

## **BRUINS HEAD TO PENN RELAYS, UC SAN DIEGO INVITATIONAL THIS WEEKEND**

### **THIS WEEK: BRUINS AT UC SAN DIEGO INVITATIONAL AND PENN RELAYS**

This weekend, Bruins will compete at the UC San Diego Invitational and Penn Relays.

Sophomore throwers Jeremy Silverman and Jake Knight will make the trek to the East Coast to compete at the Penn Relays. The remaining Bruins will compete at the UC San Diego Invitational.

### **LAST WEEK: CA INVITATIONAL DECATHLON, MT. SAC RELAYS, LONG BEACH STATE INVITATIONAL**

#### April 14-15 - California Invitational Decathlon

Senior Chris Staton finished fourth and scored a personal best and NCAA provisional 7,052 points at the California Invitational Decathlon, hosted by Azusa Pacific. In the first day of competition, he scored a personal best 3,587 points. He jumped a personal best 22-5.75 (6.85m, 778 points) in the long jump. And, he ran a personal best 52.10 (720 points) in the 400m.

On the second day of competition, Staton scored 3,465 points. He threw a personal best 133-8 (40.75m, 680 points) in the discus. In the pole vault, he cleared a personal best 14-9 (4.50m, 760 points). And, in the 1500m, he ran a personal best 4:54.17 (594 points).

#### April 15-18 - Mt. SAC Relays Results

At the 46<sup>th</sup> annual Mt. SAC Relays, sophomore Craig Everhart was one of the standout Bruin performers this weekend. He won the University/Open 400m in a personal 45.52, ninth in school history. Senior Pat Luke was the runner-up in the pole vault, clearing 16-10.75 (5.15m).

In the invitational events, Dan Ames placed third in the shot put (63-2.75/19.27m) and Yoo Kim tied for sixth in the pole vault (17-5/5.31m).

#### Invitational Results

Shot Put - Dan Ames, third, 63-2.75 (19.27m, RQ)

Pole Vault - Yoo Kim, sixth (tied), 17-5 (5.31m, RQ)

#### University/Open Results

400m - Craig Everhart, first, 45.52 (RQ, No. 9 in school history)

OD 110m Hurdles - Tony Golston, seventh overall (second, heat two), 13.85 (0.5, RQ)

Pole Vault - Pat Luke, second, 16-10.75 (5.15m, RQ)

110m Hurdles - Jonathan Williams, eighth overall (third, heat three), 14.25 (0.5, RQ)

400m Hurdles - Jonathan Williams, 25<sup>th</sup> overall (sixth, heat four), 53.07; Matt Willis, 34<sup>th</sup> overall (eighth, heat two), 54.13

1500m - Jon Rankin, 22<sup>nd</sup> overall (first, heat four), 3:45.86 (RQ)

5000m - Chad Galbreath, 26<sup>th</sup>, 15:00.10

Discus - Brian Ruziecki, 11<sup>th</sup>, 157-2 (47.90m); Josh Rider, 18<sup>th</sup>, 142-8 (43.48m)

Hammer - Brian Ruziecki, ninth, 175-9 (53.58m), personal-best

#### April 17 - Long Beach Invitational

A number of Bruins competed at the Long Beach State Invitational on Saturday. Junior Mario Bassani and sophomore Dave Murphy each won on Saturday. Bassani won the 400m in 47.69. Murphy won the Pole Vault Elite, clearing a personal best and regional qualifying 17-0.75 (5.20m).

In the Pole Vault Elite, Mike Landers was second, clearing 16-6.75 (5.05m). Sophomore sprinter Matt Bruno placed third in both the 100m (10.57w, 2.4) and 200m (21.66, 1.3). Both times were season bests.

In the 400m, Jeff Jacobs finished eighth in 48.72. Mike Elbogen was ninth, finishing in 48.74. Elbogen also placed 14<sup>th</sup> in the 200m in 23.11 (1.5). In the 1500m, Mohammed Qazi was 14<sup>th</sup> (4:01.59) and Nick DeFelice was 17<sup>th</sup> (4:02.04).

RQ - Regional Qualifying mark

## **NATIONAL RANKINGS**

### **Trackwire 25**

In this week's Trackwire 25, the Bruin men are ranked 10th (tied with Ohio State) with 23 points. Defending outdoor champion Arkansas leads the nation with 54 points, followed by LSU with 49 points. Florida is ranked third (41 points) and Auburn is fourth (35 points). Baylor rounds out the top five with 32 points.

The Trackwire 25 projects a hypothetical score for the NCAA meet, factoring in injury reports and other variables supported by information gathered from coaches and NCAA-qualifying competitions across the country. This projection is generated by scoring the Dandy Dozen, a power ranking of the top 12 athletes and relay squads in each NCAA event.

