

BRUINS LOOK TO DEFEND NCAA WEST REGION TITLE THIS WEEKEND

THIS WEEK: 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).

Twenty-one Bruins have been declared for the West Region Championships, along with the 4x100m and 4x400m relays.

2004 NCAA WEST REGION - DECLARED ATHLETES

(Event, Name, Regional Rank, Mark)

100m - Matt Bruno, 4th, 10.43w (2.4)

400m - Craig Everhart, 3rd, 45.19; Denye' Versher, 11th, 46.58;

800m - Nick Thornton, 2nd, 1:48.01

1500m - Jon Rankin, 4th, 3:43.10; Ben Aragon, 6th, 3:43.45

110m H - Tony Golston, 2nd, 13.69; Jonathan Williams, 4th, 13.93 (0.3)

400m H - Brandon Johnson, 1st, 48.85; Jonathan Williams, 2nd, 50.22; Matt Willis, 16th, 52.29

4x100m - 4th, 39.72 (Bruno, Golston, Williams, Everhart)

4x400m - 3rd, 3:03.79 (Everhart, Johnson, Bassani, Versher)

Pole Vault - Yoo Kim, 4th, 18-0.50 (5.50); Pat Luke, 8th, 17-5 (5.31); Michael Landers, 12th, 17-0.75 (5.20); Dave Murphy, 13th, 17-0.75 (5.20); Shane Hackett, 19th, 16-7.25 (5.06)

Long Jump - Juaune Armon, 1st, 25-10 (7.87)

Shot Put - Dan Ames, 1st, 66-1 (20.14); Jeremy Silverman, 4th, 63-6 (19.25); Jake Knight, 9th, 61-9.75 (18.84); Brian Ruziecki, 12th, 58-6.75 (17.85)

Discus - Dan Ames, 2nd, 190-5 (58.05); Jeremy Silverman, 14th, 171-9 (52.35); Brian Ruziecki, 15th, 170-6 (52.31)

Hammer - Dan Ames, 2nd, 212-2 (64.68); Jake Knight, 17th, 191-8 (58.42); Brian Ruziecki, 23rd, 186-6 (56.84)

2003 NCAA WEST REGION CHAMPIONSHIPS

The Bruins won the inaugural NCAA West Region Championships, scoring 101 points. At the championships, Dan Ames and Juaune Armon each won individual events. Ames won the shot put (63-11.50) and discus (195-4). Armon won the long jump at 26-2.75. Overall, 10 Bruins recorded top-five finishes, earning automatic bids to the NCAA Championships.

LAST WEEK: RESULTS FROM THE 25TH HARTNELL THROWERS MEET

Three current Bruins, along with several former Bruin All-Americans, competed at the 25th Hartnell Throwers Meet, held at Hartnell College in Salinas, CA.

Discus Invitational

Senior Dan Ames placed fifth in the discus invitational, throwing 199-6 (60.80m). Former Bruins Scott Wiegand and Luke Sullivan also competed. Wiegand was third (200-6, 61.11m) and Sullivan was seventh (196-2, 59.81m).

Discus Open

Sophomore Jeremy Silverman and redshirt freshman Brian Ruziecki each threw personal bests. Silverman finished fourth with a throw of 180-2 (54.92m). Ruziecki was sixth (171-6, 52.20m).

Shot Put Invitational

Current and former Bruins accounted for the top-five spots in the shot put invitational. Former Bruin John Godina won with a throw of 69-1.50 (21.07m). Ames was second, throwing 64-1.75 (19.55m). Wiegand was third, throwing 61-6.75 (18.76m). Silverman finished fourth with a throw of 60-11.25 (18.57m). And, Ruziecki was fifth with a personal best throw of 60-3.25 (18.37m).

NATIONAL RANKINGS

Trackwire 25

The next Trackwire 25 ranking will be distributed the week before the NCAA Championships (Tuesday, June 8).

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
4/27	13th	21 points
5/4	12th	24 points
5/11	14th (tied)	19 points
5/18	7th (tied)	28 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 383.93. BYU leads the nation with 413.17 points, followed by Minnesota with 410.64 points. Florida is ranked third in the nation with 410.14 points and Nebraska is fourth with a score of 409.94. Wisconsin rounds out the top-five with a score of 407.56.

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

- 2004 Pac-10 Champions
- 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).

April 27-May 3: Nominees - Chad Galbreath, track, and Dan Ames, field.

April 20-26: Dan Ames, Pac-10 field athlete of the week. Brandon Johnson, Pac-10 track athlete of the week.

