



2006 Washington Track and Field Final Men's Best Marks

marks through June 10, 2006

Feb. 24-25	MPSF Championships (Seattle, Wash.): 1. Washington 107 ; 2. Stanford 100; 3. UCLA 88; 4. Arizona 84; 5. Oregon 76; 6. Arizona State 66; 7. California 52; 8. Long Beach State 45; 9. Washington State 41.
March 10-11	at NCAA Indoor Championships (Fayetteville, Ark.): Top-10 Teams - 1. Arkansas 53; 2. LSU 45; 3. Florida State 41; 4. Texas 35; 5. Tennessee 25; 6. Oregon 23; 7. Wisconsin 22; 8. Baylor 21; 9. Florida 20; 10. Arizona 18; t19. Washington 10.
April 8	at Pepsi Invitational (Eugene, Ore.): 1. Washington 178 2/3 ; 2. Oregon 176; 3. Minnesota 172 1/3; 4. Boise State 84.
April 29	at WSU Dual (Pullman, Wash.): 1. Washington 112 , 2. Washington State 91
May 13-14	at Pac-10 Championships (Eugene, Ore.): 1. USC 140; 2. Oregon 133; 3. Arizona 122; 4. Washington 99 ; 5. UCLA 97; 6. Arizona State 76; 7. Stanford 60; 8. California 53; 9. Washington State 37.
May 26-27	at NCAA Regional Championships (Provo, Utah): Top-10 Teams - 1. USC 123; 2. BYU 86.5; 3. Arizona 75; 4. Washington 71 ; 5. Oregon 62; 6. California 47; 7. Washington State 39; 8. Boise State 33; 9. Stanford 28; 10. Arizona State 26.
June 7-10	at NCAA Championships (Sacramento, Calif.): Top-10 Teams - 1. Florida St. 67; 2. LSU 51; 3. Texas 36; 4. Arizona 34; 5. Arkansas 33; 6. Tennessee 32; 7. UTEP 31; 8. Wisconsin 30; 9. BYU 26; USC 26; North Carolina 26; t22. Washington 11.

NOTE: Only scored meets listed; full schedule on following page.

- (Career best) listed if superior to 2006 season best.
- For indoor events, NCAA standards are listed Automatic / Provisional.
- Indoor marks and wind-aided marks above 4.0 mps (W) are not accepted for NCAA qualifying.

60-Meter Dash (Indoor)	NCAA: 6.62/6.72
Isaiah Stanback	6.80 (2/25)
Davaon Spence	6.83 (2/11)
J.R. Wolkoff	6.87 (2/24)
Shelton Sampson (6.84i)	7.12 (1/14)
Randy Bacon	7.16 (1/14)
Doug Blaty (7.09i)	7.24 (1/14)
Blake Bidleman	7.35 (2/24)
Corey Fredericks (7.24i)	7.37 (1/14)

100 Meters	NCAA Reg: 10.50
* Isaiah Stanback	10.48 (5/13)
Doug Blaty (11.25)	11.44 (4/12)
Phil McCary	11.51 (5/6)
Blake Bidleman	11.55 (4/8)
Corey Fredericks	11.67 (4/12)

200 Meters	NCAA Reg: 21.19
Jordan Boase (21.19i)	21.26 (4/29)
Bruce Jackson	21.88 (4/29)
Phil McCary	22.39 (4/8)
Michael Mateljan	23.41 (4/8)

200 Meters (Indoor)	NCAA: 20.83 / 21.23
# Jordan Boase	21.19 (2/24)
Davaon Spence (21.61)	21.64 (2/24)
Shelton Sampson (21.18i)	22.72 (2/11)

400-Meter Dash	NCAA Reg: 47.26
* Bruce Jackson (46.60)	46.41 (6/7)
Jordan Boase (47.76i)	47.83 (3/25)
Alex Harcourt	47.83 (4/15)
Blake Bidleman	50.44 (5/6)
Corey Fredericks (52.18i)	52.79 (4/12)
Doug Blaty (52.47)	53.19 (4/12)

