



STANFORD MEDIA RELATIONS

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2007 Stanford Men's Indoor Track & Field Best Times & Marks (as of March 10, 2007)

		Time/Mark
60 Meters (+6.62 NCAA; =6.74 NCAA Provisional; #School Record)		
1. Daniel Belch	MPSF Championships (2/23/07)	6.97
2. Zach Chandy	Hampton Inn Classic (1/20/07)	7.03
3. Richard Sherman	Hampton Inn Classic (1/20/07)	7.06
4. Ryan Fiscaro	Hampton Inn Classic (1/20/07)	7.13
5. Josh Hustedt	UW Invitational (1/26/07)	7.15
60 Meter Hurdles (+7.70 NCAA; 7.91 NCAA Provisional; #School Record)		
1. Josh Hustedt	MPSF Championships (2/23/07)	8.11
200 Meters (+20.83 NCAA; =21.23 NCAA Provisional; #School Record)		
1. Zach Chandy	Hampton Inn Classic (1/20/07)	21.59
2. Daniel Belch	MPSF Championships (2/23/07)	22.43
3. Ryan Fiscaro	Hampton Inn Classic (1/20/07)	23.29
4. Richard Cairns	Hampton Inn Classic (1/20/07)	23.63
400 Meters (+46.05 NCAA, =47.25 NCAA Provisional; #School Record)		
1. Zach Chandy	MPSF Championships (2/23/07)	47.97
2. Durell Coleman	MPSF Championships (2/23/07)	49.03
3. Justin Reed	Hampton Inn Classic (1/20/07)	50.01
4. Elliot Luscombe	Hampton Inn Classic (1/20/07)	50.11
5. Josh Hustedt	Hampton Inn Classic (1/20/07)	51.11
800 Meters (+1:47.80 NCAA; =1:49.90 NCAA Provisional; #School Record)		
1. Russell Brown	MPSF Championships (2/23/07)	=1:49.23
2. Michael Garcia	Husky Classic (2/10/07)	=1:49.84
3. Alex Greenburg	UW Invitational (1/27/07)	1:53.71
4. Justin Reed	UW Invitational (1/27/07)	1:53.79
5. Elliot Luscombe	UW Invitational (1/27/07)	1:54.66
6. Lauren Jespersen	UW Invitational (1/27/07)	1:54.68
7. Jacob Evans	UW Invitational (1/27/07)	1:55.30
Mile (+3:59.00 NCAA; =4:04.00 NCAA Provisional; #School Record)		
1. Russell Brown	Husky Classic (2/10/07)	=3:59.29
2. Garrett Heath	Husky Classic (2/10/07)	=3:59.60
3. Joaquin Chapa	Husky Classic (2/10/07)	4:04.75
4. Lauren Jespersen	Husky Classic (2/10/07)	4:06.30
5. Rolf Steier	Husky Classic (2/10/07)	4:07.37
6. Alex Greenburg	MPSF Championships (2/23/07)	4:15.60
3,000 Meters (+NCAA 7:54.00; =8:05.00 NCAA Provisional; #School Record)		
1. Russell Brown	UW Invitational (1/27/07)	=8:01.07
2. Garrett Heath	UW Invitational (1/27/07)	=8:01.96
3. Jacob Gomez	Husky Classic (2/10/07)	=8:02.87
4. Hakon DeVries	UW Invitational (1/27/07)	=8:03.76
5. Rolf Steier	UW Invitational (1/27/07)	8:10.42
5,000 Meters (+13:48.00 NCAA; =14:10.00 NCAA Provisional; #School Record)		
1. Neftalem Araia	MPSF Championships (2/23/07)	14.41.40
2. Chris Mocko	Husky Classic (2/10/07)	15:01.56
4 x 400 Meter Relay (+3:05.50 NCAA; =3:10.40 NCAA Provisional; #School Record)		
1. Stanford	MPSF Championships (2/23/07)	3:13.87
Elliot Luscombe, Durell Coleman, Michael Garcia, Zach Chandy		

