

**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****Women 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 3 Best Times**

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MPSF Meet:	1	7.15	2017	Hannah Cunliffe,	Oregon	
Podium:	2	7.07	2/27/2022	Mikiah Brisco		
Name	Year	School	Seed	Prelims	H#	
=====						
Preliminaries						
1	Barnett, Trinity	Cal St. Fullerton	7.50	7.35Q	5	
2	Alexander, Arianna	CSUN	7.52	7.44Q	1	7.432
3	Williams, Kaitlyn	Long Beach St.	7.60	7.44Q	4	7.437
4	Cavitt, Marlee	Portland	7.45	7.44Q	2	7.439
5	Antolin, Alyssa Mae	Hawaii	7.59	7.51Q	3	
6	Poston, Kaliyah	CSUN	7.52	7.49q	4	
7	Sutherland, Hallena	UC Irvine	7.67	7.56q	5	
8	Kneeshaw, Izzy	Hawaii	7.69	7.58q	1	
9	Olukoju, Raykiyat	UC Riverside	7.55	7.61	3	
10	Reese, Jada	CSUN	7.82	7.62	5	
11	Booker, Rayann	Cal St. Fullerton	7.66	7.63	2	7.625
12	Warrington, Amy	Hawaii	7.73	7.63	4	7.626
13	Boyd, Jessica	UC Riverside	7.61	7.65	1	
14	Priester-Veasley, Sophia	San Francisco	7.87	7.67	1	
15	Charlton, Jayde	Cal St. Fullerton	7.82	7.70	2	
16	Seals, Ciella	CSUN	7.76	7.73	1	
17	Nakamoto, D'Lainey	UC Riverside	7.73	7.74	3	7.733
18	Faircloth, Aryianna	Cal St. Fullerton	7.67	7.74	2	7.736
19	Peterson, Kaley	Pepperdine	7.84	7.75	2	7.742
20	Cook, Kristin	Hawaii	7.75	7.75	3	7.748
21	McIntosh-Adams, Olivia	UC Riverside	7.63	7.76	5	
22	Bartz, Samantha	UC Irvine	7.76	7.79	4	
23	Sutton, Sierra	UC Riverside	7.84	7.85	5	
24	Coats, Aryel	UC Irvine	7.94	7.90	4	
25	Skuraton, Amelia	Pepperdine	8.04	7.95	3	
26	Reyes, Isabella	Pepperdine	8.12	7.98	3	7.978
27	LaChapelle, Tatumn	San Francisco	8.12	7.98	4	7.979
28	Maly, Ava	Pepperdine	8.14	8.05	1	
29	Pullom, Ly'le	Portland		8.07	5	
30	Dellevigne, Alexis	Pepperdine	8.24	8.09	5	
31	Reed, Veronika	San Francisco		8.15	4	
32	Ortega, Alexa	Pepperdine	8.39	8.17	2	
33	Davis-Libiano, Alexandra	St. Mary's (Cal.)		8.29	2	
34	Nazareno, Lauryn	St. Mary's (Cal.)		8.40	1	

**Women 60 Meter Dash**

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MPSF Meet:	1	7.15	2017	Hannah Cunliffe,	Oregon	
Podium:	2	7.07	2/27/2022	Mikiah Brisco		
Name	Year	School	Prelims	Finals	Points	
=====						
Finals						
1	Barnett, Trinity	Cal St. Fullerton	7.35	7.34	10	
2	Alexander, Arianna	CSUN	7.44	7.43	8	
3	Cavitt, Marlee	Portland	7.44	7.46	6	
4	Williams, Kaitlyn	Long Beach St.	7.44	7.52	5	
5	Antolin, Alyssa Mae	Hawaii	7.51	7.56	4	
6	Kneeshaw, Izzy	Hawaii	7.58	7.58	3	7.574
7	Poston, Kaliyah	CSUN	7.49	7.58	2	7.578

**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****...Women 60 Meter Dash**

8 Sutherland, Hallena	UC Irvine	7.56	7.64	1
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**Women 200 Meter Dash**