400-Meter Dash (Indoor)	NCAA: 46.05 / 47.25
Bruce Jackson (46.60)	47.82 (2/24)
Jordan Boase (47.76i)	47.84 (2/11)
Phil McCary (48.09i)	48.40 (3/4)
Kyle Still	49.20 (3/4)
Tim Freeman	50.89 (2/12)
Alex Harcourt	51.45 (2/11)
Blake Bidleman (50.81i)	51.67 (1/15)
Corey Fredericks	52.18 (1/15)

800 Meters	NCAA Reg: 1:50.40
\$ * Ryan Brown	1:46.29 (6/10)
* Austin Abbott (1:48.57i)	1:49.45 (4/15)
Shane Charles (1:49.59)	1:53.56 (3/25)
Tom Wyatt	1:54.49 (4/29)
Carl Moe (1:51.84)	1:53.91 (4/8)
Matt Owen	1:54.35 (3/18)
Bruce Jackson (1:49.68)	1:54.14 (5/6)

800 Meters (Indoor)	NCAA: 1:47.80 / 1:49.50
Ryan Brown (1:47.31)	1:50.19 (2/24)
Austin Abbott (1:48.57i)	1:50.59 (1/28)
Shane Charles (1:49.59)	1:50.68 (2/24)
Bruce Jackson (1:49.68)	1:52.31 (2/11)
Tim Freeman (1:50.25)	1:53.42 (1/28)
Phil McCary	1:54.03 (2/11)
Carl Moe (1:51.84)	1:54.08 (1/14)
Brad Liber	1:55.99 (1/28)
Kyle Still	1:56.66 (1/28)
Tom Peterson	1:56.80 (1/28)
Brian Williams	1:56.82 (1/28)

1500 Meters	NCAA Reg: 3:47.80
* Austin Abbott	3:44.30 (5/14)
* Carl Moe (3:44.91)	3:47.75 (5/14)
Ryan Brown	3:49.86 (3/31)
Jon Hickey (3:49.18)	3:51.99 (4/22)
Matt Owen (3:52.46)	3:53.22 (3/31)
Jon Harding	3:54.94 (3/18)
Mike Sayenko (3:55.33)	3:55.11 (5/6)
Mark Mandi (3:51.44)	3:55.53 (4/29)
Tom Wyatt	3:55.55 (3/31)
Chris Ahl	3:55.64 (3/31)
Kevin Peters (3:54.87)	3:56.20 (3/18)
Thomas Peterson	3:56.66 (3/18)
Jeremy Mineau	3:57.06 (3/18)
Caleb Knox	3:57.27 (5/6)
James Wilson (3:57.97)	4:02.31 (4/22)
Travis Boyd (4:00.95)	4:08.12 (5/6)
Blake Bidleman	4:31.08 (5/7)
Doug Blaty	4:48.95 (4/13)
Corey Fredericks	5:01.59 (4/13)

1 Mile (Indoor)	NCAA: 3:59.00 / 4:04.90
# Austin Abbott	3:59.47 (2/11)
# Carl Moe	4:03.76 (2/25)
Brad Liber	4:10.46 (2/11)
Kelly Spady	4:11.42 (2/11)
Jeremy Mineau	4:11.68 (1/28)
Mike Sayenko	4:12.27 (1/28)
Matt Owen	4:12.50 (3/4)
Tom Peterson	4:13.23 (3/4)
James Wilson	4:15.63 (1/28)
Jon Hickey (4:08.28i)	4:17.75 (3/4)

Steeplechase	NCAA Reg: 9:07.00
* Brad Liber	9:05.05 (5/13)
Caleb Knox	9:12.97 (4/1)
James Wilson	9:25.11 (4/1)

3,000 Meters (Indoor)	NCAA: 7:55.00 / 8:05.00
Jon Harding	8:06.86 (2/25)
Mark Mandi (8:04.93)	8:12.28 (2/25)
Kevin Peters	8:14.79 (1/28)
Mike Sayenko (8:14.60i)	8:15.87 (2/11)
Jon Hickey	8:16.63 (2/11)
Kelly Spady	8:18.83 (2/25)
James Wilson	8:24.03 (3/4)
Matt Owen (8:22.25)	8:24.92 (1/28)
Tom Peterson	8:29.00 (2/11)
Travis Boyd (8:21.42i)	8:31.51 (2/11)
Caleb Knox	8:32.22 (3/4)

