

**2011 CHICO STATE
MEN'S TRACK & FIELD BEST LIST**

100 Meters	Yr.	Time	Date	Location	A-Standard 10.38	B-Standard 10.60
Isaiah Haywood	So.	10.56	16-Apr	Woody		10.56
Jordan Alford-Helems	Jr.	10.70	May 7th	CCAA's		
Nick Sloggy	Fr.	10.92	May 7th	CCAA's		
Damaris Greer	So..	10.92	May 7th	CCAA's		
Michael Beeman	Jr.	11.29	23-Mar	Cal Multi		
Adam Richards	Fr.	11.37	12-Mar	Davis		
Alex Isley	Jr.	11.48	2-Apr	ARC		
Zach Helfand	Fr.	11.53	12-Mar	Davis		
John Brunk	So.	11.55	3-Mar	Chico		
Talor Fulfer	Sr.	11.72	26-May	NCAA's		
Jon-Michael Delima	Jr.	11.82	3-Mar	Chico		
200 Meters	Yr.	Time	Date	Location	20.88	21.45
Isaiah Haywood	So.	21.44c	23-Apr	Border Battle		
Jordan Alford-Helems	Jr.	21.91	May 7th	CCAA's		
Nick Sloggy	Fr.	22.03	May 7th	CCAA's		
Zach Helfand	Fr.	22.56	9-Apr	Chico Twilight		
Michael Beeman	Jr.	22.71	9-Apr	Chico Twilight		
Damaris Greer	So.	22.93	12-Mar	Davis		
Matt Sloggy	Jr.	23.09	2-Apr	ARC		
Alex Isley	Jr.	23.19	2-Apr	ARC		
Adam Richards	Fr.	23.39	5-Mar	Stanislaus		
c-Converted from hand time.						
400 Meters	Yr.	Time	Date	Location	46.42	48.00
Matt Sloggy	Jr.	49.51	May 7th	CCAA's		
Michael Beeman	Jr.	50.48	13-Apr	Azusa Multi		
Zach Helfand	Fr.	51.44	2-Apr	ARC		
Jon-Michael Delima	Jr.	52.05	3-Mar	Chico		
John Brunk	So.	52.22	3-Mar	Chico		
Nick Sloggy	Fr.	52.49	19-Mar	Sacramento		
Talor Fulfer	Sr.	53.12	3-Mar	Chico		
Michael Storer	Jr.	53.27	3-Mar	Chico		
800 Meters	Yr.	Time	Date	Location	1:49.90	1:52.55
Clinton Hayes	Sr.	1:51.51	27-May	NCAA's		1:51.55
Daniel Parker	Fr.	1:52.74	8-Apr	Chico Twilight		
Manny Mejia	Sr.	1:52.76	8-Apr	Chico Twilight		
Jonathan Ahmann	Fr.	1:57.48	25-Mar	San Francisco		
Steven Bradley	Fr.	1:57.91	8-Apr	Chico Twilight		
Anthony Palermini	Jr.	2:02.10	8-Apr	Chico Twilight		

