

2004 WEST REGION AND PAC-10 CHAMPIONS



UCLA Men's Track & Field
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For Immediate Release

Bruins Finish 33rd at NCAA Championships to Finish 2005 Season *UCLA turns focus to summer competition and 2006 season*

Bruins End Season 33rd at NCAA's; USATF Championships on Tap for Several Bruins

The No. 12 UCLA Bruins ended their season with a 33rd-place finish at the NCAA Outdoor Championships (June 8-11) in Sacramento, CA, where three Bruins earned All-American honors: Sophomore Brandon Johnson (400mH, 48.59, 4th); senior Jonathan Williams (400mH, 49.76, 7th); Erik Emilsson (Steeple, 8:34.80, 8th).

Several athletes will now turn their focus to the USATF Junior/Senior Nationals, held at the Home Depot Center in Carson, CA June 23-26. Junior Martell Munguia will also continue his season as he competes for a spot on the Mexican National Team.

2005 Individual NCAA Championship Recaps

Mario Bassani, Sr., Rancho Santa Margarita, CA (Irvine)

Season-Best: 4x400m Relay, 3:04.11; 400m-47.17
Lifetime-Best: 400m-47.07
NCAA Outdoor Finish: 4x400m-12th, 3:05.14
West Region Finish: 4x400m-4th, 3:08.58
Pac-10 Finish: 4x400m-4th, 3:04.11; 400m-13th, 47.17

John Caulfield, Fr., Chino Hills, CA (La Salle)

Season-Best: SP-62-1.75/18.94, DT-179-3/54.64
Lifetime-Best: SP-62-1.75/18.94, DT-179-3/54.64
NCAA Outdoor Finish: SP-23rd (12th in his flight), 57-8.25
West Region Finish: SP-6th, 60-8.75; DT-19th, 165-11
Pac-10 Finish: SP-3rd, 61-5.75; DT-14th, 164-9

Ely Dial, Sr., Riverside, CA (Notre Dame)

Season-Best: JT-210-8/64.21
Lifetime-Best: JT-210-8/64.21
NCAA Outdoor Finish: JT-22nd (8th in his flight), 184-1
West Region Finish: JT-6th, 210-8 (No. 6 all-time)
Pac-10 Finish: JT-6th, 210-0

Erik Emilsson, Jr., Bjarred, Sweden, (Polhemskolan/Tulane)

****2005 All-American****
Season-Best: Steeple-8:34.80
Lifetime-best: Steeple-8:34.80
NCAA Outdoor Finish: Steeplechase, 8th, 8:34.80 (No. 3 all-time)
West Region Finish: Steeple-5th, 8:42.16
Pac-10 Finish: Steeple-3rd, 8:43.50

Craig Everhart, Jr., Tacoma, WA (Lincoln)

Season-Best: 400m-45.87
Lifetime-Best: 400m-44.89
NCAA Outdoor Finish: 400m-12th, 46.44; 4x400m-12th, 3:05.14
West Region Finish: 400m-3rd, 46.50; 4x400m-4th, 3:08.58
Pac-10 Finish: 400m-3rd, 46.09; 4x400m-4th, 3:04.11

Greg Garza, Fr., Indio, CA (Indio)

Season-Best: DT-185-4/56.50; SP-51-1/15.59
Lifetime-Best: DT-185-4/56.50; SP-51-1/15.59
NCAA Outdoor Finish: DT-23rd (7th in his flight), 171-11
West Region Finish: DT-8th, 178-2
Pac-10 Finish: DT-7th, 174-1

Anthony Golston, Sr., San Diego, CA (Point Loma)

Season-Best: 110mH-14.03
Lifetime-Best: 110mH-13.69 (No. 6 all-time)
NCAA Outdoor Finish: 110mH-28th (7th in his heat), 14.47
West Region Finish: 110mH-4th, 14.19
Pac-10 Finish: 110mH-7th, 14.26

Brandon Johnson, So., Orange, TX (West Orange Stark)

****2005 All-American****
Season-Best: 400mH-48.59; 400m-46.34
Lifetime-Best: 400mH-48.59 (No. 3 all-time); 400m-46.34
NCAA Outdoor Finish: 400mH-4th, 48.59
West Region Finish: 400mH-1st, 50.12
Pac-10 Finish: 400mH-1st, 49.34; 400m-5th, 46.34

Martell Munguia, Jr., Sacramento, CA (Woodcreek)

Season-Best: 800m-1:48.14
Lifetime-Best: 800m-1:48.14 (No. 10 all-time)
NCAA Outdoor Finish: 800m-13th, 1:49.45
West Region Finish: 800m-4th, 1:48.91
Pac-10 Finish: 800m-4th, 1:48.63

Dave Murphy, Jr., Arroyo Grande, CA (Arroyo Grande)

Season-Best: PV-17-0.75
Lifetime-Best: PV-17-0.75
NCAA Outdoor Finish: PV-no height
West Region Finish: PV-8th, 16-1.25
Pac-10 Finish: PV-5th, 16-6.75



HOST OF THE 2005 PAC-10 CHAMPIONSHIPS
MAY 7-8 - PAC-10 MULTI'S
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Jon Rankin, Sr., Spring Valley, CA (Monte Vista)

Season-Best: 800m-1:47.11; 1500m-3:40.39

Lifetime-Best: 800m-1:47.11 (No. 4 all-time); 1500m-3:40.39 (school record, No. 1 all-time)

NCAA Outdoor Finish: 1500m-17th, 3:48.51

West Region Finish: 800m-2nd, 1:48.20; 1500m-1st, 3:44.07

Pac-10 Finish: 800m-2nd, 1:47.39; 1500m-1st, 3:44.61

Jeremy Silverman, Jr., Annville, PA (Annville-Cleona)

Season-Best: SP-63-11/19.48; DT-169-11/51.79

Lifetime-Best: SP-64-0.50; DT-180-2

NCAA Outdoor Finish: SP-20th, 58-2

West Region Finish: SP-4th-62-0.25

Pac-10 Finish: SP-4th-61-4.75

Denye' Versher, Sr., Oakland, CA (St. Mary's)

Season-Best: 4x400m-3:04.11; 400m-46.49

Lifetime-Best: 400m-46.26

NCAA Outdoor Finish: 4x400m-12th, 3:05.14

West Region Finish: 4x400m-4th, 3:08.58

Pac-10 Finish: 4x400m-4th, 3:04.11; 400m-8th, 46.90

Jonathan Williams, Sr., Los Angeles, CA (Notre Dame)

Season-Best: 110mH-13.81; 400mH-49.67

Lifetime-Best: 110mH-13.81 (No. 10 all-time); 400mH-49.67 (No. 6 all-time)

NCAA Outdoor Finish: 400mH-7th, 49.76

West Region Finish: 110mH-15th, 21.10; 400mH-2nd, 51-53

Pac-10 Finish: 110mH-2nd, 13.81; 400mH-2nd, 49.67

Head Coach Art Venegas Named Mondo West Region Men's Coach of the Year

On May 25, the United States Track Coaches Association announced the Mondo Outdoor District Athletes and Coaches of the year for NCAA Division I Track & Field. Head Men's Coach Art Venegas was named the West Region Coach of the Year after leading the Bruin men to a second-place finish at Pac-10. Venegas is in his 24th season at UCLA as the women and men's throws coach, and his sixth year as the Head Men's coach. This is Venegas' second Mondo Coach of the Year award in three years. He directed UCLA to two consecutive West Region team titles and the Pac-10 title in 2004.

Pac-10 All-Academic Team (announced 6/10/05)

Second-Team Erik Emilsson

Honorable Mention Austin Ramos

Pac-10 Athlete of the Week

4/4-4/11 Jon Rankin

Trackwire Outdoor Rankings

4/4	Not Ranked	n/a
4/11	Not Ranked	n/a
4/19	19th (tied)	14 points
4/25	19th (tied)	14 points
5/2	22nd (tied)	13 points
5/9	17th (tied)	18 points
5/18	15th (tied)	22 points
6/3	12th (tied)	22 points (Final Ranking)

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.

Pronunciation Guide

Kevin Ahlstrom (all-strom); Ben Aragon (air-uh-gon); Mario Bassani (bus-sah-nee); Dominique Easterling (do-mi-neek); Ely Dial (ell-ee Dye-ul); Boldizsar Kocsor (Bol-dee-zar Coke-shore); Martell Munguia (moon-gee-uh); Andrew Ninow (Nih-know); Matthew Reuter (Roo-ter); Vache Sevajian (Vah-chay Seh-vah-jee-an); David Shortenhaus (Shore-ten-house); Joel Tuosto (too-oss-toe).

Spring National Letter of Intent Signees

Head Coach Art Venegas has announced the signing of four additional athletes to National Letters of Intent for the Spring signing period: distance runner Laef Barnes (Spokane, WA), high jumper Luke Barr (Allen, TX); sprinter Elijah Wells (Thousand Oaks, CA) and Garland West, III (Cypress, CA).