5,000 Meters	NCAA Reg: 14:10.00
Carl Moe	14:14.59 (3/31)
Jon Harding	14:20.90 (3/31)
Mark Mandi (14:05.99)	14:22.99 (4/21)
Kevin Peters (14:16.62i)	14:29.14 (4/21)
Jon Hickey (14:11.39i)	14:39.83 (5/14)
Mike Sayenko (14:18.07i)	14:41.67 (4/21)
Matt Owen (14:27.66)	14:53.12 (4/8)
Jeremy Mineau (13:54.03i)	14:53.25 (5/14)
Chris Ahl	14:59.46 (4/21)
Travis Boyd (14:29.90i)	15:11.27 (4/8)

5,000 Meters (Indoor)	NCAA: 13:50.00 / 14:11.90
\$# Jeremy Mineau	13:54.03 (2/24)
Kevin Peters	14:16.62 (2/24)
Mike Sayenko	14:18.07 (2/24)
Jon Harding	14:22.59 (3/4)
Mark Mandi (14:05.99)	14:26.03 (2/24)
Travis Boyd (14:29.90i)	14:59.76 (3/4)

10,000 Meters	NCAA: 28:45.00 / 29:30.00
# Jeremy Mineau	28:49.69 (3/31)
# Kevin Peters	29:22.47 (3/31)
Mike Sayenko (29:50.09)	30:21.37 (3/31)
Travis Boyd (30:11.99)	30:37.56 (4/21)
Mark Mandi (29:38.71)	31:45.14 (5/13)

60-Meter Hurdles (Indoor)	NCAA: 7.70 / 7.91
Corey Williams	8.27 (2/11)
Blake Bidleman	8.56 (2/25)
Michael Mateljan	8.54 (3/4)
Corey Fredericks	9.16 (3/4)
Doug Blaty	9.85 (3/4)

110-Meter Hurdles	NCAA Reg: 14.30
Blake Bidleman	15.10W (4/8)
	15.39 (5/7)
Michael Mateljan	15.24w (4/22)
	15.50 (3/18)
Corey Fredericks (16.44)	17.23 (4/13)
Doug Blaty	18.86 (3/18)

400-Meter Hurdles	NCAA Reg: 52.51
\$* Shane Charles	49.51 (5/14)
* Phil McCary	52.27 (5/13)
Kyle Still	53.15 (4/15)

4x100-Meter Relay	NCAA Reg: 40.66
* Boase/Harcourt/Charles/Stanback	40.07 (4/29)
* McCary/Harcourt/Boase/Stanback	40.39a (5/26)
	40.77 (3/25)
McCary/Mateljan/Fredericks/Blaty	43.23 (4/8)

4x400-Meter Relay	NCAA Reg: 3:10.00
* Boase/Charles/Brown/Jackson	3:04.22 (6/8)
* Boase/Charles/McCary/Jackson	3:07.08 (5/14)
Boase/McCary/Jackson/Still	3:11.28 (4/29)
Harcourt/McCary/Abbott/Still	3:12.83 (4/15)

4x400-Meter Relay (Indoor)	NCAA: 3:05.00 / 3:10.40
# Boase/Brown/Charles/Jackson	3:07.03 (3/11)
# Harcourt/Brown/Charles/Jackson	3:07.86 (3/4)
Harcourt/Charles/McCary/Boase	3:11.64 (1/28)
Brown/Boase/McCary/Jackson	3:11.94 (2/11)

Dist. Medley Relay (Indoor)**NCAA: 9:33.00 / 9:43.70**

# Abbott/Jackson/Brown/Moe	9:35.35	(3/3)
Abbott/Harcourt/Brown/Moe	9:44.54	(1/28)
Moe/McCary/Abbott/Liber	9:51.03	(2/24)
Liber/McCary/Freeman/Harding	9:51.60	(1/28)
Hickey/B. Williams/Owen/Peterson	10:07.44	(1/28)