### **Trackwire Outdoor Rankings**

|      |             |           |
|------|-------------|-----------|
| 4/6  | 16th (tied) | 18 points |
| 4/13 | 14th        | 20 points |
| 4/20 | 10th (tied) | 23 points |

## Trackwire Indoor Rankings

|             |             |           |
|-------------|-------------|-----------|
| Preseason   | 8th (tied)  |           |
| 1/20        | 8th (tied)  | 22 points |
| 1/28        | 8th         | 22 points |
| 2/3         | 14th (tied) | 14 points |
| 2/10        | 16th (tied) | 12 points |
| 2/24        | 8th (tied)  | 21 points |
| 3/9         | 11th (tied) | 18 points |
| NCAA Finish | 12th        | 17 points |

## USTCA Team Power Ranking

In this week's United States Track Coaches Association (USTCA) Team Power Ranking, the Bruins are ranked 12th in the nation with a score of 347.82. Wisconsin leads the nation with a score 382.52, followed by Arizona State (377.91). Tennessee is third (373.96) and Florida is fourth (371.73). Georgia rounds out the top five with a score of 370.03.

In the final Team Power Indoor Ranking, the Bruin men were ranked No. 7 in the nation (271.43).

The Team Power Ranking is a unique system of ranking teams on the basis of quality of athletic performance, team depth, and dual meet scoring potential. The system rates teams in the same fashion as decathlete or heptathlete. Points are assigned for two athletes in each event contested in a dual meet and points assigned on the basis of quality of performance. The top person in each event has his/her points doubled to adjust for the value of the number one performer on each team in a dual meet. The points for all events are then totaled for the ranking score.

## HEAD COACH ART VENEGAS

Venegas enters his fifth year at the helm of the UCLA men's track and field team and 23rd as the Bruin men's and women's throws coach.

### Career Highlights

- 2003 Mondo West Region Indoor and Outdoor Coach of the Year
- 2003 Pan-American Games U.S. Assistant Coach
- 2002-04 MPSF Indoor Coach of the Year
- 2002 Cal/Nevada Outdoor Coach of the Year
- Has coached 33 NCAA individual titles in the throws
- Since 1990, UCLA throwers have won 49 Pac-10 titles
- Contributed to four NCAA team championships (Men-(2), 1988-87 Outdoor; Women (2), 2001-00 Indoor) and 24 Pac-10 team crowns (Men 10/ Women 14) as Bruin assistant coach (throws) for both the UCLA women and men's teams.
- Coaches world-class athletes John Godina/Seilala Sua
- Premier collegiate throws coach in the U. S.

## PAC-10 ATHLETE OF THE WEEK

Beginning April 12, the Pac-10 will honor the track and field athletes for each week leading up to the Pac-10 Championships (May 15-16).

For the week of April 12-19, Bruins Craig Everhart and Dan Ames were nominated for Pac-10 Track and Field Athlete of the Week honors.

April 5-12: Dan Ames, Pac-10 field athlete of the week. Tony Golston, Pac-10 track athlete of the week nominee.

## PAC-10 CHAMPIONSHIPS

Arizona will host the 2004 Pac-10 Championships in Tucson. The multi-events will be contested Saturday and Sunday, May 8-9. The championships will be held the following week, May 15-16.

## PAC-10 QUALIFIERS

Qualifying marks for the Pac-10 Championship include indoor marks, hand times and wind-aided marks greater than 4.0 mps.

100m - Matt Bruno, 10.57w (2.4)

200m - Craig Everhart, 20.76 (0.9); Denye' Versher, 21.40 (nwi)

400m - Craig Everhart, 45.52; Denye' Versher, 46.59; Mario Bassani, 47.42

800m - Nick Thornton, 1:48.01

1500m - Ben Aragon, 3:43.76; Jon Rankin, 3:45.86

5000m - Chad Galbreath, 14:32.92

110mH - Tony Golston, 13.69 (nwi); Jonathan Williams, 14.14 (2.0)

400mH - Jonathan Williams, 51.20; Matt Willis, 52.29; Tony Golston, 53.57

4x100m - 40.22 (Bruno, Golston, Williams, Everhart)

4x400m - 3:04.25 (Everhart, Thornton, Williams, Versher)

High Jump - Chris Staton, 6-8.75i (2.05)

Pole Vault - Yoo Kim, 18-0.50 (5.50); Pat Luke, 17-7i (5.36); Mike Landers, 17-0.75 (5.20); Dave Murphy, 17-0.75 (5.20); Shane Hackett, 16-8.75i (5.10)

Long Jump - Juaune Armon, 26-1.75i (7.97)

Triple Jump - Demetre Howard, 49-0.25 (14.94); Chris Merriweather, 48-2i (14.68)

Shot Put - Dan Ames, 66-1 (20.14); Jeremy Silverman, 60-7.75i (18.48); Jake Knight, 60-0.25i (18.29); Brian Ruziecki, 58-11.25i (17.96)

Discus - Dan Ames, 189-10 (57.86); Jeremy Silverman, 171-9 (52.35)

Hammer - Dan Ames, 199-11 (60.94)

Decathlon - Chris Staton, 7,052 points

## NCAA WEST REGION CHAMPIONSHIPS

This year, the NCAA West Region Championships will be held at Cal State Northridge, May 28-29. The top five individuals, and top two relays from each of the four regions receive automatic bids to the NCAA Championships (June 9-12).