April 12-19: Nominees - Craig Everhart, track, and Dan Ames, field.

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.

(Event, Name, Conference Rank, Mark)

100m - Matt Bruno, 9th, 10.43w (2.4)

200m - Craig Everhart, 5th, 20.76 (0.9); Denye' Versher, 15th, 21.40 (nwi); Matt Bruno, 16th, 21.41 (0.0)

400m - Craig Everhart, 2nd, 45.39; Denye' Versher, 7th, 46.59; Mario Bassani, 15th, 47.42; Brandon Johnson, 19th, 46.99

800m - Nick Thornton, 1st, 1:48.01; Ben Aragon, 2nd, 1:48.56; Jon Rankin, 4th, 1:49.67

1500m - Jon Rankin, 3rd, 3:43.10; Ben Aragon, 6th, 3:43.45

5000m - Chad Galbreath, 32nd, 14:32.92

110mH - Tony Golston, 2nd, 13.70 (0.3); Jonathan Williams, 4th, 13.93 (0.3)

400mH - Brandon Johnson, 2nd, 51.15; Jonathan Williams, 4th, 51.20; Matt Willis, 7th, 52.29; Tony Golston, 16th, 53.57

4x100m - 4th, 39.72 (Bruno, Golston, Williams, Everhart)

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

High Jump - Dave Murphy, 14th, 6-8 (2.03); Chris Staton, 11th, 6-8.75i (2.05)

Pole Vault - Yoo Kim, 2nd, 18-0.50 (5.50); Pat Luke, 4th, 17-7i (5.36); Mike Landers, 8thT, 17-0.75 (5.20); Dave Murphy, 8thT, 17-0.75 (5.20); Shane Hackett, 12th, 16-8.75i (5.10)

Long Jump - Juaune Armon, 2nd, 26-1.75i (7.97)

Triple Jump - Demetre Howard, 10th, 49-0.25 (14.94); Chris Merriweather, 14th, 48-2i (14.68)

Shot Put - Dan Ames, 1st, 66-1 (20.14); Jeremy Silverman, 5th, 61-11.50 (18.88); Jake Knight, 8th, 60-0.25i (18.29); Brian Ruziecki, 9th, 58-11.25i (17.96)

Discus - Dan Ames, 1st, 190-5 (58.05); Jeremy Silverman, 5th, 171-9 (52.35); Brian Ruziecki, 8th, 170-6 (51.97)

Hammer - Dan Ames, 2nd, 212-2 (64.68); Jake Knight, 8th, 189-9 (57.84); Brian Ruziecki, 11th, 186-6 (56.84)

Javelin - Ely Dial, 12th, 190-9 (58.14)

Decathlon - Chris Staton, 7th, 7,052 points

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400m - Craig Everhart, 3rd, 45.19; Denye' Versher, 12th, 46.58; Brandon Johnson, 16th, 46.99

800m - Nick Thornton, 2nd, 1:48.01; Ben Aragon, 3rd, 1:48.45; Jon Rankin, 5th, 1:48.77

1500m - Jon Rankin, 5th, 3:43.10; Ben Aragon, 8th, 3:43.45

110m H - Tony Golston, 2nd, 13.69; Jonathan Williams, 5th, 13.93 (0.3)

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Long Jump - Juaune Armon, 1st, 25-10 (7.87)

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Hammer - Dan Ames, 2nd, 212-2 (64.68); Jake Knight, 18th, 191-8 (58.42); Brian Ruziecki, 24th, 186-6 (56.84)

Decathlon - Chris Staton, 7th, 7,313

2004 UCLA INDOOR ALL-AMERICANS

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

NATIONAL LETTER OF INTENT SIGNEES (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

MAY 14-15: BRUINS WIN 17TH PAC-10 TITLE, STATON PLACES SECOND AT CLARMONT CLASSIC DECATHLON

The UCLA Bruins won the 2004 Pac-10 Championships with 143 points. It is UCLA's 17th Pac-10 Title and the first under head coach Art Venegas. UCLA last won the Pac-10 Championships in 1998, when the Bruins scored 130.5 points for the victory.

In the team standings, Oregon finished second with 130 points, followed by Arizona State (third, 120 points), USC (fourth, 95 points) and Arizona (fifth, 93 points). Stanford finished sixth (76 points), followed by Cal (seventh, 75 points), Washington (eighth, 45 points) and Washington State (ninth, 41 points).

