



STANFORD MEDIA RELATIONS

Arrillaga Family Sports Center • Stanford, California 94305-6150
Telephone (650) 723-4418 • FAX (650) 725-2957 • www.gostanford.com

The 2004 Stanford Men's Outdoor Track & Field Best Times & Marks
#NCAA Regional Qualifier; +Pac-10 Qualifier; ^school record; %Freshman record
(as of May 8, 2004)

100 Meters (10.50 NCAA regional qualifying; 10.74 Pac-10 qualifying)		Time/Mark
1. Stanley Wilson	The Big Meet (5/1/04)	#+10.49
2. David Marrero	The Big Meet (5/1/04)	10.79
3. T.J. Rushing	Sacramento State Open (5/8/04)	10.82
4. Nick Sebes	Bay Area Blast Off (3/20/04)	10.90
5. Gerren Crochet	Bay Area Blast Off (3/20/04)	10.96
200 Meters (21.19 NCAA regional qualifying; 21.44 Pac-10 qualifying)		
1. Nick Sebes	Brutus Hamilton Invitational (4/10/04)	+21.44
2. Curtis Goehring	Stanford Invitational (3/26/04)	22.11
3. Marcelo Worsley	Hornet Open (3/6/04)	22.50
400 Meters (47.26 NCAA regional qualifying; 47.84 Pac-10 qualifying)		
1. Nick Sebes	The Big Meet (5/1/04)	#+46.74
2. Curtis Goehring	Brutus Hamilton Invitational (4/10/04)	+47.55
3. Gerren Crochet	The Big Meet (5/1/04)	48.80
4. Jeff Conkey	Stanford Invitational (3/26/04)	49.52
5. Che Banjoko	Bay Area Blast Off (3/20/04)	50.05
800 Meters (1:50.62 NCAA regional qualifying; 1:51.44 Pac-10 qualifying)		
1. Justin Romaniuk	Cardinal Invitational (4/30/04)	#+1:49.95
2. Joaquin Chapa	The Big Meet (5/1/04)	#+1:50.40
3. Evan Fox	Sacramento State Open (5/8/04)	#+1:50.51
4. Grant Robison	The Big Meet (5/1/04)	1:51.94
5. Che Banjoko	The Big Meet (5/1/04)	1:52.32
1,500 Meters (3:48.21 NCAA regional qualifying; 3:50.14 Pac-10 qualifying)		
1. Donald Sage	Cardinal Invitational (4/30/04)	#+3:40.31
2. Grant Robison	Cardinal Invitational (4/30/04)	#+3:41.43
3. Jacob Gomez	Cardinal Invitational (4/30/04)	#+3:43.37
4. Andrew Powell	The Big Meet (5/1/04)	#+3:46.43
5. Joaquin Chapa	Mt. Sac Relays (4/17/04)	+3:49.90
Mile (4:06.61 NCAA regional qualifying; 4:08.14 Pac-10 Qualifying)		
1. Donald Sage	Mt. Sac Relays (4/17/04)	#+4:01.69
2. Grant Robison	MPSF Indoor Championships (2/27/04)	#+4:03.41
3. David Vidal	Husky Indoor Invitational (1/31/04)	+4:08.05
4. Lauren Jespersen	Husky Indoor Invitational (1/31/04)	4:08.28
5. Ryan Hall	Brutus Hamilton Invitational (4/10/04)	4:09.37
3,000 Meter Steeplechase (9:08.15 NCAA regional qualifying; 9:23.54 Pac-10 qualifying)		
1. Sean Knapp	Stanford Invitational (3/26/04)	#+9:06.13
2. David Vidal	The Big Meet (5/1/04)	#+9:06.92
3. Jonathan Pierce	The Big Meet (5/1/04)	+9:09.25

