

# 2009 USC Men's Track and Field Season/Career Bests

## 100m

Ahmad Rashad (10:10, June 12/10.10)  
Matthew Palmer (10.50, May 2/10.50)  
Desmond Hamilton (10.79, May 16/10.53)  
Sean Jackson (10.79, May 16)  
Devin Forte' (11.15, March 21/10.5)  
Nic Curry (11.62, March 21)

## 200m

Ahmad Rashad (20.74, May 2/20.56)  
Joey Hughes (21.13, May 2/20.9)  
Matthew Palmer (21.65, March 21/21.50)  
Sean Jackson (21.90, May 16)  
Josh Tennefoss (22.17, March 14/22.17)  
Scott DeYoung (22.22, April 4)  
Jason Price (22.28, May 9/21.99)  
Desmond Hamilton (22.41, March 14/21.42)  
Dijon Morrisette (22.44, April 25)  
Devin Forte' (22.85, March 14/22.23)  
Jason Yoo (24.13, May 2)  
Nic Curry (24.14, March 14)

## 400m

Joey Hughes (45.93, May 17/45.93)  
Nate Anderson (46.66, May 30/46.47)  
Duane Walker (46.69, April 25/46.69)  
Jason Price (47.92, May 2/46.35)  
Ahmad Rashad (-----/47.16)  
Scott DeYoung (48.43, April 25)  
Martin Glencowe (48.87, March 14)  
Josh Tennefoss (48.98, March 27/48.98)  
Dijon Morrisette (49.52, March 7)  
Jahmar Rashad (49.61, March 7)  
Sean Jackson (49.89, March 21)  
Thomas Parides (53.52, March 21)  
Sean Cawley (54.94, April 4)

## 800m

Irek Sekretarski (1:47.11, June 11/1:47.11)  
Blake Shaw (1:49.67, May 29/1:49.41)  
Andrew Gausepohl (1:51.03, May 16/1:51.03)  
Nate Anderson (1:52.76, April 18/1:50.27)  
Andreas Bezamat-Homer (1:53.12, May 2/1:53.12)  
Ryan Philyaw (1:57.88, March 21/1:56.13)  
Miles Brewington (1:59.28, March 21)  
Matthew Huntington (2:00.50, April 25)  
Crispin Collins (2:05.56, March 7)

## 1500m

Irek Sekretarski (3:45.60, May 2/3:40.32)  
Blake Shaw (3:47.97, May 2/3:47.97)  
Ryan Philyaw (3:58.28, March 14/3:57.62)  
Andy Gausepohl (3:58.64, April 4/3:58.64)  
John Carley (4:01.05, May 9/4:01.05)  
Jason Silva (4:05.44, April 18)  
Matt Huntington (4:07.86, April 4)  
James Komen (4:10.77, April 4/4:10.77)  
Gerad Herkey (4:11.25, March 7/4:03.97)  
Tony Martinez (4:14.46, March 7)  
Greg Woodburn (4:14.57, April 4)  
Brendan Hochhauser (4:15.34, April 18)  
Jeff Brown (4:18.95, March 7)  
Daniel Livsey (4:43.23, March 7)

## 3000m

John Carley (8:44.13, April 28/8:44.13)  
Gerad Herkey (-----/9:11.77)  
Andrew Gausepohl (-----/9:12.84)  
Tony Martinez (9:19.47, March 21)  
Greg Woodburn (9:21.54, March 21)  
James Komen (9:44.41, March 1/9:32.35)  
Mike Conoscenti (-----/9:53.08)

## 3000m SC

Gerad Herkey (-----/10:10.85)  
Tony Martinez (10:55.98, April 18)  
Michael Conoscenti (10:58.49, March 1)

## 5000m

John Carley (15:09.32, March 28/15:09.32)  
Matt Huntington (16:14.23, March 14)  
Tony Martinez (16:20.46, April 18)  
Andy Gausepohl (-----/16:33.41)  
Gerad Herkey (-----/16:39.12)

## 10000m

Tony Martinez (33:17.98, March 28/33:17.98)

## 110m HH

Oscar Spurlock (13.51w, May 16/13.56)  
Brendan Ames (14.45, April 17/14.14)  
Putchong Dispanurat (15.54w, April 25)

## 400m IH

Duane Walker (50.78, May 16/50.78)  
Oscar Spurlock (57.46, May 2)  
Putchong Dispanurat (57.53, March 1/57.53)  
Thomas Parides (58.13, May 2)

## 4x100m Relay (39.59, May 2)

Hamilton, A.Rashad, Hughes, Palmer

## 4x400m Relay (3:04.18, June 13)

Price, Hughes, Anderson, Walker

## High Jump

Manjula Wijesekara (7-4 1/2 (2.25m), May 29/7-5 1/4)  
Donovan Lim (6-6 3/4 (2.05m), May 2/6-8 3/4)

## Pole Vault

Brandon Estrada (17-7 (5.36m), May 30/17-7)  
Derek Scott (17-3 (5.26m), May 30/17-3)  
Charles Fasi (16-2 3/4 (4.95m), May 9/16-2 3/4)  
Taylor Slingsby (14-7 1/4 (4.45m), March 7/15-9)  
Justin Matoesian (14-7 1/4 (4.45m), March 7/15-3)  
Thomas Parides (12-1 1.2 (3.70m), March 21)

## Long Jump

Desmond Hamilton (24-6 1/2 (7.48m), May 2/25-8)  
Brendan Ames (24-6 1/4 (7.47m), May 2/24-6 1/4)  
Elliott Ferrara (22-10 1/2 (6.97m), May 2/22-11)  
Manjula Wijesekara (21-4 1/4 (6.50m), March 1)  
Aven Wright (21-0 1/2 (6.41m), March 7)  
Gabe Meyers (20-9 1/4 (6.33m), May 2)  
Ben Brown (20-8 (6.30m), March 14/21-7 1/2)  
Donovan Lim (19-8 3/4 (6.01m), March 1/19-10 3/4)  
Thomas Parides (16-0 1/2 (4.89m), March 21)

## Triple Jump

Aven Wright (52-2 (15.90m), May 2/52-2)  
Manjula Wijesekara (51-5 3/4 (15.69m), May 17/51-5 3/4)  
Kevin Deiter (45-8 (13.92m), May 2/46-10)  
Ben Brown (45-1 3/4 (13.76m), April 25/46-8)  
Elliott Ferrara (-----/42-1 1/2)

## Shot Put

Aaron Dan (54-2 (16.51m), May 2/56-4 1/2)  
Brian Wilhelm (-----/56-0 1/2)

## Hammer

Trey Henderson (210-4 (64.12m), March 7/210-4)  
Brian Wilhelm (200-9 (61.20m), May 30/200-9)  
Mike Curiel (193-10 (59.08m), April 25/196-1)

## Javelin

Corey White (272-2 (82.97m), April 4/272-3)  
Jacob Aronson (189-7 (57.80m), May 2/189-7)  
Stenn Parton (171-11 (52.40m), March 21/197-8)  
Thomas Parides (142-11 (43.57m), May 2)

## Discus

Aaron Dan (189-2 (57.67m), May 30/189-6)  
Colin Campbell (188-5 (57.44m), April 25/188-5)  
Brian Wilhelm (-----/160-0)  
Tyler Grady (147-1 (44.83m), March 7)