In the final day of the championships, UCLA racked up four individual titles. Senior co-captain Dan Ames kicked things off, winning the hammer throw with a mark of 210-8 (64.21m, RQ). Later in the day, he completed the Pac-10 Championship trifecta by winning the discus throw (185-11, 56.67m). Ames is the first athlete in the history of the throwing events to win three individual titles at one Pac-10 Championship meet.

Junior Ben Aragon won the first individual title on the track. Aragon won the 800m in a personal best 1:48.45. And, true freshman Brandon Johnson won the 400m hurdles in a world

leading and personal best time of 48.85.

"I feel that our seniors, in particular, had an awesome meet," said Venegas. "Ames won three events and Armon took charge in the long jump to win. Our middle distance crew showed that they belong amongst the top of the conference. Our sprinters were phenomenal. I can't say enough about Brandon Johnson. Tonight, he showed everybody what he was really capable of doing.

"I am very impressed with Jonathan Williams. He came back after a difficult 110m hurdles race to run a personal best in the 400m hurdles and scored critical points for the team.

"I'm thrilled with our staff. I work with some of the finest coaches. They prepared the athletes well and, even when things weren't going our way, we fought back.

This championship shows that UCLA is going to be a contender for a long time to come."

Final Team Standings

1. UCLA 143, 2. Oregon 130, 3. Arizona State 120, 4. USC 95, 5. Arizona 93, 6. Stanford 76, 7. Cal 75, 8. Washington 45, 9. Washington State 41

Field Finals

Hammer Throw – Senior Dan Ames won his second individual title of the 2004 Pac-10 Championships, throwing 210-8 (64.21m, RQ). Ames also scored 10 points for the Bruins. Sophomore Jake Knight finished seventh overall, throwing a personal best 191-8 (58.42m, RQ). He scored two points for the Bruins. And, redshirt freshman Brian Ruziecki finished 13th with a throw of 161-6 (49.22m).

High Jump – Sophomore David Murphy no heighted. Cal's Teak Wilburn won, clearing 7-3.25 (2.22m).

Discus – Ames completed the throwing trifecta, winning the discus with a throw of 185-11 (56.67m, 10 points, RQ). Sophomore Jeremy Silverman was seventh with a throw of 167-9 (51.14m, two points). And, Ruziecki was eighth with a throw of 161-8 (49.28m, one point).

Ames on winning the discus – "I feel really good about the win. The other throwers and I are satisfied that we did our part since this is such a close team race. Now, we can sit back, relax and cheer on our teammates."

On being the first athlete in Pac-10 history to win three individual throwing titles at one championship meet – "It feels great to win the trifecta. Coach Venegas told me that I could do it. I started to believe in what he was saying more and more, and believe in my ability to accomplish it."

Triple Jump – Sophomore Demetre Howard advanced to the triple jump final, placing ninth overall with a jump of 48-4.50 (14.74m, w: 0.0). Juaune Armon, who won the long jump title yesterday, was 12th overall with a jump of 47-8 (14.53m, w: 0.0). And, freshman Chris Merriweather was 13th with a jump of 47-7.75 (14.52m, w: 0.0). USC's Allen Simms won with a jump of 53-3.

Running Finals

4x100m Relay – The UCLA squad of Matt Bruno, Tony Golston, Jonathan Williams and Craig Everhart were disqualified. Arizona State won in 38.97.

1,500m – The Bruins went three-four in the 1500m run, scoring 11 points. Junior Ben Aragon finished third in 3:44.16 (six points, RQ). Fellow junior Jon Rankin was fourth in 3:44.53 (five points, RQ). Arizona's Robert Cheseret, last night's winner of the 10,000m, won in 3:43.50.

110m Hurdles – Juniors Tony Golston and Jonathan Williams competed in the 110m hurdles final. Golston finished second in 13.79 (w: +0.4, RQ), scoring eight points. Williams finished ninth after falling in 19.54. Oregon's Eric Mitchum won in 13.62.

400m – Sophomore Craig Everhart finished third in the 400m in a personal best 45.19 (six points, RQ). Everhart's improvement of .2 seconds off his personal best 45.39 remains eighth best in school history. Junior Denye' Versher finished ninth in a personal best 46.58 (RQ). Arizona State's Lewis Banda won in 44.58.

100m – Sophomore Matt Bruno was eighth in the 100m dash, finishing in 10.54 (w: +0.8, one point). Washington State's Anthony Buchanan won in 10.21.

