

**2004 CAL POLY POMONA  
MEN'S TRACK & FIELD BEST LIST**

As of May 16, 2004

<b>100 Meters</b>	<b>Yr</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>"A" 10.30</b>	<b>"B" 10.70</b>
Jason Johnson	Jr.	10.55	2/28	CPP		X
Vince Nguyen	Jr.	10.73	5/2	UCI		
Denny Casupanan	So.	10.83	5/14	CSLA		
Daryll Eaton	Fr.	10.84	4/3	CP SLO		
Quentin Rodgers	So.	10.97	5/14	CSLA		
Tim Gregory	So.	11.19	2/28	CPP		
Herbert Ip	Jr.	11.44	4/14	APU		
Sean Myrill	Jr.	11.46	4/10	UCR		
David Leetz	So.	11.84	3/18	CS Northridge		
Paul Nurre	So.	11.96	5/1	CPP		

<b>200 Meters</b>	<b>Yr</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>20.65</b>	<b>21.55</b>
Daryll Eaton	Fr.	21.56	5/1	CPP		
Vince Nguyen	Jr.	21.81	5/14	CSLA		
Quentin Rodgers	So.	21.93	5/1	CPP		
Jason Johnson	Jr.	22.17	4/16	PP		
Tim Gregory	So.	22.63	4/16	PP		

<b>400 Meters</b>	<b>Yr</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>46.50</b>	<b>48.00</b>
Ikechi Njoku	So.	48.70	4/16	PP		
Adam Moore	Fr.	48.98	4/10	UCR		
Sean Zeitler	So.	49.25	4/16	PP		
Quentin Rodgers	So.	50.59	4/16	PP		
Minter Stallworth	Fr.	50.62	5/14	CSLA		
Shaun Fitzgerald	So.	50.97	5/1	CPP		
Robert Braun	Jr.	51.14	3/13	CS Full		
Herbert Ip	Jr.	51.43	3/18	CS Northridge		
David Grant	So.	51.72	5/1	CPP		
Eugene Okoreeh	Fr.	52.57	3/13	CS Full		
David Leetz	So.	53.17	2/28	CPP		

<b>800 Meters</b>	<b>Yr</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>1:49.40</b>	<b>1:53.00</b>
Shaun Fitzgerald	So.	1:55.11	5/8	Oxy		
David Grant	So.	1:56.11	5/15	CSLA		
Ossie Crenshaw	Fr.	1:56.30	3/27	PP		
Robert Braun	Jr.	1:56.60	5/15	CSLA		
Brad Fessenden	Jr.	1:56.61	5/14	CSLA		
Peter Barriga	Jr.	1:57.66	5/14	CSLA		
Brad Theobald	Sr.	2:04.85	2/28	CPP		
Eugene Okoreeh	Fr.	2:07.02	3/27	PP		

<b>1500 Meters</b>	<b>Yr</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>3:47.00</b>	<b>3:54.00</b>
Brad Fessenden	Jr.	3:55.44	5/2	UCI		
Mark Batres	So.	4:00.86	3/27	PP		
Peter Barriga	Jr.	4:05.63	5/2	UCI		
Brad Theobald	Sr.	4:08.65	5/1	CPP		
Shaun Fitzgerald	So.	4:10.53	4/16	PP		
Alex Benavidez	Fr.	4:11.03	3/27	PP		
Daniel Sutton	Jr.	4:13.77	5/1	CPP		
Daniel Rojas	Jr.	4:18.89	5/15	CSLA		
David Grant	So.	4:36.77	2/28	CPP		
Paul Nurre	So.	4:50.56	5/1	CPP		

Herbert Ip	Jr.	4:56.51	4/15	APU
David Leetz	So.	5:27.98	3/18	CS Northridge

<b>3000 Meters SC</b>	<b>Yr</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>9:00.00</b>	<b>9:25.00</b>
Brad Fessenden	Jr.	9:34.08	4/4	CP SLO		
Brad Theobald	Sr.	9:46.00	3/6	LB State		
Daniel Sutton	Jr.	9:52.69	4/4	CP SLO		
J.D. Tawney	So.	10:01.39	3/6	LB State		
Shaun Fitzgerald	So.	10:05.82	4/10	UCR		
Tom Hummel	So.	10:13.69	3/6	LB State		
David Cerecerez	Jr.	10:19.84	3/27	PP		

<b>5000 Meters</b>	<b>Yr</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>14:00.00</b>	<b>14:50.00</b>
Daniel Rojas	Jr.	14:45.76	3/13	CS Full		X
Mark Batres	So.	14:50.05	4/4	CP SLO		
Brad Fessenden	Jr.	15:07.19	3/13	CS Full		
Brad Theobald	Sr.	15:10.49	3/13	CS Full		
Alex Benavidez	Fr.	15:14.53	3/13	CS Full		
J.D. Tawney	So.	15:25.64	3/13	CS Full		
David Cerecerez	Jr.	15:33.85	3/13	CS Full		
Peter Barriga	Jr.	15:57.63	3/13	CS Full		
H. Arredondo	So.	16:41.0h	2/28	CPP		

<b>10000 Meters</b>	<b>Yr</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>29:20.00</b>	<b>31:20.00</b>
Mark Batres	So.	29:49.77	4/16	Mt. SAC		X
Daniel Rojas	Jr.	31:12.50	2/28	CPP		X
J.D. Tawney	So.	32:10.90	2/28	CPP		
David Cerecerez	Jr.	32:31.98	4/16	PP		
Brad Theobald	Sr.	33:20.34	4/16	PP		
Tom Hummel	So.	33:18.90	2/28	CPP		