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MPSF Meet:	1	23.09	2017	Kendall Ellis, USC		
Podium:	2	23.18	1/13/2023	Jadyn Mays, Oregon		
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Antolin, Alyssa Mae		Hawaii	24.11	23.54	1	10
2 Olukoju, Raykiyat		UC Riverside	23.50	23.59	1	8
3 Cavitt, Marlee		Portland	24.85	24.06	3	6
4 Lavreshina, Sofia		Long Beach St.	24.41	24.21	1	5
5 Warrington, Amy		Hawaii	24.91	24.23	3	4
6 Poston, Kaliyah		CSUN	24.46	24.25	1	3
7 Kneeshaw, Izzy		Hawaii	24.67	24.27	2	2
8 Starks, Saniyah		UC Riverside	24.66	24.35	2	1
9 Sutherland, Hallena		UC Irvine	24.85	24.51	3	
10 Reese, Jada		CSUN	25.03	24.64	4	
11 Coats, Aryel		UC Irvine	25.44	24.81	5	
12 Williams, Kaitlyn		Long Beach St.	24.50	24.82	2	
13 Livingston, Arionn		Cal St. Fullerton	24.96	24.86	3	
14 Boyd, Jessica		UC Riverside	25.24	24.88	4	
15 Booker, Rayann		Cal St. Fullerton		24.95	10	
16 Faircloth, Arianna		Cal St. Fullerton		24.99	9	
17 Charlton, Jayde		Cal St. Fullerton	25.75	25.01	5	
18 McIntosh-Adams, Olivia		UC Riverside	24.82	25.02	2	
19 Cook, Kristin		Hawaii	25.36	25.15	4	
20 Alexander, Arianna		CSUN	25.05	25.18	4	
21 Nakamoto, D'Lainey		UC Riverside	25.64	25.23	5	
22 Bartz, Samantha		UC Irvine	25.57	25.31	5	
23 LaChapelle, Tatum		San Francisco	25.78	25.33	6	
24 Sutton, Sierra		UC Riverside		25.46	10	
25 Peterson, Kaley		Pepperdine	26.35	25.49	6	
26 Seals, Ciella		CSUN	26.26	25.84	6	
27 Wyatt, Imani		San Francisco		25.99	9	
28 Dwyer, Maddie		St. Mary's (Cal.)		26.04	10	
29 Reyes, Isabella		Pepperdine	26.39	26.10	6	
30 Pullom, Ly'le		Portland	27.18	26.29	7	
31 Dreiling, Isabella		Portland	27.62	26.50	8	
32 Skuraton, Amelia		Pepperdine	27.11	26.60	7	26.591
33 Richardson, Lola		Portland		26.60	10	26.597
34 Maly, Ava		Pepperdine	26.54	26.95	7	
35 Dellevigne, Alexis		Pepperdine	27.65	26.98	8	
36 Ortega, Alexa		Pepperdine	27.50	27.11	7	
37 Davis-Libiano, Alexandra		St. Mary's (Cal.)		27.42	10	
38 Nazareno, Lauryn		St. Mary's (Cal.)		27.52	9	
39 Ortman, Maddy		Pepperdine	27.79	27.54	8	
40 Vines, Hailey		St. Mary's (Cal.)		28.02	9	
41 Laner, Kaitlin		St. Mary's (Cal.)	28.78	28.09	8	

**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****Women 400 Meter Dash**

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MPSF Meet:	1	51.60	2020	Bailey Lear, USC		
Podium:	2	51.88	2/27/2022	Lynna Irby, adidas		
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Lavreshina, Sofia	Long Beach St.	53.68	53.73	1	10
2	Starks, Saniyah	UC Riverside	54.62	54.15	1	8
3	Goldsworthy, Grace	Cal St. Fullerton	55.41	55.33	1	6
4	Heinlein, Alyssa	Cal St. Fullerton	56.47	55.56	2	5
5	Livingston, Arionn	Cal St. Fullerton	55.73	55.63	1	4
6	Kneeshaw, Izzy	Hawaii	55.87	55.67	2	3
7	Warrington, Amy	Hawaii	57.90	56.72	3	2
8	Shinnick, Maya	UC Davis		56.84	6	1
9	Marquez, Mia	UC Irvine	56.26	57.03	2	
10	Ford, Alexys	UC Davis	57.32	57.29	3	
11	Soaris, Alero	Cal St. Fullerton		57.38	6	
12	Aquino, Lauren	UC Irvine	57.58	57.55	3	
13	Kinsey, Cierra	UC Davis	57.25	57.59	2	
14	Dematte, Nancy	Cal St. Fullerton	57.34	57.68	3	
15	Moran, Bailey	UC Irvine	59.09	58.35	4	
16	Wondercheck, Charis	CSUN	59.64	58.36	4	
17	Hall, Daryana	Long Beach St.	59.95	58.40	5	
18	Lopes, Jayden	CSUN	58.79	58.52	4	
19	Cook, Kristin	Hawaii	59.84	58.58	4	
20	Dreiling, Isabella	Portland	1:02.10	1:01.51	5	
21	Richardson, Lola	Portland	1:03.03	1:02.43	5	
22	Vines, Hailey	St. Mary's (Cal.)		1:03.36	6	
23	Smith, Avery	Pepperdine	1:04.55	1:04.05	5	