1. Stanford	Hampton Inn Classic (1/20/07)	3:16.34
Elliot Luscombe, Durell Coleman, Justin Reed, Zach Chandy		
Distance Medley Relay (+9:34.00 NCAA; =9:45.70 NCAA Provisional; #School Record)		
1. Stanford	UW Invitational (1/26/07)	+9:33.16
Russell Brown, Zach Chandy, Justin Marpole-Bird, Michael Garcia		
2. Stanford	NCAA Championships (3/9/07)	+9:33.64
Garrett Heath, Zach Chandy, Michael Garcia, Russell Brown		
3. Stanford "A"	MPSF Championships (2/23/07)	=9:45.07
Alex Greenburg, Durell Coleman, Russell Brown, Jacob Evans		
4. Stanford	UW Indoor Preview (1/13/07)	9:56.11
Russell Brown, Sean Drake, Hari Mix, Jacob Evans		
5. Stanford	UW Invitational (1/26/07)	10:00.91
Durell Coleman, Lauren Jespersen, Joaquin Chapa, Jacob Evans		
6. Stanford	UW Indoor Preview (1/13/07)	10:01.21
Eric Giddings, Garrett Heath, Michael Garcia, Lauren Jespersen		
7. Stanford	UW Indoor Preview (1/13/07)	10:04.00
Justin Marpole-Bird, Elliot Luscombe, Chris Mocko, Hakon DeVries		
High Jump (+2.24m NCAA; =2.16 NCAA Provisional; #School Record)		
1. Durell Coleman	MPSF Championships (2/23/07)	6-7 1/2 (2.02m)
1. Josh Hustedt	UW Invitational (1/26/07)	6-7 (2.01m)
3. Oluwadare Kolawole	Hampton Inn Classic (1/20/07)	6-3 1/4 (1.91m)
Long Jump (+7.85m NCAA; =7.50m NCAA Provisional; #School Record)		
1. Josh Hustedt	UW Invitational (1/26/07)	24-1 1/2 (7.35m)
2. Adrian Munabi	MPSF Championships (2/23/07)	23-7 1/2 (7.20m)
3. Richard Sherman	UW Invitational (1/27/07)	23-3 1/2 (7.10m)
Pole Vault (+5.50m NCAA; =5.20m NCAA Provisional; #School Record)		
1. Graeme Hoste	Husky Classic (2/10/07)	=17-9 (5.41m)
2. Josh Hustedt	Husky Classic (2/10/07)	15-7 1/4 (4.76m)
3. Benjamin Dickens	Husky Classic (2/10/07)	15-1 1/2 (4.61m)
4. Ben Sheehan	Hampton Inn Classic (1/20/07)	13-9 1/4 (4.20m)
Shot Put (+19.30m NCAA; =17.75m NCAA Provisional; #School Record)		
1. Michael Macellari	MPSF Championships (2/23/07)	56-06 3/4 (17.24m)
2. Michael Robertson	UW Invitational (1/27/07)	56-3 (17.14m)
3. Mark Shughart	Hampton Inn Classic (1/20/07)	48-11 1/2 (14.92m)
4. Josh Hustedt	UW Invitational (1/26/07)	36-4 1/4 (11.08m)
Triple Jump (16.10m NCAA; =15.40m NCAA Provisional; #School Record)		
1. Richard Sherman	MPSF Championships (2/23/07)	49-09.00 (15.16m)
2. Feranmi Okanlami	UW Invitational (1/27/07)	49-2 1/4 (14.99m)
3. Richard Sherman	Tyson Invitational (2/9/07)	49-01.00 (14.96m)
Weight Throw (+21.50m NCAA; =19.50m NCAA Provisional; #School Record)		
1. Michael Robertson	Husky Classic (2/10/07)	59-5 (18.11m)
2. Michael Macellari	Hampton Inn Classic (1/20/07)	43-2 1/4 (13.16m)
Heptathlon (+5,650 points NCAA; =5,300 points NCAA Provisional; #School Record)		
1. Josh Hustedt	NCAA Championships (3/10/07)	+5,837 points

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Neftalem Araia

5000 Meters

14:41.40 - MPSF Championships (2/23/07)

Daniel Belch

60 Meters

7.04 - Hampton Inn Classic (1/20/07)

7.05 - Hampton Inn Classic (1/20/07)

7.14 - UW Invitational (1/27/07)

6.97 - MPSF Championships (2/23/07)

200 Meters

22.98 - UW Invitational (1/27/07)