Seventeen Bruins have already qualified for the West Region Championships, along with the 4x100m and 4x400m relays.

## NCAA REGIONAL QUALIFIERS

(Event, Name, Regional Rank, Mark)

200m - Craig Everhart, 3rd, 20.76 (0.9)

400m - Craig Everhart, 2nd, 45.52; Denye' Versher, 5th, 46.59

800m - Nick Thornton, 1st, 1:48.01

1500m - Ben Aragon, 4th, 3:43.76; Jon Rankin, 10th, 3:45.86

110m H - Tony Golston, 2nd, 13.69; Jonathan Williams, 5th, 14.14 (2.0)

400m H - Jonathan Williams, 2nd, 51.20; Matt Willis, 7th, 52.29

4x100m - 7th, 40.22 (Bruno, Golston, Williams, Everhart)

4x400m - 2nd, 3:04.25 (Everhart, Thornton, Williams, Versher)

Pole Vault - Yoo Kim, 3rd, 18-0.50 (5.50); Pat Luke, 8th, 17-4.50 (5.30); Michael Landers, 9th, 17-0.75 (5.20); Dave Murphy, 11th, 17-0.75 (5.20)

Shot Put - Dan Ames, 1st, 66-1 (20.14); Jake Knight, 8th, 58-11.50 (17.97); Jeremy Silverman, 9th, 58-3.75 (17.77); Brian Ruziecki, 11th, 57-9 (17.60)

Discus - Dan Ames, 2nd, 189-10 (57.86); Jeremy Silverman, 8th, 171-9 (52.35)

Hammer - Dan Ames, 5th, 199-11 (60.94)

Decathlon - Chris Staton, 5th, 7,052

## 2004 UCLA INDOOR ALL-AMERICANS

Dan Ames (SP, WT), Juaune Armon (LJ)

## NATIONAL LETTER OF INTENT SIGNEEES (ANNOUNCED DECEMBER 2, 2003)

Head Coach Art Venegas received three National Letters of Intent during the Fall signing period. **Chad Dunn**, **James Rhoades** and **Joel Tuosto** will join the Bruins as true freshmen in 2004.

Dunn (Seal Beach, CA) attends Los Alamitos High School. At the 2002 California State Meet, he ran the first leg of Los Alamitos' 4x100m relay that placed ninth in 42.11. Dunn will compete in the 100m and 200m for the Bruins next season.

Rhoades (Ramona, CA), a sprinter, attends Ramona High School. At the 2003 CA State meet, he was a finalist, placing

eighth in 49.14. Rhoades is the fourth fastest returning quartermiler in the state. He has run prep bests of 48.48 (400m) and 22.21 (200m). In addition to running track, Rhoades is a corner back for the Ramona High football team.

Tuosto (Greenfield, CA) attends Greenfield High School. At the 2003 California State Meet, he placed fourth in the triple jump with a jump of 48-10. He was the Mission Trail Athletic League's long jump champion. In 2002, he placed 13th in the preliminary round of the triple jump with a jump of 45-4.25, but did not advance to the final.

## 2004 OUTDOOR MEET RECAPS

### APRIL 8-10: RAFER JOHNSON/JACKIE JOYNER-KERSEE INVITATIONAL

Los Angeles, CA - The three day Rafer Johnson/Jackie Joyner-Kersey Invitational ended with a bang on Saturday. On the day, former Bruin greats John Godina and Jess Strutzel turned in a pair of American leading performances. A bevy of meet records were also broken in today's action.

In the field, meet records were broken in six of the events. In the first event of the day, 2003 NCAA champion and USC alum David Jaworski cleared 7-2.25 (2.19m) in the high jump. He broke the meet record of 6-11 set by former Bruin Kevin Weaver. In the pole vault, former Bruin All-American Scott Slover won, equaling the meet record of 17-8.50 (5.40m), set by current Bruin Yoo Kim. Brian Johnson, competing unattached, won the long jump with a meet record mark of 24-7.75 (7.51m)(1.3). Former Bruin Narc Narcisse held the previous record of 24-4.25. And, in the triple jump, Von Ware set a meet record of 53-3 (16.23m)(-0.1).

