

Sacramento City College Panthers
Men's Track Field Top 10 List

100 Meters			800 Meters		
Roy Mosley	10.35	1981	Bob Martin	1:50.00.	1968
LaMont Beard	10.41	2012	Keith Wynne	1:51.10.	1989
Lindsay McDonald	10.43	1994	David Joshua	1:51.44.	1989
David Reid	10.46	2008	James White	1:51.77.	1997
Jim McGee	10.47	1997	Chris Pride	1:53.29.	1989
Larry King	10.49	1989	Ken Gilbert	1:53.31.	1983
James Hinex	10.52	1996	Wayne Perry	1:53.34.	1980
Jacob Bautista	10.53	2012	Vince Pettus	1:53.74.	1983
Calvin Bates	10.53	1996	Ed Spolarich	1:54.14.	1974
Tommy Cook	10.53	1991	Robet Brown	1:54.25.	1986
Chris Dailey	10.54	1979			
Andrae White	10.54	1987			
Mark Page	10.55	2004			
Will Henry	10.56	2010	1500 Meters		
Ben Santos	10.56	2008	Robert Brown	3:56.75.	1985
Armahd Lewis	10.59	2009	Guillermo Guerrero	3:58.73.	1993
Armahd Lewis	10.64	2007	Darren O'Dell	3:58.8.	1992
Jamar Gooden	10.64	2006	Brody VanKoten	3:59.74	2005
			Landry Daniels	4:00.68.	2006
(C)Indicates Converted Time			Andy Betschart	4:02.05	1973
			Carlos Suarez	4:03.76.	2008
			Mark Vollmer	4:04.1.	1984
200 Meters			Keith Wynne	4:04.09.	1973
Kelvin Hollins	20.62	1981	Alberto Villa	04:04.1	2012
Roy Mosley	20.65	1981	Dave Boyet	4:05.7.	1973
Nate Williams	20.83	1981	Jack Betshart	4:06.1.	1978
Lyle Jackson	20.90.	1981			
Greg Turner	20.90.	1994			
Jack Beloney	20.91	1996			
LaMont Beard	20.97	2012	3000 Meters		
Lindsay McDonald	21.00.	1994	Matt Sartor	9:05.73.	2006
Derek Shepard	21.09	1994	Brad Lael	9:14.44.	1997
Jesse White	21.11	2013	David Graves	9:23.73.	2006
David Reid	21.20.	2008	Guillermo Guerrero	9:24.0.	1993
Armahd Lewis	21.26	2009	Farhad Zarif	9:24.5.	1993
Jamar Gooden	21.29	2006	Brian Lanes	9:24.7.	1993
Will Henry	21.34	2010	Anthony Natera	09:45.5	2009
Charles Kidd	21.34c	1980	Jawad Yusufzai	10:10.84.	1997
David Jones	21.34c	1990			

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400 Meters				110 Hurdles		
Nate Williams	45.92	1981		Bryan Bolton	.13.70	1983
Derek Shepard	46.19	1993		Albert Pride	13.99	1989
Kelvin Hollins	46.76	1981		Mike Bates	14.14c	1969
Jack Beloney	46.88	1996		Chriss Grimble	14.35	1984
Malachi Davis	46.93	1997		Mark Carley	14.44c	1976
Greg Turner	46.94	1994		Rodderick Giles	14.54	2012
Brandon Dawson	46.96	2010		Joe Batiste	14.54c	1941
Roman Gray	46.96	2008		Moe Fontenot	14.60.	2006
Vince Pettus	46.98	1983		J.T. Leggins	14.63	2007
Gerald Munroe	46.99	1990		Henry Hines	14.64c	1969
Greg Parker	47.18	1986		Jim Humphrey	14.74c	1936
Jesse White	47.18	2013		Kevin Redd	14.74c	1951
Michael Johnson	47.20.	2006		Walt Goodman	14.74c	1957