5,000 Meters (14:18.58 NCAA regional qualifying; 14:35.14 Pac-10 qualifying)		Time/Mark
1. Louis Luchini	Mt. Sac Relays (4/17/04)	#+^13:25.19
2. Ian Dobson	NCAA Indoor Championships (3/12/04)	+13:40.91
3. Ryan Hall	Mt. Sac Relays (4/17/04)	#+13:45.00
4. Chris Emme	Cardinal Invitational (4/30/04)	#+13:53.19
5. Jacob Gomez	Stanford Invitational (3/26/04)	#+13:56.77
6. Neftalem Araia	Pac-10 Indoor Invitational (2/14/04)	+13:56.99
7. Seth Hejny	Cardinal Invitational (4/30/04)	#+13:57.22
8. Peter Meindl	Pac-10 Indoor Invitational (2/14/04)	+13:58.49
9. Grant Robison	Penn Relays (4/22/04)	#+14:06.63
10. David Vidal	Stanford Invitational (3/26/04)	#+14:10.03
11. Neil Davis	MPSF Indoor Championships (2/28/04)	+14:10.25
12. Isaac Hawkins	Husky Indoor Invitational (2/14/04)	+14:10.28
13. Jonathan Pierce	Stanford Invitational (3/26/04)	#+14:13.72
14. Neil Davis	Mt. Sac Relays (4/17/04)	#+14:13.84
15. Andrew Hill	The Big Meet (5/1/04)	#+14:15.84
16. Brett Gotcher	The Big Meet (5/1/04)	#+14:16.03
17. Rolf Steier	Stanford Invitational (3/26/04)	+14:33.69
10,000 Meters (29:00.00 NCAA qualifying; 29:45.00 NCAA provisional qualifying; No standard Pac-10 qualifying)		
1. Ian Dobson	Cardinal Invitational (4/30/04)	#+28:15.66
2. Louis Luchini	Cardinal Invitational (4/30/04)	#+28:46.17
3. Brett Gotcher	Stanford Invitational (3/26/04)	#+29:11.07
4. Andrew Hill	Stanford Invitational (3/26/04)	#+29:32.76
110 Meter Hurdles (14.33 NCAA regional qualifying; 14.74 Pac-10 qualifying)		
1. Nicholas Taylor	Hornet Open (3/6/04)	14.84
1. Daniel Knickerbocker	Bay Area Blast Off (3/20/04)	14.84
400 Meter Hurdles (52.51 NCAA regional qualifying; 53.64 Pac-10 qualifying)		
1. Daniel Knickerbocker	The Big Meet (5/1/04)	55.29
400 Meter Relay (40.66 NCAA regional qualifying; No standard Pac-10 qualifying)		
1,600 Meter Relay (3:10.84 NCAA qualifying; No standard Pac-10 qualifying)		
1. Stanford	Penn Relays (4/23/04)	3:11.16
Jeff Conkey, Curtis Goehring, Nick Sebes, Che Banjoko		
Discus (168-6/51.37m NCAA regional qualifying; 164-3/50.07m Pac-10 qualifying)		
1. William O'Neill	UC San Diego Invitational (4/24/04)	#+170-10 (52.08m)
Hammer (182-6/55.63m NCAA regional qualifying; 180-5/55.00m Pac-10 qualifying)		
High Jump (6-10 3/4/2.10m NCAA regional qualifying; 6-8 3/4/2.05m Pac-10 qualifying)		
1. Timi Wusu	Mt. Sac Decathlon Championships (4/14/04)	6-6 (1.98m)
Javelin (202-2/61.62m NCAA regional qualifying; 190-5/58.05m Pac-10 qualifying)		
1. Jason Goff	The Big Meet (5/1/04)	#+217-10 (66.39m)
2. Bryan Kelley	The Big Meet (5/1/04)	179-5 (54.68m)
3. Keith Avila	The Big Meet (5/1/04)	175-7 (53.53m)
Long Jump (24-1/7.34m NCAA regional qualifying; 23-6 1/4/7.17m Pac-10 qualifying)		
1. Solomon Welch	Texas Relays (4/2/04)	23-2 (7.06m)
2. Feranmi Okanlami	Stanford Invitational (3/26/04)	22-5 1/4 (6.84m)
3. Nicholas Taylor	Mt. Sac Decathlon Championships (4/14/04)	22-4 1/4 (6.81m)
4. Timi Wusu	The Big Meet (5/1/04)	21-11 1/2 (6.69m)
5. Kareem Rumah	The Big Meet (5/1/04)	21-9 1/4 (6.64m)