In the throwing events, two of the nation's top throwers established new meet records. In the shot put, former Bruin great and two-time World champion John Godina threw 67-11.75 (20.72m). It is the leading mark in the U.S. this season and second in the world. In the discus throw, 2003 U.S. champion Carl Brown threw a meet record 206-5 (62.91m) for the victory. And, in the javelin, Arizona's Matt Wagner threw 221-5 (67.49m) for the victory and meet record.

On the track, a number of meet records were broken. In the 100m, Jerome Avery won in 10.43 (0.0). In the 200m, Mickey Grimes won in 20.64 (NW) to break Jerome Davis' previous record of 20.91. In the 400m, Handan Al'Bishi won in 45.79, breaking Davis' record of 46.68. In the mile invitational, Arizona's Robert Cheseret won in 4:01.43.

In the 800m, former Oregon All-American and Pac-10 champion Simon Kimata, now representing Kenya, won in 1:46.48. Former UCLA NCAA 800m champion Jesse Strutzel was the runner-up in 1:46.80. It is the leading time in the U.S. this season. Also competing in the 800m was Track & Field News' athlete of the year and world 400m hurdles champion Felix Sanchez. He finished fourth in a personal best 1:49.36.

In the 110m hurdles, Larry Wade set a meet record of 13.44 (0.5). Former Bruin All-American Kyle Erickson won the 400m hurdles in a meet record and personal best 49.41.

In the 4x100m relay, HSI's team of Grimes, Leonard Scott, former Bruin NCAA champion Ato Boldon and Olympic gold medallist Maurice Greene won in 38.90. And, in the 4x400m relay, the Bush Whackers, coached by legendary Bruin track coach Jim Bush, won in a meet record 3:09.01.

### Saturday Bruin Results

In the 100m, sophomore Matt Bruno finished fifth in a season best 10.80 (0.0). Sophomore Craig Everhart placed third in the 200m in a personal best 20.76 (0.9,RQ). In the 400m, junior Denye' Versher was fourth in a personal best 46.59 (RQ). In the mile invitational, junior Jon Rankin was the runner-up in 4:03.70 and Reggie Oronoz was seventh in 4:26.35. In the 800m, senior Nick Thornton finished third in 1:48.37.

In the 110m hurdles, junior Tony Golston was the runner-up in 13.87 (0.5, RQ). In the 400m hurdles, Bruins Jonathan Williams and Matt Willis ran season bests. Williams finished fourth in a season best 51.20 (RQ) and Willis was sixth in 52.29 (RQ). In the 4x100m relay, the Bruins team of Bruno, Mario Bassani, Versher and Chris Dunbar placed second in a season best 40.22 (RQ).

In the field, Yoo Kim placed third in the pole vault clearing 17-4.50 (5.30m, RQ). Sophomore Mike Landers and senior Pat Luke tied for fourth, clearing 17-0.75 (5.20m, RQ). It is a personal best for Landers. And, Shane Hackett was fifth clearing a season best 16-0.75 (4.90m).

In the shot put, senior Dan Ames was runner-up to Godina, throwing a personal best 66-1 (20.14m, RQ). It is the collegiate leading mark and fifth in school history. Sophomore Jake Knight was seventh with a season best throw of 58-11.50 (17.97m, RQ). Sophomore Jeremy Silverman was eighth with a throw of 57-7 (17.55m, RQ).

In the discus, Ames finished fifth with a season best throw of 189-10 (57.86m, RQ). Silverman was eighth throwing 160-3 (48.84m). And, in the javelin, Ely Dial was fourth with a throw of 185-10 (56.65m).

### Friday University/Open Results

Pole Vault - David Murphy, 3<sup>rd</sup> (tie), 15-7 (4.75)

100m - Juaune Armon, 2<sup>nd</sup>, 10.80 (nwi)

400m - Jeff Jacobs, 3<sup>rd</sup>, 49.07; Mike Elbogen, 5<sup>th</sup>, 49.18

Long Jump - Chris Staton, 3<sup>rd</sup>, 22-0.25 (6.71)(1.9); Chris Merriweather, 8<sup>th</sup>, 20-11.75 (6.39)(0.8); Demetre Howard, 11<sup>th</sup>, 20-7.25 (6.28)(0.0)

800m - Jon Rankin, 2<sup>nd</sup>, 1:52.64

200m - Jeff Jacobs, 10<sup>th</sup>, 23.23w (2.4)

Discus - Jeremy Silverman, 1<sup>st</sup>, 171-9 (52.35, RQ); Chris Staton, 12<sup>th</sup>, 123-9 (37.71)