				Tom Moore	14.74c	1934
				Ian Hatada	14.74c	1994
3000 Steeplechase						
Tino Taratino	9:21.34.	1981		400 Hurdles		
Jack Betschart	9:23.04.	1978		Albert Pride	50.55	1988
Dave Boyet	9:38.44.	1973		Richard Curtis	51.10.	1985
Scott McDonald	9:40.34.	1980		Kevin Meier	51.53	1997
Andy Betschart	9:52.00.	1973		Paea Kokohu	52.02	1996
Kurtis Akabori	9:53.00.	1989		Michael Brousasard	52.09	2009
Roger Stordahl	9:53.00.	1974		Kito Andrews	52.54	1999
Miquel Rosales	9:55.69.	2006		Bryan Bolton	52.58	1983
Tom Carroll	9:58.00.	1980		Mike Bates	52.64	1969
Vince Neuburger	9:59.00.	1985		Dennis Lewis	52.89	1984
				Seagram Kern-Wilson	53.02	2009
				Rondo Sands	53.04	1981
				Kevin Redd	53.64	1981
				Ronnie Floyd	53.77	2013
5000 Meters				Marco Moon	53.84.	2008
Tino Tarrtino	14:58	1981				
Keith Farrell	15:17	1989		10,000 Meters		
Roger Stordahl	15:18	1975		Keith Farrell	.31:13.45	1989
Andy Betschart	15:20	1974		Dan Betker	32:36:00	1982
Pat Stordahl	15:31	1971		Brad Lael	.32:42.55	1997
Brad Lael	15:36.8	1997		Bob Harrick	32:46:00	1977
Bill Kipp	15:37	1974		Lucas Munoz	33:00.0	1981
Dan Betker	15:37	1982		John Mendoza	33:09.0	1983
Steve Barr	15:37	1975		Dave Russell	33:34.0	1985
Arturo Arriaga	15:37	2010		Leonard Ponce	33:50.0	1986
Scott McDonald	15:38	1980		Thomas Lomeli	33:57.69.	2013
				David Graves	33:57.86.	2007
				John Gibson	34:12.7	1989
				Travers Hopkins	34:11.90.	2013
				Francisco Mondragon	34:14.6	1994

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4 x 100 Relay					
Bautista-Beard-Clarke-Snelling	39.88	2012			
Mosley-Williams-Hollins-Jackson	39.96	1981			
Richardson-Bates-Mcgee-Lewis	40.24	1997			
Turner-L.Macdonald-Vandyke-M.Williams	40.35	1994			
Ollie-Jones-Hines-Bates	40.30.	1969			
Hinex-Bates-Beloney-Harrison	40.38	1996			
Mosley-Kidd-Hollins-Hill	40.40.	1981			
King-Dunne-Monroe-Garner	40.42	1989			
Bender-Beard-Harris-Henry	40.47	2010			
Mosley-Williams-Hollins-Hill	40.50.	1981			
Santos-Inniss-Gray-Reid	40.62	2008			
Wilson-Jones-Monroe-Garner	40.63	1990			
Bolton-Alvin-Jackson-Wright	40.80.	1981			
4 x 200 Relay					
Mosley-Williams-Hollins-Jackson	1:23.07.	1981			
Mosley-Hollins-Williams-Wright	1:24.10.	1981			
Hill-Williams-Hollins-Mosley	1:24.50.	1980			
Bates-Beloney-Pittman-Bray	1:24.50.	1996			
Turner-McDonald-Vandyke-Shepard	1:24.70.	1994			
Cook-Riley-Lewis-Ryan	1:25.0.	1992			
McGee-Hamm-Bates-Johnson	1:25.21.	1997			
Kidd-Williams-Vandyke-Sheppard	1:25.5.	1980			
Cook-Riley-Lewis-Ryan	1:25.70.	1992			
Hill-Kidd-Dehoney-Dailey	1:26.2.	1979			
4 x 400 Relay			Pole Vault		