Pole Vault (16-4 3/4/5.00m NCAA regional qualifying; 16-4 3/4/5.00m Pac-10 qualifying)

1. Michael Harbeck	Brutus Hamilton Invitational (4/10/04)	15-9 (4.80m)
2. Quinn Miller-Beddell	Golden Bear Qualifier (4/25/04)	15-1 (4.60m)
3. Nicholas Taylor	Mt. Sac Decathlon Championships (4/15/05)	12-9 1/2 (3.90m)

Shot Put (54-0 1/2/16.47m NCAA regional qualifying; 55-9/1/4/17.00m Pac-10 qualifying)

		Time/Mark
1. William O'Neill	The Big Meet (5/1/04)	#54-7 1/4 (16.64m)
2. Nicholas Taylor	California Multi-Events (3/24/04)	39-4 (6.48m)

Triple Jump (49-5 3/4/15.08m NCAA regional qualifying; 47-7/14.50m Pac-10 qualifying)

1. Solomon Welch	The Big Meet (5/1/04)	#+50-5 1/4 (15.37m)
2. Feranmi Okanlami	The Big Meet (5/1/04)	+49-3 1/2 (15.02m)
3. Kareem Rumah	Brutus Hamilton Invitational (4/10/04)	45-5 (13.84m)

Decathlon (7,500 points NCAA qualifying; 5,892 points Pac-10 qualifying)

1. Nicholas Taylor	Pac-10 Decathlon Championships (5/7 - 5/8/04)	+6,501 points
2. Timi Wusu	Mt. Sac Relays Decathlon Champ. (4/14 - 4/15/04)	+6,139

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Keith Avila

Javelin

175-7 (535.53m) - The Big Meet (5/1/04)
169-3 (51.60m) - Rafer Johnson Invitational (4/10/04)
165-5 (50.42m) - Hornet Open (3/6/04)
Foul - UC San Diego Invitational (4/24/04)

Che Banjoko

400 Meters

50.05 - Bay Area Blast Off (3/20/04)

800 Meters

1:52.32 - The Big Meet (5/1/04)
1:53.95 - Stanford Invitational (3/26/04)
1:54.38 - Sacramento State Open (5/8/04)
1:55.68 - Hornet Open (3/6/04)
1:55.95 - Brutus Hamilton Invitational (4/10/04)
dnf - Bay Area Blast Off (3/20/04)

Ryan Bickerstaff

1,500 Meters

4:14.07 - The Big Meet (5/1/04)

Kevin Bickham

1,500 Meters

4:06.26 - Bay Area Blast Off (3/20/04)
4:10.92 - Stanford Invitational (3/26/04)

Michael Bordini

800 Meters

1:57.76 - Stanford Invitational (3/26/04)
1:58.71 - Hornet Open (3/6/04)
1:59.37 - Golden Bear Qualifier (4/24/04)
1:59.64 - Brutus Hamilton Invitational (4/10/04)
2:00.88 - The Big Meet (5/1/04)

1,500 Meters

4:13.46 - Bay Area Blast Off (3/20/04)

Lucas Botello

800 Meters

1:56.97 - Brutus Hamilton Invitational (4/10/04)
1:57.01 - The Big Meet (5/1/04)
1:57.49 - Bay Area Blast Off (3/20/04)
1:59.56 - Stanford Invitational (3/26/04)

Joaquin Chapa

800 Meters

1:50.40 - The Big Meet (5/1/04)
1:51.13 - Brutus Hamilton Invitational (4/10/04)

1,500 Meters

3:49.90 - Mt. Sac Relays (4/18/04)

Jeff Conkey

400 Meters

49.52 - Stanford Invitational (3/26/04)
49.73 - The Big Meet (5/1/04)

