



2008 Washington Track and Field

Men's Best Marks

marks through June 14, 2008

Feb. 29-Mar. 1 **MPSF Championships** (Seattle, Wash.): 1. Oregon - 90; 2. California - 84.50; 3. Stanford - 83; 4. Arizona State - 77; **5. Washington - 66.50**; 6. UCLA - 64.50; 7t. Arizona - 58; 7t. Washington St. - 58; 9. Cal St. Northridge - 49; 10. Long Beach St. - 28.50.

March 14-15 at **NCAA Indoor Championships** (Fayetteville, Ark.): 1. Arizona State, 44; 2. Florida State, 41; 3. Texas, 34; 4. LSU, 33; 5. Tennessee, 26; 6. Arkansas, 24; 7. Stanford, 23; 8. Florida, 19; 9. Northern Iowa, 18; **10 (tie). Washington, 17**; 10 (tie). Texas A&M, 17.

April 5 at **Pepsi Team Invitational** (Eugene, Ore.): 1. Oregon, 230; 2. Penn State, 150; 3. Minnesota, 140.50; **4. Washington, 125.50**.

May 3 at **WSU Dual** (Pullman, Wash.): 1. Washington State, 93; **2. Washington, 70**.

May 16-17 at **Pac-10 Championships** (Tempe, Ariz.): 1. Oregon, 144.5; 2. Arizona State, 134; 3. UCLA, 108; 4. California, 81.5; 5. Stanford, 79; 6. Washington St., 73.5; 7. USC, 69.5; 8. Arizona, 65; **9. Washington, 63**.

May 30-31 at **NCAA Regional Championships** (Northridge, Calif.): 1. Arizona State, 74; 2. Southern California, 72; 3. UCLA, 68.50; **4. Washington, 54**; 5. Oregon, 53; 6. California, 50; 7. Arizona, 42; 8. Boise State, 40; 9. Stanford, 39; 9. Washington State, 39; 9. Long Beach State, 39.

June 11-14 at **NCAA Championships** (Des Moines, Iowa.): 1. Florida State, 52; 2. LSU, 44; 2. Auburn, 44; 4. Texas, 35; 5. Texas A&M, 32; 6. Arizona State, 28; 7. Baylor, 27; 7. Southern California, 27; 9. Kentucky, 25; 10. Colorado, 24; **16. Washington, 19.33**.

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

- 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: 6.63 / 6.74
Joseph Turner	6.93 (2/29)
Ryan Hamilton	7.01 (3/8)
Kenny Shaw	7.18 (2/2)
Corey Fredericks	7.34 (12/1)
Andrew Ferleman	7.34 (2/29)

100 Meter Dash	NCAA Reg: 10.55
Joseph Turner	10.65 (5/16)
Ryan Hamilton	10.76 (4/5)
Randy Bacon	10.78w (4/26)
Kenny Shaw	11.09w (4/26)

200 Meter Dash	NCAA Reg: 21.35
*Jordan Boase	20.37 (5/3)
*Joseph Turner	21.06 (5/16)
Ryan Hamilton	21.80 (4/26)
Randy Bacon	21.92 (5/3)

200 Meters (Indoor)	NCAA: 20.83 / 21.23
#Jordan Boase	21.08 (2/29)
James Fredrickson	21.51 (2/16)
Joseph Turner	21.57 (2/29)
Ryan Hamilton	21.96 (2/29)
Jeff Gudaitis	22.15 (2/16)

400 Meter Dash	NCAA Reg: 47.20
*Jordan Boase	44.82 (4/12)
*Jeff Gudaitis	46.82 (5/16)
Joseph Turner	47.68 (5/3)
Kyle Still	49.61 (4/26)

400 Meter Dash (Indoor)	NCAA: 46.15 / 47.25
\$Jordan Boase	46.34 (3/15)
James Fredrickson	47.40 (2/2)
Alex Harcourt	47.95 (2/2)
Jeff Gudaitis	48.05 (3/1)
Joseph Turner	48.85 (2/16)
Kyle Still	49.15 (2/16)
Miles Timpe	49.64 (2/2)
Sam Rucker	50.26 (12/1)
Kyle Acheson	51.46 (12/1)