(Announced May 25, 2005)

Luke Barr (Allen Senior HS) - Barr is one of the top high jumpers in Texas and will join UCLA in the fall. A standout basketball player, Barr is competing in only his first year of track and field. At Allen HS, Barr led his team in scoring and rebounds (16ppg/5rpg) and went out for the track team this spring. In just his first year jumping, Barr placed second at the Texas Relays and 2nd at the Texas State Meet, and has a personal-best of 6-10.

(Announced April 25, 2005)

Laef Barnes (Spokane Mead HS) - Barnes is one of the top prep distance runners in the nation and comes to Westwood with very impressive times and honors. Last Fall, in his senior cross country season, Barnes led his team at the Nike Team National Cross Country Championships to a third place finish, placing sixth overall individually. During the indoor season, Barnes won the Boston Indoor Games Mile in a time of 4:12, beating a national class prep field. Barnes has personal-bests of 4:09.14 in the mile (converts to a 4:07.7 1600m), 8:28 in the 3000m and 1:53.6 in the 800m. At Arcadia (4/9), Barnes ran a personal-best 9:03.13 in the two mile, placing third overall.

Elijah Wells (Taft HS) - Wells hails from Taft High School in Woodland Hills and is one of California's top sprinters this season. Dyestat.com lists

Wells as a preseason first-team all-state runner in the 200m and 400m. Wells has top times of 21.56 in the 200m and 47.5 in the 400m. He holds the sixth fastest 200m and fifth fastest 400m returning times in the State.

Garland West III (Cypress HS) - West comes to Westwood as one of the top California State 100m returners. Dyestat.com projects West as a First-Team All-State honoree in the 100m after a solid junior campaign. Last season, West placed third at the Masters Meet with a personal-best time of 10.66 and has a wind-aided best of 10.59. At the Arcadia Invitational (4/9), West placed third in his heat of the 100m in a time of 10.76.

Fall National Letter of Intent Signees **(Announced November 17, 2004)**

Head Coach Art Venegas has announced the signing of two sprinters to National Letters of Intent during the early signing period. Kevin Craddock (San Anselmo, CA) and Alexander Pearlstone (San Pablo, CA) will be incoming freshmen this fall for the Bruins.

Kevin Craddock (James Logan HS) - Craddock is coming off an impressive summer (2004) in which he won a bronze medal in the 110m hurdles (13.77) at the World Junior Championships in Grosseto, Italy. His preliminary time of 13.74 was third on the World Junior List. He won the USATF Junior National Championships (13.83), setting the high school junior class and age 17 records to earn Verizon All-American honors. Craddock had four wind-legal marks between 13.74 and 13.83 over the senior (42") hurdles and ranked #36 on the US List, just behind Bruin Anthony Golston who was # 32 (13.69). At the CA State Championships last spring, Craddock won titles in the 110mH (13.39) and 300mH (35.93). As a sophomore, he also won a state title in the 110mH (14.09).

Alexander Pearlstone (Sir Francis Drake HS) - A talented student and one of the top returning sprinters in the State, Pearlstone at the 2004 CA State meet placed fifth in the 200m (21.62) and 10th in the 100m (10.70). He is expected to be a finalist in both events this spring at the upcoming 2005 CA State Championships.

2005 Outdoor Meet Recaps

NCAA Outdoor Championships: June 8-11

Bruins Finish 33rd at 2005 NCAA Outdoor Championships

Sacramento, CA - Sophomore Brandon Johnson and senior Jonathan Williams capped off UCLA's NCAA Outdoor National Championships with All-American finishes in the 400m hurdles on Saturday as Johnson finished fourth and Williams was seventh. The Bruin men finished tied for 33rd overall (out of 71 scoring teams) with eight points, while Arkansas won the meet with a total of 60 points.

Final Team Scores: 1. Arkansas, 60 points; 2. Florida, 49 points; 3. LSU, 36 points; 4. BYU, 34 points; 4. Florida State, 34 points.

Johnson, running in lane seven, ran a lifetime-best 48.59 to finish fourth overall, while Williams, running in lane two, finished seventh with a time of 49.76. Williams's 49.76 was the second fastest time he has ever run in his career.

Johnson on his run: "I'm pretty happy because I finally pr'd this season. I wanted to run in the 47's like the other guys, but I'll take fourth-place any day opposed to not making the finals last year."

At last year's NCAA Championships, Johnson finished 17th overall and did not advance to the finals. He did earn All-American honors with the 4x400m relay team that placed seventh overall. Last season at NCAA Outdoor, Williams finished 11th overall in the 400m hurdles and did not advance to the finals in that event.

Williams on his first All-American honor: "It feels so good. I wish I could have come in harder down the stretch, but my hamstring was cramping."

This is the first All-American hurdle honors for any of **Sprint Coach Tony Veney's** athletes. Veney, a second-year coach at UCLA, coached the Bruins to All-American honors in the 4x400m relay at last year's NCAA Outdoor meet, as well as helped coach UCLA to a second-place finish in the DMR at this year's NCAA Indoor.

"I think that both Brandon and Jonathan put forth great effort in today's race," said Veney.

On **Brandon Johnson**: "Brandon wanted to run faster and finish in the top-2, but he still pr'd and I'm pleased with how courageous he was."

On **Jonathan Williams**: "Yesterday Jon was cramping and the trainers worked on him to get him ready for today's race. Even with the cramping, he ran the second-fastest performance of his career and that is a gutsy performance."

On **both**: "This is the first ever championship final for both Brandon and Jonathan and I'm pleased with their maturity and ability to stay focused during this whole process."

Final Event Results

400m Hurdles: Brandon Johnson, 4th, 48.59; Jonathan Williams, 7th, 49.76

Day 3 Results: Emilsson All-American in Steeple

Junior **Erik Emilsson** capped off an impressive season with his first All-American honor of his career at UCLA after finishing eighth in the steeplechase with a lifetime-best run of 8:34.80 on day three of the NCAA Championships.

On Wednesday, Emilsson ran a lifetime-best by over three seconds (8:37.07) to advance to today's final and had the run of his life on Saturday as he captured his first All-American honor of his career. Running in the middle of the pack for the majority of the race, Emilsson kept the top-8 runners in his sites. When BYU's Josh McAdams fell on the last lap, Emilsson made his move, and finished eighth overall with another lifetime-best of 8:34.80.

In all, the junior from Sweden dropped his personal-best time (old best 8:40.40) by nearly six seconds and picked up the first points of the championship meet for the Bruin men. His time also moved him to the No. 3 spot all-time at UCLA.

"I'm so excited right now," said Emilsson. "I was hoping for a sixth-place finish and I felt strong, but I was a little tired after prelims. Coach Peterson has done a great job at helping me maintain my strength and increase my endurance, and I'm just so excited right now."

Distance Coach Eric Peterson couldn't be happier about his junior's performance, who has battled back from a season-ending shoulder injury early last season.

"I'm obviously thrilled about Erik's performance this weekend and this season," said Peterson. "Last season was devastating for Erik because he was in the best shape of his life when he got hurt, but his performance today reminds me of how much work he has put in the past 12-15 months to be successful. This is by far one of the best distance fields this year at Nationals and to see Erik perform to this level is wonderful."

"He ran a lifetime-best to get into the final, and ran another lifetime-best to earn All-American honors. I couldn't be happier."

"It has been a long time since UCLA has scored points in the men's distance races and Erik's performance has helped bring the Bruins back into the national spotlight," added Peterson.

Sophomore **Brandon Johnson** and senior **Jonathan Williams** both advanced to tomorrow's final in the 400m hurdles. Johnson was an automatic qualifier after running the second-fastest time in heat one (48.92, fourth overall, season-best), while Williams advanced to the final with the fourth-fastest time in heat one

(49.91, seventh overall).

"This is a load off our shoulders," said Johnson. "We don't have to worry about making the finals anymore and now we can just focus on running."

Williams on making it to the finals with his teammate, Brandon: "It's always great to have a partner in the finals. We have been training all year for this and have been working so hard. It's so great to be in the final together."

Johnson and Williams are the sole competitors left for UCLA and both will receive All-American honors on Saturday upon completion of the race.

In the 400m semifinal, junior **Craig Everhart** finished sixth in his heat (46.44, 12th overall) and will not advance to the finals on Saturday.

Final Event Results

Steeplechase: Erik Emilsson, 8th, 8:34.80

Preliminary Track Results

400m: Craig Everhart, 12th, 46.44

400m Hurdles: Brandon Johnson, 4th, 48.92; Jonathan Williams, 7th, 49.91

Day 2 Results: Johnson/Williams Advance, Rankin Out of NCAA's

Sacramento, CA - On day two of the NCAA Outdoor Championships, sophomore **Brandon Johnson** and senior **Jonathan Williams** advanced in the 400m hurdles, while senior **Jon Rankin** failed to advance in the 1500m.