Gerren Crochet

100 Meters

10.96 - Bay Area Blast Off (3/20/04)

400 Meters

48.80 - The Big Meet (5/1/04)

400 Meter Hurdles

dnf - Stanford Invitational (3/26/04)

John Cuaron

800 Meters

1:56.27 - Brutus Hamilton Invitational (4/10/04)
1:59.33 - Stanford Invitational (3/26/04)

Neil Davis

5,000 Meters

14:13.84 - Mt. Sac Relays (4/17/04)
14:28.61 - The Big Meet (5/1/04)

Steve Dewitt

Mile

4:17.07 - Brutus Hamilton Invitational (4/10/04)

1,500 Meters

3:53.37 - Golden Bear Qualifier (4/24/04)
3:53.53 - The Big Meet (5/1/04)
3:56.14 - Stanford Invitational (3/26/04)

Ian Dobson

10,000 Meters

28:15.66 - Cardinal Invitational (4/30/04)

Sean Drake

800 Meters

1:55.47 - Brutus Hamilton Invitational (4/10/04)
1:55.66 - Bay Area Blast Off (3/20/04)

1,500 Meters

3:51.78 - Golden Bear Qualifier (4/24/04)
3:54.04 - The Big Meet (5/1/04)
3:55.14 - Stanford Invitational (3/26/04)
3:55.31 - Hornet Open (3/6/04)

Chris Emme

5,000 Meters

13:53.19 - Cardinal Invitational (4/30/04)
14:01.61 - Mt. Sac Relays (4/17/04)
14:15.13 - Stanford Invitational (3/26/04)

Evan Fox

800 Meters

1:50.51 - Sacramento State Open (5/1/04)
1:51.96 - The Big Meet (5/1/04)
1:52.31 - Golden Bear Qualifier (4/24/04)
1:52.55 - Cardinal Invitational (4/30/04)
1:55.45 - Stanford Invitational (3/26/04)
1:56.22 - Mt. Sac Relays (4/18/04)
1:57.98 - Bay Area Blast Off (3/20/04)

1,500 Meters

4:05.66 - Bay Area Blast Off (3/20/04)

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Curtis Goehring

200 Meters

22.11 - Stanford Invitational (3/26/04)
22.99 - Brutus Hamilton Invitational (4/10/04)

400 Meters

47.55 - Brutus Hamilton Invitational (4/10/04)
47.66 - Mt. Sac Relays (4/18/04)
47.68 - Stanford Invitational (3/27/04)
48.04 - Pomona Pitzer Invitational (4/16/04)
48.07 - The Big Meet (5/1/04)

Jason Goff

Javelin

217-10 (66.39m) - The Big Meet (5/1/04)
217-5 (66.26m) - California-Nevada State Meet (4/3)
210-3 (64.08m) - Stanford Invitational (3/26/04)
209-10 (63.96m) - Bay Area Blast Off (3/20/04)
194-0 (59.13m) - Hornet Open (3/6/04)
192-8 (58.73m) - Golden Bear Qualifier (4/24/04)

Jacob Gomez

1,500 Meters

3:43.37 - Cardinal Invitational (4/30/04)
3:46.53 - Mt. Sac Relays (4/18/04)
3:50.50 - The Big Meet (5/1/04)

5,000 Meters

13:56.77 - Stanford Invitational (3/26/04)

Brett Gotcher

5,000 Meters

14:16.03 - The Big Meet (5/1/04)
14:37.46 - Mt. Sac Relays (4/17/04)

10,000 Meters

29:11.07 - Stanford Invitational (3/26/04)

Ryan Hall

Mile

4:09.37 - Brutus Hamilton Invitational (4/10/04)

5,000 Meters

13:45.00 - Mt. Sac Relays (4/17/04)

Michael Harbeck

Pole Vault

15-9 (4.80m) - Brutus Hamilton Invitational (4/10/04)

Seth Hejny

800 Meters

1:54.05 - Stanford Invitational (3/26/04)