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

* Norris Frederick	7-1 (2.16)	(5/14)
* Warren Eickhoff (7-0 1/2)	6-10 3/4 (2.10)	(5/6)
Blake Bidleman (6-0 3/4i)	6-0 3/4 (1.85)	(4/29)
Corey Fredericks (5-10 1/2i)	5-9 3/4 (1.77)	(4/12)
Doug Blaty (5-7 1/4)	5-7 (1.70)	(3/18)

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

Norris Frederick (7-0 1/2)	7-0 1/4 (2.14)	(2/25)
Warren Eickhoff (7-0 1/2)	6-10 3/4 (2.10)	(3/4)
Teddy Davis (7-1)	6-4 3/4 (1.95)	(1/28)
Blake Bidleman	6-0 3/4 (1.85)	(2/24)
Corey Fredericks	5-10 1/2 (1.79)	(1/27)

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

* Sam Roberts (17-3)	17-0 3/4 (5.20)	(5/13)
* Seth Perrins	16-7 1/4 (5.06)	(5/26)
Scott Finley (16-7 1/2i)	15-3 (4.65)	(4/29)
Blake Bidleman (13-11 3/4i)	12-11 1/2 (3.95)	(5/7)
Doug Blaty	12-11 1/2 (3.95)	(4/29)
Corey Fredericks	11-11 3/4 (3.65)	(4/13)

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

# McKane Lee (17-5)	17-4 1/2 (5.30)	(1/14)
Sam Roberts (17-3)	17-0 3/4 (5.20)	(1/28)
Scott Finley	16-7 1/2 (5.07)	(3/4)
Seth Perrins (16-5 1/4)	16-1 3/4 (4.92)	(3/4)
Blake Bidleman	13-11 3/4 (4.26)	(2/25)
Corey Fredericks	11-11 3/4 (3.65)	(1/15)

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

* Norris Frederick (25-6 1/4i)	25-10w (7.87)	(5/13)
	25-4 3/4 (7.75)	(5/26)
J.R. Wolfork (24-8 1/4)	23-5 1/4w (7.14)	(3/31)
	22-9 1/4 (6.94)	(4/22)
Corey Fredericks (22-4 1/2i)	20-3 1/2 (6.18)	(4/12)
Blake Bidleman (20-8)	20-2 1/2 (6.16)	(4/12)
Doug Blaty (22-6 1/2)	19-8 1/4 (6.00)	(4/12)

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

# Norris Frederick (25-6 1/4i)	25-2 1/2 (7.68)	(2/24)
J.R. Wolfork (24-8 1/4)	23-9 1/2 (7.25)	(2/24)
Doug Blaty	22-6 1/2 (6.87)	(1/14)
Corey Fredericks (22-4 1/2i)	21-5 1/4 (6.53)	(1/14)
Blake Bidleman	20-8 (6.30)	(2/24)

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

J.R. Wolfork (48-6)	46-4 3/4w (14.14)	(5/14)
	43-3 (13.18)	(4/29)
Corey Fredericks (45-0 1/4)	39-8 (12.09)	(4/29)

Triple Jump (Indoor)**NCAA: 53-1 3/4 (16.20) / 50-10 1/4 (15.50)**

No competitors

Shot Put**NCAA Reg: 55-1 1/2 (16.80)**

Daniel Te'o-Nesheim	53-11 (16.43)	(5/6)
Will Conwell (55-1 1/2)	52-10 (16.10)	(4/29)
Martin Bingisser	48-6 (14.78)	(4/29)
Blake Bidleman (42-6i)	39-7 (12.06)	(5/6)
Doug Blaty (40-8 3/4i)	39-3 (11.96)	(4/12)
Corey Fredericks (41-0 1/2)	38-1 1/4 (11.61)	(4/12)

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

Will Conwell	55-1 1/2 (16.80)	(2/25)
Daniel Te'o-Nesheim	52-8 (16.05)	(3/4)
Blake Bidleman	42-6 (12.95)	(2/11)
Corey Fredericks	41-0 1/2 (12.51)	(2/11)
Doug Blaty	40-8 3/4 (12.41)	(1/15)

