



2005 Washington Track and Field Men's Best Marks

marks through May 28, 2005

Feb. 25-26	MPSF Championships (Seattle, Wash.): 1. UCLA 117.5; 2. Stanford 93.5; 3. Arizona 93; 4. California 90; 5. Oregon 65; 6. Washington 62; 7. Washington State 49; 8. Cal State Northridge 48; 9. UC Davis 20; 10. Long Beach State 17.
March 11-12	at NCAA Indoor Championships (Fayetteville, Ark.): Top-10 Teams - 1. Arkansas 56; 2. Florida 46; 3. Wisconsin 43; 4. Auburn 37; 5. Indiana 30; 6. Oregon 29; 7. Nebraska 28; 8. Florida St. 26; 9. Michigan 25; 10. Texas 20; t28. Washington; Northern Iowa, Kansas State 7.
April 9	at Pepsi Invitational (Eugene, Ore): 1. Oregon 180.5; 2. Washington 169.5; t3. Indiana, Missouri 140.5
April 30	WSU Dual (Seattle, Wash.): 1. Washington 110.5, Washington State 92.5.
May 14-15	at Pac-10 Championships (Los Angeles, Calif.): 1. Oregon 152; 2. UCLA 134.5; 3. Arizona State 122; 4. USC 106; 5. Washington 75.5; 6. Stanford 66; 7. Arizona 65; 8. California 60.5; 9. Washington State 36.5.
May 27-28	at NCAA Regional Championships (Eugene, Ore.): Top-10 Teams - 1. USC 103; 2. Oregon 87.5; 3. UCLA 71.33; 4. Arizona St. 71; 5. BYU 68; 6. Stanford 51; 7. California 40.5; 8. Arizona 34.83; 9. Wash. State 33.5; 10. Boise St. 32; 11. Washington 30.5.
June 8-11	at NCAA Championships (Sacramento, Calif.)

NOTE: Only scored meets listed; full schedule below.

- (Career best) listed if superior to 2005 season best.
- For indoor events, NCAA standards are listed Provisional / Automatic.
- Indoor marks and wind-aided marks above 4.0 mps (W) are not accepted for NCAA qualifying.

60-Meter Dash (Indoor) **NCAA Indoor: 6.72/6.62** **MPSF: 7.04**

* Davaon Spence	6.83 (2/26)
* Isaiah Stanback	6.89 (2/25)
* Patrick Davidson	6.95 (2/25)
* Matt Fountaine	7.04 (2/25)
Sean Williams	7.06 (1/29)
J.R. Wolfork	7.11 (2/12)
Jordan Boase	7.12 (1/29)
Nik Williams	7.20 (1/29)
Phil McCary	7.22 (1/29)
Corey Fredericks	7.24 (2/25)
Doug Blaty (7.09i)	7.29 (1/15)
Brandon Bailey	7.42 (1/29)
Michael Mateljan	7.45 (1/15)
Cody Ellis	8.24 (2/12)

100-Meter Dash	NCAA Reg: 10.50
Davaon Spence (10.55w)	10.60 (5/14)
Patrick Davidson (10.68w)	10.77 (5/14)
Isaiah Stanback	10.93 (3/25)
J.R. Wolfork	11.23 (4/30)
Doug Blaty (11.25)	11.38w (4/21)
T.J. Emrich	11.51 (5/12)

200 Meters	NCAA Reg: 21.19
Jordan Boase	21.37 (5/14)
Davaon Spence	21.61 (4/16)
Patrick Davidson	21.74 (5/7)
Nik Williams (22.24)	22.52 (4/30)

200 Meters (Indoor)	NCAA Indoor: 21.23 / 20.83 MPSF: 22.44
* Davaon Spence (21.65)	21.80 (2/25)
* Jordan Boase	21.81 (2/12)
* Patrick Davidson (21.74)	21.96 (2/25)
Nik Williams (22.24)	22.52 (2/12)
Phil McCary (21.83w)	22.64 (2/12)
Brandon Bailey	23.36 (1/29)
Kyle Still	23.41 (2/12)

