



2007 Washington Track and Field Final Men's Best Marks

marks through June 10, 2007

Feb. 23-24	MPSF Championships (Seattle, Wash.): 1. Washington 109 ; 2. Arizona 88; 3. Oregon 86; 4. Stanford 79.5; 5. Arizona State 79; 6. California 64; 7. Wash. State 63.5; 8. Long Beach State 50; 9. UCLA 35.
March 9-10	at NCAA Indoor Championships (Fayetteville, Ark.): 1. Wisconsin 40; 2. Florida State 35; 3. Texas 34; 4. Stanford 28; 5. Auburn 25; 6. Michigan 23; 7 (tie). Washington 22 , Arkansas 22; 9. Northern Iowa 21.50; 10 (tie). Baylor 21, Tennessee 21, LSU 21, Louisville 21.
April 7	at Pepsi Team Invitational (Eugene, Ore.): 1. Oregon 211; 2. Washington 164; 3. Kansas State 133; 4. USC 118.
April 28	at WSU Dual (Seattle, Wash.): 1. Washington 103 ; 2. Washington State 60.
May 12-13	at Pac-10 Championships (Stanford, Calif.): 1. Oregon 114; 2. Arizona State 111; 3. USC 110; 4. UCLA 92; 5. Arizona 91; 6. Washington 89 ; 7. Washington State 84; 8. Stanford 72; 9. California 56.
May 25-26	at NCAA Regional Championships (Eugene, Ore.): 1. USC 83; 2. Oregon 75; 3. Washington 70 ; 4. UCLA 53.5; 5. Arizona State 53; 6. Wash. State 46; t7. Stanford 43.5, Arizona 43.5; 9. BYU 35.5; t10. Long Beach State 27, California 27.
June 6-9	at NCAA Championships (Sacramento, Calif.): 1. Florida State 54; 2. LSU 48; 3. Auburn 34; 4. Tennessee 31; 5. USC 27; 6. North Carolina 26; t7. Wisconsin 7, Louisville 7; 9. UCLA 21; t10. Oregon 20, Stanford 20; t15. Washington 15 , Baylor 15, Oklahoma 15.

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

- (Career best) listed if superior to 2007 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: 6.62/6.74
Randy Bacon	6.96 (2/24)
Corey Fredericks (7.24i)	7.27 (1/26)
Leonard Harris	7.42 (2/10)
Bobby Noble	7.58 (2/24)

100 Meters	NCAA Reg: 10.50
Randy Bacon	10.59W (4/7)
	10.85 (4/28)
Chris Stevens	11.02 (3/24)
Blake Bidleman	11.35 (4/11)

200 Meters	NCAA Reg: 21.19
Randy Bacon (21.96i)	22.12 (3/24)
Don Gaspar	22.59 (3/24)
Blake Bidleman	22.94 (3/24)

200 Meters (Indoor)	NCAA: 20.83 / 21.23
Alex Harcourt	21.41 (2/10)
James Fredrickson (21.66i)	21.79 (2/10)
Randy Bacon	21.96 (2/23)
Jeff Gudaitis	22.48 (2/23)
Don Gaspar	22.75 (3/3)
Corey Fredericks	23.11 (3/3)
Bobby Noble	24.37 (2/11)

400-Meter Dash	NCAA Reg: 47.20
* Alex Harcourt (46.43i)	45.87 (5/13)
Ryan Brown	47.48 (3/24)
Kyle Still	48.28 (3/24)
Jeff Gudaitis	48.47 (5/12)
Don Gaspar (49.82i)	49.89 (4/28)
Blake Bidleman	49.92 (4/11)
Tim Freeman (50.89i)	51.16 (3/24)

400-Meter Dash (Indoor)	NCAA: 46.05 / 47.25
* Alex Harcourt	46.43 (1/27)
Kyle Still	48.39 (2/10)
Jeff Gudaitis	48.62 (2/24)
Don Gaspar	49.82 (2/24)

800 Meters	NCAA Reg: 1:50.40
* Ryan Brown (1:46.29)	1:47.51 (5/13)
* Austin Abbott (1:49.00i)	1:49.31 (3/24)
Brian Govier (1:50.19i)	1:50.51 (3/24)
Tim Freeman (1:50.25)	1:52.92 (4/21)
Matt Owen (1:54.35)	1:54.60 (4/28)

800 Meters (Indoor)	NCAA: 1:47.80 / 1:49.90
* Ryan Brown	1:48.40 (1/27)
* Austin Abbott	1:49.00 (3/3)
Brian Govier	1:50.19 (3/3)
Tim Freeman (1:50.25)	1:52.46 (2/24)

