

## 2000 Final Statistics

2000 SC Men's Season/Career Bests  
(with NCAA automatic, NCAA provisional, Pacific-10 Conference)

### 100m (10.18, 10.34, 10.74)

Sultan McCullough (10.17, June 2/10.17)  
Kareem Kelly (10.33, Mar. 4/10.33)  
Darrell Rideaux (10.37, April 1/10.37)  
Miguel Fletcher (10.61, May 6/10.40)  
Jamohl Leitch (11.04, May 6/Ñ)  
Russell Silvers (11.05nwi, Mar. 11/11.05)  
Marcell Allmond (11.12nwi, Mar. 11/11.12)

### 200m (20.50, 20.80, 21.44)

Andre Ammons (20.81, May 20/20.81)  
Sultan McCullough (20.96, Mar. 18/20.96)  
Miguel Fletcher (21.06, April 21/21.06)  
Vince Williams (21.21w, May 21/20.70)  
LeRoy Jordan (21.36w, April 8/21.32)  
Darrell Rideaux (21.44, May 6/21.44)  
Ray Carter (21.76, April 8/Ñ)

### 400m (45.40, 46.20, 47.84)

Leroy Jordan (46.09, May 13/46.09)  
Andre Ammons (46.16, May 13/46.16)  
Felix Sanchez (46.34, April 8/46.34)  
Ray Carter (48.02, April 8/46.80)  
Vince Williams (48.47, Mar. 4/Ñ)

### 800m (1:47.20, 1:48.80, 1:51.44)

Felix Sanchez (1:51.49, Mar. 18/1:51.49)  
Rob Ruiz (1:53.97, April 1/1:53.97)  
Ali Benmohamed (1:54.27, Mar. 18/1:53.59)  
Ari Monosson (1:57.7, Mar. 18/1:57.7)

### 1,500m (3:41.50, 3:45.00, 3:50.14)

Ali Benmohamed (3:54.82, April 1/3:50.82)

### 3,000m (no standard)

Brian Livingston (8:35.77, Mar. 4/8:35.77)  
Ali Benmohamed (8:40.95, Feb. 26/8:40.95)

### 3,000m SC

Omar Cordero (10:01.35, April 1/Ñ)  
David Ojeda (9:46.4, April 27/9:46.4)

### 5,000m (13:48.00, 14:07.00, 14:35.14)

Brian Livingston (15:12.79, April 1/15:12.79)  
Omar Cordero (15:11.15, April 27/15:04.91)

### 110m HH (13.72, 14.00, 14.74)

Ryan Wilson (13.83w, May 21/13.83w)  
Djeke Mambo (13.92w, April 8/13.93)  
Marcell Allmond (13.89w, May 21/13.95)  
Danny Haag (14.40 nwi, Feb. 19/14.55)  
Jayar Jackson (14.62w, April 8/14.62w)  
Russell Silvers (15.77, Feb. 26/15.77)

### 400m IH (50.10, 51.20, 53.64)

Felix Sanchez (48.41, June 2/48.41)  
Ryan Wilson (51.69, April 16/51.69)  
Andre Kelly (54.20, Mar. 18/Ñ)  
Russell Silvers (54.97, April 1/  
Phuc Nguyen (57.83, April 16/57.83)

### High Jump (7-4 1/2 [2.25], 7-1 3/4 [2.18], 6-8 \_ 2.05])

Jeff Trepagnier (7-1 [2.16], May 21/7-1)  
Kori Dickerson (6-6 3/4 [2.0], Feb. 19/6-8)

Marcell Allmond (6-6 3/4 [2.0], Mar. 18/6-6 3/4)  
Kevin Rabsatt (6-5 [1.96], May 6/Ñ)  
Casey Thompson (6-4 3/4 [1.95], Mar. 18/6-6 3/4)

**Long Jump (26-1 [7.95], 25-1 1/4 [7.65], 23-11 1/2 [7.30])**

Djeke Mambo (25-0 1/2, April 1/25-0 1/2)  
Kedjeloba Mambo (24-9 1/4w, April 22/25-8 1/4w)  
Elliot Walker (23-11w, April 22/23-11w)  
Danny Haag (22-8 1/2, Mar. 18/Ñ)  
Reggie Bailey (23-1 1/4, May 6/Ñ)  
Marcell Allmond (22-6 1/4nwi, Mar.11/22-6 1/4)  
Russell Silvers (22-5 1/4, May 6/22-5 1/4)  
Justin Cox (21-4 1/4, Feb. 19/Ñ)

**Triple Jump (53-5 3/4 [16.30], 51-6 1/4 [15.70], 47-7 [14.50])**

Djeke Mambo (53-10 3/4, Mar. 4/53-10 1/4)  
Kedjeloba Mambo (52-10 3/4, Mar. 18/54-1 1/4)  
Justin Cox (51-2 1/4 w, May 21/51-2 1/4w)

**Javelin (236-3 [72.00], 220-9 [67.30], 196-10 [60.00])**

Daniel Haag (182-10 [55.72], May 6/198-5)  
William O'Grady (177-3 [54.02], May 6/186-0)  
Russell Silvers (176-2 [53.71], Mar. 11/176-2)  
Casey Thompson (172-10 [52.68], Feb. 26/172-10)

**Hammer (223-1 [68.00], 200-1 [61.00], 190-3 [58.00])**

Norbert Horvath (231-11 [70.68], June 2/241-11)  
Szabolcs Maroti (225-9 [68.80], Mar. 24/225-9)  
Dagan Massey (209-3 [63.78], April 1/209-3 [63.78])  
David Spitz (206-1 [62.82], Mar. 11/206-1)  
Lucais MacKay (201-1 [61.30], May 21/198-0)

**Shot Put (62-4 [19.00], 59-0 3/4 [18.00], 55-9 1/4 [17.00])**

Van Mounts (62-6 [19.05], May 21/62-6)  
Mike Rainis (53-0 3/4 [16.17], May 6/53-0 3/4)  
David Spitz (52-5 [15.97], Feb. 26/52-5)  
Lucais MacKay (48-9, Mar. 18/48-9)

**Discus (196-10 [60.00], 185-4 [56.50], 168-11 [51.50])**

Lucais MacKay (182-4 [55.57], May 13/182-4)  
David Spitz (143-3 [43.66], Mar. 18/143-3)  
Danny Haag (135-11 [41.42], April 1/Ñ)  
Russell Silvers (119-10 [36.52], Mar. 11/Ñ)

**Pole Vault (18-2 1/2 [5.55], 17-4 1/2 [5.30], 16-4 3/4 [5.00])**

Dennis Kholev (18-3 [5.56m], April 1/18-2 3/4)  
Jeff Ryan (16-2 [4.93], April 15/16-2)  
Daniel Haag (13-7 1/4, April 1/Ñ)  
Marcell Allmond (13-5 1/4 [4.10], Mar. 11/13-5 1/4)

**Decathlon (7,600, 7,100, 6,800)**

Daniel Haag (7,234, April 15/7,623)  
Marcell Allmond (7,152, Mar. 11/7152)  
Russell Silvers (7,047, April 15/7,047)  
Casey Thompson (7,106, April 15/7,106)

**4x100m Relay (39.20, 40.00, No Standard)**

(Rideaux, McCullough, Williams, Kelly - 39.18, April 1)

**4x400m Relay (3:03.80, 3:07.00, No Standard)**

(Jordan, Williams, Ammons, Sanchez -3:03.31, June 3)