800 Meters	NCAA Reg: 1:50.40
*Austin Abbott	1:48.14 (5/17)
Brian Govier	1:50.78 (4/12)
Charlie Williams	1:52.14 (4/5)
Tim Freeman	1:55.29 (4/5)
Zack Gussin	1:59.78 (5/3)
Chris Ahl	2:02.83 (5/3)

800 Meters (Indoor)	NCAA: 1:48.20 / 1:50.50
Charlie Williams	1:52.21 (2/2)
Brian Govier	1:52.53 (2/16)
Tim Freeman	1:55.56 (2/16)
Logan Ordona	1:55.82 (2/16)
Zack Gussin	1:56.97 (3/1)
David McCary	1:57.09 (2/16)
Kyle Still	1:58.46 (3/1)
Etienne Pierson	1:59.41 (2/2)

1500 Meters

Carl Moe	3:48.06 (4/12)
Charlie Williams	3:50.27 (4/25)
Austin Abbott	3:51.24 (4/25)
Chris Ahl	3:51.62 (4/5)
Kelly Spady	3:52.77 (5/17)
Brian Govier	3:54.32 (4/5)
James Wilson	3:55.06 (4/5)
Tom Peterson	3:55.20 (4/12)
Zach Gussin	3:55.76 (4/25)
Jake Schmitt	3:56.30 (3/28)
Riley Booker	3:57.07 (5/10)
Caleb Knox	3:57.45 (4/5)
Jordan Swarthout	3:58.63 (5/10)
Colton Tully-Doyle	4:08.69 (3/28)
Tim Freeman	4:11.90 (3/28)

Mile

*Carl Moe	4:01.53 (5/10)
Brian Govier	4:11.41 (5/10)
Jake Schmitt	4:12.62 (5/10)
Charlie Williams	4:15.35 (5/10)
James Wilson	4:19.72 (5/10)
Kelly Spady	4:20.02 (5/10)
Austin Abbott	4:20.73 (5/10)

Mile (Indoor)

Chris Ahl	4:05.67 (2/16)
Charlie Williams	4:06.04 (2/16)
Carl Moe	4:06.05 (3/8)
Tom Peterson	4:08.27 (3/8)
Jake Schmitt	4:09.67 (1/19)
Zack Gussin	4:10.25 (3/1)
Riley Booker	4:10.75 (2/2)
Max O'Donoghue-McDonald	4:11.13 (1/19)
Caleb Knox	4:11.13 (3/8)
Brian Govier	4:11.31 (3/8)
Kelly Spady	4:11.74 (3/8)
James Wilson	4:12.98 (2/2)
Colton Tully-Doyle	4:14.29 (3/8)
Etienne Pierson	4:20.35 (2/16)
David McCary	4:21.01 (3/8)

3,000 Meters

Jordan Swarthout	8:28.28 (5/3)
Jake Schmitt	8:30.39 (5/3)
Carl Moe	8:39.56 (5/3)
Kelly Spady	8:42.56 (5/3)
Riley Booker	8:46.71 (5/3)
Zach Gussin	9:03.13 (3/28)

3,000 Meters (Indoor)

Jake Schmitt	8:09.17 (3/1)
Chris Ahl	8:16.52 (3/1)
Tom Peterson	8:16.52 (3/1)
Caleb Knox	8:20.52 (2/16)
Riley Booker	8:21.86 (2/16)
James Wilson	8:34.97 (2/16)
Jordan Swarthout	8:24.74 (3/8)
Colton Tully-Doyle	8:27.92 (3/1)

NCAA Reg: 3:47.80

3:48.06	(4/12)
3:50.27	(4/25)
3:51.24	(4/25)
3:51.62	(4/5)
3:52.77	(5/17)
3:54.32	(4/5)
3:55.06	(4/5)
3:55.20	(4/12)
3:55.76	(4/25)
3:56.30	(3/28)
3:57.07	(5/10)
3:57.45	(4/5)
3:58.63	(5/10)
4:08.69	(3/28)
4:11.90	(3/28)

NCAA Reg: 4:06.00

4:01.53	(5/10)
4:11.41	(5/10)
4:12.62	(5/10)
4:15.35	(5/10)
4:19.72	(5/10)
4:20.02	(5/10)
4:20.73	(5/10)