1,500 Meters
* Carl Moe (3:44.91)
Jon Hickey
Matt Owen
Brian Govier
Jon Harding
Ryan Brown
Kelly Spady
Mike Sayenko
Zack Gussin
Chris Glaser
James Wilson (3:57.97)
Riley Booker
Blake Bidleman

Mile (Indoor)
Austin Abbott (3:59.47i)
Carl Moe
Jon Harding
Jon Hickey
Ryan Brown
Kelly Spady
Brad Liber
Brian Govier
Caleb Knox
Riley Booker
Travis Boyd
Chris Glaser
Zack Gussin

3,000 Meters (Indoor)
Kelly Spady
Mike Sayenko
Jon Hickey
Jon Harding (8:06.86)
James Wilson
Jeremy Mineau
Riley Booker
Chris Ahl
Matt Owen (8:22.25)
Travis Boyd (8:21.42i)
Carl Moe (8:02.82i)
Kevin Peters (8:14.79i)
Alec Bromka
Chris Glaser

3,000m Steeplechase
* Carl Moe
* Brad Liber
Caleb Knox (9:12.97)

5,000 Meters
* Mike Sayenko
Jon Hickey (14:11.39i)
Carl Moe (14:14.59)
Kelly Spady (14:17.04i)
Jon Harding (14:20.90)
Kevin Peters (14:16.12i)
Adam Shimer (14:47.62i)
Travis Boyd (14:29.86i)
Matt Owen (14:27.66)
Joe Darda
James Wilson

NCAA Reg: 3:47.80
3:47.50 (3/24)
3:48.18 (5/4)
3:48.22 (5/4)
3:48.93 (5/4)
3:49.25 (5/4)
3:49.77 (3/31)
3:50.68 (4/20)
3:50.74 (5/4)
3:59.06 (3/16)
4:00.80 (3/16)
4:01.44 (5/4)
4:05.08 (3/16)
4:25.93 (4/12)

NCAA: 3:59.00 / 4:04.00
4:00.59 (2/10)
4:01.33 (3/3)
4:05.29 (3/3)
4:06.02 (3/3)
4:07.73 (2/10)
4:09.56 (3/3)
4:10.45 (2/10)
4:12.01 (1/13)
4:14.07 (2/10)
4:15.39 (1/13)
4:16.28 (1/13)
4:17.70 (2/10)
4:17.70 (3/3)

NCAA: 7:54.00 / 8:05.00
8:07.69 (2/24)
8:07.93 (2/10)
8:10.41 (2/24)
8:14.53 (1/27)
8:18.59 (3/3)
8:19.27 (2/10)
8:20.78 (3/3)
8:23.84 (2/10)
8:24.02 (1/27)
8:24.13 (1/27)
8:25.77 (2/24)
8:34.62 (1/27)
8:36.98 (1/13)
8:47.65 (1/27)

NCAA Reg: 9:07.00
8:48.93 (5/26)
9:01.96 (5/12)
9:16.50 (4/28)

NCAA Reg: 14:12.00
14:08.71 (4/20)
14:13.58 (3/30)
14:16.91 (3/30)
14:24.03 (3/30)
14:27.08 (3/30)
14:54.38 (3/30)
14:55.23 (5/4)
15:05.04 (5/4)
15:06.24 (5/13)
15:06.90 (4/7)
15:16.25 (4/7)

5,000 Meters (Indoor)
Jeremy Mineau (13:54.03i)
Mike Sayenko
Kelly Spady
Chris Ahl
Travis Boyd
Matt Owen (14:27.66)
Kevin Peters (14:16.12i)
Adam Shimer

10,000 Meters

Jeremy Mineau (28:49.69)
Mike Sayenko
Adam Shimer

60-Meter Hurdles (Indoor)
James Fredrickson
Richard Harrison
Corey Fredericks (9.16i)
Bobby Noble

110-Meter Hurdles

* James Fredrickson
Blake Bidleman
Ricky Harrison
Bobby Noble

400-Meter Hurdles

* James Fredrickson
* Kyle Still
Ricky Harrison

4x100-Meter Relay

Frederick/Fredrickson/Gudaitis/Bacon
Frederick/Fredrickson/Gudaitis/Gaspar

4x400-Meter Relay

* Gudaitis/Fredrickson/Brown/Harcourt
* Still/Gudaitis/Brown/Harcourt
Still/Gudaitis/Fredrickson/Harcourt

4x400-Meter Relay (Indoor)

Gudaitis/Still/Brown/Fredrickson
Harcourt/Fredrickson/Still/Gudaitis
Gudaitis/Gaspar/Freeman/Harrison

Dist. Medley Relay (Indoor)

Abbott/Fredrickson/Brown/Moe
Abbott/Still/Govier/Spady
Brown/Fredrickson/Freeman/Liber