1,500 Meters

3:53.39 - Stanford Invitational (3/27/04)

5,000 Meters

13:57.22 - Cardinal Invitational (4/30/04)
14:12.25 - Mt. Sac Relays (4/17/04)

Dominique Higgins

400 Meters

52.13 - Brutus Hamilton Invitational (4/10/04)
53.46 - The Big Meet (5/1/04)
53.75 - Stanford Invitational (3/26/04)

800 Meters

2:06.85 - Bay Area Blast Off (3/20/04)

Andrew Hill

5,000 Meters

14:15.84 - The Big Meet (5/1/04)
14:43.88 - Mt. Sac Relays (4/17/04)

10,000 Meters

29:32.76 - Stanford Invitational (3/26/04)

Bryan Kelley

Javelin

179-5 (54.68m) - The Big Meet (5/1/04)
172-6 (52.58m) - Rafer Johnson Invitational (4/10/04)
172-0 (52.42m) - Stanford Invitational (3/26/04)
170-2 (51.87m) - Pomona-Pitzer Invitational (4/16/04)
169-7 (51.68m) - UC San Diego Invitational (4/24/04)
163-1 (49.72m) - Hornet Open (3/6/04)

Sean Knapp

800 Meters

1:59.02 - Bay Area Blast Off (3/20/04)

Mile

4:20.20 - Brutus Hamilton Invitational (4/10/04)

1,500 Meters

4:00.82 - Bay Area Blast Off (3/20/04)

3,000 Meter Steeplechase

9:06.13 - Stanford Invitational (3/26/04)
9:10.61 - Hornet Open (3/6/04)
9:19.31 - Mt. Sac Relays (4/17/04)
9:20.98 - The Big Meet (5/1/04)

Daniel Knickerbocker

110 Meter Hurdles

14.84 - Bay Area Blast Off (3/20/04)
14.9 - Hornet Open (3/6/04)
15.42 - Stanford Invitational (3/26/04)
fs - The Big Meet (5/1/04)

400 Meter Hurdles

55.29 - The Big Meet (5/1/04)
56.33 - Bay Area Blast Off (3/20/04)
56.62 - Stanford Invitational (3/26/04)
56.80 - Brutus Hamilton Invitational (4/10/04)

Louis Luchini

5,000 Meters

13:25.19 - Mt. Sac Relays (4/17/04)
14:03.92 - Stanford Invitational (3/26/04)

10,000 Meters

28:46.17 - Cardinal Invitational (4/30/04)

The 2004 Stanford Outdoor Track & Field Season

David Marrero

100 Meters

10.79wa - The Big Meet (5/1/04)

11.01 - Sacramento State Open (5/8/04)

Russ Martin

Mile

4:16.33 - Brutus Hamilton Invitational (4/10/04)

5,000 Meters

14:47.28 - Stanford Invitational (3/28/04)

15:27.26 - The Big Meet (5/1/04)

Quinn Miller-Beddell

Pole Vault

15-1 (4.60m) - Golden Bear Qualifier (4/24/04)

14-11 (4.55m) - Cardinal Invitational (4/30/04)

14-7 1/4 (4.45m) - Bay Area Blast Off (3/20/04)

nh - Stanford Invitational (3/26/04)

Feranmi Okanlami

Long Jump

22-0 3/4 (6.72m) - Bay Area Blast Off (3/20/04)

21-8 3/4 (6.62m) - Mt. Sac Relays (4/17/04)

21-7 1/4 (6.58m) - The Big Meet (5/1/04)

21-6 1/4 (6.56m) - Stanford Invitational (3/28/04)

21-0 1/2 (6.41m) - Brutus Hamilton Invitational (4/10/04)

Triple Jump

49-3 1/2 (15.02m) - The Big Meet (5/1/04)

48-4 3/4 (14.75m) - Stanford Invitational (3/27/04)

47-11 1/4 (14.62m) - Bay Area Blast Off (3/20/04)

47-1 1/2 (14.36m) - Brutus Hamilton Invitational (4/10/04)