Triple Jump - Juaune Armon, 2<sup>nd</sup>, 47-5.25 (14.46)(1.0); Javier Aguiniga, 6<sup>th</sup>, 43-1.75 (13.40)(1.9)

5000m - Nick DeFelice, 8<sup>th</sup>, 15:05.81; Mohammed Qazi, 9<sup>th</sup>, 15:14.33

1500m - Reggie Oronoz, 1<sup>st</sup>, 3:53.72; Micky Cobrin, 4<sup>th</sup>, 3:59.55

3000m - Ben Aragon, 5<sup>th</sup>, 8:35.12; Chad Galbreath, 6<sup>th</sup>, 8:47.12

### Thursday Results

Hammer Throw - Dan Ames, 2<sup>nd</sup>, 199-11 (60.94, RQ); Jake Knight, 8<sup>th</sup>, 178-4 (54.35); Brian Ruziecki, 9<sup>th</sup>, 170-2 (51.86)

RQ - NCAA Regional Qualifying Mark

### **APRIL 1-3: 77<sup>TH</sup> ANNUAL TEXAS RELAYS**

Austin, TX – At the 77<sup>th</sup> annual Clyde Littlefield Texas Relays, held at the University of Texas' Mike A. Myers Stadium, the Bruins were victorious in the 4x400m relay. There were also a pair of runner-up finishes by the Bruins at this year's relays.

### Day One Results

The 4x800m relay team of Nick Thornton, Jon Rankin, Micky Cobrin and Ben Aragon placed seventh in 7:37.54. The relay was led by the performances of Rankin and Aragon. Rankin ran the second leg in 1:50.7 and Aragon anchored in 1:50.9.

In the men's pole vault (section B), Mike Landers placed 4<sup>th</sup>, clearing a season best and regional qualifying height of 16-10.75 (5.15m).

In the 400m hurdles preliminary, Matt Willis placed third in heat two, 15<sup>th</sup> overall, in 53.09. And, in the decathlon, Chris Staton finished 15<sup>th</sup> with 6,055 points. He ended the first day with a career best score of 3,584 points and personal bests in the 100m (11.22) and 400m (52.88). On the second day, he ran a personal best 14.90 in the 110m hurdles.

### Day Two Results

The Bruins' 4x400m relay was the leading performance of the day. The squad of Craig Everhart, Nick Thornton, Jonathan Williams and Denye Versher ran the fastest time of the day, 3:07.04, and won the second heat. Everhart kicked things off with a spectacular lead off split of 45.5. Thornton ran his leg in 46.9, followed by Williams and Versher in 47.0 each. UCLA's relay was 2.38 seconds faster than the second fastest time of the day.

The 1600m sprint medley relay squad of Tony Golston, Denye Versher, Everhart and Jon Rankin won their heat in 3:18.26. UCLA finished fifth overall in the standings.

In the 110m hurdles preliminary, Golston won heat seven in 13.88 (1.5). He was third overall and advanced to the final. Williams finished third in heat five in a season best 14.14 (2.0). He was 10<sup>th</sup> overall. And, in the long jump, Juaune Armon placed ninth with a jump of 23-11.75 (7.31m)(1.1).

### Final Day Results

To end the Texas Relays, the Bruin squad of Craig Everhart, Nick Thornton, Jonathan Williams and Denye Versher won in a regional qualifying time of 3:04.25.

In the pole vault, Yoo Kim placed second with a season best vault of 18-0.50 (5.50m). Pat Luke finished seventh with a season best vault of 17-4.50 (5.30m).

In the 110m hurdles final, Tony Golston finished fifth in 13.88 (3.0). And, in the mile invitational, Chad Galbreath was 14<sup>th</sup> in 4:21.01.

The Bruins' distance medley relay placed second in 9:39.94. Ben Aragon led things off with a split of 2:56, followed by Matt Willis' 48.0 400m leg. Thornton ran the 800m leg in 1:49.50. And, Jon Rankin anchored the Bruins in 4:04.

### **MARCH 26-27: BRUINS AT STANFORD INVITATIONAL**

The Bruin men were led by sophomore Craig Everhart. His 400m time of 45.80 was the top mark in the event. It was his personal-best and an NCAA Regional qualifying mark.