23.00 - Hampton Inn Classic (1/20/07)

22.43 - MPSF Championships (2/23/07)

Kevin Bickham

Mile

4:32.54 - UW Indoor Preview (1/13/07)

800 Meters

2:01.80 - UW Indoor Preview (1/13/07)

Russell Brown

800 Meters

1:49.23 - MPSF Championships (2/24/07)

Mile

3:59.29 - Husky Classic (2/10/07)

3000 Meters

8:01.07 - UW Invitational (1/27/07)

Richard Cairns

60 Meters

7.42 - Hampton Inn Classic (1/20/07)

200 Meters

23.63 - Hampton Inn Classic (1/20/07)

Zach Chandy

60 Meters

7.03 - Hampton Inn Classic (1/20/07)

7.03 - Hampton Inn Classic (1/20/07)

200 Meters

21.59 - Hampton Inn Classic (1/20/07)

21.96 - Tyson Invitational (2/10/07)

21.92 - MPSF Championships (2/23/07)

400 Meters

48.39 - Tyson Invitational (2/9/07)

47.97 - MPSF Championships (2/24/07)

Joaquin Chapa

Mile

4:04.75 - Husky Classic (2/10/07)

4:05.75 - MPSF Championships (2/24/07)

Durell Coleman

400 Meters

49.08 - UW Invitational (1/27/07)

49.64 - Hampton Inn Classic (1/20/07)

49.94 - Tyson Invitational (2/9/07)

49.03 - MPSF Championships (2/24/07)

High Jump

6-7 (2.01m) - Hampton Inn Classic (1/20/07)

6-07 1/2 (2.02m) - MPSF Championships (2/24/07)

Hakon DeVries

3000 Meters

8:03.76 - UW Invitational (1/27/07)

Benjamiin Dickens

Pole Vault

15-01 1/2 (4.61m) - Husky Classic (2/10/07)

Steven Duplinsky

3000 Meters

8:19.82 - UW Indoor Preview (1/13/07)

Jacob Evans

800 Meters

1:55.30 - UW Invitational (1/27/07)

Mile

4:10.36 - Husky Classic (2/10/07)

Ryan Fisicaro

60 Meters

7.13 - Hampton Inn Classic (1/20/07)

7.18 - UW Invitational (1/27/07)

200 Meters

23.29 - Hampton Inn Classic (1/20/07)

23.47 - UW Invitational (1/27/07)

Michael Garcia

800 Meters

1:50.81 - UW Invitational (1/27/07)

1:49.84 - Husky Classic (2/10/07)

1:50.39 - MPSF Championships (2/24/07)

Jacob Gomez

3000 Meters

8:03.48 - UW Invitational (1/27/07)

8:02.87 - Husky Classic (2/10/07)

8:09.61 - MPSF Championships (2/24/07)

Alex Greenburg

800 Meters

1:53.71 - UW Invitational (1/27/07)

Mile

4:15.60 - MPSF Championships (2/24/07)

Chris Hadley

400 Meters

51.83 - Hampton Inn Classic (1/20/07)

Garrett Heath

Mile

3:59.60 - Husky Classic (2/10/07)

3000 Meters

8:01.96 - UW Invitational (1/27/07)

Graeme Hoste

Pole Vault

17-7 (5.36m) - Hampton Inn Classic (1/20/07)

17-5 (5.31m) - UW Invitational (1/27/07)

17-09 (5.41m) - Husky Classic (2/10/07)

17-05 1/2 (5.32m) - MPSF Championships (2/24/07)

Josh Hustedt

Heptathlon

5,677 points - UW Invitational (1/27/07)

60 Meters

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7.15 - UW Invitational (1/26/07)

60 Meter Hurdles

8.23 - Hampton Inn Classic (1/20/07)

8.19 - Husky Classic (2/10/07)

8.35 - Husky Classic (2/10/07)

8.11 - MPSF Championships (2/23/07)

400 Meters

51.11 - Hampton Inn Classic (1/20/07)

High Jump

6-7 (2.01m) - UW Invitational (1/26/07)

6-05 1/2 (1.97m) - MPSF Championships (2/24/07)

Long Jump

24-1 1/2 (7.35m) - UW Invitational (1/26/07)