800m – Juniors Ben Aragon and Jon Rankin, competing in their second event of the day, went one-two in the 800m run. Aragon won in a personal best 1:48.45 (10 points, RQ). Rankin finished second in a personal best 1:48.77 (eight points, RQ).

Aragon on winning the 800m title – "This is a great win for the team since the team competition is so close and we're trying to win the team title. Our one-two finish in the 800m is definitely an upswing. It looks good for us as a team. It is an awesome feeling to win tonight. It is great for our program and for Coach Peterson. It's nice to show off our talent at a big meet."

400m Hurdles – True freshman Brandon Johnson won the 400m hurdles title in a world leading time and personal best of 48.85 (10 points, RQ). Junior Jonathan Williams finished second in a personal best 50.22 (eight points, RQ). Sophomore Matt Willis finished ninth in 56.41. Johnson's time is fourth all-time in UCLA history behind former Bruin great Wayne Collette's 48.84. Williams' time is eighth all-time in school history.

Johnson on winning the 400m hurdles – "Before the race, I was scared. I had been thinking about this race all day. I listened to my teammate Craig Everhart, who told me to pray about it and go out and run my race. I don't usually run fast in the beginning of a race, but I knew that in order to compete I had to come out fast. Before the race, Jonathan, Matt and I got together. We knew that we all needed to score for the team."

200m – Sophomore Matt Bruno, competing in his third event of the day, finished eighth in 21.58 (w: 0.0, one point). USC's Wes Felix won in 20.43.

5,000m – No entries.

4x400m Relay – The Bruin squad of Craig Everhart, Brandon Johnson, Mario Bassani and Denye' Versher finished third in a season best 3:03.79 (six points, RQ). Arizona State won in a meet record 3:01.26.

RQ – NCAA Regional Qualifying Mark

May 14 - First Day Results

At the conclusion of the first day of the 2004 Pac-10 Championships, held at Arizona's Roy P. Drachman Stadium, and after four final events, the Bruin men stand in second place with 49 points. The Bruins entered this year's championships with two points, thanks to last weekend's decathlon performance by senior Chris Staton. Staton placed seventh with 7,041 points.

Senior co-captains Dan Ames and Juaune Armon defended their Pac-10 titles. Ames won the shot put with a regional qualifying throw of 65-0 (19.81m). Armon won the long jump with a season best and regional qualifying mark of 25-10 (7.87m).

Friday Team Standings – 1. Oregon 67, 2. UCLA 49, 3. Arizona State 40, 4. Arizona 38, 5. Stanford 25, 6. USC 16, 7. Cal 15, 8. Washington 12, 9. Washington State 11

Field Finals

Shot Put – Senior co-captain Dan Ames defended his Pac-10 title by winning with a throw of 65-0 (19.81m). Ames also scored 10 points in the Bruins' quest for the team title. Overall, the Bruins went one, two, six and eight in the event, scoring 22 points. Sophomore Jeremy Silverman placed second with a personal best throw of 63-6 (19.35m). Fellow sophomore Jake Knight was sixth, throwing a personal best 61-9.75 (18.84m). And, redshirt freshman Brian Ruziecki was eighth with a personal best throw of 58-6.75 (17.85m). All of the marks were regional qualifiers.

Ames on winning the shot put – "Earlier in the season, I thought about the possibility of winning all three throwing events at Pac-10's and it got me excited. The more that I trained with and got to know my teammates, I started to realize the importance that winning all three would be for the team. I want to win all three events for our team. The throwers had to do our part towards winning a team title. We're off to a great start."

Pole Vault – The Bruins scored 15 points in the pole vault. Junior Yoo Kim placed second, clearing 17-7.25 (5.37m, RQ). Senior Pat Luke was fourth, clearing 17-3.50 (5.27m, RQ). Sophomore Mike Landers was seventh with a vault of 16-11.50 (5.17m, RQ). Dave Murphy finished ninth with a vault of 16-

11.50 (5.17m, RQ). And, Shane Hackett was 11th with a vault of 16-5.50 (5.02m, RQ).

Javelin – In the javelin, Ely Dial placed ninth with a personal best throw of 201-11 (61.54m).

Long Jump – Senior co-captain Juaune Armon defended his Pac-10 title. Armon jumped a season best 25-10 (7.87m, w: -0.5, RQ) for the victory. He scored 10 points for the Bruins.