Booth-Turner-Vandyke-Shepard	3:06.03.	1994	Karl Kalista	16' 0" 3/4	1990
Richardson-Davis-White-Bates	3:07.74.	1997	Jeff Lewis	16'0"1/2	2009
Mosley-Jackson-Williams-Hollins	3:07.76.	1981	Melvin Hempstead	16' 0"	1987
Mosley-Perry-Williams-Hollins	3:07.94.	1981	Ken Richardson	16' 0"	1966
Harris-Gilbert-Pettus-Calvin	3:09.39.	1983	Chad McCammon	15'9"	2007
Kidd-Mosley-Hollins-Williams	3:10.10.	1980	Mike Marshall	15' 6"	1991
Taylor-Lewis-Gray-Womack	3:10.16.	2009	Troy Newbold	15' 6"	1992
Jackson-Perry-Williams-Hollins	3:10.40.	1981	David Gull	15' 0"	1994
Cook-Houston-Wilson-Ryan	3:11.00.	1992	Tyler Bickly	14'9"	2009
Richardson-Bates-Beloney-Kokohu	3:11.01.	1996	Derek Slavik	14' 7"	2001
Wilson-Jones-Perry-Garner	3:11.51.	1990	Gary Heidman	14' 6 1/2"	1962
Womack-Inniss-Colvin-Gray	3:11.52.	2008	Chris Madsen	14' 6"	1988
Broughton-Bender-Dawson-Adams	3:11.72.	2010	Tom Price	14' 6"	1971
Briggs-Dunn-Floyd-White	3:12.29.	2013	Andy Scruggs	14' 6"	1983
			Jeff Lewis	14'6"	2008

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Long Jump			Shot Put		
Henry Hines	26-2 3/4	1969	Aaron Tombleson	58-7 1/2	2012
Derrick Lewis	25-10 3/4	1974	Ryan Scuffy	58-3 3/4	1997
Neelon Greenwood	25-1	2008	Erik Weddel	57-11 1/2	1989
Roman Gray	24-11	2008	Shane Mervau	57- 5	2006
Ken Duncan	24-10 3/4	1989	John Newell	57-1 1/2	2002
Joel Smith	24-10 1/4	1997	Charles Thomas	53-9 3/4	1997
Claude McWilliams	24-7 1/2	1935	Chris Linggi	53-9 3/4	1978
Adam Powell	24-5	1996	Ray Daniels	53-1 1/2	1972
Ernie Graham	24-1 1/2	2011	Trent Roberts	53-1	2011
Albert Pride	24-0 1/2	1976	JR. Olson	52-11 1/2	1968
Chuck Polite	24-0 1/2	1976	Aarron Tombleson	52-10 1/4	2011
Eric Wright	24-0 1/4	1982	Dave Herbert	51-10	1976
Neelon Greenwood	23-11 1/2	2007	Joey Baer	51- 3 1/2	2006
			Adam Mosman	51-3	1993
Triple Jump			Discus		
Joel Smith	52-5 1/2	1988	Matt Artau	176-11	2006
Neelon Greenwood	51-6	2008	Aarron Tombleson	174-11	2011
Derrick Lewis	51-1 1/2	1997	Erik Weddell	171-0	1989
Alphonzo Davis	50-6 3/4	1989	Joey Baer	163-10	2006
Henry Hines	49-11	1969	John Newell	163-10	2002
Bruce Harris	49-10 1/2	1978	Charles Thomas	163-3	1997
Dashawn Clark	49-2 1/2	2001	Stan Mataele	156-7	1976
David Puffer	49-1 1/4	1987	Garrett Siscal	156-0	2013
Jonier West	49-0 1/2	2005	Al Just	154-2	1976
Paul Fuller	49-0 1/4	1965	Shane Mervau	154-0	2006
Gary Smith	48-4	1997	Marshall Land	153-5	1984
			John Harvey	152-5	1986
			Trent Roberts	151-2	2011
			JR. Olson	150-8	1968
High Jump			Decathlon		
Joe Rodan	7' 3"	1977	Logan Moore	6822 pts.	2005
Fletcher Carlyle	7'2" 1/2	2009	Chris Madden	6760 pts.	1986