## **Results from Saturday (March 27)**

400m - Heat 1 - Craig Everhart, 1st, 45.80 (best time of the day, personal-best, RQ); Denye Versher, 3rd, 47.39 (third-best time) Heat 2 - Mario Bassani, DNF

800m - Nick Thornton, 3rd, 1:48.01 (personal-best, No. 7 in school history, RQ)

1500m - Ben Aragon, 6th, 3:43.76 (personal-best, RQ)

3000m SC - Craig Hall, 52nd, 9:57.43

5000m - Chad Galbreath, 68th, 14:32.92 (personal-best)

110m H (-0.8) - Jonathan Williams, 8th, 14.15 (season-best, RQ); Tony Golston, 9th, 14.35

4 X 400m - UCLA B, 3rd, 3:11.00 (outdoor season-best)

Pole Vault - Pat Luke, 6thT, 16-10.75 (5.15) (season-best, RQ), Yoo Kim, 6thT, 16- 10.75 (5.15)(RQ)

Shot Put - Jeremy Silverman, 9th, 58-3.75 (17.77)(RQ); Jake Knight, 10th, 57-2.75 (17.44)(RQ)

Discus - Dan Ames, 5th, 179-8 (54.76)(season-best RQ); Jeremy Silverman, 10th, 167- 6 (51.05)

## **Results from Friday (March 26)**

400m (B) - Heat 1 - Jeff Jacobs, 9th, 49.92 (22nd best time) Heat 4 - Mike Elbogen, 3rd, 49.59 (17th best time)

1500m (B) - Heat 4 - Micky Cobrin, 4th, 3:54.74 (31st best time)

5000m - Heat 4 - Chad Galbreath, 3rd, 14:32.92 (season-best)

110m Hurdles (Prelims) - Heat 4 - Jonathan Williams, 2nd, 14.17Q (-0.8)(tied season- best)(ninth-best time) Heat 5 - Tony Golston, 1st, 13.88Q (-0.2)(fourth-best time)

400m Hurdles - Heat 1 - Tony Golston, 5th, 53.57 (13th best time); Jonathan Williams, 6th, 54.58 (20th best time) Heat 2 - Matt Willis, 1st, 52.62 (season-best)(second-best time)

Pole Vault (B) - Mike Landers, 2ndT, 16-4.75 (5.00)(second-best mark); Shane Hackett, 4thT, 15-9 (4.80)(4thT best mark); Dave Murphy, 9thT, 15-1 (4.60)(11thT best mark); Zach Miller, no-height

Shot Put (B) - Brian Ruziecki, 4th, 56-4.50 (17.18)(fourth-best mark)

Discus (B) - Brian Ruziecki, 5th, 161-9 (49.30)(season-best)(fifth-best mark)

Hammer Throw (B) - Dan Ames, 1st, 202-1 (61.61)(season-best/RQ)(best mark of day); Jake Knight, 5th, 178-10 (54.52)(fifth-best mark); Brian Ruziecki, 9th, 166-8 (50.81)(ninth-best mark)

RQ - Regional Qualifier

## **MARCH 6: BRUINS SCORE 240.50 POINTS TO WIN HOME OPENER**

In today's home opener, the Bruin men scored 240.50 points to defeat Cal Poly - San Luis Obispo (189.50), Cal State Fullerton (101) and Cal State L.A. (74). UCLA won 11 events on the day. Eight individuals had NCAA Regional qualifying marks.

Senior Dan Ames led the Bruins to victory, winning the shot put, discus and hammer. In the shot put, he threw 60-8.75 (18.51m). Ames threw 175-03 (53.42m) in the discus. And, he threw 199-11 (60.94m) in the hammer. All three marks are regional qualifiers.

Also victorious were Denye Versher, Erik Emilsson, Tony Golston, Jonathon Williams and Demetre Howard. Versher

won the 200m and 400m in 21.40 and 47.29, respectively. Emilsson won the 800m in 1:52.31. Golston was victorious in the 110m hurdles, winning in a personal best and regional qualifying time of 13.69 (+1.3). Williams ran 52.82 to win the 400m hurdles. And, Howard won the triple jump in a personal best 49-0.25 (14.94m).

The Bruins swept the 400m and 1600m relays. The 400m relay squad of Craig Everhart, Golston, Williams and Mario Bassani won in a regional qualifying time of 40.60. The 1600m relay team of Everhart, Versher, Michael Elbogen and Matt Willis won in 3:11.63.

Other top Bruin performers were Matt Bruno (100m, 2nd, 10.81), Bassani (200m, 2nd, 21.51PR; 400m, 2nd, 47.42), Williams (110mH, 2nd, 14.17, RQ), Willis (400mH, 2nd, 53.07), Reggie Oronoz (3000mSC, 2nd, 10:00.85), Chris Staton (HJ, 2nd, 6-4.75/1.95m; LJ, 2nd, 22-6.50/6.87mPR) and Brian Ruziecki (SP, 2nd, 57-9/17.60m; HT, 2nd, 170-8/52.03m).