Armon on winning the long jump – "I'm thrilled about tonight's victory. It is a great feeling to defend my title. It has boosted my confidence heading into the Regional meet. This victory is a good beginning for the rest of the post-season. There was a lot of energy at this meet. I was energized during the competition by my teammates. It was great to have them out there rooting me on."

Preliminary Results

1,500m – Juniors Jon Rankin and Ben Aragon ran in the first heat of the 1500m run. Rankin won the heat in 3:49.43. Aragon was fourth in 3:50.26. The top four finishers in each heat (two heats) advanced to tomorrow's final. Rankin's time was the second fastest of the day. Aragon's was the eighth fastest.

110m Hurdles – In the first heat of the 110m hurdles, junior Jonathan Williams finished second, tying his personal best, in 13.93 (w: +0.0, RQ). Junior Tony Golston won the second heat in 14.18 (w: +0.0, RQ). The top two finishers in each heat advanced to the final. Golston and Williams had the second and third fastest times of the day, respectively.

400m – In the 400m, juniors Denye' Versher and Mario Bassani, and sophomore Craig Everhart represented the Bruins. In the first heat, Bassani finished sixth in 47.29. In the second heat, Everhart finished second in 46.04 (RQ), followed by Versher in third in 46.89 (RQ). The top two finishers in each heat, along with the next five best times, advanced to tomorrow's final. Everhart was an automatic qualifier and Versher advanced on time. Bassani did not advance to the final.

100m – Sophomore Matt Bruno ran in the first heat of the 100m dash. He finished third in a season best 10:48 (w: +0.0, RQ). Bruno advanced to tomorrow's final as a time qualifier. The top two finishers in each heat automatically advanced to the final, along with the next five best times. Bruno's mark was the fifth fastest of the day.

800m – Aragon and Rankin competed in their second event of the day. Aragon won the second heat in 1:50.10 (RQ). Rankin won the third heat in a personal best 1:49.64 (RQ). Their times were the second and third fastest of the day, respectively. Both advanced to tomorrow's final.

3,000m Steeplechase – No entries.

400m Hurdles – In the first heat of the 400m hurdles, true freshman Brandon Johnson finished second in 51.87 (RQ). Sophomore Matt Willis was fifth in a season best 52.12 (RQ). In the second heat, Jonathan Williams was second in 51.50 (RQ). Johnson and Williams advanced to the final automatically (top two finishers). Willis advanced to the final as a time qualifier (next five best times).

200m – In the 200m, Mario Bassani finished fifth in heat two in 21.65 (w: +0.6). In heat three, Matt Bruno finished third in 21.51 (w: +0.1) and Denye' Versher was fourth in 21.53 (w: +0.1). Bruno advanced to tomorrow's final as a time qualifier. Bassani and Versher do not advance to the final.

10,000m – No entries.

RQ – NCAA Regional Qualifying Mark

May 14-15: Claremont Classic Decathlon

Friday and Saturday, May 14-15, senior decathlete Chris Staton competed at the Claremont Classic Decathlon at Burns Track & Field Complex in Claremont, CA. Staton finished second overall with a personal best score of 7,313 points.

Staton scored 3,783 points in the first day and had personal bests in the 100m (11.15) and high jump (6-8.25, 2.04m). On the second day of competition, Staton scored a personal best 3,530 points and threw a personal best 184-6 (56.23m) in the javelin.

Day 1 (3,783 points)

100m - 11.15 (w: 2.4, 827 points); Long Jump - 22-6.50 (6.87m, 783 points); Shot Put - 41-1 (12.52m, 638 points); High Jump - 6-8.25 (2.04m, 840 points); 400m - 52.69 (695 points)

Day 2 (3,530 points)

110mH - 14.80 (w: 0.8, 874 points); Discus - 137-3 (41.83m, 702 points); Pole Vault - 14-1.25 (4.30m, 702 points); Javelin - 184-6 (56.23m, 681 points); 1500m - 4:57.97 (571 points).

MAY 7-8: PAC-10 MULTI-EVENTS, OXY AND MODESTO INVATIONALS

May 7-8: Pac-10 Multi-Events

Tucson, AZ - At the Pac-10 Multi-Events, hosted by the University of Arizona, senior Chris Staton competed in the decathlon. Staton placed seventh overall, scoring 7,041 points. Oregon freshman Tommy Skipper won the 2004 Pac-10 Decathlon title with 7,589 points.

In the first day of competition, Staton scored 3,590 points. To start things off, he ran 11.29 (w: 0.0, 797 points) in the 100m. He jumped 22-11.25 (6.99m, 811 points) in the long jump. In the shot put, he threw 34-2.75 (10.43m, 512 points). Staton cleared 6-3.25 (1.91m, 723 points) in the high jump. And, he ran 51.49 (747 points) in the 400m.