Rankin, the 2005 West Region and Pac-10 1500m champion and favorite for the 1500m national title, did not advance to the NCAA final after a disappointing preliminary run. In the first heat of two, Rankin finished seventh in a time of 3:48.51 (17th overall), failing to move onto the final.

"This is the first time all year that it wasn't there," said Rankin. "I'm confused and shocked because when it was time to call on my reserves and kick, I just couldn't. I'm shocked and disappointed. There just wasn't anything left in the tank."

"I have never felt more prepared for a race in my whole career at UCLA, and I felt physically and mentally ready. Regardless of this race, I still had an incredible senior year and I can't be upset with that."

Rankin ends his career as a Bruin with the school record in the 1500m (3:40.39), ranked fourth all-time in the 800m (1:47.11), and became the third Bruin all-time to break the four-minute mile barrier (3:57.89, 268th American to run sub-4:00). In the fall of 2004 at the NCAA Cross Country Championships, Rankin earned his first All-American honors as a Bruin with his 31st place finish (31:49.8).

Rankin will now turn his focus to the USATF Senior National Championships June 23-26 at the Home Depot Center in Carson, CA.

Johnson, the 2005 West Region and Pac-10 champion, and Williams finished 1-2 in the first heat of the 400m hurdles (2nd and 7th overall), automatically qualifying both to tomorrow's semifinal heats, as Johnson ran 50.15 and Williams ran 50.32.

The 4x400m relay team of **Everhart, Johnson**, and seniors **Mario Bassani** and **Denye' Versher** placed fifth in their heat (12th overall) running 3:05.14, and did not advance to Saturday's final.

In the semifinals of the 800m, junior **Martell Munguia** finished seventh in his heat (13th overall, 1:49.45) and will not move on to Friday's final.

Freshman **Greg Garza** placed 23rd overall in the discus (7th in his heat, 171-11) and will not advance to the finals in that event.

Preliminary Track Results

800m: Martell Munguia, 13th, 1:49.45

1500m: Jon Rankin, 17th, 3:48.51

400m Hurdles: Brandon Johnson, 2nd, 50.15; Jonathan Williams, 7th, 50.32

4x400m Relay: 12th, 3:05.14

Preliminary Field Event Results

Discus Throw: Greg Garza, 23rd, 171-11

Day 1 Results: Emilsson, Munguia and Everhart Advance at NCAA's

Sacramento, CA - Juniors **Erik Emilsson**, **Craig Everhart** and **Martell Munguia** advanced to the finals in their respective events on a very rainy day one of the NCAA Outdoor Championships, held at the Alex G. Spanos Stadium on the campus of Sacramento State University on Wednesday.

In the 400m, Everhart had the 13th fastest time round one of the 400m with a time of 46.37 (3rd in his heat) and advances to Friday's 400m semifinal.

Munguia, competing in his first NCAA Outdoor meet, was the 16th and final qualifier into Thursday's semifinal 800m race with a time of 1:48.89.

Emilsson ran a lifetime-best by over three seconds to automatically qualify for Friday's final in the steeplechase (5th in his heat). His time of 8:37.07 (old best 8:40.40) moved Emilsson to No. 3 all-time at UCLA and was the 10th fastest time overall.

In the shot put, it was a tough night for the Bruin duo of junior **Jeremy Silverman** and freshman **John Caulfield** as both failed to advance to the final. Silverman placed 20th overall (10th in his flight) with a toss of 58-2, while Caulfield finished 23rd (12th in his flight) with a throw of 57-8.25.

Seniors **Anthony Golston** and **Ely Dial** concluded their UCLA careers on Wednesday, as Golston finished 28th overall (7th in his heat, 14.47) in the 110m hurdles, and Dial placed 22nd (8th in his flight, 184-1) in the javelin. This was Golston's second NCAA Outdoor appearance and Dial's first as a Bruin.

Golston ends his career at UCLA ranked No. 6 all-time in the 110m hurdles with a time of 13.69 (set in 2004). Dial, who only joined the Bruin team two years ago, leaves UCLA with the sixth best mark in UCLA history in the javelin (210-8).

Junior **Dave Murphy** no-heighted in the pole vault and will not advance to the finals on Friday

Preliminary Track Results

400m: Craig Everhart, 13th, 46.37

800m: Martell Munguia, 16th, 1:48.89

Steeplechase: Erik Emilsson, 10th, 8:37.07

110m Hurdles: Tony Golston, 28th, 14.47

Preliminary Field Event Results

Pole Vault: Dave Murphy, No Height

Shot Put: Jeremy Silverman, 20th, 58-2; John Caulfield, 23rd, 57-8.25

Javelin: Ely Dial, 22nd, 184-1

NCAA West Region Championships: May 27-28

Eugene, OR - After lighting and thunderstorms suspended competition for nearly two hours, postponing the steeplechase and 4x400m relay, and halting competition in the triple jump and hammer throw, Art Venegas' No. 15 UCLA Bruins and the two-time defending West Region Champions finished third overall (71.33 pts.), qualifying seven athletes automatically to the NCAA Outdoor Championships, June 8-11, hosted by Sacramento State. On the day, the Bruins had two individual meet champions and qualified seven athletes automatically to Nationals. Athletes automatically qualify to the NCAA Outdoor with a top-five finish (top-three for relays), and seven to eight at-large spots will go to the sixth through eighth place finishers (based on marks from the national list) in all four regions.

Final Men's Team Standings (top-5 of 23 teams)

1. USC 103 pts, 2. Oregon 87.50 pts, **3. UCLA 71.33 pts.**, 4. Arizona State 71.33 pts, 4. BYU 68 pts.

With 250 meters to go in the 1500m, senior **Jon Rankin**, who had been running in second the majority of the race behind Cal Poly SLO's Ryan Moorcroft, took control of the race and went on to win in a new West Region meet record time of 3:44.07.

In the 800m in a race that mirrored Pac-10's two weeks ago, the race came down to the wire as Washington's Ryan Brown and Rankin crossed the finish

line simultaneously in a new meet record time of 1:48.20. Brown (1:48.191) was deemed the champion after taking the time to the nearest thousandth of a decimal (Rankin ran 1:48.195).

"I started celebrating too early and it was a big mistake," said Rankin. "It was pure immaturity, but I have to take my hat off to Ryan because he is a great finisher and deserves to win."

On setting a meet record in both events: "It's always great to win, but breaking meet records is icing on the cake. It's a double bonus when you can win and break a record at the same time."

Junior **Martell Munguia** ran a gutsy race in the 800m as he stayed near the top-three throughout the race. Munguia finished fourth overall with a time of 1:48.91, and will join Rankin in Sacramento in two weeks in the 800m race.

Junior **Erik Emilsson**, whose 3000m steeplechase race had been delayed by an hour and 45 minutes due to the inclement weather, came back to finish fifth (8:42.16), and automatically moves on to the NCAA meet.

A complete upset occurred in the pole vault as 12 of the 23 competitors no-heighted, including the top-three finishers in the Pac-10 and two of the top vaulters in the NCAA. Senior **Yoo Kim**, the 2005 Pac-10 champion and 10th-best pole vaulter in the nation, did not clear a height in the competition and will not compete at the NCAA meet. Oregon phenom Tommy Skipper also no-heighted and will not move on to Nationals.

In the 400m hurdles, sophomore **Brandon Johnson** defended his 2004 title, winning in a time of 50.12. Senior **Jonathan Williams**, who had been running nearly, stride for stride with Johnson through the race, finished third, and running 51.07.

On running into the head wind: The head wind was definitely a factor today as you can see from the times, but you can definitely push past it," said Johnson.

On teammate Jonathan Williams: "He's a fighter. He said he was going to beat me at Pac-10's if he got an inside lane and today he had that lane, but it came down to who wanted it the most."

Senior **Tony Golston** who has had a tough road back from a foot injury he sustained during the indoor season, finished fourth in the 110m hurdles, automatically advancing him to the NCAA Outdoor.

"It was a slow time for me, but I'm just happy to get the chance to train for two more weeks and run at NCAA's," said Golston.

Senior **Craig Everhart**, the defending 400m West Region champion, finished fourth, running 46.50, automatically qualifying him for the Outdoor meet in two weeks.

In the 4x400m relay, the foursome of senior **Mario Bassani** and **Denye' Versher**, junior **Craig Everhart** and sophomore **Brandon Johnson** placed fourth (3:08.58), and will have to wait and see if they receive an at-large bid. The relay team was in contention for a top-three finish, but a collision with Oregon after the hand-off to the anchor leg runners, slowed the Bruins down, costing them a top finish.

In all, the Bruins have qualified seven athletes to the NCAA Outdoor Championships automatically - Craig Everhart (400m), Jon Rankin (800m/1500m), Martell Munguia (800m), Brandon Johnson (400mH), Jonathan Williams (400mH), Erik Emilsson (steeplechase), Jeremy Silverman (shot put).

