*204-5/62.31 (4/29)
Greg Garza	188-3/57.38 (4/29)
Jason Rider (191-3)	179-9/54.78 (3/4)
Matthew Reuter	148-1/45.13 (3/4)
Andrew Moreno	89-2/27.18 (4/13)
David Murphy (128-9)	

Hammer (Regional-182-5/55.60)

Boldizsar Kocsor	*219-1/66.77 (5/12)
Andrew Ninow (198-1) {unattached}	195-1/59.47 (4/15)
Jeremy Silverman (184-0)	155-11/47.52 (4/28)

Decathlon (Auto-7500/Prov-7000)

Matt Reuter	6271 (3355/2916) (4/12-13)
100m (11.64/723 pts), LJ (20-9.75/661 pts), SP (35-3.75/531 pts), HJ (6-2.25/705 pts), 400m (51.76/735 pts), 100mH (16.07/725 pts), DT (113-4/554 pts), PV (12-11.50/630 pts), JT (147-9/515 pts), 1500m (5:07.11/519 pts)	

Andrew Moreno	5557 (3152/2405) (4/12-13)
100m (11.46/761 pts), LJ (19-8.25/587 pts), SP (35-5/533 pts), HJ (5-8.50/ 577 pts), 400m (52.71/694 pts), 100mH (18.27/499 pts), DT (102-11/491 pts), PV (12-7.50/576 pts), JT (89-2/260 pts), 1500m (4:56.71/579 pts)	

2006 Men's Indoor Best Marks (as of 3/13/06)

KEY

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 **NCAA Automatic
 ***NCAA Provisional
 SR-School Record

60m (Auto-6.62/Prov-6.72)

Brandon Johnson	6.82i (1/28)
Alex Pearlstone	7.01i (1/28)
Garland West	7.10i (2/4)
James Rhoades	7.11i (2/3)

200m (Auto-20.83/Prov-21.23)

Craig Everhart (21.27i)	21.41i (2/4)
Brandon Johnson	21.64i (2/4)
James Rhoades	22.26i (2/4)
Garland West	22.56i (2/4)

400m (Auto-46.85/Prov-47.65)

Brandon Johnson	***46.40i (2/25)
Craig Everhart (46.36i)	***46.65i (2/11)
Elijah Wells	47.68i (2/25)
James Rhoades	48.05i (2/24)
David Shipp	49.45i (2/24)
Tracy Session	50.57i (1/28)

800m (Auto-1:47.80/Prov-1:49.50)

Erik Emilsson	1:50.41i (2/11)
Micky Cobrin	1:56.15i (1/28)
Martell Munguia (1:48.76i)	
Mike Haddan (1:52.04i)	1:51.86i (2/25)

Mile (Auto-3:59.00/Prov-4:04.90)

Erik Emilsson	***4:03.76i (1/28)
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3000m (Auto-7:55.00/Prov-8:05.00)

Micky Cobrin	8:33.40i (2/24)
Erik Emilsson (8:12.63i)	

5000m (Auto-13:50.00/Prov-14:11.90)

Austin Ramos	***13:57.55i (2/24)
Kyle Shackleton	14:39.11i (2/24)

60m Hurdles (Auto-7.70/Prov-7.91)

4 X 400m Relay (Auto-3:05.00/Prov-3:10.40)

Everhart, Wells, Rhoades, Johnson	***3:06.48i (2/11)
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Distance Medley Relay (Auto-9:33.00/Prov-9:43.70)

Haddan, Everhart, Cobrin, Emilsson	9:46.28i (1/28)
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High Jump (Auto-7-3.75/2.23/Prov-7-1.50/2.17):

Dominique Easterling	6-8.25/2.04i (2/24)
Luke Barr	6-8/2.03i (2/4)
Joel Tuosto (6-0i)	

Pole Vault (Auto-18-0.50/5.50/Prov-17-0.75/5.20):

Michael Landers	***17-1/5.21i (2/4)
Dave Murphy	***17-1/5.21i (2/4)
David Shortenhaus (17-1.75i)	***17-1/5.21i (2/24)
Zack Miller	16-9.25/5.11i (2/4)
Dustsin DeLeo (16-0.75i)	

Long Jump (Auto-25-9.25/7.85/Prov-24-5.50/7.45)

Dominique Easterling	23-10.75/7.28i (2/24)
Demetre Howard	23-10.25/7.27i (2/3)
Michael Johnson	23-9/7.24i (2/24)
Chris Merriweather	23-2/7.06i (2/3)
Alex Pearlstone	22-9/6.93i (2/24)
Joel Tuosto (22-1.50i)	

Triple Jump (Auto-53-1.75/16.20/Prov-50-10.25/15.50)

Michael Johnson	50-6.75/15.41i (2/24)
Demetre Howard	50-5.50/15.38i (2/24)
Dominique Easterling (50-3.50i)	50-2.50/15.30i (2/24)
Chris Merriweather (48-2i)	46-10.75/14.29i (2/24)

Shot Put (Auto-63-4/19.30/Prov-58-3/17.75)

John Caulfield	***62-5/19.02i (2/4)
Jeremy Silverman (60-7.75i)	***60-6.50/18.45i (2/4)
Jake Knight	60-1/18.31i (2/11)
Greg Garza	54-2/16.51i (2/24)
Vache Sevajian	52-6.50/16.01i (2/24)
Jason Rider	50-0.50/15.38i (2/24)
Josh Rider	47-2.50/14.39i (1/28)

35lb. Weight Throw (Auto-69-6.75/21.20/Prov-62-4/19.00)

Boldizsar Kocsor	57-7.75/17.57i (2/24)
Jake Knight (55-7i)	55-1.50/16.80i (2/24)
John Caulfield	54-3.75/16.55i (2/24)
Jeremy Silverman (57-10.25i)	
Andrew Ninow (55-6.25i)	

Heptathlon (5650/5200)

David Shortenhaus (4,665i)	
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