In Saturday's action, Staton ran 15.36 (w: 0.2, 807 points) in the 110m hurdles. In the discus, he threw 143-6 (43.74m, 741 points). In the pole vault, he cleared 14-1.25 (4.30m, 702 points). Staton threw 177-1 (53.99m, 648 points) in the javelin. And, in the final event, he finished the 1500m in 5:01.12 (553 points).

Staton finished seventh overall with 7,041 points and scored two team points for the Bruins.

May 8 - Oxy Invitational Results

100m - Matt Bruno, 4th, 10.63w (+2.3)

200m - Matt Bruno, 6th, 21.41 (0.0)(SB); Denye' Versher, 8th, 21.55 (0.0); Mario Bassani, 9th, 21.65 (0.0); Jeff Jacobs, 16th, 22.22 (0.0)(SB); Chris Dunbar, 22nd, 23.07 (0.0)(SB); Mike Elbogen, 23rd, 23.39 (0.0)

400m - Brandon Johnson, 8th, 46.99 (SB); Matt Willis, 16th, 48.91 (SB); Mike Elbogen, 18th, 49.09; Jeff Jacobs, 23rd, 49.85

800m - Ben Aragon, 2nd, 1:48.56 (SB, RQ); Jon Rankin, 4th, 1:49.67 (SB, RQ)

5000m - Nick DeFelice, 13th, 15:09.07

400m H - Matt Willis, 11th, 53.25

3000m SC - Chad Galbreath, 3rd, 9:22.48

4x400m - 3rd, 3:37.89

Triple Jump - Demetre Howard, 3rd, 47-10.50 (14.59m)(NW); Chris Merriweather, 4th, 47-5 (14.45m)(NW)

Discus - Josh Rider, 6th, 145-2 (44.26m)

May 8 - Modesto Invitational

Pole Vault Invitational - Yoo Kim, 1st, 17-10.50 (5.45m)(RQ); Pat Luke, 5th, 17-2.75 (5.25m)(RQ)

Shot Put Invitational - Dan Ames, 4th, 63-10.25 (19.46m) (RQ); Jeremy Silverman, 10th, 59-9 (18.21)(RQ); Jake Knight, 11th, 58-1.25 (17.71)(RQ); Brian Ruziecki, 12th, 57-9 (17.60)(RQ)

Discus Open - Dan Ames, 1st, 183-5 (55.91)(RQ); Brian Ruziecki, 5th, 166-4 (50.70); Jeremy Silverman, 6th, 163-4 (49.78)

Hammer Open - Jake Knight, 1st, 189-9 (57.84)(RQ)(PR); Brian Ruziecki, 2nd, 186-6 (56.84)(RQ)(PR)

RQ = Regional Qualifier; SB = Season Best; PR = Personal Best

MAY 1 - BRUINS DOMINATE TROJANS, WIN 72ND ANNUAL DUAL MEET 111-52

Los Angeles, CA - In the 72nd annual dual meet between the UCLA Bruins and USC Trojans, the Bruins triumphed 111-52. On the day, the Bruins swept five events and were led by 12 event winners, 13 personal best and 22 regional qualifying performances. Multiple event winners were senior Dan Ames, who swept the throwing events, and sophomore Chad Galbreath, who swept the long distance events.

This year's victory is the greatest margin of victory for the Bruins using traditional scoring (5-3-1 individual events, 5-0 relay events) since 1992. USC maintains a 39-32 lead in the overall series history (the 1982 dual meet was non-scoring).

In the battle for the Lexus Gauntlet, the Bruin men picked up five points for UCLA.

BRUIN RESULTS

Hammer Throw (Friday) - Senior Dan Ames and sophomore Jake Knight gave the Bruins a 6-3 lead over the Trojans to begin this year's dual meet. Ames won the hammer throw

with a personal best and regional qualifying (RQ) throw of 212-2 (64.68m). It is third all-time at UCLA. Ames' mark is a Pac-10 and regional leader. Knight placed third, throwing a personal best 189-8 (57.81, RQ). And, freshman Brian Ruziecki was fifth with a personal best throw of 184-6 (56.23m). USC's Michael Murray was second, throwing 207-6 (63.24m, RQ).

