Southwestern College T&F - All Time Top 10 List

Men

	Mark	Year
100m Men		
Curtis Mitchell	10.23s	2008
Elliot Taylor	10.46s	2010
Julian Reddy	10.64s	2011
Joshua Howard	10.75s	2009
Philam Grarcia	10.78s	2004
Marquis Roach	10.82s	2012
Claudie D. Minor	10.86s	2005
Little Thomas	11.01s	2011
Tyrone Richardson	11.04s	2011
Denzel Brown	11.10s	2012
200m		
Curtis Mitchell	20.58s	2009
Joshua Howard	21.31s	2009
Julian Reddy	21.46s	2011
Elliot Taylor	21.67s	2010
Marquis Roach	22.14s	2012
Stephon Bolden	22.32s	2009
Little Thomas	22.40s	2011
Alex Thompson	22.42s	2009
Richard Carey	22.54s	2009
Tyrone Richardson	22.60s	2011
400m		
Brandon Hille	48.03s	2011
Stephon Bolden	48.67s	2009
Steven Bolden	49.86s	2008
Curtis Mitchell	48.99s	2009
Joshua Howard	50.42s	2009
Niko Salazar	50.62s	2010
Don Mc Ghee	50.70s	2006
Edwin Aguilar	50.95s	2010
Clinton Burton	51.21s	2011
Richard Carey	51.30s	2009
800m		
Alfred Haslerig	1:54.53s	2010
Edwin Aguilar	1:56.89s	2010
Oswaldo Alvarez	1:59.04s	2005

Edgar Llanes	1:59.12s	2005
Leonardo Banales	2:00.03s	2011
Alejandro Aparicio	2:01.38s	2010
Roberto Hernandez	2:01.49s	2006
Joshua Vargas	2:02.08s	2008
Alexander Oleata	2:03.08s	2009
Jose Lopez	2:03.39s	2008

1500m

Jose Lopez	3:59.94s	2008
Ansu Sowe	4:00.14s	2011
Leonardo Banales	4:01.72s	2011
Edgar Lopez	4:05.21s	2011
Oswaldo Alvarez	4:05.40s	2005
Jose Vargas	4:05.60s	2008
Dahir Mohamed	4:06.08s	2010
Alfredo Rodriquez	4:08.55S	2012
Carlos Ponce	4:09.23s	2013
John Santana	4:09.38s	2006

3,000m

Leonardo Banales	8:51.33s	2011
Ansu Sowe	8:57.88s	2011
Yafet Abraha	9:09.09s	2004
John Santana	9:12.27s	2006
Jose Sanchez	9:19.92s	2012
Jose Rocha	9:27.36s	2006
Victor Munoz	9:36.57s	2011
Jonathan Rodriquez	9:43.36s	2011
William Gonzales	9:52.03s	2011
Joshua Vargas	9:53.40s	2008

5,000m

Ansu Sowe	14:56.92s	2011
Dahir Mohamed	15:02.86s	2010
Babey Wagnew	15:09.15s	2005
Leonardo Banales	15:17.78s	2011
Carlos Ponce	15:31.27s	2013
John Santana	15:47.73s	2006
Zackary Hammer	16.12.33s	2013
Alfredo Rodriquez	16:15.94s	2012
Hector Ramirez	16:21.39s	2012
Mathew Rodriquez	16:28.53s	2006

10,000m		
Ansu Sowe	31:03.42s	2011
Babey Wagnew	31:19.07s	2005
Leonardo Banales	33:10.19s	2011
Carlos Landeros	32:49.92s	2005
Carlos Ponce	33:44.19s	2013
John Santana	33:44.25s	2006
Jose Lopez	33:58.41s	2008
Dahir Mohamed	34:05.45s	2010
Cristobal Adame	34:53.63s	2008
Jesus Nunez	35:08.54s	2008