45-6 1/2 (13.88m) - Mt. Sac Relays (4/18/04)

William O'Neill

Discus

170-10 (52.08m) - UC San Diego Invitational (4/24/04)

168-0 (51.20m) - Pomona-Pitzer Invitational (4/16/04)

164-9 (50.23m) - Mt. Sac Relays (4/18/04)

164-4 (50.10m) - Cardinal Invitational (4/30/04)

162-5 (49.52m) - Bay Area Blast Off (3/20/04)

161-6 (49.22m) - Hornet Open (3/6/04)

159-8 (48.66m) - The Big Meet (5/1/04)

155-8 (47.44m) - Rafer Johnson Invitational (4/9/04)

152-7 (46.50) - Stanford Invitational (3/26/04)

foul - Modesto Relays (5/8/04)

Hammer

98-11 (30.16m) - The Big Meet (5/1/04)

Shot Put

54-7 1/4 (16.64m) - The Big Meet (5/1/04)

54-2 3/4 (16.53m) - Pomona-Pitzer Invitational (4/16/04)

52-2 3/4 (16.53m) - UC San Diego Invitational (4/24/04)

52-0 (15.85m) - Bay Area Blast Off (3/20/04)

51-1 (15.57m) - Stanford Invitational (3/26/04)

50-6 1/4 (15.40m)

49-3 1/2 (15.02m) - Rafer Johnson Invitational (4/9/04)

Jonathan Pierce

Mile

4:10.56 - Brutus Hamilton Invitational (4/10/04)

1,500 Meters

3:53.62 - Bay Area Blast Off (3/20/04)

3,000 Meter Steeplechase

9:09.25 - The Big Meet (5/1/04)

5,000 Meters

14:13.72 - Stanford Invitational (3/26/04)

14:19.38 - Mt. Sac Relays (4/17/04)

Andrew Powell

800 Meters

1:58.06 - Bay Area Blast Off (3/20/04)

1,500 Meters

3:46.43 - The Big Meet (5/1/04)

3:46.90 - Mt. Sac Relays (4/18/04)

3:47.24 - Stanford Invitational (3/27/04)

3:47.35 - Cardinal Invitational (4/30/04)

3:55.68 - Bay Area Blast Off (3/20/04)

Grant Robison

800 Meters

1:51.94 - The Big Meet (5/1/04)

1,500 Meters

3:41.43 - Cardinal Invitational (4/30/04)

5,000 Meters

14:06.63 - Penn Relays (4/22/04)

Justin Romaniuk

800 Meters

1:49.95 - Cardinal Invitational (4/30/04)

1:51.54 - Stanford Invitational (3/27/04)

1:51.60 - The Big Meet (5/1/04)

1:53.07 - Brutus Hamilton Invitational (4/10/04)

1,500 Meters

3:52.35 - Mt. Sac Relays (4/18/04)

4:01.22 - Stanford Invitational (3/26/04)

T.J. Rushing

100 Meters

10.82 - Sacramento State Open (5/8/04)

10.86 - The Big Meet (5/1/04)

Kareem Rumah

Long Jump

21-9 1/4 (6.64m) - The Big Meet (5/1/04)

Triple Jump

45-5 (13.84m) - Brutus Hamilton Invitational (4/10/04)

44-4 3/4 (13.53m) - The Big Meet (5/1/04)

Donald Sage

1,500 Meters

3:40.31 - Cardinal Invitational (4/30/04)

3:45.39 - The Big Meet (5/1/04)

Mile

4:01.69 - Mt. Sac Relays (4/18/04)

The 2004 Stanford Outdoor Track & Field Season

Nick Sebes

100 Meters

10.90 - Bay Area Blast Off (3/20/04)

200 Meters

21.44 - Brutus Hamilton Invitational (4/10/04)

21.45 - Bay Area Blast Off (3/20/04)

21.49 - The Big Meet (5/1/04)

21.91 - Stanford Invitational (3/26/04)

400 Meters

46.74 - The Big Meet (5/1/04)