Running Event Finals

100m - No Entries

200m - No Entries

400m - Craig Everhart (3rd, 46.50)

800m - Jon Rankin (2nd, 1:48.20); Martell Munguia (4th, 1:48.91)

1500m - Jon Rankin (1st, 3:44.07)

Steeplechase - Erik Emilsson (5th, 8:42.16)

110mH - Tony Golston (4th, 14.196)

400mH - Brandon Johnson (1st, 50.12); Jonathan Williams (3rd, 51.07)

4x100m - No Entry

4x400m - 4th, 3:08.58

Field Event Finals

Pole Vault - Dave Murphy (8th, 16-1.25); Yoo Kim (no height); Dustin DeLeo (no height)

Triple Jump - Dominique Easterling (13th, 48-8); Michael Johnson (16th, 48-3.50); Demetre Howard (18th, 46-4.75);

Hammer - Andrew Ninow (14th, 190-0)

NCAA West Region Championships, Day One Results

Eugene, OR - After day one, the Bruin men were in ninth place with 12 points. California was in first with 29 points, followed by Stanford (2nd, 27 pts.), Arizona (3rd, 25 pts.), USC (4th, 23 pts.), and Boise State (5th, 22 pts.).

Junior **Jeremy Silverman** became the first Bruin to automatically qualify for the NCAA Outdoor meet after finishing fourth in the shot put with a toss of 62-0.25.

In the 1500m, senior 2005 Pac-10 champion **Jon Rankin** cruised into tomorrow's finals, running 3:43.88, while senior **Ben Aragon** finished 15th (3:49.69) and will not advance to tomorrow's final. Rankin was also the top qualifier in the 800m (1:49.54), advancing to the finals on Saturday. Junior **Martell Munguia** also advanced to the finals with the sixth-fastest time (1:50.64).

The defending 400m champion, junior **Craig Everhart**, advanced to Saturday's 400m final with the fourth-fastest time of the day (46.36).

Sophomore **Brandon Johnson**, the defending 400m hurdles champion advanced to Saturday's final with the fourth-fastest time of the day (51.86).

Senior **Jonathan Williams**, the Pac-10 runner up two weeks ago in the 110m and 400m hurdles, had a disastrous 110m hurdle race on Friday. Williams hit the last hurdle and went down, failing to qualify for tomorrow's final. However, Williams did advance to the final in the 400m hurdles after running the second-fastest time of the day (51.53).

Senior **Tony Golston** advanced to the 110mH final, running just off his season-best of 14.03 with the sixth-fastest time of the day, 14.05.

Freshman **John Caulfield** just missed a spot in the top-five, finishing sixth with a throw of 60-8.75. Caulfield will now wait and see if he will receive an at-large bid for the NCAA's.

Freshman Greg Garza placed eighth in the discus with a throw of 178-2, but has a good shot at advancing to the NCAA meet with his season-best throw of 185-4 (set at CS Northridge Invitational).

In the javelin, senior Ely Dial threw a lifetime-best 210-8 to place sixth overall. Dial will now have to wait and see if he will be given an at-large berth into the NCAA Championships.

Running Event Prelims

100m - No Entries

200m - No Entries

400m - Craig Everhart (4th, 46.36)*

800m - Jon Rankin (1st, 1:49.54)*; Martell Munguia (6th, 1:50.64)*

1500m - Jon Rankin (1st, 3:43.88)*; Ben Aragon (15th, 3:49.69)

110mH - Tony Golston (6th, 14.05)*; Jonathan Williams (15th, 21.10);

400mH - Brandon Johnson (4th, 51.86)*; Jonathan Williams (2nd, 51.53)*

4x100m - No Entry

*advanced to final

Running Event Final

5000m - Austin Ramos (11th, 14:29.66)

Field Event Finals

High Jump - No Entries

Long Jump - No Entries

Shot Put - Jeremy Silverman (4th, 62-0.25); John Caulfield (6th, 60-8.75); Jake Knight (11th, 55--0.75)

Discus - Greg Garza (8th, 178-2); John Caulfield (19th, 165-11); Josh Rider (23rd, 162-1); Jason Rider (26th, 158-5)

Javelin - Ely Dial (6th, 210-8)

Pac-10 Championships, May 14-15: Final Results

Drake Stadium - Senior **Jon Rankin** and sophomore **Brandon Johnson** picked up individual Pac-10 titles on Sunday on the final day of the Pac-10 Championships at Drake Stadium, as the Bruins finished second (134.50 pts.) to the Oregon Ducks (152 pts.). The Bruins, who were the reigning Pac-10 Champions, finished ahead of ASU (3rd, 122 pts.), USC (4th, 106 pts.), Washington (5th, 75.50), Stanford (6th, 66 pts.), Arizona (7th, 65 pts.), California (8th, 60.50 pts.) and Washington State (9th, 36.50 pts.).

Rankin, running in two events on Sunday, won the 1500m easily (3:44.61), running away with the race with 150 meters to go. He became the first Bruin in 40 years to capture the 1500m Pac-10 title. In his second event of the day, the 800m, Rankin was edged out by Washington's Ryan Brown (1:47.31), finishing second in a time of 1:47.39.

Johnson, who was competing in three events on Sunday, won his specialty, the 400m hurdles in a time of 49.34. Johnson also ran a lifetime-best 46.34 in the 400m race, finishing fifth overall and ran the third leg of the fourth-place 4x400m relay (season-best-3:04.11).

Senior **Jonathan Williams** recorded two lifetime-bests on the final day of competition, as he finished second in both the 110m hurdles and 400m hurdles. In the 110mH, Williams ran 13.81 (old-best, 13.93) and 49.67 (old best, 50.14) in the 400m hurdles.

In the 400m, junior **Craig Everhart** placed third in a time of 46.09. Junior **Martell Munguia** finished fourth in the 800m, running 1:48.63.

Freshmen **Dominique Easterling** and **Michael Johnson, Jr.**, along with junior **Demetre Howard**, all surpassed the 50-foot mark in the triple jump on Sunday. Johnson placed fourth with a lifetime-best and regional qualifying mark of 51-3.50, Howard finished fourth with a mark of 51-0.75, and Easterling was seventh with a jump of 50-8. Easterling also tied for sixth in the high jump, equaling his season-best mark (6-10.75).

Running Event Finals

100m - No Entries

200m - No Entries

400m - Craig Everhart (3rd, 46.09); Brandon Johnson (5th, 46.34); Denye' Versher (8th, 46.90)

800m - Jon Rankin (2nd, 1:47.39); Martell Munguia (4th, 1:48.63)

1500m - Jon Rankin (1st, 3:44.61); Ben Aragon (5th, 3:46.89)

5000m - Austin Ramos (9th, 14:15.61)

110mH - Jonathan Williams (2nd, 13.81); Tony Golston (7th, 14.26)

400mH - Brandon Johnson (1st, 49.34); Jonathan Williams (2nd, 49.67)

4x100m - 6th, 40.43

4x400m - 4th, 3:04.11

Field Event Finals

Triple Jump - Michael Johnson (4th, 51-3.50); Demetre Howard (5th, 51-0.75); Dominique Easterling (7th, 50-8)

Discus - Greg Garza (7th, 174-1); Jeremy Silverman (10th, 167-10); John Caulfield (14th, 164-9)

Pac-10 Championships, May 14-15: Day One Results

Drake Stadium - The No. 17 UCLA men's track and field team stood in third place (45 pts.) after day one of the Pac-10 Championships, in which senior **Yoo Kim** won his first Pac-10 pole vault title.

For the last three years, **Yoo Kim** has had to settle for second place in the pole vault at the Pac-10 meet, but this year, Kim finally broke into the No. 1 spot, winning with a season-best jump of 17-9. Oregon's Tommy Skipper, the favorite coming into the competition, failed to clear his opening height, and ended the meet with no height.

In the shot put competition, the Bruins picked up 14 team points as freshman **John Caulfield** placed third (61-5.75), junior **Jeremy Silverman** finished fourth

(61-4.75) and junior **Jake Knight** placed sixth (57-3.75). Junior **Andrew Ninow** threw a lifetime-best 198-10 in the hammer to place fourth, picking up five more points for the UCLA team, while, senior **Ely Dial** finished sixth in the javelin, throwing a lifetime-best 210-0.

In the running events, several Bruins advanced to tomorrow's finals, with three athletes in the 400m final and two runners in each of the hurdles races. Junior **Craig Everhart** ran a season-best and the fastest time of the day in the 400m (45.87). Senior **Denye' Versher** and sophomore **Brandon Johnson** also advanced to tomorrow's final, as Versher ran a season-best 46.49 and Johnson ran 46.78.

In the 400m hurdles, Johnson ran the second-fastest time on the day, 51.68, while senior **Jonathan Williams** was the third qualifier for tomorrow's final (51.92). Williams also advanced to Sunday's 110mH final with the second-fastest time on the day (13.92), while senior **Tony Golston** was fifth overall, in a time of 14.09.