23-6 (7.16m) - Hampton Inn Classic (1/20/07)

23-00 3/4 (7.03m) - MPSF Championships (2/23/07)

Shot Put

36-4 1/4 (2.01m) - UW Invitational (1/26/07)

Pole Vault

15-07 1/4 (4.76m) - Husky Classic (2/10/07)

Lauren Jespersen

800 Meters

1:54.68 - UW Invitational (1/27/07)

Mile

4:06.30 - Husky Classic (2/10/07)

4:06.47 - MPSF Championships (2/24/07)

Oluwadare Kolawole

High Jump

6-3 1/4 (1.91m) - Hampton Inn Classic (1/20/07)

Elliot Luscombe

400 Meters

50.11 - Hampton Inn Classic (1/20/07)

800 Meters

1:54.66 - UW Invitational (1/27/07)

1:54.90 - MPSF Championships (2/24/07)

Michael Macellari

Shot Put

53-0 3/4 (16.17m) - Hampton Inn Classic (1/20/07)

53-0 3/4 (16.17m) - UW Invitational (1/27/07)

55-09 1/4 (17.00m) - Husky Classic (2/10/07)

56-06 3/4 (17.24m) - MPSF Championships (2/24/07)

Weight Throw

43-2 1/4 (13.16m) - Hampton Inn Classic (1/20/07)

40-4 1/4 (12.30m) - UW Invitational (1/27/07)

Justin Marpole-Bird

Mile

4:14.06 - Husky Classic (2/10/07)

3000 Meters

8:30.73 - UW Invitational (1/27/07)

Chris Mocko

3000 Meters

8:25.08 - UW Invitational (1/27/07)

5000 Meters

15:01.56 - Husky Classic (2/10/07)

Adrian Munabi

60 Meters

7.21 - Hampton Inn Classic (1/20/07)

Long Jump

23-5 1/2 (7.15m) - Hampton Inn Classic (1/20/07)

23-07 1/2 (7.20m) - MPSF Championships (2/23/07)

Feranmi Okanlami

Triple Jump

49-2 1/4 (14.99m) - UW Invitational (1/27/07)

48-02 1/2 (14.69m) - Tyson Invitational (2/10/07)

48-06 1/4 (14.79m) - MPSF Championships (2/24/07)

Long Jump

21-03 1/4 (6.48m) - Tyson Invitational (2/9/07)

Justin Reed

400 Meters

50.01 - Hampton Inn Classic (1/20/07)

50.20 - Husky Classic (2/10/07)

800 Meters

1:53.79 - UW Invitational (1/27/07)

1:56.51 - Husky Classic (2/10/07)

1:54.93 - MPSF Championships (2/24/07)

Michael Robertson

Shot Put

56-3 (17.14m) - UW Invitational (1/27/07)

54-6 1/2 (16.62m) - Hampton Inn Classic (1/20/07)

55-00 1/4 (16.77m) - Husky Classic (2/10/07)

55-04 1/4 (16.87m) - MPSF Championships (2/24/07)

Weight Throw

56-2 1/2 (17.13m) - Hampton Inn Classic (1/20/07)

57-03 1/2 (17.46m) - Husky Classic (2/10/07)

59-05.00 (18.11m) - MPSF Championships (2/23/07)

Ben Sheehan

Pole Vault

13-9 1/4 (4.20m) - Hampton Inn Classic (1/20/07)

Richard Sherman

60 Meters

7.06 - Hampton Inn Classic (1/20/07)

7.20 - UW Invitational (1/27/07)

Long Jump

23-3 1/2 (7.10m) - UW Invitational (1/27/07)

22-7 1/4 (6.89m) - Hampton Inn Classic (1/20/07)

22-08.00 (6.91m) - MPSF Championships (2/23/07)

Triple Jump

49-01 (14.96m) - Tyson Invitational (2/10/07)

49-09.00 (15.16m) - MPSF Championships (2/24/07)

Mark Shughart

Shot Put

48-11 1/2 (14.92m) - Hampton Inn Classic (1/20/07)

Rolf Steier

Mile

4:07.37 - Husky Classic (2/10/07)

4:11.55 - MPSF Championships (2/24/07)

3000 Meters

8:10.42 - UW Invitational (1/27/07)

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