Kurtiss Dilley	7' 2" 1/2	2002	Alphonzo Davis	6698 pts.	1994
Darius Bell	7'1" 1/2	2011	Sean Giblin	6563 pts.	1979
Greg Gonsalves	7' 1" 1/4	1983	Ray Roberts	6560 pts.	1983
Ray Nikzat	7'0" 3/4	2010	Jason Dunn	6493 pts.	2013
James Nieto	7' 0" 1/4	1996	Logan Moore	6349 pts.	2001
Doug Williams	7' 0" 1/4	1982	Albert Miller	6340 pts.	1980
Gary Shuler	7' 0"	1996	Ken Vaughn	6207 pts.	1999
Alphonzo Davis	7' 0"	1989	Brent Miller	6176 pts.	1992
Ron Raymond	7' 0"	1982	Mike Bloyed	6145 pts.	1991
David Puffer	7' 0"	1987			
Jeff Brown	7' 0"	1992			

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Hammer			One Mile Run		
Stan Mataele	195-3	1984	Dave Boyet	4:16.5	1974
John Newell	192-1	2002	Dennis Davidson	4:16.6	1962
Aaron Tombleson	189-5	2012	Joe Vasquez	4:17.5	1970
Eric Weddell	187-5	1989	Isias Calderon	4:18.5	1968
Kelly Graves	186-10	1991	Andy Betschart	4:20.0	1974
Justin Carvahlo	184-9 3/4	1994	Mark Reese	4:20.0	1968
Jeff Farrell	176-8	1991	Curtis Duff	4:20.6	1972
Charles Thomas	172-2	1997	Mark Norman	4:20.6	1968
Will Beck	170-2	1997	Jerry Lopes	4:20.6	1937
Ken Smith	169-4	1984	Les Waters	4:20.8	1958
David Lunde	168-8	1990			
			2 Mile Run		
Javelin - Old			Jim Howell	9:14.8	1968
Fred Hunter	243-7	1987			
Benson Maafala	214-4	1984	Terry Record	9:18.7	1965
Mike County	207-0	1983	Dave Hamblin	9:19.4	1967
Kevin Flynn	206-1	1981	Scott Macdonald	9:29.0	1980
Lane Santiago	203-1	1986	Isias Claderon	9:33.7	1968
Rick Fritzmeier	202-0	1978	Mark Magee	9:33.8	1977
Robert Rueb	192-6	1985	Bob Herrick	9:34.7	1977
Jim Lister	191-0	1973	Dave Boyet	9:36.0	1974
Chris Madden	188-7	1986	Bill Kipp	9:36.0	1974
John Havey	187-7	1985	Andy Betschart	9:36.5	1974
Javelin - New					
Cody Allen	213-6	2010			
Fred Hunter	212-5	1988			
Jon Dunn	204-6	2012			
Marcus Wilson	199-5	1990			
Jared Russell	191-2	2007			
Logan Moore	186-10	2005			
Seth Wilson	185-8	1994			
Paul Carras	182-10	2001			
Mike Bloyed	176-10	1991			
David Jaekel	175-5	1989			
Sean Blanford	175-4	2001			
Jason Nicholson	174-10	2007			
Jason Dunn	173-10	2012			

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4 x 800 Relay						
Wynne-Hanna-Pride-Joshua		7:44.3.	1968			
Beland-Calderon-Norman-Casey		7:48.5.	1968			
Martin-Syas-Dally-Hamblin		7:50.4.	1967			
Marez-Latta-Scott-Spolarich		7:50.6.	1073			
Beland-Calderon-Simmons-Casey		7:51.6.	1969			
Calderon-Casey-Martin-Norman		7:54.2.	1969			
Davidson-Davidson-Gonzales-Hooper		7:55.0.	1972			
Santos-Scott-Duff-Scott		7:55.6.	1972			
Boyet-Scott-Marez-Spolarich		7:56.2.	1978			
Simmons-Beland-Casey-Norman		7:56.2.	1968			