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

# Martin Bingisser	64-8 3/4 (19.73)	(2/24)
Will Conwell	58-0 1/4 (17.68)	(1/28)

Key:

- NCAA championship meet competitors underlined
- * — NCAA Regional Championships qualifying mark
- # — NCAA provisional qualifying mark
- @ — NCAA automatic qualifying mark
- \$ — Washington school record
- w — Wind-aided mark between 2.0-4.0 mps
- W — Wind-aided mark greater than 4.0 mps
- a — Mark adjusted for altitude per NCAA standards

Jan. 14, UW Indoor Preview, *Seattle*Jan. 15, UW Open #1, *Seattle*Jan. 27-28, National Pole Vault Summit, *Reno, Nev.*¹Jan. 27-28, UW Indoor Invitational, *Seattle*Jan. 29, UW Open #2, *Seattle*Feb. 11, The Husky Classic, *Seattle*Feb. 12, UW Open #3, *Seattle*Feb. 24-25, MPSF Championships, *Seattle*Mar. 3-4, Alex Wilson Invitational, *South Bend, Ind.*²Mar. 4, NCAA Last Chance Qualifier, *Seattle*Mar. 10-11, NCAA Indoor Championships, *Fayetteville, Ark.*Mar. 18, UW Outdoor Preview, *Seattle*Mar. 25, Springtime Invitational, *Auburn, Ala.*³Mar. 25, ASU Invitational, *Tempe, Ariz.*Mar. 31-Apr. 1, Stanford Invitational, *Palo Alto, Calif.*Apr. 8, Pepsi Invitational, *Eugene, Ore.*Apr. 12-13, California Invitational Multi-Events, *Azusa, Calif.*Apr. 14-15, Mt. SAC Relays, *Walnut, Calif.*¹Apr. 15, Brutus Hamilton Invitational, *Berkeley, Calif.*Apr. 21-22, Oregon Invitational, *Eugene, Ore.*Apr. 22, UCSD Triton Invitational, *San Diego, Calif.*⁴Apr. 29, UW-WSU Dual, *Seattle*May 6, Ken Shannon Invitational, *Seattle*May 6-7, Pac-10 Championships Multi-Events, *Eugene, Ore.*⁵May 13-14, Pac-10 Championships, *Eugene, Ore.*May 26-27, NCAA West Regional Champ's, *Provo, Utah*June 7-10, NCAA Championships, *Sacramento, Calif.*¹ - Roberts only.² - 4x400m, DMR only.³ - Throwers only.⁴ - Conwell only.⁵ - Bidleman only.**Discus****NCAA Reg: 169-7 (51.70)**

* Will Conwell	200-1 (60.98)	(4/22)
Daniel Te'o-Nesheim	166-5 (50.72)	(5/6)
Martin Bingisser	137-0 (41.76)	(4/29)
Doug Blaty	129-7 (39.50)	(4/13)
Blake Bidleman	128-4 (39.11)	(4/29)
Corey Fredericks	116-1 (35.39)	(4/13)

Hammer Throw**NCAA Reg: 182-5 (55.60)**

* Martin Bingisser	212-9 (64.85)	(4/29)
* Will Conwell	182-10 (55.73)	(5/13)

Javelin**NCAA Reg: 202-1 (61.60)**

* Juan Romero	233-10 (71.29)	(5/13)
Dave Nyland (199-2)	200-0 (60.95)	(4/22)
Corey Fredericks	149-10 (45.67)	(4/13)
Doug Blaty (156-3)	149-8 (45.61)	(4/13)
Blake Bidleman	142-10 (43.55)	(5/7)

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

\$ Blake Bidleman	5,126	(2/25)
Corey Fredericks (4,551)	4,523	(1/28)

Decathlon**NCAA: 7,500 / 7,000**

Blake Bidleman	6,590	(5/7)
Corey Fredericks	5,989	(4/13)
Doug Blaty	5,924	(4/13)