1,500 Meters	Yr.	Time	Date	Location	3:45.50	3:52.50
Manny Mejia	Sr.	3:51.75	9-Apr	Chico		3:51.75
Daniel Parker	Fr.	3:52.30	8-Apr	Chico		3:52.30
Clinton Hayes	Sr.	3:52.47	8-Apr	Chico		3:52.47
Julian Spence	Jr.	3:54.78	5-Mar	Stanislaus		
Brent Handa	Sr.	3:54.85	8-Apr	Chico		
Joseph Rivera	Jr.	3:56.29	8-Apr	Chico		
Isaac Chavez	Fr.	3:56.54	8-Apr	Chico		
Anthony Costales	So.	3:59.29	8-Apr	Chico		
Donald Truesdell	So.	4:00.26	5-Mar	Kim Duyst		
Jonathan Ahmann	Fr.	4:00.33	5-Mar	Kim Duyst		
Josh Linen	Jr.	4:05.26	9-Apr	Chico Twilight		
Dayne Gradone	Fr.	4:06.50	9-Apr	Chico Twilight		
Brendan Scanlon	Sr.	4:08.43	5-Mar	Kim Duyst		
Anthony Palermi	Jr.	4:09.99	25-Mar	San Francisco		
Steven Bradley	Fr.	4:17.59	5-Mar	Kim Duyst		
Michael Beeman	Jr.	4:23.42	14-Apr	Azusa Multi		
Jon-Michael Delima	Jr.	4:34.97	4-Mar	Stanislaus		
John Brunk	So.	4:43.13	4-Mar	San Francisco		
Talor Fulfer	Sr.	4:47.41	4-Mar	Stanislaus		
Michael Storer	Jr.	4:47.67	4-Mar	Chico		
Donald Truesdell	So.	4:00.26	5-Mar	Kim Duyst		
Jonathan Ahmann	Fr.	4:00.33	5-Mar	Kim Duyst		
Josh Linen	Jr.	4:05.26	9-Apr	Chico Twilight		

Steeplechase	Yr.	Time	Date	Location	8:56.00	9:20.00
Miles Dunbar	Jr.	9:39.83	May 7th	CCAA's		
Zach Zadrozna	Fr.	9:42.02	16-Apr	Woody		
Alan Campos	Sr.	10:05.01	May 7th	CCAA's		

5,000 Meters	Yr.	Time	Date	Location	14:00.00	14:35.00
Isaac Chavez	Fr.	14:26.86	15-Apr	Mt Sac Relays		14:26.86
Anthony Costales	Jr.	14:27.68	25-Mar	Stanford		14:27.68
Julian Spence	Sr.	14:30.61	25-Mar	San Francisco		14:30.61
Adrian Sherrod	So.	14:35.39	25-Mar	San Francisco		
Brent Handa	Sr.	14:49.00	1-May	Payton Jordan		
Alfonso Cisneros	Fr.	14:49.41	8-Apr	Chico Carnival		
Joey Kochlacs	Jr.	14:52.01	8-Apr	Chico Carnival		
Joseph Rivera	Jr.	14:54.68	25-Mar	San Francisco		
Donald Truesdell	So.	14:55.34	8-Apr	Chico Carnival		
Dane Gradone	Fr.	14:58.66	25-Mar	San Francisco		
Zach Zadrozna	Fr.	15:11.75	25-Mar	San Francisco		

10,000 Meters	Yr.	Time	Date	Location	29:24.60	30:40.00
Isaac Chavez	Fr.	29:28.86	26-May	NCAA's		29:28.86
Anthony Costales	Jr.	29:32.39	15-Apr	Mt. Sac		29:32.39
Adrian Sherrod	So.	29:58.01	15-Apr	Mt Sac		29:58.01
Joey Kochlacs	Jr.	30:28.32	15-Apr	Mt. Sac		30:28.32
Brent Handa	Sr.	30:32.39	15-Apr	Mt. Sac		30:32.39
Alfonso Cisneros	Fr.	31:39.38	25-Mar	SF Carnival		
Julian Spence	Sr.	31:47.12	15-Apr	Mt. Sac		
Alan Campos	Sr.	32:07.56	May 7th	CCAA's		

110 Hurdles	Yr.	Time	Date	Location	14.09	14.65
Michael Beeman	Jr.	15.55	May 7th	CCAA's		
Talor Fulfer	Sr.	16.33	14-Apr	Azusa Multi		
Alex Isley	Jr.	16.47	16-Apr	Woody		
Jon-Michael Delima	Jr.	16.96	2-Apr	ARC		
John Brunk	So.	16.86	23-Apr	Border Battle		
Myers, Eric	Fr.	17.34	12-Mar	Davis		
Michael Storer	Jr.	17.97	16-Apr	Woody		

400 Hurdles	Yr.	Time	Date	Location	51.74	53.90
Oliver Shabram	Sr.	54.31	May 7th	CCAA's		
Joh Michael Delima	Jr.	57.39	12-Mar	Davis		
Michael Storer	Jr.	60.98	12-Mar	Davis		