Senior **Jon Rankin** cruised into tomorrow's 800m final in a time of 1:49.06, while junior **Martell Munguia** also qualified for the final, running 1:52.22.

In the steeplechase final, junior **Erik Emilsson** earned Pac-10 All-Conference honors, placing third in a time of 8:43.50.

Running Event Preliminaries

100m - No Entries

200m - No Entries

400m - Craig Everhart (1st, 45.91)*; Denye' Versher (5th, 46.56)*; Brandon Johnson (8th, 46.66)*; Mario Bassani (13th, 47.17)

800m - Jon Rankin (1st, 1:49.06)*; Martell Munguia (4th, 1:52.22)*; Ben Aragon (11th, 1:52.44)

Steeplechase Final - Erik Emilsson (3rd, 8:43.50)

10,000m Final - Austin Ramos (8th, 30:02.02)

110mH - Jonathan Williams (2nd, 13.92)*; Tony Golston (5th, 14.09)*

400mH - Jonathan Williams (2nd, 51.68)*; Brandon Johnson (3rd, 51.92)*

* Advanced to Sunday's Finals

Field Event Finals

High Jump - Dominique Easterling (6th, 6-10.75); Joel Tuosto (NH)

Long Jump - Joel Tuosto (11th, 22-0); Dominique Easterling (13th, 21-1)

Pole Vault - Yoo Kim (1st, 17-9); David Murphy (5th, 16-6.75); Dustin DeLeo (13th, 16-0.75)

Shot Put - John Caulfield (3rd, 61-5.75); Jeremy Silverman (4th, 61-4.75); Jake Knight (6th, 57-3.75)

Hammer - Andrew Ninow (4th, 198-1); Jake Knight (9th, 177-11)

Javelin - Ely Dial (6th, 210-0)

Pac-10 Mult-Event Championships: May 7-8

Drake Stadium - Junior David Murphy competed in the 2005 Pac-10 Decathlon Championships, placing seventh overall with a score of 5,606 pts. WSU Darion Powell won the event with 7,531 points.

In just his second-ever decathlon, Murphy's five event (100m/long jump/shot put/high jump/400m) point total of 3,135 points is also a lifetime-best. In the 100m, he ran an 11.77 (697 points); a personal-best 20-3.25 (626 points) in the long jump; his shot put mark was 33-0.50 (490 points); a leap of 6-4.75 (758 points) in the high jump and in the 400m, Murphy ran a 55.88 (564 points).

On the final day, the men competed in the 110m hurdles, discus, pole vault, javelin and 1500m. Murphy won his specialty, the pole vault, with a mark of 16-6.75 (926 points). In the other four events - he placed sixth (lifetime best 16.82, 643 points) in the 110m hurdles; seventh (95-0, 444 points) in the discus; eighth in the javelin (99-7, 304 points) and eighth (6:30.26, 154 points) in the 1500m.

Occidental Invitational: May 7

100m - Chauncey Smith, 10.94 (8th)

200m - Chauncey Smith, 22.10 (9th); James Rhoades, 22.47 (13th)

400m - Jeff Jacobs, 47.49 (5th); David Shipp, 47.56 (6th); James Rhoades, 48.88 (13th); Mike Elbogen, 49.22 (15th)

800m - Martell Munguia, 1:48.14 (1st, RQ); Ben Aragon, 1:48.71 (2nd, RQ); Erik Emilsson, 1:50.58 (7th); Mike Haddan, 1:51.99 (13th)

110mH - Tony Golston, 14.37 (1st)

400mH - Kevin Ahlstrom, 53.22 (6th); Jason Eiker-Wiles, 56.80 (15th)

Steeplechase - Matt Stollenwerk, 9:43.24 (6th); Drew Shackleton, 9:51.56 (8th)

Discus - Josh Rider, 169-7 (1st, RQ)

Modesto Relays: May 7

Pole Vault - Yoo Kim, 17-6.50 (2nd, RQ); Dustin DeLeo, 16-6.75 (8th, RQ)

UCLA/USC Dual Meet: April 30

Bruins win thriller, defeat Trojans 83-80

Los Angeles, CA - Senior **Jon Rankin** pulled off the 800m/1500m double on Saturday, leading the No. 19 Bruins to a heated 83-80 victory over No. 6 USC in the 72nd annual dual meet match-up between the two teams. Rankin won the 1500m in a new lifetime-best, school record and meet record time of 3:40.39 (old best, 3:42.82) and won the 800m in a time of 1:47.54. Running in his third race of the day, the 5000m, Rankin placed third (15:00.78), insuring the UCLA team victory.

The Bruin throwers provided pivotal team points as they swept the men's discus and shot put. Freshman **Greg Garza** won the discus (178-5), while freshman **John Caulfield** (175-4) and junior **Jeremy Silverman** (169-8) finished second and third respectively. In the shot put, Caulfield won with a lifetime-best toss of 61-7.75, while Silverman placed second (61-5) and junior Jake Knight finished third (58-11.50). Senior **Ely Dial** picked up some key points in the javelin, winning with a throw of 207-11, while sophomore **Jason Rider**, who had knee surgery only a few weeks ago, placed third in the javelin with a lifetime-best throws of 191-1.

The Bruins also swept the 5000m as freshman **Austin Ramos** won in a lifetime-best of 14:44.31, junior **Erik Emilsson** placed second (14:54.49) and Rankin was third (15:00.78). Emilsson also won the steeplechase (8:54.40), while freshman **Drew Shackleton** ran a lifetime-best 9:33.90 to place second.

Sophomore **Brandon Johnson** won the 400m hurdles in a time of 50.25, while senior **Jonathan Williams** ran a season-best 51.04 to place second. Junior **Craig Everhart** ran a season-best 45.91 in the 400m to finish second, while Johnson dropped his lifetime-best to 46.66 for third.

Senior **Yoo Kim** won the pole vault (17-2.75) in just his second meet back after suffering a hand injury a few weeks ago in practice. In the high jump, freshman **Dominique Easterling** jumped a lifetime-best and regional qualifying mark of 6-10.75 to place third overall. Easterling also jumped a lifetime-best and regional qualifier in the triple jump (50-4.75), placing second in that event. Freshman **Michael Johnson, Jr.** also jumped a regional qualifier in the triple (49-9.75) to place third overall. In the long jump, **Joel Tuosto** placed third with a season-best 23-8.75.

In all, the Bruins had nine individual victories, 14 lifetime-bests, and 22 regional qualifying marks. USC now holds a 39-33 all-time record against UCLA.

UCLA/USC Dual Meet Bruin Results

100m - Chauncey Smith (4th, 10.77); James Rhoades (6th, 10.84)

200m - Mario Bassani (4th, 21.27); James Rhoades (5th, 21.96); Chauncey Smith (6th, 22.35)

400m - Craig Everhart (2nd, 45.91, RQ); Brandon Johnson (3rd, 46.66, RQ); Denye' Verhser (5th, 46.79, RQ); Mario Bassani (6th, 47.29); Jeff Jacobs (7th, 47.44); David Shipp (9th, 48.22); Mike Elbogen (10th, 49.10)

800m - Jon Rankin (1st, 1:47.54, RQ); Ben Aragon (5th, 1:51.43); Martell Munguia (6th, 1:51.99); Mike Haddan (7th, 1:56.12)

1500m - Jon Rankin (1st, 3:40.39, RQ); Ben Aragon (3rd, 3:44.82); Mike Haddan (4th, 3:52.55)

5000m - Austin Ramos (1st, 14:44.31); Erik Emilsson (2nd, 14:54.49); Jon Rankin (3rd, 15:00.78); Drew Shackleton (5th, 15:34.69); Nick DeFelice (6th, 15:39.68)

110m Hurdles - Jonathan Williams (2nd, 13.88, RQ); Anthony Golston (5th, 14.19); Jason Eiker-Wiles (7th, 16.48)

400m Hurdles - Brandon Johnson (1st, 50.25, RQ); Jonathan Williams (2nd, 51.04, RQ); Kevin Ahlstrom (6th, 53.65); Jason Eiker-Wiles (8th, 59.13)

Steeple - Erik Emilsson (1st, 8:54.40, RQ); Drew Shackleton (2nd, 9:33.90); Matt Stollenwerk (4th, 9:48.20)

4x100m - DQ

4x400m - 2nd, 3:06.25, RQ

High Jump - Dominique Easterling (3rd, 6-10.75, RQ); Joel Tuosto (4th, 6-6.75); David Murphy (5th, 6-6.75)

Pole Vault - Yoo Kim (1st, 17-2.75, RQ); David Murphy (3rd, 15-7); Dustin DeLeo (4th, 15-7)

Long Jump - Joel Tuosto (3rd, 23-8.75); Chris Merriweather (4th, 23-2.50); Demetre Howard (5th, 23-0.75); Dominique Easterling (6th, 23-0)

Triple Jump - Dominique Easterling (2nd, 50-4.75, RQ); Michael Johnson (3rd, 49-9.75, RQ); Demetre Howard (5th, 47-3.75)

Shot Put - John Caulfield (1st, 61-7.75, RQ); Jeremy Silverman (2nd, 61-5, RQ); Jake Knight (3rd, 58-11.50, RQ)

Discus - Greg Garza (1st, 178-5, RQ); John Caulfield (2nd, 175-4, RQ); Jeremy Silverman (3rd, 169-8, RQ); Josh Rider (4th, 164-2)

Hammer - Andrew Ninow (2nd, 191-1, RQ); Jake Knight (3rd, 183-3, RQ); Jeremy Silverman (5th, 169-8)

Javelin - Ely Dial (1st, 207-11, RQ) Jason Rider (3rd, 191-3); Greg Garza (4th, 180-0)

RQ=regional qualifier

UCSD Triton Invitational: April 23-24

La Jolla, CA - Sophomore **Brandon Johnson** led the Bruin men at the UC San Diego Invite on Saturday as he won the 200m and 400m races. Johnson's 400m time (46.81) was a lifetime-best and regional qualifier, while he ran 21.29 in the 200m.