High Jump

* Norris Frederick (7-2 1/4i)
* Teddy Davis (7-1)
Blake Bidleman

High Jump (Indoor)

Norris Frederick
Teddy Davis (7-1)
Bobby Noble
Corey Fredericks

NCAA: 13:48.00 / 14:10.00
14:06.34 (2/23)
14:14.73 (3/3)
14:17.04 (2/10)
14:23.29 (3/3)
14:29.86 (2/10)
14:33.98 (3/3)
14:36.72 (3/3)
14:47.62 (3/3)

NCAA: 28:45.00 / 29:30.00

28:57.02 (3/31)
29:07.22 (4/29)
30:28.35 (4/20)

NCAA: 7.70 / 7.91

8.03 (2/24)
8.70 (3/3)
9.37 (1/27)
9.44 (2/24)

NCAA Reg: 14.30

14.21 (4/28)
14.74 (4/12)
15.62 (4/28)
18.05 (3/16)

NCAA Reg: 52.51

50.63 (5/13)
52.34 (5/13)
58.48 (4/14)

NCAA Reg: 40.66

40.96 (4/28)
41.18 (3/24)

NCAA Reg: 3:10.00

3:08.39 (3/24)
3:08.99 (4/7)
3:13.22 (4/28)

NCAA: 3:06.50 / 3:10.40

3:09.08 (3/3)
3:12.59 (1/27)
3:24.07 (1/13)

NCAA: 9:34.00 / 9:45.70

9:35.89 (2/23)
9:43.40 (1/26)
9:57.67 (1/26)

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

7-1 (2.16) (5/26)
6-11 (2.11) (5/26)
6-2 3/4 (1.90) (4/11)

NCAA: 7-4 1/4 (2.24) / 7-1 (2.16)

7-2 1/4 (2.19) (1/13)
6-6 3/4 (2.00) (3/3)
6-2 3/4 (1.90) (3/3)
6-0 (1.83) (2/23)

Pole Vault		NCAA Reg: 16-6 3/4 (5.05)	
* Scott Roth (18-1 3/4i)	17-10 1/2 (5.45)	(5/12)	
* McKane Lee (17-9 3/4i)	16-10 3/4 (5.15)	(5/12)	
* Seth Perrins (16-11 1/2i)	16-6 3/4 (5.05)	(4/28)	
Jared O'Connor (16-1 3/4)	16-0 3/4 (4.90)	(4/7)	
Ryan Vu (16-6i)	16-0 3/4 (4.90)	(5/4)	
Conor Sayres	15-1 (4.60)	(3/16)	
Blake Bidleman (13-11 3/4i)	13-11 1/4 (4.25)	(5/6)	
Bobby Noble	12-11 3/4 (3.96)	(3/16)	

Pole Vault (Indoor)		NCAA: 18-0 1/2 (5.50) / 17-0 3/4 (5.20)	
@ Scott Roth	18-1 3/4 (5.53)	(3/3)	
# McKane Lee	17-9 3/4 (5.43)	(3/3)	
Seth Perrins	16-11 1/2 (5.17)	(2/24)	
Ryan Vu	16-6 (5.03)	(3/3)	
Corey Fredericks	13-3 3/4 (4.06)	(2/24)	
Bobby Noble	12-8 (3.86)	(12/8)	

Long Jump		NCAA Reg: 24-1 (7.34)	
* Norris Frederick (25-10i)	26-0 3/4w (7.94)	(5/25)	
	24-6 1/4 (7.47)	(5/12)	
Blake Bidleman	21-7 1/4 (6.58)	(3/24)	
Corey Fredericks (22-4 1/2i)	21-6 3/4 (6.57)	(4/28)	
Braden Weeks (21-6 1/4i)	21-4 1/4 (6.51)	(5/4)	

Long Jump (Indoor)		NCAA: 25-9 1/4 (7.85) / 24-7 1/4 (7.50)	
\$@ Norris Frederick	25-10 (7.87)	(1/27)	
Corey Fredericks (22-4 1/2i)	21-11 (6.68)	(2/23)	
Braden Weeks	21-6 1/4 (6.56)	(3/3)	
Bobby Noble	20-4 1/4 (6.20)	(3/3)	
Leonard Harris	16-8 (5.08)	(2/10)	

Triple Jump		NCAA Reg: 49-2 1/2 (15.00)	
Corey Fredericks	45-9 (13.94)	(4/28)	
Braden Weeks (44-8 3/4i)	44-4 (13.51)	(4/20)	
Jackson Beach	43-8 (13.31)	(4/28)	

Triple Jump (Indoor)		NCAA: 52-10 (16.10) / 50-6 1/4 (15.40)	
Braden Weeks	44-8 3/4 (13.63)	(3/3)	
Jackson Beach	42-7 (12.98)	(2/10)	