110mh		
Elijah Muhammad	13.60s	2011
Little Thomas	15.13s	2012
Ben Ijah	15.20s	2011
Pedro Limon	15.58s	2004
Daniel Chang	15.64s	2005
Wilber Camacho	15.64s	2013
Angel Marquez	16.16s	2009
Jason Baldwin	16.18s	2007
Bryan Stefan	16.26s	2008
Samuel Ladezma	16.36s	2008

400mh		
Niko Salazar	53.49s	2010
Elijah Muhammad	54.20s	2011
Justin Hillary	54.92s	2005
Pedro Limon	55.45s	2004
Samuel Ladezma	56.67s	2008
Michael Hendricks	56.70s	2013
Bryan Stefan	56.77s	2008
Angel Marquez	57.14s	2009
Cezar Gamez	57.35s	2009
Alan Fjeldsted	57.83s	2010

3000SC		
Dahir Mohamed	9:13.53s	2010
Leonardo Banales	9:27.37s	2011
John Santana	9:49.84s	2006
Roberto Hernandez	10:13.51s	2007
William Gonzales	10:34.20s	2010
Cristobal Adame	10:45.83s	2008

Jose Sanchez	11:22.18s	2012
Daniel Lopez	11:58.16s	2009
Paul South	12:11.34s	2007
Lewis Jenkins	12:11.37s	2007

4 x 100m

E. Taylor, C. Mitchell, J. Howard, A. Marquez	41.10s	2009
	41.95s	2008
P.Arizmendi, E.Muhammad, T.Richardson, J.Reddy	42.10s	2011
L.Thomas. E. Muhammad	42.42s	2012
E. Taylor, N. Salzar, R. Hart, E. Muhammad	42.54s	2010
	42.59s	2005
	42.91s	2004
P.Arizmendi, L. Thomas, T. Richardson, P. Smith	43.52s	2011
T. Richardson, L. Thomas, P. Smith, J. Reddy	43.61s	2011
M.Hendricks, E.Simmons,D.Brown,	43.80s	2013

4 x 400m

A. Marquez, C. Mitchell, S. Bolden, J. Howard Hernandez	3:15.12s	2009
	3:16.22s	2008
N. Salazar, A. Haserlig, E. Aguilar, D. Hernandez	3:18.75s	2010
	3:25.47s	2005
	3:26.36s	2004
Burton, Hille, Banales, Reddy	3:28.74s	2011
M.Hendricks, B.Greene, J.Smith, E.Simmc	3:30.72s	2013
	3:31.95s	2007
	3:32.30s	2012
Burton, Hille, Sotomayor, Thomas	3:37.21s	2011

4 x 200m Relay

Hille, Azmendi, Thomas, Muhammad	1:31.31s	2011
Fuqua, Burton, Curtis, Sotomayor	1:36.46s	2011
Barton, Eshugbohungbe, Gonzales, Salas	1:46.87s	2011

1600m SMR

?	3:43.96s	2008

4000m DMR

?	12:07.27s	2008

High Jump

Branden Greene	6'9.75"/2.08m	2013
Bryant Mitchell	6'6.75"/2.00m	2012

Devon Scott	6' 1.5"/1.87m	2008
Dominique Fuqua	6' 0.75"/1.85m	2011
Torian Winfrey	6' 0.75"/1.85m	2010
Marvin Wright	6'/1.83m	2009
Micheal Hendricks	6'/1.83m	2013
Devon Cosby	6'/1.83m	2005
Charles Nash	5' 11.5"/1.82m	2009
Alante Womack	5' 11.5"/1.82m	2009

Pole Vault

Alexander Oleata	13' 2.5"/4.03m	2009
Justin Smith	12'11"/3.92m	2013
John Cleveland	12' 6.25"/3.82m	2009
Pedro Limon	11' 6"/3.50m	2006
Alejandro Lopez	11'5.25"/3.49m	2013
Ben Ijah	10' 8"/3.25m	2011
Jerry Barton	10'2"/3.10m	2011
Angel Marquez	10' 0.5"/3.06m	2008
Tyrone Humphries	9' 8"/2.95m	2010
Jeremy Holman	8' 11.75"/2.74m	2008