Former Bruin **John Godina** threw one of the top marks in the world this year **to win the shot put, 70-5, while several current Bruins excelled in the ring. Junior Jeremy Silverman** threw a season-best 63-11 to place fourth, while freshman **John Caulfield** finished sixth with a toss of 61-3.50. In the discus, freshman **Greg Garza** placed 16th with a throw of 182-5, while Caulfield threw a lifetime-best 179-3 (old best 171-1) and Silverman threw a season-best 169-11. On Friday in the hammer, junior **Andrew Ninow** improved on his lifetime-best, throwing 193-10.

In other events, freshman **Mike Haddan** ran a season-best 1:51.61 in the 800m, placing fourth overall. Senior **Mario Bassani** placed second in the 200m in a time of 21.29. In the pole vault, freshman **Dustin DeLeo** jumped a lifetime-best 16-1.75.

UCSD Bruin Results

200m - Johnson, 1st, 21.29; Bassani, 2nd, 21.70; Denye' Versher, 11th, 22.06; James Rhoades, 15th, 22.16; Michael Elbogen, 33rd, 23.50

400m - Johnson, 1st, 46.81 (RQ); Jeff Jacobs, 6th, 48.42; David Shipp, 7th, 48.50; Elbogen, 12th, 49.60

800m - Haddan, 4th, 1:51.61; Ben Aragon, 6th, 1:52.12; Erik Emilsson, 7th, 1:52.33; Nick DeFelice, 37th, 1:59.42

1500m - Martell Munguia, 4th, 3:56.84; DeFelice, 17th, 4:03.03

5000m - Austin Ramos, 5th, 53.97

400mH - Kevin Ahlstrom, 5th, 53.97; Jason Eiker-Wiles, 12th, 57.19

Steeplechase - Drew Shackleton, 3rd, 9:46.44; Matt Stollenwerk, 5th, 9:35.19

Pole Vault - Dave Murphy, 2nd, 16-7.50 (RQ); DeLeo, 4th, 16-1.75

Shot Put - Silverman, 4th, 63-11 (RQ); Caulfield, 6th, 61-3.50 (RQ)

Discus - Garza, 16th, 182-5; (RQ) Caulfield, 17th, 179-3 (RQ); Silverman, 27th, 169-11 (RQ); Josh Rider, 32nd, 149-0

Hammer - Andrew Ninow, 5th, 193-10 (RQ); Jake Knight, 7th, 181-1

RQ = Regional Qualifier

Sun Angel Classic: April 16

Tempe, AZ - Junior **Craig Everhart** and sophomore **Brandon Johnson** led the Bruin men at the Sun Angel Classic on Saturday as both posted season-bests and top national times in their respective events. Everhart finished sixth in the 400m in a time of 46.14, while Johnson placed second in the 400m hurdles in a time of 49.18. Both Everhart and Johnson ran regional qualifiers on Saturday.

Also in the 400m, senior **Denye' Versher** ran a season-best and regional qualifier of 46.56, placing seventh overall. In the 110m hurdles, senior Tony **Golston** ran a season-best and regional qualifier 14.03, placing fourth overall.

Race Results from Sun Angel

400m - Craig Everhart, 6th, 46.14 (RQ, SB); Denye' Versher, 7th, 46.56 (RQ, SB); Mario Bassani, 13th, 47.25 (RQ); James Rhoades, 25th, 48.49; David Shipp, 28th, 48.88; Jeff Jacobs, 31st, 49.41

110mH - Tony Golston, 3rd, 14.03 (RQ, SB); Jonathan Williams, 6th, 14.18 (RQ)

400mH - Brandon Johnson, 2nd, 49.18 (RQ, SB); Jonathan Williams, 9th, 52.69

4x400m Relay - Everhart, Johnson, Versher, Bassani, 2nd, 3:05.48 (RQ)

HJ - Joel Tuosto, 7th, 6-8.75

LJ - Dominique Easterling, 6th, 23-10.75 (SB)

TJ - Michael Johnson, 6th, 48-8 (SB); Dominique Easterling, 7th, 48-7.25 (SB); Chris Merriweather, 9th, 46-10.25

PV - David Murphy, 3rd, 16-6.75 (RQ); Dustin DeLeo, NH

HT - Andrew Ninow, 6th, 182-4 (RQ)

DT - Greg Garza, 6th, 164-5; Jeremy Silverman, 6th, 164-5; Josh Rider, 9th, 159-6; John Caulfield, 10th, 154-4

SP - Jeremy Silverman, 3th, 62-11.25 (RQ); John Caulfield, 5th, 61-7 (RQ, LB); Jake Knight, 6th, 58-10 (RQ)

JT - Ely Dial, 4th, 202-2 (RQ)

SB=season-best; LB=lifetime-best, RQ=regional qualifier

Mt. SAC Relays: April 15-17

Walnut, CA - Senior **Jon Rankin** continued his impressive season, running a lifetime-best and regional qualifying time of 1:47.11 in the Invitational 800m at the Mt. SAC Relays, placing second overall. Rankin improved on his previous personal-best (1:48.77) and moved to fourth on the UCLA all-time top-10 list.

Senior **Ben Aragon** also competed in the Invitational section of the 800m, running a seasonal-best and regional qualifier of 1:49.61 to place seventh overall. In the Olympic Development/University/Open 800m section, junior **Martell Munguia** also ran 1:49.61, setting a new season-best for him, as well as achieving the regional standard.

On Friday at Mt. SAC, junior **Erik Emilsson** ran a lifetime-best 8:40.40 in the 3000m Steeplechase, dropping his personal-best by more than six seconds (old best, 8:46.65). Emilsson, running in the Invitational section, placed sixth overall. His time moved him to fourth on the national collegiate list and was a regional qualifier. Freshman **Mike Haddan**, running in the University/Open 800m, placed 12th overall in a time of 1:52.31. Haddan has a seasonal-best of 1:51.85, which he ran at the UCLA Invitational on March 5.

Long Beach Invitational: April 16

Long Beach, CA - Freshman **Kevin Ahlstrom** highlighted the Bruin men competing at the Long Beach Invitational on Saturday as he ran a lifetime-best 53.22 in the 400m hurdles, placing third overall. In the 1500m, freshman **Mike Haddan** finished 12th in a time of 3:53.42, junior **Nick DeFelice** ran a lifetime-best 3:59.47 (30th), and freshman **Drew Shackleton** finished 34th (4:02.22, UCLA best). Freshman **Matt Stollenwerk** placed 39th in the 800m, running 1:57.51.

Sophomore **Michael Elbogen** finished 16th in the 400m (50.15) and 22nd in the 200m (23.24), while freshman **Jason Eiker-Wiles** placed 17th in the 400m hurdles (1:00.03).

Rafer Johnson/Jackie Joyner-Kersee Invitational: April 7-9

Drake Stadium - The final day of the third annual Rafer Johnson/Jackie Joyner-Kersee Invitational saw its competitors produce some of the top marks in the U.S. and World on Saturday in an exciting day of track and field. Arizona's Sean Shields shot put throw of 65-7.75 not only broke the Wildcat school record, but was the No. 1 toss in the U.S. and fourth-farthest throw in the World this year. Senior **Jon Rankin** ran a world-leading mark in the mile (3:57.89), while the discus produced the first (Carl Brown, 205-5), second (Ian Waltz, 204-6) and third-best (202-5) throws in the U.S. this year.

Rankin became a part of history on Saturday as he broke the four-minute barrier in a special running of the mile, running a lifetime-best 3:57.89 (old lifetime-best 4:05.24, indoor). His time now ranks third on the UCLA All-Time list and was the first time a Bruin had broken the four-minute barrier since Ron Cornell in 1980 (3:57.7). BYU's Bryan Lindsay also dropped below the four-minute mile, running 3:59.16 to place second. Senior **Ben Aragon** and **Erik Emilsson** also posted lifetime-bests in the mile, as Aragon ran 4:02.69 and Emilsson ran 4:06.10.