400-Meter Dash	NCAA Reg: 47.26
% Bruce Jackson	46.60 (5/15)
Sean Williams (47.19)	47.94 (4/9)
Jordan Boase (47.76i)	48.12 (3/26)
Nik Williams (48.29i)	49.12 (4/30)
Phil McCary (48.09i)	49.44 (3/26)
T.J. Emrich	53.09 (5/12)
Doug Blaty (52.47)	54.16 (3/19)

400-Meter Dash (Indoor)	NCAA Indoor: 47.25 / 46.05 MPSF: 49.24
* Sean Williams (47.19)	47.41 (2/25)
* Jordan Boase	47.76 (3/5)
* Nik Williams (48.29i)	48.39 (1/29)
* Shane Charles	48.42 (2/12)
* Phil McCary (48.09)	48.59 (3/5)
Brandon Bailey (49.99i)	50.70 (3/5)
Kyle Still	50.78 (1/16)

800 Meters	NCAA Reg: 1:50.40
% Ryan Brown	1:47.31 (5/15)
% Austin Abbott	1:48.57 (3/26)
% Bruce Jackson	1:49.68 (5/7)
% Shane Charles (1:49.59i)	1:50.23 (3/26)
Tim Freeman (1:50.25)	1:51.47 (5/7)
Andy Fader (1:52.06)	1:54.24 (4/30)

800 Meters (Indoor)	NCAA Indoor: 1:49.50 / 1:48.00 MPSF: 1:55.64
\$* Shane Charles	1:49.59 (2/25)
* Ryan Brown	1:49.64 (2/12)
* Austin Abbott	1:51.02 (1/29)
* Bruce Jackson	1:51.17 (1/29)
* Tim Freeman (1:50.25)	1:52.09 (2/25)
* Andy Fader (1:52.06)	1:54.13 (1/29)

1500 Meters	NCAA Reg: 3:48.21
% Austin Abbott	3:44.36 (4/15)
% Andy Fader	3:46.63 (5/27)
Mark Mandi	3:51.44 (5/7)
Ryan Brown	3:52.18 (4/15)
Matt Owen	3:52.46 (5/14)
Kevin Peters	3:54.87 (3/19)
Mike Sayenko	3:55.33 (3/19)
Brad Liber	3:56.89 (4/23)
Tim Freeman	3:57.51 (4/9)
James Wilson	3:57.97 (3/19)
Caleb Knox	3:59.35 (4/23)
T.J. Emrich	5:26.02 (5/13)

Mile (Indoor)	NCAA Indoor: 4:04.90 / 3:59.30 MPSF: 4:15.14
##* Austin Abbott	4:02.25 (2/12)
* Andy Fader (4:05.45i)	4:05.74 (2/26)
* Jon Harding	4:14.14 (1/29)
* Mike Sayenko	4:14.79 (1/15)
James Wilson	4:16.13 (1/29)
Jeremy Mineau	4:16.34 (1/15)
Caleb Knox	4:16.34 (2/12)
Matt Owen	4:17.77 (1/29)
Brad Liber	4:18.18 (1/29)
Adam Shimer	4:20.87 (2/12)
Andrew Robinson (4:13.53i)	4:22.46 (2/12)
Bruce Jackson	4:31.00 (2/12)

Steeplechase	NCAA Reg: 9:08.15
Andrew Robinson	9:15.79 (4/30)
Caleb Knox	9:20.65 (5/7)
James Wilson	9:43.03 (4/30)

3,000 Meters (Indoor)	NCAA Indoor: 8:05.00 / 7:56.00 MPSF: 8:35.14
* Andy Fader	8:11.09 (2/12)
* Mike Sayenko	8:14.60 (1/29)
* Jeremy Mineau	8:15.00 (1/29)
* Jon Harding	8:20.39 (2/26)
* Matt Owen	8:22.25 (3/5)
* Kevin Peters	8:28.06 (1/15)
* James Wilson	8:30.19 (3/5)
* Caleb Knox	8:33.33 (1/29)
Adam Shimer	8:42.84 (1/29)
Andrew Robinson (8:37.24i)	8:45.49 (1/15)