4x100 Relay	Yr.	Time	Date	Location	40.19	41.35
Damaris-Jordan-Nick-Isaiah		41.38	2-Apr	ARC		

4x400 Relay	Yr.	Time	Date	Location	3:09.10	3:15.00
Matt S-Hayes-Oliver-Beeman		3:19.58	May 7th	CCAA's		

Long Jump	Yr	Distance	Conversion	Date	Location	7.54	7.15
Nick Sloggy	Fr.	6.76 m		22-02.50	2-Apr	ARC	
Clayton Francis	Jr.	6.62 m		21-08.75	May 7th	CCAA's	
Talor Fulfer	Sr.	6.52 m		21-04.75	13-Apr	Azusa	
Jon-Michael Delima	Jr.	6.36 m		20-10.50	26-Feb	Chico	
John Brunk	So.	6.28 m		20-07.25	3-Mar	Chico	
Michael Beeman	Jr.	6.12 m		20-01.00	3-Mar	Chico	
Michael Storer	Jr.	5.89 m		19-04.00	26-Feb	Chico	

Triple Jump	Yr	Distance	Conversion	Date	Location	15.64	14.50
Clayton Francis	Jr.	14.13 m		46-04.25	May 7th	CCAA's	
Jon-Michael Delima	Jr.	12.96 m		42-06.25	19-Mar	Sacramento	
Talor Fulfer	Sr.	12.54 m		41-01.00	19-Mar	Sacramento	

High Jump	Yr	Distance	Conversion	Date	Location	2.17	2.05
Zach Long	Fr.	1.94 m	6-04.25	May 7th	CCAA's		
John Brunk	So.	1.88 m	6-02.00	23-Mar	Cal Multi		
Talor Fulfer	Sr.	1.88 m	6-02.00	26-May	NCAA's		
Mikchael Beeman	Jr.	1.83 m	6-00.00	9-Apr	Chico Twilight		
Jon-Michael Delima	Jr.	1.70 m	5-07.00	23-Mar	Cal Multi		
Michael Storer	Jr.	1.61 m	5-03.25	23-Mar	Cal Multi		

Pole Vault	Yr	Distance	Conversion	Date	Location	5.13	4.85
Adam Fry	So.	4.57 m	15-00.00	16-Apr	Woody		
Zach Schallberger	Jr.	4.45m	14-07.25	12-Mar	Davis		
Travis Folsom	Jr.	4.45m	14-07.25	12-Mar	Davis		
Jon-Michael Delima	Jr.	4.27 m	14-00.00	26-Feb	Chico		
John Brunk	So.	4.27 m	14-00.00	26-Feb	Chico		
Talor Fulfer	Sr.	4.26 m	13-11.75	May 7th	CCAA's		
Ryan Utnehmer	So.	4.20 m	13-09.25	23-Apr	Border Battle		
Taylor Toretto	Fr.	4.12 m	13-06.25	26-Feb	Chico		
Michael Beeman	Jr.	3.97 m	13-00.25	26-Feb	Chico		
Michael Storer	Jr.	3.65 m	11-11.75	23-Apr	Border Battle		

Shot Put	Yr	Distance	Conversion	Date	Location	17.79	16.10
Talor Fulfer	Sr.	13.02 m	42-08.75	3-Mar	Chico		
Derek Nichols	So.	12.84 m	42-01.50	26-Feb	Chico		
Zach Wales	So.	13.64 m	44-09.00	May 7th	CCAA's		
Konrad Dahl	Jr.	12.04 m	39-06.00	9-Apr	Chico		
Michael Storer	Jr.	10.73 m	35-02.50	3-Mar	Chico		
Michael Beeman	Jr.	10.08 m	33-01.00	13-Apr	Azusa		
John Brunk	So.	9.85 m	32-03.75	3-Mar	Chico		
Jon-Michael Delima	Jr.	9.60 m	31-06.00	3-Mar	Chico		