<b>110 Hurdles</b>	<b>Yr</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>13.90</b>	<b>14.75</b>
Sean Myrill	Jr.	14.43	5/15	CSLA		X
David Leetz	So.	15.44	3/13	CS Full		
Paul Nurre	So.	15.48	5/15	CSLA		
Minter Stallworth	Fr.	16.25	5/2	UCI		
Herbert Ip	Jr.	16.31	3/27	CPP		

<b>400 Hurdles</b>	<b>Yr</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>51.70</b>	<b>53.55</b>
Adam Moore	Fr.	52.79	5/15	CSLA		X
Sean Zeitler	So.	53.70	5/15	CSLA		
Minter Stallworth	Fr.	55.22	4/16	PP		
Paul Nurre	So.	57.79	3/13	CS Full		

<b>4X100 Relay</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>40.00</b>	<b>41.25</b>
Team A	41.02	4/16	PP		X

<b>4X400 Relay</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>3:09.00</b>	<b>3:14.00</b>
Team A	3:14.27	5/2	UCI		

<b>High Jump</b>	<b>Yr</b>	<b>Height</b>	<b>Date</b>	<b>Place</b>	<b>7-01</b>	<b>6-09.75</b>
DeAndre Laurie	Jr.	6-8.00	3/27	PP		
Herbert Ip	Jr.	5-10.00	4/14	APU		
David Leetz	So.	5-7.25	3/18	CS Northridge		

<b>Pole Vault</b>	<b>Yr</b>	<b>Height</b>	<b>Date</b>	<b>Place</b>	<b>17-00</b>	<b>15-09</b>
Garrett Holcomb	So.	15-5.00	5/2	UCI		
Herbert Ip	Jr.	14-1.25	3/18	CS Northridge		
David Leetz	So.	12-5.50	3/18	CS Northridge		

<b>Long Jump</b>	<b>Yr</b>	<b>Distance</b>	<b>Date</b>	<b>Place</b>	<b>25-04</b>	<b>23-08</b>
Denny Casupanan	So.	23-6.25	5/1	CPP		
Herbert Ip	Jr.	22-7.75	4/10	UCR		
Adam Moore	Fr.	22-1.75	3/27	PP		
David Leetz	So.	19-0.00	2/28	CPP		
Sean Myrill	Jr.	18-10.75	3/27	PP		
Jason Johnson	Jr.	18-9.25	4/10	UCR		
Paul Nurre	Jr.	16-2.25	4/24	UCSD		

<b>Triple Jump</b>	<b>Yr</b>	<b>Distance</b>	<b>Date</b>	<b>Place</b>	<b>51-00</b>	<b>48-00</b>
Herbert Ip	Jr.	46-3.50	2/28	CPP		
DeAndre Laurie	Jr.	45-10	5/15	CSLA		
Ike Njoku	So.	43-4.25	3/27	PP		

<b>Shot Put</b>	<b>Yr</b>	<b>Distance</b>	<b>Date</b>	<b>Place</b>	<b>60-0.25</b>	<b>52-06</b>
Jeff Holder	Sr.	51-5.50	4/10	UCR		
Marquis Johnson	Fr.	45-8.00	3/27	PP		
David Leetz	So.	33-8.75	3/18	CS Northridge		
Herbert Ip	Jr.	31-10.75	4/14	APU		

<b>Discus</b>	<b>Yr</b>	<b>Distance</b>	<b>Date</b>	<b>Place</b>	<b>180-00</b>	<b>161-00</b>
Matt Palmer	So.	148-10	4/16	PP		
Jeff Holder	Sr.	134-01	4/24	UCSD		
Marquis Johnson	Fr.	117-06	4/24	UCSD		
David Leetz	So.	107-00	3/6	LB State		
Herbert Ip	Jr.	110-03	5/1	CPP		

<b>Javelin</b>	<b>Yr</b>	<b>Distance</b>	<b>Date</b>	<b>Place</b>	<b>218-00</b>	<b>193-00</b>
Matt Palmer	So.	162-7	5/14	CSLA		
Sean Myrill	Jr.	153-6	3/13	CS Full		
Herbert Ip	Jr.	146-09	5/1	CPP		
David Leetz	So.	136-01	2/28	CPP		
Jason Carpenter	Sr.	132-07	4/10	UCR		
Garrett Holcomb	So.	128-03	5/1	CPP		

<b>Hammer</b>	<b>Yr</b>	<b>Distance</b>	<b>Date</b>	<b>Place</b>	<b>200-00</b>	<b>172-00</b>
Jason Carpenter	Sr.	168-09	2/28	CPP		
Jeff Holder	Sr.	162-06	4/10	UCR		
Matt Palmer	So.	159-10	3/13	CS Full		
Marquis Johnson	Fr.	152-04	3/27	PP		

<b>Decathlon</b>	<b>Yr</b>	<b>Points</b>	<b>Date</b>	<b>Place</b>	<b>7000</b>	<b>6400</b>
Herbert Ip	Jr.	6178	4/15	APU		
David Leetz	So.	5415	3/18	CS Northridge		
Paul Nurre	So.	4444	5/15	CSLA		

### **Team Result**

Bronco Invitational  
 Long Beach Relays  
 Ben Brown Invitational @ CS Fullerton  
 Middlebury College, W, 114-65 at Pomona-Pitzer  
 Cal-Nevada Championships @ CP SLO, 13th place, 22 points  
 UCR 5-Way Meet, 219 points, 1st place  
 Pomona-Pitzer Invitational  
 Mt. SAC Relays  
 UC San Diego Invitational  
 CPP Wind/Windless Invitational

Steve Scott Invitational, UC Irvine  
CCAA Championships, 2nd place, 150.5 pts