47.03 - Brutus Hamilton Invitational (4/10/04)

47.17 - Mt. Sac Relays (4/18/04)

48.05 - Stanford Invitational (3/27/04)

Robert Smitson

5,000 Meters

14:46.66 - Stanford Invitational (3/26/04)

Rolf Steier

800 Meters

1:55.32 - Bay Area Blast Off (3/20/04)

Mile

4:10.18 - Brutus Hamilton Invitational (4/10/04)

1,500 Meters

3:52.98 - The Big Meet (5/1/04)

3:56.00 - Hornet Open (3/6/04)

3:57.72 - Bay Area Blast Off (3/20/04)

5,000 Meters

14:33.69 - Stanford Invitational (3/26/04)

David Stillman

1,500 Meters

4:08.95 - Hornet Open (3/6/04)

Nicholas Taylor

Decathlon

6,501 points - Pac-10 Decathlon Champ. (5/7 - 5/8/04)

6,326 points - Cal Invitational Champion. (4/14 - 4/15/04)

dnf - California Multi-Events (3/24/04 - 3/25/04)

100 Meters

11.29 - California Multi-Events (3/24/04 - 3/25/04)

11.46 - California Invitational Champion. (4/14 - 4/15/04)

11.50 - Pac-10 Decathlon Championships (5/7 - 5/8/04)

400 Meters

50.74 - California Invitational Champion (4/14 - 4/15/04)

50.91 - California Multi-Events (3/24/04 - 4/25/04)

51.33 - Pac-10 Decathlon Championships (5/7 - 5/8/04)

1,500 Meters

4:46.19 - Pac-10 Decathlon Championships (5/7 - 5/8/04)

5:12.46 - California Invitational Champion. (4/14 - 4/15/04)

Discus

103-10 (31.65m) - Cal. Invit. Champion. (4/14 - 4/15/04)

91-6 (27.89m) - Pac-10 Decathlon Champion. (5/7 - 5/8/04)

High Jump

5-11 1/2 (1.82m) - Pac-10 Decathlon Champ. (5/7 - 5/8/04)

5-10 3/4 (1.80m) - Cal. Invit. Champion. (4/14 - 4/15/04)

Javelin

169-7 (51.70m) - Pac-10 Decathlon Champ. (5/7 - 5/8/04)

149-7 (45.59m) - Cal. Invit. Champion. (4/14 - 4/15/04)

Long Jump

21-3 1/4 (6.48m) - California Multi-Events (3/24 - 3/25/04)

21-0 3/4 (6.42m) - Cal. Invit. Champion. (4/14 - 4/15/04)

21-0 (6.40m) - Pac-10 Decathlon Champion. (5/7 - 5/8/04)

Pole Vault

12-9 1/2 (3.90m) - Pac-10 Decathlon Champ. (5/7 - 5/8/04)

12-1 1/2 (3.70m) - Cal. Invit. Champion (4/14 - 4/15/04)

11-7 3/4 (3.55m) - The Big Meet (5/1/04)

Shot Put

39-6 (12.04m) - California Invit. Champion. (4/14 - 4/15/04)

39-4 (11.99m) - California Multi-Events (3/24/04 - 3/25/04)

38-8 1/4 (11.79m) - Pac-10 Decathlon Champ. (5/7 - 5/8/04)

110 Meter Hurdles

14.7 - Hornet Open (3/6/04)

15.11wa - The Big Meet (5/1/04)

15.22 - California Invitational Champion. (4/14 - 4/15/04)

15.24 - Cardinal Invitational (4/30/04)

15.51 - Pac-10 Decathlon Championships (5/7 - 5/8/04)

400 Meter Hurdles

58.76 - The Big Meet (5/1/04)

Leigh Torrence

100 Meters

11.26 - Sacramento State Open (5/8/04)

David Vidal

1,500 Meters

3:52.32 - Mt. Sac Relays (4/18/04)

3,000 Meter Steeplechase

9:06.92 - The Big Meet (5/1/04)