Discus	Yr	Distance	Conversion	Date	Location	54.37	49.50
Derek Nichols	So.	47.73 m	156-07.00	May 7th	CCAA's		
Wales, Zach	So.	44.96 m	147-06.00	16-Apr	Woody		
Talor Fulfer	Sr.	40.92 m	134-03.00	12-Mar	Davis		
Michael Storer	Jr.	34.50 m	113-02.00	4-Mar	Chico		
Jon-Michael Delima	Jr.	33.78 m	110-10.00	4-Mar	Chico		
John Brunk	So.	33.80 m	110-11.00	23-Apr	Border Battle		
Michael Beeman	Jr.	32.57 m	106-10.00	23-Apr	Border Battle		

Javelin	Yr	Distance	Conversion	Date	Location	64.97	59.00
Talor Fulfer	Sr.	61.07 m	200-04.00	14-Apr	Azusa Multi		61.07
Chris Kaiakapu	So.	55.91 m	183-05.00	26-Feb	Chico		
Cody Uebelhardt	Sr.	52.89 m	181-05.00	9-Apr	Chico Twilight		
Jon-Michael Delima	Jr.	52.32 m	171-08.00	4-Mar	Chico		
Taylor Toretto	Fr.	46.91m	153-11.00	12-Mar	Davis		
Michale Beeman	Jr.	45.51 m	149-04.00	4-Mar	Chico		
John Brunk	So.	42.67 m	140-00.00	4-Mar	Chico		
Michael Storer	Jr.	39.70 m	130-03.00	12-Mar	Davis		

Hammer	Yr	Distance	Conversion	Date	Location	62.29	55.50
Dahl, Konrad	Jr.	52.28 m	171-06.00	April 9th	Chico		
Derek Nichols	So.	49.62 m	162-09.00	12-Mar	Davis		
Zach Wales	So.	45.70 m	149-11.00	26-Feb	Stanislaus		

Decathlon	Yr	Points	Date	Location	6994	6300
Talor Fulfer	Sr.	6720	April 13-14	Azusa Multi		6720
John Brunk	So.	6373	May 5-6th	CCAA's		6373
Michael Beeman	Jr.	6314	May 5-6th	CCAA's		6314
Jon-Michael Delima	Jr.	6109	May 5-6th	CCAA's		
Michael Storer	Jr.	5429	Mar 3-4	Chico		

**2011 CHICO STATE MEN
ACHIEVING NCAA QUALIFYING MARKS**

Name	Yr.	Event	A-Standard	B-Standard	Date	Location	Conversion
Talor Fulfer	Sr.	Javelin		61-07 m	14-Apr	Azusa Multi	200-04.00
		Decathlon		6720	April 13-14	Azusa Multi	
John Brunk	So.	Decathlon		6373	May 5-6	CCAA's	
Michael Beeman	Jr.	Decathlon		6319	14-Apr	Azusa Multi	
Isaiah Haywood	So.	100 m		10.56	16-Apr	Woody	
Clinton Hayes	Sr.	800 m		1:51.61	1-May	Payton Jordan	
		1,500 m		3:52.47	9-Apr	Chico Twilight	
Manny Mejia	Sr.	1,500 m		3:51.75	9-Apr	Chico Twilight	
Daniel Parker	Fr.	1,500 m		3:52.30	9-Apr	Chico Twilight	
Julian Spence	Sr.	5,000 m		14:30.61	25-Mar	San Francisco	
Anthony Costales	Jr.	5,000 m		14:27.68	25-Mar	Stanford	
		10,000 m		29:58.40	15-Apr	Mt. Sac Relays	
Isaac Chavez	Fr.	5,000 m		14:26.86	15-Apr	Mt. Sac Relays	
		10,000 m		29:30.06	25-Mar	Stanford	
Adrian Sherrod	So.	10,000 m		29:58.01	15-Apr	Mt. Sac Relays	
Joey Kochlacs	Jr.	10,000 m		30:28.32	15-Apr	Mt. Sac Relays	
Brent Handa	Sr.	10,000 m		30:32.39	15-Apr	Mt. Sac Relays	