NCAA: 3:59.50 / 4:04.00

4:05.67	(2/16)
4:06.04	(2/16)
4:06.05	(3/8)
4:08.27	(3/8)
4:09.67	(1/19)
4:10.25	(3/1)
4:10.75	(2/2)
4:11.13	(1/19)
4:11.13	(3/8)
4:11.31	(3/8)
4:11.74	(3/8)
4:12.98	(2/2)
4:14.29	(3/8)
4:20.35	(2/16)
4:21.01	(3/8)

3,000 Meters Steeple

*Carl Moe	8:41.83	(6/13)
James Wilson	9:18.19	(4/25)
Tom Peterson	9:34.51	(4/5)

5,000 Meters

5,000 meters	NCAA Reg: 14:12.00
Jordan Swarthout	14:32.72 (4/25)
Kelly Spady	14:44.12 (4/5)
Chris Ahl	14:54.87 (4/12)

5,000 Meters (Indoor)

#Jake Schmitt	14:04.40	(2/16)
Riley Booker	14:26.14	(2/29)
James Wilson	15:03.52	(2/29)

10,000 Meters

Jake Schmitt#	28:56.05	(4/5)
Riley Booker	30:54.47	(4/5)

60 Meter Hurdles (Indoor)

50 Meter Hurdles (Indoor)	NCAA: 7.70 / 7.91
Kenny Shaw	8.30 (3/8)
Andrew Ferleman	8.61 (3/1)
Bobby Noble	10.17 (2/16)

110 Meter Hurdles

Kenny Shaw	14.76w	(4/26)
	14.94	(5/3)
Andrew Ferleman	16.40	(4/5)

400 Meter Hurdles

*James Fredrickson	51.22	(5/31)
Kyle Still	52.74	(5/3)
Miles Timpe	53.97	(4/26)

4x100 Meter Relay

*Boase/Fredrickson/Turner/Hamilton	39.52	(5/17)
*Bacon/Fredrickson/Turner/Hamilton	40.00	(5/3)
Frederick/Bacon/Gudaitis/Shaw	41.52	(4/26)

4x400 Meter Relay

*Gudaitis/Fredrickson/Turner/Boase	3:09.16	(5/17)
Gudaitis/Fredrickson/Still/Turner	3:13.50	(5/3)

4x400 Meter Relay (Indoor)

#Gudaitis/Fredrickson/Boase/Harcourt	3:09.74	(2/16)
Gudaitis/Fredrickson/Turner/Harcourt	3:14:56	(2/2)

Dist. Medley Relay (Indoor)

Williams/Gudaitis/Govier/Ahl	9:48.43	(2/29)
Williams/Still/Govier/Ahl	9:53.46	(2/2)

High Jump (Indoor)

NCAA: 7-4 1/4 (2.24) / 7-0 1/4 (2.14)		
#Norris Frederick	7-3 (2.21)	(3/1)

High Jump

*Norris Frederick	7-3 1/4 (2.22)	(5/3)
--------------------------	----------------	-------

Pole Vault

*Jared O'Connor	17-5 (5.31)	(5/31)
Ryan Vu	16-0 3/4 (4.90)	(4/5)
Andrew Ferleman	12-7 1/2 (3.85)	(5/3)

<u>Pole Vault (Indoor)</u>	NCAA: 18-0 1/2 (5.50) / 17-0 3/4 (5.20)	
#Scott Roth	17-8 1/4 (5.39)	(3/1)
Jared O'Connor	16-7 1/2 (5.07)	(2/2)
Ryan Vu	16-6 1/2 (5.04)	(3/1)
Jeremy Lashinskee	15-1 3/4 (4.62)	(2/2)
Bobby Noble	14-1 3/4 (4.31)	(1/19)

<u>Long Jump</u>	NCAA Reg: 24-1 (7.34)	
*Norris Frederick	25-6 3/4 (7.79)	(6/12)
Corey Fredericks	22-0 3/4 (6.72)	(3/28)
Andrew Ferleman	21-10w (6.65)	(5/3)

<u>Long Jump (Indoor)</u>	NCAA: 25-9 1/4 (7.85) / 24-7 1/4 (7.50)	
\$@Norris Frederick	26-7 3/4 (8.12)	(2/29)
Corey Fredericks	20-10 1/4 (6.66)	(3/8)
Andrew Ferleman	21-10 (6.65)	(1/19)

