

CCS MEN'S TRACK & FIELD OUTDOOR SEASON BESTS

As of Wednesday, April 09, 2008

100 METERS (11.30)

1. Mike Vetter	11.00#	3/15/08	Dusty Lane Open
2. Kurt Williams	11.16#	4/12/08	WAOR 1
3. Jack Holley	11.20#	4/05/08	Willamette Invite
4. Tyler Watson	11.31	3/15/08	Dusty Lane Open

200 METERS (22.60)

1. Mike Vetter	22.09#	3/15/08	Dusty Lane Open
2. Jack Holley	22.68	4/12/08	WAOR 1
3. Matt Fitzgerald	23.19	4/05/08	Willamette Invite
4. Francisco Valencia	23.39	4/12/08	WAOR 1

400 METERS (50.00)

1. Matt Fitzgerald	50.42	4/12/08	WAOR 1
2. Isiah Dawkins	51.57	3/08/08	Sasquatch Mini-meet
3. Chris Rose	51.88	4/19/08	Duane Hartman Invite
4. Francisco Valencia	51.98	4/05/08	Willamette Invite
5. Sam Hale	53.53	4/05/08	Willamette Invite

800 METERS (1:58.10)

1. Chris Rose	1:59.26	4/12/08	WAOR 1
2. Isiah Dawkins	2:00.25	3/15/08	Dusty Lane Open
3. Stephen Olsen	2:02.44	4/12/08	WAOR 1
4. Tyler Rapp	2:02.88	4/05/08	Willamette Invite

1500 METERS (4:09.70)

1. Mark Moeller	4:02.92	4/12/08	WAOR 1
2. Stephen Olsen	4:06.57	4/12/08	WAOR 1
3. Tyler Rapp	4:10.97	4/19/08	Duane Hartman Invite
4. Nathan Zahn	4:16.93	3/15/08	Dusty Lane Open
5. Brad Serdar	4:12.92	4/19/08	Duane Hartman Invite
6. Jordan Butler	4:21.59	4/19/08	Duane Hartman Invite

3000 METER STEEPLECHASE (10:24.00)

1. Tyler Rapp	10:03.50#	4/12/08	WAOR 1
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5000 METERS (16:04.80)

1. Mark Moeller	14:48.48#	4/04/08	Willamette Invite
2. Tyler Rapp	15:25.58#	4/04/08	Willamette Invite
3. Stephen Olsen	15:38.89#	4/04/08	Willamette Invite
4. Nathan Zahn	15:54.81#	3/08/08	Sasquatch Mini-meet
5. Jordan Butler	16:23.05	4/04/08	Willamette Invite

10000 METERS (34:36.90)

1. Mark Moeller	30:28.14	4/19/08	Mt. SAC Relays
2. Stephen Olsen	35:54.53	3/08/08	Sasquatch Mini-meet
3. Max Reeder	35:55.90	3/08/08	Sasquatch Mini-meet
4. Jordan Butler	36:49.80	3/08/08	Sasquatch Mini-meet

110 METER HURDLES (15.70)

1. Adam Walden	14.81#	3/15/08	Dusty Lane Open
2. Tim Armstrong	15.46#	3/08/08	Sasquatch Mini-meet
3. Collin Warrick	16.43	4/12/08	WAOR 1
4. Sam Hale	17.62	4/12/08	WAOR 1

400 METER HURDLES (56.90)

1. Tim Armstrong	55.44#	4/05/08	Willamette Invite
2. Adam Walden	56.09#	4/05/08	Willamette Invite
3. Sam Hale	59.17	4/12/08	WAOR 1
4. Matt Bauman	61.39	4/19/08	Duane Hartman Invite

400 METER RELAY (43.00)

1. F. Valencia, J. Holley, K. Williams, A. Walden	42.52#	4/12/08	WAOR 1
2. T. Watson, M. Vetter, K. Williams, J. Holley	42.53#	3/15/08	Dusty Lane Open

4 x 400 METER RELAY (3:23.50)