5,000 Meters

14:10.03 - Stanford Invitational (3/26/04)

14:23.66 - Mt. Sac Relays (4/17/04)

The 2004 Stanford Outdoor Track & Field Season

Solomon Welch

Long Jump

23-2 (7.06m) - Texas Relays (4/2/04)
22-5 1/4 (6.84m) - Stanford Invitational (3/26/04)
22-1 (6.73m) - Bay Area Blast Off (3/20/04)
22-0 1/4 (6.71m) - Brutus Hamilton Invitational (4/10/04)

Triple Jump

50-5 1/4 (15.37m) - The Big Meet (5/1/04)
50-4 3/4 (15.36m) - Stanford Invitational (3/27/04)
48-7 1/2 (14.82m) - Texas Relays (4/2/04)

Phillip West

800 Meters

1:53.43 - Bay Area Blast Off (3/20/04)
1:55.64 - Hornet Open (3/6/04)

1,500 Meters

3:50.42 - Stanford Invitational (3/26/04)
3:55.67 - Hornet Open (3/6/04)

Stanley Wilson

100 Meters

10.49wa - The Big Meet (5/1/04)
10.69 - Sacramento State Open (5/8/04)

Timi Wusu

Decathlon

6,139 points - Mt. Sac Decathlon Champ. (4/14 - 4/15/04)

100 Meters

11.88 - Mt. Sac Decathlon Championships (4/14 - 4/15/04)

400 Meters

55.89 - Mt. Sac Decathlon Championships (4/14 - 4/15/04)

1,500 Meters

5:24.30 - Mt. Sac Decathlon Championships (4/14 - 4/15/04)

Discus

108-1 (32.94m) - Mt. Sac Decathlon Champ. (4/14 - 4/15/04)

High Jump

6-6 (1.98m) - Mt. Sac Decathlon Champion. (4/14 - 4/15/04)
6-4 (1.93m) - The Big Meet (5/1/04)

Javelin

133-3 (40.62m) - Mt. Sac Decathlon Champ. (4/14 - 4/15/04)

Long Jump

22-4 1/4 (6.81m) - Mt. Sac Decath. Champ. (4/14 - 4/15/04)
21-11 1/2 (6.69m) - The Big Meet (5/1/04)

Pole Vault

12-9 1/2 (3.90m) - Mt. Sac Deca. Champion. (4/14 - 4/15/04)

Shot Put

38-5 1/2 (11.72m) - Mt. Sac Deca. Champ. (4/14 - 4/15/04)

110 Meter Hurdles

15.72 - Mt. Sac Decathlon Championships (4/14 - 4/15/04)

Marcelo Worsley

100 Meters

11.20 - Hornet Open (3/6/04)

200 Meters

22.50 - Hornet Open (3/6/04)
22.95 - The Big Meet (5/1/04)
23.17 - Brutus Hamilton Invitational (4/10/04)

400 Meters

51.99 - Brutus Hamilton Invitational (4/10/04)

400 Meter Relay

dq - The Big Meet (5/1/04)

1,600 Meter Relay

3:11.16 - Penn Relays (4/23/04)

Jeff Conkey, Curtis Goehring, Nick Sebes, Che Banjoko

3:11.40 - Stanford Invitational (3/27/04)

Jeff Conkey, Curt Goehring, Nick Sebes, Che Banjoko

3:21.28 - Brutus Hamilton Invitational (4/10/04)

Dominique Higgins, Che Banjoko, Joaquin Chapa, Justin Romaniuk

3:21.21 - The Big Meet (5/1/04)

Che Banjoko, Curtis Goehring, Marcello Worsley, Jeff Conkey

Dominique Higgins, Evan Fox, Sean Drake, Michael Bordini

3:24.49 - Brutus Hamilton Invitational (4/10/04)

Lucas Botello, Evan Fox, Sean Drake, Michael Bordini

3:26.62 - Hornet Open (3/6/04)

Daniel Knickerbocker, Che Banjoko, Rolf Steier, Sean Drake