5,000 Meters	NCAA Reg: 14:15.75
% Mark Mandi	14:05.99 (3/25)
% Andy Fader	14:08.07 (3/25)
Brad Liber	14:25.96 (4/30)
Matt Owen	14:27.66 (3/25)
Kevin Peters (14:17.14i)	14:29.92 (4/30)
Mike Sayenko (14:23.32i)	14:33.79 (4/23)
Adam Shimer	15:16.80 (4/30)
Caleb Knox	15:33.21 (3/25)
James Wilson	15:36.58 (3/25)

5,000 Meters (Indoor)	NCAA Indoor: 14:15.00 / 13:53.10 MPSF: No Standard
# Jeremy Mineau	14:11.81 (3/5)
Kevin Peters	14:17.14 (2/25)
Matt Owen	14:46.45 (2/25)
Brad Liber	14:49.23 (2/12)
Mike Sayenko (14:23.32i)	15:01.69 (3/5)

10,000-Meter Run	NCAA Prov/Auto: 29:45.00 / 29:00.00
# Kevin Peters	29:31.43 (3/25)
# Mark Mandi	29:38.71 (4/15)
Mike Sayenko	29:50.09 (3/25)
Brad Liber	29:59.22 (3/25)

60-Meter Hurdles (Indoor)	NCAA Indoor: 7.91 / 7.70 MPSF: 8.54
* T.J. Emrich	8.38 (1/29)
Corey Fredericks	9.22 (3/5)

110-Meter Hurdles	NCAA Reg: 14.33
T.J. Emrich	15.26w (3/25)
	15.41 (4/30)
Corey Fredericks	16.44 (4/9)
Kyle Still	16.44 (4/30)

400-Meter Hurdles	NCAA Reg: 52.51
% Shane Charles	50.46 (5/15)
Sean Williams (51.89)	52.67 (5/7)
Phil McCary	53.54 (5/7)
Brandon Bailey (53.25)	54.15 (3/19)
Kyle Still	54.71 (4/30)

4x100-Meter Relay	NCAA Reg: 40.66
% Boase/Davidson/S. Williams/Spence	39.66 (5/28)
% McCary/Davidson/S. Williams/Boase	40.55 (4/30)
Davidson/Spence/Boase/Stanback	41.01 (3/19)

4x400-Meter Relay	NCAA Reg: 3:10.84
## S. Williams/Charles/Brown/Jackson	3:03.85 (5/15)
% Boase/Charles/S. Williams/Jackson	3:08.37 (3/26)
% S. Williams/Charles/Spence/Jackson	3:09.44 (4/16)
% McCary/Jackson/N. Williams/S. Williams	3:09.59 (4/30)

4x400-Meter Relay (Indoor)	NCAA Indoor: 3:10.40 / 3:06.10 MPSF: No Standard
# S. Williams/Brown/Charles/Jackson	3:07.94 (2/26)
Boase/N. Williams/McCary/Still	3:13.93 (2/12)
N. Williams/McCary/S. Williams/Boase	3:16.15 (1/15)
Boase/N. Williams/McCary/Freeman	3:17.30 (1/29)

Distance Medley Relay (Indoor)**NCAA Indoor: 9:43.70 / 9:33.00****MPSF: No Standard**

# Abbott/S. Williams/ Brown/Fader	9:36.20	(3/4)
Abbott/Brown/ Freeman/Fader	9:51.36	(1/28)
Knox/McCary/ Freeman/Harding	10:01.77	(2/25)

High Jump**NCAA Reg: 6-10 3/4 (2.10)**

% Norris Frederick	7-0 1/2 (2.15)	(5/7)
% Warren Eickhoff (7-0 1/4i)	6-11 (2.11)	(5/27)
Phillipe Cook	6-8 3/4 (2.05)	(4/9)
T.J. Emrich	5-10 3/4 (1.80)	(5/7)
Doug Blaty (5-7 1/4)	5-6 1/2 (1.69)	(4/21)