RQ - Regional Qualifier; PR - Personal Record

## **2004 INDOOR MEET RECAPS**

### **2004 NCAA INDOOR CHAMPIONSHIPS MEN'S RESULTS**

Team: 12th, 17 points

#### **Dan Ames**

Shot Put, 3rd, 65-6.75 (19.98m), Personal Best, No. 6 all-time; Weight Throw, 3rd, 71-2.50 (21.70m), Personal Best, School Record (former 70-11/21.61m by Scott Moser, 2002)

#### **Ben Aragon**

Mile, 11th overall (6th heat 2), 4:04.42

#### **Juaune Armon**

Long Jump, 4th, 26-1.75 (7.97m), All-American

#### **Pat Luke**

Pole Vault, 9th (tied), 17-4.50 (5.30m)

#### **Distance Medley Relay**

12th, 9:49.53

(Jon Rankin, Craig Everhart, Nick Thornton, Ben Aragon)

### **MARCH 13: BRUINS FINISH 12TH AT NCAA INDOOR CHAMPIONSHIPS**

Fayetteville, AR - At the conclusion of the 2004 NCAA Indoor Track and Field Championships, held at Arkansas' Randal Tyson Track Center, the Bruins placed 12th with 17 points. LSU won the men's title with 44.50 points. Florida and Arkansas tied for second with 38 points, followed by Texas (fourth, 31) and Michigan (28 points).

In today's action, senior co-captain Dan Ames placed third in the 35-pound weight throw. He threw a personal best and school record-breaking 71-2.50 (21.70m). Former Bruin All-American Scott Moser set the previous record of 70-11 in 2002. Ames received his second All-America honors of the meet. It is his sixth indoor All-America honor and the ninth of his collegiate career.

In the men's pole vault, senior Pat Luke vaulted 17-4.50 (5.30m). He finished in a three-way tie for ninth.

#### **MARCH 12: BRUINS TIED FOR FIFTH AT NCAA INDOOR CHAMPIONSHIPS**

Fayetteville, AR - At the conclusion of the first day of competition at the 2004 NCAA Indoor Track & Field Championships, held at Arkansas' Randal Tyson Track Center, the Bruins are tied for fifth place with LSU. Both schools have scored 11 points. Arkansas, the defending NCAA indoor and outdoor champion, leads with 23 points. Texas and Florida are tied for second with 21 points. Rounding out the top-five of the 40 teams are Purdue (13 points), UCLA and LSU.

In today's action, senior Bruin co-captains Dan Ames and Juaune Armon each received All-America honors. Ames was the highest placing Bruin, finishing third in the shot put with a throw of 65-6.75 (19.98m). It is a personal best for Ames and No. 6 on UCLA's all-time list. Ames also received All-America recognition, the eighth of his career. Armon placed fourth in the long jump with a mark of 26-1.75 (7.97m). It was a season best and just 1.25 inches shy of his personal best 26-3. Armon also received All-America honors, the second of his collegiate career.

Junior Ben Aragon placed sixth in the second heat of the mile run. His time of 4:04.42 was 11th overall, the top-10 advanced to the final.

The distance medley relay squad of Jon Rankin, Craig Everhart, Nick Thornton and Aragon placed 12th in tonight's final in 9:49.53.

#### **MARCH 8: BRUIN RESULTS FROM LAST CHANCE MEET**

Seattle, WA - At the Last Chance Meet on March 6, held at Dempsey Indoor Stadium in Seattle, WA, sophomore throwers Jake Knight and Jeremy Silverman provisionally qualified for the NCAA Indoor Championships. Knight was second in the shot put, throwing 59-1.50 (18.02m). Silverman placed third with a throw of 58-10.25 (17.94m).

Martell Munguia competed in the 800m run. He won the event in 1:50.97, but the mark is not a NCAA qualifying time.

#### **FEBRUARY 28: BRUINS "THREE-PEAT" AS MPSF INDOOR CHAMPIONS**

Seattle, WA - At the 2004 MPSF Indoor Track and Field Championships, hosted by Washington at Dempsey Indoor Stadium, the Bruins won their third consecutive MPSF title scoring 127 points. Cal was the runner-up with 108 points, followed by third-place Stanford (82.5 points). Rounding out the Top-Five were Arizona (fourth, 77.5) and Oregon (fifth, 66.5).

Three Bruins defended their 2003 individual titles. Craig Everhart won the 400m in a provisional time of 46.85. Nick Thornton won the 800m in a provisional 1:49.61. And, senior Dan Ames defended his shot put and weight throw titles. In the shot put, he threw a NCAA automatic mark of 64-3 (19.58m). And, in the weight throw, he threw 69-0.50 (21.04).

Also victorious was UCLA's 4x400m relay. Competing for the first time this season, the squad of Everhart, Thornton, Mario Bassani and Denye Versher won in a facility record 3:09.07 (provisional). The previous record of 3:09.35 was set by Arizona State last year.