Shot Put		NCAA Reg: 55-1 1/2 (16.80)	
* Mart Israel	56-9 1/4 (17.30)	(3/24)	
* Daniel Te'o-Nesheim (56-5 1/4i)	56-4 1/2 (17.18)	(3/24)	
* Cameron Elisara (55-9 1/4i)	55-2 (16.81)	(3/24)	
Martin Bingisser	49-6 1/2 (15.10)	(4/28)	
Blake Bidleman	44-0 3/4 (13.43)	(4/11)	

Shot Put (Indoor)		NCAA: 63-4 (19.30) / 58-3 (17.75)	
Daniel Te'o-Nesheim	56-5 1/4 (17.20)	(1/27)	
Cameron Elisara	55-9 1/4 (17.00)	(3/3)	
Corey Fredericks	41-1 3/4 (12.54)	(2/23)	
Bobby Noble	34-6 1/4 (10.52)	(1/26)	

Weight Throw (Indoor)		NCAA: 70-6 1/2 (21.50) / 63-11 3/4 (19.50)	
# Martin Bingisser	67-0 (20.42)	(3/3)	
Zack Midles	58-5 1/4 (17.81)	(2/10)	

Discus		NCAA Reg: 169-7 (51.70)	
* Mart Israel	208-9 (63.64)	(3/31)	
Daniel Te'o-Nesheim (166-5)	159-8 (48.66)	(4/28)	
Zack Midles	155-5 (47.38)	(3/24)	
Blake Bidleman	129-6 (39.47)	(3/16)	
Corey Fredericks	117-9 (35.89)	(3/16)	
Bobby Noble	90-11 (27.72)	(3/16)	

Hammer Throw		NCAA Reg: 182-5 (55.60)	
* Martin Bingisser	222-1 (67.70)	(6/8)	
* Zack Midles	198-9 (60.58)	(5/13)	

Javelin		NCAA Reg: 202-1 (61.60)	
Zach Woods	184-1 (56.12)	(4/28)	
Bobby Noble	159-2 (48.51)	(3/16)	
Corey Fredericks (149-10)	149-6 (45.57)	(3/16)	
Blake Bidleman (142-10)	142-3 (43.36)	(5/6)	

Heptathlon (Indoor)		NCAA: 5,650 / 5,300	
Corey Fredericks	4,874	(2/24)	
Bobby Noble	4,437	(2/24)	

Decathlon		NCAA: 7,500 / 6,900	
* Blake Bidleman	7,006	(4/15)	

Key:

—	NCAA championship meet competitors underlined
@	NCAA automatic qualifying mark
#	NCAA provisional qualifying mark
*	NCAA Regional 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
a	Mark adjusted for altitude per NCAA standards

Jan. 13, UW Indoor Preview, *Seattle*
Jan. 19-20, National Pole Vault Summit, *Reno, Nev.*
Jan. 26-27, UW Indoor Invitational, *Seattle*
Feb. 10, The Husky Classic, *Seattle*
Feb. 11, UW Open Meet, *Seattle*
Feb. 23-24, MPSF Championships, *Seattle*
Mar. 2-3, Alex Wilson Invitational, *South Bend, Ind.*
Mar. 3, NCAA Last Chance Qualifier, *Seattle*
Mar. 9-10, NCAA Indoor Championships, *Fayetteville, Ark.*
Mar. 16, UW Outdoor Preview, *Seattle*
Mar. 17, PLU Invitational, *Tacoma, Wash.*
Mar. 24, Springtime Invitational, *Auburn, Ala.*¹
Mar. 24 ASU Invitational, *Tempe, Ariz.*
Mar. 30-31, Stanford Invitational, *Palo Alto, Calif.*
Apr. 7, Pepsi Invitational, *Eugene, Ore.*
Apr. 11-12, California Invitational Multi-Events, *Azusa, Calif.*
Apr. 13-15, Mt. SAC Relays, *Walnut, Calif.*
Apr. 14, Brutus Hamilton Invitational, *Berkeley, Calif.*²
Apr. 20-21, Oregon Invitational, *Eugene, Ore.*
Apr. 27, UW-WSU Dual, *Seattle*
Apr. 29, Cardinal Invitational, *Palo Alto, Calif.*
May 4, Ken Shannon Invitational, *Seattle*
May 5-6, Pac-10 Championships Multi-Events, *Stanford, Calif.*
May 12-13, Pac-10 Championships, *Stanford, Calif.*
May 25-26, NCAA West Regional Champ's, *Eugene, Ore.*
June 6-9, NCAA Championships, *Sacramento, Calif.*

¹ - Throwers only.