Long Jump

Branden Greene	23'2"/7.06m	2013
Ben Ijah	22'7.75"/6.90m	2011
Curtis Mitchell	22' 6.5"/6.87m	2008
Leonard Caples	22' 5"/6.83m	2005
Marvin Wright	22' 3"/6.78m	2009
Alante Womack	22' 2.25"/6.76m	2009
Dominique Fuqua	21'10"/6.65m	2011
Eugene Simmons	21'10"/6.65m	2013
James Armstrong	21' 9"/6.63m	2004
Devon Scott	21' 8.25"/6.61m	2008

Triple Jump

Eugene Simmons	47'5.75"/14.47m	2013
Alante Womack	46' 11.5"/14.31m	2009
Ben Ijah	46'7.25"/14.20m	2011
Alex Thompson	45' 5.75"/13.86m	2008
Sam Smith	45' 1.5"/13.75m	2010
Dominique Fuqua	445'1"/13.74m	2011
Devon Scott	43' 8.5"/13.32m	2008
Leonard Caples	43' 4.5"/13.22m	2004
Marvin Wright	43' 1"/13.13m	2009

Kamar Hammond	42' 6.75"/12.97m	2008

Shot Put

Fred Smith	48' 11"/14.90m	2004
Jason Baldwin	47' 5.75"/14.47m	2007
Michael Johnson	43' 9.25"/13.34m	2008
Toff Curl	40'2.25"/12.25	2012
Gary Birtwell	39'10"/12.14m	2013
Brandon Settles	38' 7.5"/11.77m	2009
Aron Conde	38'6"/11.73m	2013
Willie Judkins	36' 2.75"/11.04m	2010
Ben Ijah	34'9"/10.59m	2011
William Holloway	33' 6.5"/10.22m	2010

Disc Throw

Jason Baldwin	148' 3"/45.18m	2008
Fred Smith	127'/38.70m	2004
Gary Birtwell	122'3"/37.27m	2013
Aron Conde	119'7"/36.46m	2013
Edquardo Marquez	117'10"/35.92m	2012
Brandon Settles	115' 7"/35.22m	2009
William Holloway	107'/32.62m	2010
Devon Scott	106'/32.30m	2008
Todd Curl	104'5"/31.82m	2012
Ben Ijah	97'10"/29.81m	2011

Hammer Throw

Eduardo Marquez	139'3"/42.44m	2012
Levi Lozano	136' 5"/41.57m	2007
Gary Birtwell	135'7"/41.33m	2013
Aron Conde	114'6"/34.91m	2013
Jason Leyva	107' 3"/32.68m	2008
Charles Nash	104' 2"/31.75m	2009
Brandon Settles	94'/28.65m	2009
Michael Johnson	87' 2"/26.556m	2008
William Holloway	71' 7"/21.83m	2010
Willie Judkins	69'/21.03m	2010

Javelin Throw

Jason Baldwin	205' 11"/62.76m	2008
Pedro Limon	159' 9"/48.69m	2006
Frank Martinez	155' 7"/47.42,	2007
Andreas Leal	146' 3"/44.59m	2010

Sergio Carreon	145'10"/44.44m	2013
Devon Scott	145' 9"/44.43m	2008
Alexander Oleata	145' 9"/44.43m	2010
William Holloway	139' 4"/42.47m	2010
Jeremy Holman	134' 8"/41.06m	2010
Todd Curl	129'7"/39.49m	2013

Decathlon

Ben Ijah	5618.00	2011
Alexander Oleata	5060.00	2010
Angel Marquez	4989.00	2009
Samuel Ladezma	4856.00	2008
Stephon Bolden	4781.00	2009
Frank Martinez	4617.00	2007
Tyrone Humphries	4600.00	2008
Jeremy Holman	4546.00	2010
Willie Judkins	3765.00	2010
Kamar Hammond	3488.00	2008