1. M. Fitzgerald, A. Walden, F. Valencia, T. Armstrong	3:23.44#	4/12/08	WAOR 1
2. A. Walden, M. Fitzgerald, T. Armstrong, C. Rose	3:25.25	4/19/08	Duane Hartman Invite

SHOT PUT (46' 3 1/4")

1. Dave Howard	55-08.50#	4/12/08	WAOR 1
2. Steven Frederick	46-00.75	4/12/08	WAOR 1
3. Ron Whitley	44-09.00	3/15/08	Dusty Lane Open
4. Mitch Kamstra	44-07.50	4/12/08	WAOR 1
5. Chris Shepherd	38-02.00	3/15/08	Dusty Lane Open

DISCUS (139' 10")

1. Dave Howard	164-09#	4/12/08	WAOR 1
2. Ron Whitley	149-06#	3/08/08	Sasquatch Mini-meet
3. Kahel Smith	146-10#	4/19/08	Duane Hartman Invite
4. Steven Frederick	131-01	3/08/08	Sasquatch Mini-meet
5. Chris Shepherd	120-10	4/19/08	Duane Hartman Invite

HAMMER THROW (143' 9")

1. Jon Smith	169-08#	4/12/08	WAOR 1
2. Ron Whitley	153-08#	3/15/08	Dusty Lane Open
3. Kahel Smith	153-11#	4/12/08	WAOR 1
4. Dave Howard	147-00#	4/19/08	Duane Hartman Invite
5. Steven Frederick	140-05	4/12/08	WAOR 1
6. Mike Schaffer	132-07	4/19/08	Duane Hartman Invite

JAVELIN (187' 11")

1. Gabe Rodriguez	195-00#	4/05/08	Willamette Invite
2. Jason Flemmer	190-03	4/19/08	Duane Hartman Invite
3. Adam Togstad	185-04	4/12/08	WAOR 1
4. Mitch Kamstra	170-11	4/12/08	WAOR 1
5. Dave Howard	170-01	4/19/08	Duane Hartman Invite
6. Travis Tornga	167-10	4/19/08	Duane Hartman Invite
7. Kraig Grant	167-07	4/19/08	Duane Hartman Invite

POLE VAULT (13' 11")

1. Kraig Grant	15-00.25#	3/08/08	Sasquatch Mini-meet
2. Adam Neace	14-01.25#	4/19/08	Duane Hartman Invite
3. Casey Schooley	14-00.00#	3/08/08	Sasquatch Mini-meet
4. Tim Armstrong	10-10.00	4/16/08	Spokane Decathlon
5. Sam Hale	10-04.00	4/16/08	Spokane Decathlon

LONG JUMP (21' 11 1/2")

1. Kurt Williams	22-00.75	4/12/08	WAOR 1
2. Andrew Canning	21-00.00	4/05/08	Willamette Invite
3. Sean Adebayo	20-05.00	4/05/08	Willamette Invite
4. Tim Armstrong	20-03.25	4/15/08	Spokane Decathlon
5. Sam Hale	19-00.50	4/15/08	Spokane Decathlon

TRIPLE JUMP (44' 10 1/4")

1. Kurt Williams	46-09.50#	4/12/08	WAOR 1
2. Deonta Edwards	43-07.00	4/12/08	WAOR 1
3. Andrew Canning	42-02.25	4/05/08	Willamette Invite

HIGH JUMP (6' 3 1/2")

1. Deonta Edwards	6-06.00#	4/05/08	Willamette Invite
2. Kris Widman	6-04.00#	4/12/08	WAOR 1
3. Mitch Kamstra	6-04.00#	4/19/08	Duane Hartman Invite
4. Donny Gaines	5-10.00	4/12/08	WAOR 1
5. Sam Hale	5-05.00	3/08/08	Sasquatch Mini-meet

DECATHLON (5000 pts)

1. Tim Armstrong	5839#	4/16/08	Spokane Decathlon
2. Sam Hale	5400#	4/16/08	Spokane Decathlon

= 2008 NWAACC Championships Qualifier
(00:00.00) = NWAACC Qualifying Mark
! = CCS Record
Bold = 2008 NWAACC Champion