The men's 4x400m relay team of seniors **Mario Bassani** and **Denye' Versher**, sophomore **Brandon Johnson** and junior **Craig Everhart** ran the sixth-fastest collegiate time, winning in a meet record of 3:05.42. Everhart's 45-second anchor leg helped improve on the Bruins' previous season-best of 3:10.30 and is a regional qualifying time. The UCLA "B" 4x400m relay team of sophomore **Mike Elbogen**, freshmen **James Rhoades** and **David Shipp**, and sophomore **Jeff Jacobs** fell just short of a regional qualifier, finishing second in a time of 3:10.51.

Everhart also had an impressive showing in the 400m as he improved on his season-best, running 46.28 to win (old best of 46.38). Versher also ran a season-best, 46.79 (old best 47.05), placing second to Everhart. Johnson posted the second-fastest collegiate time this year in the 400m hurdles, running 49.65 to win (regional qualifier).

In the 110m hurdles, senior **Jonathan Williams** placed second with a regional qualifying time of 13.84 and ran a lifetime-best in the 200m (21.59). Junior **Matt Bruno** ran a season-best of 10.67 in the 100m and a season-best 21.69 in the 200m.

In the 800m, junior **Martell Munguia**, running in his 800m season-opener, placed second, running a regional qualifier of 1:49.98.

Former Bruin **Juaune Armon** posted the second-longest long jump in the U.S. this year as he won with a meet record leap of 25-6.75. Armon's farthest jump of the day, 25-10.00, did not count for record purposes because it was not wind-legal (+5.0).

In the triple jump, UCLA junior **Demetre Howard** jumped a lifetime-best 49-11.75 to win, picking up a regional qualifier in that event. Sophomore **Chris Merriweather** also posted a lifetime-best in that event, jumping 48-6.25 to place second. Freshmen **Dominique Easterling** and **Michael Johnson, Jr.**, competing in their first triple jump competition of the outdoor season, finished third (48-3.50) and fourth (48-1.25), respectively.

In the pole vault, junior **David Murphy** equaled his lifetime-best with a regional qualifying jump of 17-00.75, placing third overall. Murphy also jumped a lifetime-best 6-4.75 in the high jump on Saturday, while freshman

Joel Tuosto posted a season-best jump of 6-6.75.

In the shot put, junior **Jake Knight** posted a four-foot season-best in the shot put with a regional qualifying mark of 61-4, placing third overall. Knight was just inches off his lifetime-best set last year, 61-7.25. Junior **Jeremy Silverman** had a solid competition, throwing 62-8.50 to place second. Each of Silverman's six throws in the shot put surpassed the 60-foot mark on Saturday.

Friday's University/Open Results from RJ/JJK Invite

Drake Stadium - Arizona's Robert Cheseret highlighted Friday's distance carnival events as he ran the seventh-fastest time in the world this year in the 5000m (13:31.62), breaking the meet record and narrowly missing the stadium record (13:31.2).

200m - James Rhoades, 3rd, 21.80; Jeff Jacobs, 22.10; David Shipp, 18th, 22.72; Mike Elbogen, 20th, 22.86

400m - Jeff Jacobs, 1st, 47.78; James Rhoades, 2nd, 47.94; Mike Elbogen, 8th, 49.13

800m - Matt Stollenwerk, 3rd, 1:56.92

1500m - Mike Haddan 3rd, 3:51.38

3000m - Drew Shackleton, 5th, 8:42.80

5000m - Nick DeFelice, 7th, 15:16.87

110mH - Tony Golston, 1st, 14.24; Kevin Ahlstrom, 8th, 16.53

400mH - Jason Eiker-Wiles, 9th, 58.08

Long Jump - Yoo Kim, 2nd, 22-3.50

Pole Vault - Dustin DeLeo, 4th, 15-7

Discus - Jeremy Silverman, 3rd, 169-1; Josh Rider, 6th, 161-10

Javelin - Ely Dial, 2nd, 209-0; Greg Garza, 7th, 174-5

Stanford Invitational: March 26-27

Palo Alto, CA - senior **Jon Rankin** and junior **Erik Emilsson** led the Bruins as both ran lifetime-bests and regional qualifying times in their respective events. Rankin placed second in the top section of the 1500m with a best time of 3:42.82, while Emilsson finished fourth in the steeplechase in a best of 8:46.65. Senior **Ben Aragon** picked up the third regional qualifier of the meet, running 3:44.87 in the 1500m, placing seventh overall.

Junior **Martell Munguia** placed 21st in the top section of the 800m (1:52.65), freshman **Drew Shackleton** finished 23rd in the 5000m (15:01.63) and junior **Nick DeFelice** placed 52nd in the 10,000m (31:15.73).

Jim Click Shootout: March 26

In Tucson, AZ numerous athletes had top performances of their careers as senior **Jonathan Williams**, junior **Jeremy Silverman**, and junior **Craig Everhart** led the Bruins. Williams won the 110m hurdles in a lifetime-best of 13.82* (regional qualifier), as well as the 400m hurdles in a regional qualifying time of 51.33*. Everhart led a Bruin sweep in the 400m, winning in a regional qualifying time of 46.38* and Silverman placed second in the shot put with a season-best toss of 63-6.25*.

Including Williams, Everhart and Silverman, the Bruins tallied 11 regional qualifying marks in Tucson: freshman **John Caulfield** (SP, 60-10, 3rd), senior **Mario Bassani** (400m, 47.17*, 3rd), freshman **Greg Garza** (DT, 176-4, 4th), senior **Yoo Kim** (PV, 17-2.75, 2nd), junior **Jake Knight** (SP, 57-7.75, 6th; HT, 183-4*, 8th), junior **Andrew Ninow** (HT, 188-6*, 6th), senior **Denny Versher** (400m, 47.05*, 2nd), 4x100m (**Chauncey Smith, Brandon Johnson, Williams, Everhart** - 40.43*, 2nd) and the 4x400m relay (Bassani,

Versher, Everhart, Johnson - 3:10.30, 1st).

Other Bruins who posted season or lifetime-bests on Saturday included - freshman **Kevin Ahlstrom** (400mH-54.60), junior **Matt Bruno** (100m-10.77, 200m-21.79), freshman **Dustin DeLeo** (PV-15-9), and Smith (200m-21.95).

CS Northridge Invitational: March 18-19

Northridge, CA - While the majority of the UCLA men's track and field team took the week off from competition to prepare for the upcoming Stanford and Jim Click Invitationals, the throwers went to work, competing at the CSUN Invitational on Saturday.

Freshman **Greg Garza** won the discus with a lifetime-best throw of 185-4 in the discus to lead a Bruin sweep in that event. Garza improved on his previous lifetime-best by nine feet (old best, 176-0, 3/5) and his mark will likely rank in the top-10 in the nation. Fellow throwers **Josh Rider** (165-6), **Jeremy Silverman** (164-9), **Jason Rider** (163-7) and **John Caulfield** (162-5) rounded out the Bruin sweep in the discus. Both Garza and Josh Rider's marks were regional qualifying throws. **Ely Dial** just missed a regional qualifying mark in the javelin, throwing a season-best 200-1 to win that event.

Also competing at the CSUN Invite on Saturday were freshmen **Dominique Easterling**, **Joel Tuosto** and **Matt Stollenwerk**. Easterling (6-6) and Tuosto (6-4) finished second and third in the high jump, while Stollenwerk ran 1:57.59 in the 800m.

UCLA Invitational: March 5

Drake Stadium - The UCLA men's track and field team won 12 events and picked up eight Regional qualifying marks on Saturday at the UCLA Invitational as the Bruin throwers led the team with six regional qualifying marks and three meet champions.

Freshman **John Caulfield** continued an impressive season, winning the shot put with a lifetime-best throw of 61-2.75. Caulfield also placed second in the discus with a collegiate-best throw (171-5). Freshman **Greg Garza** won the discus with a collegiate-best 176-0, while brothers **Jason** (169-4) and **Josh Rider** (165-7) went 3-4 in the discus as both threw NCAA Regional marks. Junior **Jake Knight** won the hammer with a throw of 181-6 and junior **Jeremy Silverman** placed second in the shot with a season-best and regional qualifying throw of 60-7.75.

Freshman **David Shipp** won the 400m in a lifetime-best time of 48.13. Senior **Jonathan Williams** won the 110m hurdles in a regional qualifying time of 14.16 and sophomore **Brandon Johnson** won the 400m hurdles in 55.27. The 4x100m relay team of **Chauncey Smith, Dane Endly, Jeff Jacobs** and **Matt Bruno** won in a time of 40.72 and the 4x400m relay team of **Chadwick Dunn, Kevin Ahlstrom, Jason Eiker-Wiles** and **Jeff Jacobs** won in a time of 3:10.65.