Javelin - The Bruins went one-two in the javelin. Ely Dial won, throwing 186-2 (56.75m). Chris Staton was second, throwing a personal best 183-8 (55.98m).

High Jump - UCLA finished second and third in the high jump. Dave Murphy was second, clearing a personal best 6-8 (2.03m). Staton finished third, jumping 6-4 (1.93m). Trojan Jesse Williams won, clearing 7-3 (2.21m).

Steeplechase - The Bruins swept the steeplechase. Chad Galbreath won in 9:46.92. Reggie Oronoz came in second in 9:55.96. And, true freshman Micky Cobrin was third, finishing in 10:02.19.

Long Jump - In the long jump, senior Juaune Armon finished third with a regional qualifying and season best jump of 24-1 (7.34m, w: 0.6). Chris Merriweather was fifth, jumping a season best 22-5 (6.83m, w: 0.8). It was an inch shy of his personal best. And, Staton was sixth with a jump of 22-2.25 (6.76m, w: 1.4). USC's Allen Simms won with a mark of 25-5.25 (7.75m, w: 1.8).

4x100m Relay - In the 400m relay, the Bruin squad of Matt Bruno, Tony Golston, Jonathan Williams and Craig Everhart ran a season best 39.72 (RQ). The USC team of Wes Felix, Phillip Frances, Garry Jones and Blake Frazier won in 39.35.

Shot Put - UCLA went one-three in the shot put. Ames won his second event of the meet with a throw of 64-7.75 (19.70m, RQ). Jeremy Silverman was second with a personal best throw of 61-11.50 (18.88m, RQ). Knight finished fifth with a personal best throw of 59-7.50 (18.17m, RQ). And, Ruziecki was sixth, throwing 57-11.75 (17.67m).

1500m - The Bruins went one-two in the 1500m. Jon Rankin won in a personal best 3:43.10. Ben Aragon was second in a personal best 3:43.45 (RQ).

110m Hurdles - Bruins Golston and Williams went one-two in the high hurdles. Golston won in 13.70 (w: 0.3). It is a wind-legal personal best, season best and regional qualifying time. Williams tied his personal best, running 13.93 (w: 0.3, RQ).

400m - Everhart and Denye' Versher went one-two in the 400m run. Everhart won in a personal best 45.39 (RQ). Versher came in second in 46.78. Mario Bassani finished fourth in 47.47. True freshmen Jeff Jacobs and Michael Elbogen finished sixth and seventh in 48.76 and 49.03, respectively.

100m - USC swept the 100m dash. Wes Felix won in a personal best 10.31 (w: 0.7). Phillip Frances was second in 10.41

and Garry Jones was third in 10.49 (w: 0.7). UCLA's Bruno was fourth in a season best 10.52 (w: 0.7).

800m - The Bruins went one-three in the 800m run. Senior Nick Thornton won the event in a regional qualifying 1:49.96. Rankin was third in a personal best 1:50.60 (RQ). And, Aragon was fourth in 1:50.93.

Pole Vault - UCLA swept the pole vault. Yoo Kim won with a regional qualifying clearance of 17-5 (5.31m). Pat Luke and Shane Hackett tied for second, clearing 16-7.25 (5.06m, RQ). Murphy and Mike Landers tied for fourth, clearing 16-1.25 (4.91m). And, true freshman Zack Miller was sixth (14-7.50/4.46m).

400m Hurdles - True freshman Brandon Johnson led a Bruin sweep of the intermediate hurdles. Johnson won in a personal best 51.15 (RQ). Williams was second in a regional qualifying 51.84. And, Matt Willis was third in 52.67.

Triple Jump - Sophomore Demetre Howard finished second in the triple jump. He jumped 48-9 (14.86m, w: 0.5). Merriweather was fourth with a wind-aided season best of 45-9w (13.94m, w: 2.2). And, Javier Aguiniga was fifth with a jump of 43-5.75 (13.25m, w: -0.5). USC's Allen Simms won the event jumping 54-10.75 (16.73m, w: 0.2).

Discus - Ames led another Bruin sweep in the throwing events. He threw a regional qualifying 182-3 (55.55m) for his third win of the meet. Silverman was second with a throw of 171-1 (52.15m, RQ). Ruziecki was third (164-0/49.98m). And, Josh Rider was fourth throwing 162-5 (49.51m).

200m - Everhart placed second in the 200m dash, running a regional qualifying 20.91 (w: -0.3). Bruno finished fourth in a season best 21.44 (w: -0.3). Trojan Wes Felix ran his second personal best of the day, winning in 20.57 (w: -0.3).