<u>Triple Jump</u>	NCAA Reg: 49-2 1/2 (15.00)	
Corey Fredericks	46-0 (14.02)	(3/28)
Jared O'Connor	45-2 1/4w (13.77)	(5/3)
Andrew Ferleman	40-4 3/4 (12.31)	(4/5)

<u>Triple Jump (Indoor)</u>	NCAA: 52-10 (16.10) / 50-6 1/4 (15.40)	
Corey Fredericks	45-3 (13.79)	(12/1)

<u>Shot Put</u>	NCAA Reg: 55-1 1/2 (16.80)	
Cameron Elisara	52-10 3/4 (16.12)	(5/10)
Zach Midles	49-7 3/4 (15.13)	(5/3)
Andrew Ferleman	35-6 3/4 (10.85)	(4/5)

<u>Shot Put (Indoor)</u>	NCAA: 63-4 (19.30) / 58-3 (17.75)	
Cameron Elisara	53-5 (16.28)	(2/2)
Daniel Te'o-Nesheim	51-1 3/4 (15.59)	(2/2)
Andrew Ferleman	36-7 1/2 (11.16)	(12/1)
Bobby Noble	33-8 3/4 (10.28)	(1/19)

<u>Discus</u>	NCAA Reg: 169-7 (51.70)	
Zach Midles	163-9 (49.92)	(5/3)
Peter Follmer	155-6 (47.39)	(5/17)
Daniel Te'o-Nesheim	153-4 (46.74)	(5/17)
David Nyland	113-11 (34.73)	(4/5)
Andrew Ferleman	122-0 (37.20)	(5/3)

<u>Hammer Throw</u>	NCAA Reg: 186-4 (56.80)	
*Zach Midles	207-11 (63.38)	(5/17)
David Nyland	78-2 (23.83)	(4/5)

<u>Weight Throw (Indoor)</u>	NCAA: 70-6 1/2 (21.50) / 63-11 3/4 (19.50)	
Zack Midles	60-3 (18.36)	(3/8)

<u>Javelin</u>	NCAA Reg: 202-1 (61.60)	
*David Nyland	226-0 (68.90)	(4/5)
*Kyle Nielsen	212-5 (64.74)	(5/3)
Zach Woods	188-1 (57.33)	(5/10)
Andrew Ferleman	139-5 (42.50)	(3/28)

<u>Heptathlon (Indoor)</u>	NCAA: 5,650 / 5,300	
Bobby Noble	4,644	(2/1-2)
Andrew Ferleman	4,542	(2/29-3/1)

<u>Decathlon</u>	NCAA: 7,500 / 6,900	
Andrew Ferleman	6,064	(5/9-5/10)

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

Dec. 12	UW Winter Preview, <i>Seattle</i>
Jan. 19	UW Indoor Preview, <i>Seattle</i>
Feb. 1-2	UW Invitational, <i>Seattle</i>
Feb. 16	The Husky Classic, <i>Seattle</i>
Feb. 17	UW Open Meet, <i>Seattle</i>
Feb. 29-Mar. 1	MPSF Championships, <i>Seattle</i>
Mar. 8	NCAA Last Chance Qualifier, <i>Seattle</i>
Mar. 15	NCAA Indoor Championships, <i>Fayetteville, Ark.</i>
Mar. 28	UW Outdoor Preview, <i>Seattle</i>
Apr. 5	Stanford Invitational, <i>Palo Alto, Calif.</i>
Apr. 5	Pepsi Team Invitational, <i>Eugene, Ore.</i>
Apr. 12	Sun Angel Classic, <i>Tempe, Ariz.</i>
Apr. 17-20	Mt. SAC Relays, <i>Walnut, Calif.</i>
Apr. 25-26	Oregon Invitational, <i>Eugene, Ore.</i>
May 3	UW-WSU Dual, <i>Pullman, Wash.</i>
May 9-10	Pac-10 Multi-Event Championships, <i>Tempe, Ariz.</i>
May 10	Ken Shannon Invitational, <i>Seattle</i>
May 16-17	Pac-10 Championships, <i>Tempe, Ariz.</i>
May 30-31	NCAA West Regional Championships, <i>Northridge, Calif.</i>
June 11-14	NCAA Championships, <i>Des Moines, Iowa</i>

¹ - Throwers only.