Seniors **Jon Rankin** and **Ben Aragon** went 1-2 in the 800m with Rankin winning in a regional time of 1:50.32 and Aragon placing second (1:51.85). Junior **Martell Munguia** won the 1500m (3:52.96), while freshman **Austin Ramos** won the 3000m (8:13.39) and junior **Erik Emilsson** placed second (8:15.02). Junior **Chris Merriweather** won the triple jump with a mark of 46-7.25.

2005 Indoor Meet Recaps

Trackwire Indoor Rankings

1/11	18th (tied)	13 points
1/18	19th (tied)	13 points
1/25	17th (tied)	13 points
2/1	11th (tied)	18 points
2/8	18th (tied)	14 points
2/15	24th (tied)	9 points
2/22	24th (tied)	9 points
3/1	21st	11 points
3/8	20th	13 points

NCAA Indoor Championships - March 11-12

Everhart and DMR Earn All-American Honors

Fayetteville, AR - Junior **Craig Everhart** capped off an already impressive NCAA Indoor Championship competition with an individual All-American honor after an eighth place finish in the 400m (46.83) in Fayetteville, AR on Saturday.

Everhart had the seventh fastest preliminary time (46.68) to advance to his first ever NCAA Championship finals race. In the final, Everhart finished eighth in a race that saw the world indoor record fall as Florida's Kerron Clement ran 44.57

"I was happy and I felt like I ran well. I made one technical mistake and I can learn from it, but I'm new to running on an indoor track," said Everhart. "Last year I didn't make any NCAA final and it felt great to have a spot on that podium today. I'm excited for the outdoor season and know I will be training incredibly hard to make it back to more NCAA finals."

The UCLA men's Distance Medley Relay team of seniors **Ben Aragon** and **Jon Rankin** and juniors **Martell Munguia** and **Craig Everhart** placed second (9:33.60) at the NCAA Indoor Championships in Fayetteville, AR to earn All-American honors. At first, Arkansas was deemed the winner but were eventually disqualified, giving Michigan the NCAA title, and the Bruins the runner-up position.

Last year at NCAA Indoor, the Bruin DMR team finished a disappointing 12th place and came back to Arkansas with something to prove. Going into the meet, UCLA was picked to finish fifth or sixth in the race but finished higher than anyone had expected. The Bruins went from fifth to first after a scorching 45 second 400m split by Everhart and a perfect handoff to Munguia. Rankin ran well and fought through the last leg of the race, as the Bruins went on to finish second in a season-best time of 9:33.60.

February 25-26: MPSF Indoor Championships

UCLA Men Win Fourth Straight MPSF Indoor Title

Seattle, WA - The UCLA men won their fourth straight MPSF Indoor Championship (117.50 pts.) on Saturday in Seattle, WA as senior **Yoo Kim** won the pole vault, breaking his own Korean National Record (old record, 18-4), jumping a lifetime-best jump of 18-4.75. The Bruins had three individual winners on Saturday: Kim, **Nick Thornton**, and **Craig Everhart**.

Kim's jump was just short of the indoor school record (18-5.25, Mike Tully, 1978) and he will have one final shot at the record in two weeks at the MPSF Indoor Championships. **Mike Landers** placed fourth in the pole vault with a jump of 16-11.50. Junior **Craig Everhart** won the 400m in a provisional time of 46.59, and seniors **Mario Bassani** (47.42) and **De-**

nye' Versher (48.22) placed sixth and seventh respectively. Senior **Nick Thornton** won the 800m competition in a time of 1:51.07, while junior **Martell Munguia** (1:54.68) and freshman **Mike Haddan** (1:57.53) placed fifth and sixth respectively. In the mile competition, senior **Ben Aragon** placed fifth in a provisional qualifying time of 4:02.89 (season-best). In the 60m hurdles, senior **Tony Golston** placed second in a time of 7.91, while senior **Jonathan Williams** finished third (7.93).

Freshmen **Dominique Easterling** (50-3.50) and **Michael Johnson, Jr.** (50-3.25) finished second and third in the triple jump, while freshman **John Caulfield** placed third in the shot put (60-1.75). Juniors **Jake Knight** (59-7) and **Jeremy Silverman** (56-3.75) finished fourth and sixth in the shot put. The 4x400m relay team of Bassani, Thornton, Versher and Everhart placed third in a provisional qualifying time of 3:08.18.

In Friday's action, freshman Austin Ramos placed seventh in the 5000m (14:19.37), and the DMR team of Aragon, Versher, Haddan and Rankin won in a provisional qualifying time of 9:42.53. Silverman placed fourth in the weight throw with a lifetime-best 57-10.25.

February 12: Tyson Invitational

Fayetteville, AR - At the Tyson Invitational, five Bruins picked up NCAA provisional qualifying marks as junior **Martell Munguia** posted the only first place finish for UCLA, winning the 800m in a provisional time of 1:49.22.

Junior **Jake Knight** and freshman **John Caulfield** threw qualifying marks in the shot put, as Knight threw a season-best 60-1 to place fourth while Caulfield threw 59-4.25 to finish fifth. Senior **Yoo Kim** placed fifth in the pole vault with a qualifying mark of 17-4.50, but has already jumped an automatic 18-1 (Husky Invite, 1/29/05). Rounding out the NCAA qualifiers on Saturday was junior **Craig Everhart**, who placed sixth in the 400m in a time of 47.20 (has already ran 46.48, 1/29).

Freshman **Michael Johnson, Jr.** had an impressive meet, placing second in the triple jump with a lifetime-best of 50-1.75. Junior **Erik Emilsson** placed second in the 3000m (8:17.79), while senior **Jon Rankin**, running in a separate section of the 3000m, placed 12th in a time of 8:24.81.

February 4-5: Boise Indoor

Boise, ID - At the Boise Indoor meet, seven Bruins picked up individual wins, while seven men picked up NCAA provisional marks. UCLA was led by senior **Tony Golston**, who recorded his second consecutive win of the season in the 60m hurdles in a provisional time of 7.86. Sophomore **David Shortenhaus** won the pole vault with a jump of 17-1.25 (lifetime-best), qualifying him for the NCAA Indoor. Senior **Nick Thornton** won his second consecutive 800m in a qualifying time of 1:50.29. The shot put trio of freshman **John Caulfield** (60-0.25, lifetime-best) and juniors **Jake Knight** (59-2.75) and **Jeremy Silverman** (58-3) each picked up NCAA qualifiers with their tosses on Saturday. Rounding out the NCAA qualifiers at the Boise Indoor was the 4x400m relay team of **Mario Bassani**, **Craig Everhart**, **James Rhoades**, and **Thornton** in a time of 3:12.85 (1st place).

Everhart won the 200m in a time of 21.38, while freshmen **Dominique Easterling** and **Michael Johnson** both posted wins in Idaho as Easterling won the long jump (23-0.75) and Johnson won the triple jump (49-5.50).

January 29: Husky Invitational

Seattle, WA - The UCLA Bruins opened up the 2005 indoor track season at the Husky Invitational on Saturday in Seattle, WA and picked up seven NCAA

qualifying marks in the process. Senior **Yoo Kim** led the Bruins with a victory in the pole vault and an NCAA automatic mark of 18-1 (indoor lifetime-best).

Including Kim's pole vault victory, the Bruins had six first place finishes. Junior **Craig Everhart** won the 400m in a provisional qualifying time of 46.48, while senior **Nick Thornton** won the 800m race in a qualifying time of 1:48.72. Senior **Tony Golston** posted a victory and a provisional qualifier in the 60m hurdles (7.85, equaling lifetime-best) and both the 4x400m and distance medley relay teams placed first. The 4x400m relay team of **Denye' Versher, Thornton, Mario Bassani** and **Everhart** ran a provisional qualifying time of 3:10.20. The DMR team of **Jon Rankin, Everhart, Martell Munguia** and **Ben Aragon** also qualified in 9:35.45. Freshman **John Caulfield** picked up a provisional qualifier in the shot put with a throw of 58-10.25 to finish second overall.

Other solid performances on Saturday were - **Mario Bassani** in the 400m (6th, 48.39), **Aragon** in the mile (7th, 4:05.47), **Munguia** in the 800m (2nd, 1:50.07), **Rankin** in the 3000m (9th, 8:07.25), **Jonathan Williams** in the 60m hurdles (5th, 8.25), **Joel Tuosto** in the long jump (8th, 22-2.25), **Michael Johnson** (2nd, 48-3.25), **Dominique Easterling** (3rd, 47-10) and **Demetre Howard** (47-5.25) in the triple jump, and **Jake Knight** (4th, 57-11.75) and **Jeremy Silverman** (5th, 57-1) in the shot put. **David Shortenhaus**, competing in his first heptathlon, finished fourth overall with 4,665 points.