High Jump (Indoor)**NCAA Indoor: 7-1 1/2 (2.17) / 7-3 3/4 (2.23)****MPSF: 6-6 (1.98)**

* Warren Eickhoff	7-0 1/4 (2.14)	(2/26)
* Norris Frederick	7-0 1/4 (2.14)	(3/5)
* Phillippe Cook (6-8 3/4i)	6-6 1/4 (1.99)	(3/5)
Corey Fredericks	5-10 1/2 (1.79)	(1/29)
Doug Blaty (5-7 1/4)	5-6 (1.68)	(1/16)

Pole Vault**NCAA Reg: 16-6 3/4 (5.05)**

% McKane Lee	17-5 (5.31)	(5/7)
% Sam Roberts	17-3 (5.26)	(5/7)
Seth Perrins (16-5 1/4)	16-0 3/4 (4.90)	(3/25)
T.J. Emrich	15-7 1/4 (4.76)	(5/7)

Pole Vault (Indoor)**NCAA Indoor: 17-0 3/4 (5.20) / 18-0 1/2 (5.50)****MPSF: 15-9 (4.80)**

#* McKane Lee	17-3 (5.26)	(2/12)
* Sam Roberts (16-6i)	16-1 1/4 (4.91)	(1/29)
* Seth Perrins (16-5 1/4)	15-9 1/4 (4.81)	(2/12)
Corey Fredericks	11-7 3/4 (3.55)	(2/26)

Long Jump**NCAA Reg: 24-1 (7.34)**

% Norris Frederick (25-6 1/4i)	25-3 1/4 (7.70)	(4/17)
% J.R. Wolfork	24-8 1/4 (7.52)	(5/7)
Corey Fredericks (22-4 1/2i)	21-9 1/2 (6.64)	(4/30)
T.J. Emrich	20-8 3/4 (6.32)	(5/12)
Doug Blaty (20-9i)	19-8w (5.99)	(4/21)

Long Jump (Indoor)**NCAA Indoor: 24-5 1/2 (7.45) / 25-9 1/4 (7.85)****MPSF: 22-5 3/4 (6.85)**

#* Norris Frederick	25-6 1/4 (7.78)	(1/29)
* J.R. Wolfork	23-7 1/2 (7.20)	(1/15)
Corey Fredericks	22-4 1/2 (6.82)	(1/29)
Doug Blaty (20-9i)	19-10 1/4 (6.05)	(1/15)

Triple Jump**NCAA Reg: 49-5 3/4 (15.08)**

J.R. Wolfork (48-6)	45-8 (13.92)	(5/7)
Corey Fredericks	45-0 1/4 (13.72)	(4/9)

Triple Jump (Indoor)**NCAA Indoor: 50-10 1/4 (15.50) / 53-13/4 (16.20)****MPSF: 46-11 (14.30)**

J.R. Wolfork (48-6)	46-9 1/2 (14.26)	(2/12)
Corey Fredericks	44-4 (13.51)	(2/12)

Shot Put**NCAA Reg: 54-6 (16.61)**

Evan Wilson (52-10 3/4i)	52-2 1/2 (15.91)	(4/30)
Joe Gatewood (53-0i)	49-8 1/4 (15.14)	(4/30)
Doug Blaty (39-11 1/2)	38-6 1/4 (11.74)	(4/21)
Corey Fredericks (33-3 1/4)	33-3 (10.13)	(4/9)
T.J. Emrich	29-9 1/2 (9.08)	(5/12)

Shot Put (Indoor)**NCAA Indoor: 58-3 (17.75) / 63-4 (19.30)****MPSF: 52-6 (16.00)**

* Evan Wilson (52-10 3/4i)	52-7 1/2 (16.04)	(2/18)
Doug Blaty (39-11 1/2)	39-6 3/4 (12.06)	(1/16)
Corey Fredericks	33-5 1/4 (10.19)	(2/25)

Weight Throw (Indoor)**NCAA Indoor: 62-4 (19.00) / 69-6 3/4 (21.20)****MPSF: 52-6 (16.00)**

Will Conwell	43-5 1/4 (13.24)	(1/15)
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Discus**NCAA Reg: 165-3 (50.37)**