5000m - The Bruins swept the final individual event of the meet. Galbreath won his second event of the day in 15:16.94. Mohammed Qazi was second in 15:25.46. Nick DeFelice finished third in 15:33.21. And, Oronoz was fifth in 16:27.43.

4x400m Relay - The Bruins sealed their 32nd dual victory over the Trojans by winning the 1600m relay. The squad of Johnson, Thornton, Versher and Bassani won in a regional qualifying time of 3:06.59. USC's team of Garrison, Felix, Heckman and Pratt finished in 3:13.84.

APRIL 22-24: UCSD TRITON INVITATIONAL, PENN RELAYS

UCSD Triton Invitational

Four Bruins were victorious at the Triton Invitational, senior Dan Ames, junior Yoo Kim, sophomore Chad Galbreath and freshman Brandon Johnson.

Friday Results

The Bruins had two winners on Friday, senior Dan Ames and sophomore Chad Galbreath. Ames won the hammer

with a personal best throw of 207-8 (63.30m, No. 8 in school history, RQ). In the 3000m steeplechase, UCLA had the top-three finishers. Galbreath won in a personal best 9:39.48. Freshman Micky Cobrin finished second in 9:46.18. And, junior Reggie Oronoz was third in 9:55.77.

Saturday Results

In his debut as a Bruin, freshman Brandon Johnson had the best overall time in the 400m hurdles, winning heat one 51.24 (RQ). Johnson also ran the leadoff on UCLA's 4 X 400m relay, helping the Bruins to a best overall time of 3:11.15 (heat one).

UCLA's other winner was junior Yoo Kim in the pole vault (17-9). In the event, the Bruins had three other performers vault 16-5.50 or higher - senior Pat Luke (second-place, 17-5, personal outdoor best, RQ) and tied for third were sophomores, Mike Landers (16-5.50) and David Murphy (16-5.50).

In the sprints, sophomore Matt Bruno had the third-best time overall in the 100m (first collegian, 10.43w, 2.4) and in the 200m, his time of 21.72 (-0.6), tied for No. 10 overall.

The Bruins had the third and fourth-best overall marks in the 400m - junior Mario Bassani was third (48.11) and freshman Jeff Jacobs placed fourth (48.56, personal-best). Other top Bruin finishers included - junior Ben Aragon, second-best overall time in the 800m (top collegian, 1:52.12) and senior Dan Ames in the shot put, second overall (top collegian, 65-8.25). Bruin great John Godina won the shot put (69-11.50, 21.32m).

Ames also placed 18th overall in the discus (190-5, season-best, RQ).

Friday

Penn Relays

On Friday, sophomores, Jeremy Silverman, who is from Annville, PA (Annville/Cleona HS) and Jake Knight competed in the collegiate championship shot put. Silverman placed third in a season best 59-11.75 (18.28m, RQ) and Knight was 11th (56-4, 17.17m).

RQ - Regional Qualifying Mark

APRIL 14-18: 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 46th 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, 25th overall (sixth, heat four), 53.07; Matt Willis, 34th overall (eighth, heat two), 54.13

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

5000m - Chad Galbreath, 26th, 15:00.10

Discus - Brian Ruziecki, 11th, 157-2 (47.90m); Josh Rider, 18th, 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 14th in the 200m in 23.11 (1.5). In the 1500m, Mohammed Qazi was 14th (4:01.59) and Nick DeFelice was 17th (4:02.04).

RQ - Regional Qualifying mark

APRIL 8-10: RAFAEL JOHNSON/JACKIE JOYNER-KERSEE INVITATIONAL

Los Angeles, CA - The three day Rafael Johnson/Jackie Joyner-Kersee 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 (NWI) 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, 3rd (tie), 15-7 (4.75)

100m - Juaune Armon, 2nd, 10.80 (nwi)

400m - Jeff Jacobs, 3rd, 49.07; Mike Elbogen, 5th, 49.18

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

800m - Jon Rankin, 2nd, 1:52.64

200m - Jeff Jacobs, 10th, 23.23w (2.4)

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

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

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

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

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

Thursday Results

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

RQ - NCAA Regional Qualifying Mark

APRIL 1-3: 77TH ANNUAL TEXAS RELAYS

Austin, TX – At the 77th 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 4th, 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, 15th overall, in 53.09. And, in the decathlon, Chris Staton finished 15th 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 10th overall. And, in the long jump, Juane 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 14th 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 Hacket, 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).

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).