#### **FEBRUARY 14: BRUIN MEN WIN FIVE EVENTS AT PAC-10 INDOOR**

Seattle, WA - At the Pac-10 Indoor Invite, at Washington's Dempsey Indoor Stadium, the Bruins won five events. Leading the way were sophomore Craig Everhart (400m), Tony Golston (60m hurdles), Pat Luke (pole vault), Dan Ames (weight throw) and the distance medley relay.

Everhart won the 400m with a season best and NCAA Provisional qualifying time of 46.96. Golston was triumphant in the 60m hurdles, winning in a provisional time of 7.90. Luke vaulted an indoor personal best 17-7 (5.36) to win the pole vault. His mark was also a provisional qualifier. And, Ames threw a provisional 66-4.50 (20.23) to win the weight throw.

The distance medley relay squad of Ben Aragon, Denye Versher, Nick Thornton and Jon Rankin had an impressive performance. They won in a NCAA Automatic time of 9:34.21. The Bruins set a new facility record, breaking the previous record of 9:34.56 set by Stanford in 2003. It is also the No. 3 mark in school history.

Other top Bruin performers were Versher (200m, third (tie), 21.82; 400m, second, 47.60), Chris Staton (high jump, second, 6-8.75/2.05m), Ames (shot put, second, 62-10.75/19.17), Yoo Kim (pole vault, third, 17-5/5.31m) and Brian Ruziecki (weight throw, third, 57-0/17.37m).

#### **FEBRUARY 7: UNITED HERITAGE INVITATIONAL RESULTS**

At the 2004 United Heritage Invitational, hosted by Boise State, at Jacksons Track/Idaho Sports Center, senior Juaune Armon was one of the top Bruin performers of the day. Seniors Dan Ames and Pat Luke, along with juniors Jonathan Williams and Tony Golston, also led UCLA.

In his first competition of the indoor season, Armon won the long jump with a distance of 24-5.50 (7.45m). Ames placed second in the weight throw with a NCAA provisional mark of 67-0.75 (20.44m). He was also fourth in the shot put with a provisional mark of 60-8.75 (18.51m). Luke placed fourth in the pole vault, clearing 17-1 (5.71m). It was a personal indoor best for him. Williams was the runner-up in the 60m hurdles, finishing in 7.99. Golston was third in the 60m hurdles, finishing just behind Williams in 8.00. In the preliminaries, he ran a NCAA provisional time of 7.97.

The Bruin 1600m relay squad of junior Mario Bassani, sophomore Craig Everhart, senior Nick Thornton and junior Denye Versher placed fifth in 3:12.79.

#### **JANUARY 31: HUSKY INVITE RESULTS**

Seattle, WA - At today's Husky Invite, held at Washington's Dempsey Indoor Track Stadium, Bruin senior co-captain Dan Ames led UCLA with a pair of victories and NCAA provisional qualifying performances. Other winners and provisional qualifiers were senior Nick Thornton in the 800m and junior Tony Golston in the 60m hurdles.

Ames threw NCAA provisional marks, winning the shot put and weight throw. In the shot put, he threw 60-7.75 (18.48m). And, in the weight throw, he threw 66-9.25 (20.35m). Thornton won the 800m in a NCAA provisional time of 1:49.56. And, Golston won the 60m hurdles in a provisional qualifying time of 7.89. In addition to these individual qualifiers, the distance

medley relay of junior Ben Aragon, Thornton, and juniors Denye' Versher and Jon Rankin ran a provisional time of 9:41.43, placing second.

Also victorious for the Bruins were freshman Brandon Johnson and sophomore Mike Landers. In his first competition as a Bruin, Johnson won the 400m in 47.78. Landers won the pole vault with a mark of 16-4.75 (5.00m).

Other top performers today were sophomore Matt Bruno (60m, 4th, 6.99), Versher (400m, 6th, 48.71), Aragon (mile, 5th, 4:05.88), junior Martell Munguia (800m, 4th, 1:51.68), junior Jonathan Williams (60mH, 2nd, 8.11), senior Chris Staton (HJ, 4th, 6-4.75/1.95m; LJ, 4th, 23-00.50/7.02m), junior Yoo Kim (PV Elite, 3rd, 16-10.75/5.15m), senior Pat Luke (PV Elite, 4th, 16-4.75/5.00m), junior Shane Hackett (PV, 3rd, 16-10.75/5.00m), sophomore Dave Murphy (PV, 4th, 15-11/4.85m), freshman Chris Merriweather (TJ, 4th, 47-5/14.45), sophomore Demetre Howard (TJ, 6th, 46-7.50/14.21m), sophomore Jake Knight (SP, 2nd, 57-8.25/17.58m) and sophomore Jeremy Silverman (SP, 5th, 54-3.75/16.55m; WT, 5th, 55-4.75/16.88m).