% Will Conwell (188-5i)	178-10 (54.52)	(4/16)
Joe Gatewood (161-8)	160-10 (49.02)	(5/7)
Evan Wilson (163-2)	130-2 (39.67)	(4/30)
Doug Blaty	124-11 (38.08)	(4/22)
Corey Fredericks	98-1 (29.91)	(3/19)
T.J. Emrich	80-2 (24.44)	(5/13)

Key:

- NCAA championship meet competitors underlined
- % — NCAA Regional Championships qualifying mark
- # — NCAA provisional qualifying mark
- ! — NCAA automatic qualifying mark
- * — MPSF Indoor Championships qualifying mark
- \$ — Washington school record
- w — Wind-aided mark between 2.0-4.0 mps
- W — Wind-aided mark greater than 4.0 mps

Jan. 15, Husky Indoor Preview, *Seattle*
 Jan. 16, UW Open #1, *Seattle*
 Jan. 21-22, National Pole Vault Summit, *Reno, Nev.*
 Jan. 28-29, UW Indoor Invitational, *Seattle*
 Jan. 30, UW Open #2, *Seattle*
 Feb. 12, The Husky Classic, *Seattle*
 Feb. 13, UW Open #3, *Seattle*
 Feb. 25-26, MPSF Championships, *Seattle*
 Feb. 25-27, USA Indoor Championships, *Boston, Mass.*
 Mar. 4, Alex Wilson Invitational, *South Bend, Ind.*
 Mar. 5, NCAA Last Chance Qualifier, *Seattle*
 Mar. 5, Linfield Icebreaker, *McMinnville, Ore.*¹
 Mar. 11-12, NCAA Indoor Championships, *Fayetteville, Ark.*
 Mar. 19, UW Outdoor Preview, *Seattle*
 Mar. 25-26, Stanford Invitational, *Palo Alto, Calif.*
 Apr. 9, Pepsi Invitational, *Eugene, Ore.*
 Apr. 15-17, Mt. SAC Relays, *Walnut, Calif.*
 Apr. 16, Sun Angel Invitational, *Tempe, Ariz.*
 Apr. 16, Spike Arlt Invitational, *Ellensburg, Wash.*²
 Apr. 21-23, Oregon Invitational, *Eugene, Ore.*
 Apr. 22-23, UCSD Triton Invitational, *San Diego, Calif.*³
 Apr. 30, UW-WSU Dual, *Seattle*
 May 7, Ken Shannon Invitational, *Seattle*
 May 14-15, Pac-10 Championships, *Los Angeles, Calif.*
 May 12-14, Ken Foreman Invitational, *Seattle*⁴
 May 27-28, NCAA West Regional Champ's, *Eugene, Ore.*
 June 8-11, NCAA Championships, *Sacramento, Calif.*
 June 23-26, USA Junior/Senior Nationals, *Carson, Calif.*

¹ - Conwell only.² - Eickhoff only.³ - Bingisser, Conwell and Gatewood only.⁴ - Owen, Emrich only.**Hammer****NCAA Reg: 182-6 (55.63)**

% Martin Bingisser	206-11 (63.08)	(5/7)
Will Conwell	151-8 (46.23)	(4/30)
Joe Gatewood (159-7)	149-4 (45.52)	(4/30)

Javelin**NCAA Reg: 202-2 (61.62)**

% Rigel Wise	221-5 (67.48)	(4/16)
% Brian Harris (221-0)	211-7 (64.50)	(4/30)
Dave Nyland	199-2 (60.70)	(4/30)
Doug Blaty (156-3)	153-11 (46.92)	(4/22)
Corey Fredericks	143-8 (43.78)	(3/19)
T.J. Emrich	131-3 (40.03)	(5/13)

Heptathlon (Indoor)**NCAA Indoor: 5,200 / 5,650****MPSF: 4,900**

Corey Fredericks	4,551	(2/26)
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Decathlon**NCAA Prov/Auto: 7,000 / 7,500**

T.J. Emrich	5,903	(5/13)
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