Sprint Medley						
(200-100-100-400)						
Lewis-Brousaard-Henry-Womack		1:33.30.	2009			
			2008			
			2007			
Sprint Medley						
(100-100-200-400)						
King-Garner-A.Pride-C.Pride		3:17.6.	1989			
Allen- Bates-Mott-Martin		3:22.8.	1968			
Jones-Garner-Monroe-C.Pride		3:23.4.	1990			
Wright-Sands-Bowman-Perry		3:25.5.	1981			
Bolton-Harris-Pettus-Gilbert		3:26.65.	1983			
Jackson-Redd-Sands-Perry		3:27.3.	1981			
Richardson-Meirer-Bernard-White		3:27.41.	1997			
Hill-Kidd-Williams-Perry		3:27.5.	1980			
Mosley-Sands-Jackson-Perry		3:28.2.	1980			
Allen- Bates-Mott-Martin		3:29.9.	1968			
Distance Medley						
Smith-Spolarich-Boyet-A.Betschart		10:10.6.	1974			
O'Dell-Wilson-Houston-Guerrero		10:12.40.	1992			
Ford-Beland-Casey-Calderon		10:17.6.	1969			
Gonzales-Crabbe-Davidson-Davidson		10:17.8.	1961			
Edmonson-Martin-Norman-Hamblen		10:25.4.	1967			
Syas-Martin-Hamblen-Norman		10:28.0.	1967			
Taylor-Davidson-Hooper-Davidson		10:28.1.	1962			
McCallan-Casey-Norman-Calderon		10:29.0.	1968			
Ford-Beland-Casey-Calderon		10:29.2.	1969			
McCallan-Calderon-Reese-Howell		10:32.2.	1968			

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4 x Mile Relay						
Boyet-Spolarich-Kipp-Stordahl	18:23.4	1974				
Duff-Vasquez-V.Scott-Stordahl	18:28.2	1971				
Shuttle Hurdles (Low-High) 480 Yards						
Creech-Hines-Watkins-Bates	56.3	1969				
Taylor-Thurman-Hoglen-Carley	56.5	1974				
Johnson-Bates-Beatty-Watkins	57.4	1968				
Jennings-Scott-Typer-Ragstar	58.9	1970				
Jennings-Holbrook-Jackson-Grace	58.9	1966				
Libbee-Luther-Clark-Ragstar	59.0	1971				
Dansby-Relles-Bryant-Pickett	59.5	1973				
Carr-Ragstar-Typer-Jennings	59.6	1970				
Beatty-Watkins-Smotherman-Bates	59.8	1968				
Libbee-Luther-Lindsay-Ragstar	59.9	1971				
Shuttle Hurdle Relay (Highs) 480 Yards						
Taylor-Thurman-Hoglen-Carley	63.6	1976				
Relles-Pickett-Vasquez-Dansby	64.5	1973				
4 x 400 IM Hurdle Relay						
Hatata-Kokoku-Berhane-Green		1993				
Andrews-Slavik-Bean-Moore		2001				
Three Man Field Event Relays						
(Shot) Linggi-Herbert-Fritsemeier	147-11	1977				
(Discus) Just-Linggi-Frizmeier	442-0	1976				
(Javelin) Woodbury-Meyers-Klopp	515-11	1974				
(Triple Jump) Polite-Kelso-Durham	142-0	1976				
(Pole Vault) Price-Lawerence-Creech	41-6	1971				
(Long Jump) Polite-Kelso-Durham	67-11	1976				
(High Jump) Carlyle-Moreland-Fontenot	19-10	2007				
(High Jump) Williams-Roberts-Raymond	19-8	1982				
Two Man Field Event Relays						
(High Jump) Carlyle - Wagganacht	13'3"3/4	2009				
(Pole Vault) Lewis - Bickly	29'4"3/4	2009				