**Women 800 Meter Run**

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MPSF Meet:	1	2:03.89	2008	Alysia Johnson, California		
Podium:	2	2:01.27	1/28/2023	Kaela Edwards, adidas		
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Pellicoro, Laura	Portland		2:05.01	1	10
2	Alexandre, Olivia	San Francisco	2:08.09	2:08.94	4	8
3	Perez, Teresa	Portland	2:11.93	2:10.92	4	6
4	Morales, Julia	San Francisco		2:13.57	2	5
5	Pettersson, Stina	Portland	2:13.77	2:13.96	4	4
6	Mercado, Ana	St. Mary's (Cal.)	2:14.33	2:14.70	4	3
7	Alexander, Alexis	UC Irvine	2:15.72	2:14.71	4	2
8	McFadden, Carlin	Hawaii	2:13.16	2:14.74	4	1
9	Jones, Leia	Long Beach St.	2:18.48	2:15.78	3	
10	Jalal, Oriana	UC Davis	2:16.99	2:16.81	3	
11	Vanadzina, Kamilla	San Francisco		2:16.98	1	2:16.973
11	Hamilton, Leann	CSUN	2:17.92	2:16.98	3	2:16.973
13	Novak, Nanette	Cal St. Fullerton	2:16.98	2:17.01	3	
14	Gay, Malia	UC Irvine	2:13.82	2:17.15	4	
15	Touchette, Catherine	Hawaii	2:20.15	2:17.25	3	
16	Schmidt, Kaia	UC Irvine	2:14.38	2:17.35	4	
17	Simpson, Rachael	CSUN	2:18.72	2:17.48	3	
18	Velazquez, Samantha	UC Riverside	2:16.20	2:17.68	3	
19	Viramontes, Ashlynn	Cal St. Fullerton	2:16.78	2:19.60	3	
20	Ruiz, Olivia	Cal St. Fullerton		2:19.80	1	
21	Graham, Caroline	Pepperdine	2:22.14	2:20.01	2	

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22 Harrison, Kendall	Long Beach St.		2:20.83	1
23 Kabbara, Reina	UC Irvine	2:23.56	2:21.89	2
24 DeSouza, Jaden	St. Mary's (Cal.)		2:23.16	1
25 Renner, Kayla	Pepperdine	2:29.65	2:26.57	2
26 Eagan, Ashley	Pepperdine	2:25.12	2:28.15	2
27 Fleenor, Caroline	Pepperdine	2:30.33	2:28.73	2
28 Trautman, Amelia	UC Irvine		2:29.52	1

**Women 1 Mile Run**

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MPSF Meet: 1 4:31.29 2018 Elise Cranny, Stanford

Podium: 2 4:44.05 2/3/2024 Rosina Machu, Gonzaga

Name	Year School	Seed	Finals	H#	Points
1 Kackley, Maddie	UC Davis	4:46.41	4:52.30	2	10
2 Perez, Linda	UC Riverside	4:56.66	4:53.69	2	8
3 Kehoe, Hannah	San Francisco	4:48.23	4:54.60	2	6
4 Helebrantova, Petra	San Francisco	4:54.42	4:55.48	2	5
5 Woodger, Tiahna	Portland	4:53.80	4:55.65	2	4
6 Contreras, Nicole	CSUN	5:07.10	4:56.15	2	3
7 Dreher, Molly	St. Mary's (Cal.)	4:55.61	4:56.50	2	2
8 Copeland, Grace	San Francisco	4:51.96	4:57.25	2	1
9 Prusse, Samantha	Portland	4:51.36	5:00.63	2	
10 Arriaga, Chloe	UC Davis	5:09.28	5:03.04	1	
11 Andar, Sameen	UC Irvine		5:03.22	1	
12 Holso, Brionna	Portland	5:03.56	5:08.29	2	
13 Castillo, Makena	UC Irvine	5:10.90	5:09.15	1	
14 Allison, Montgomery	UC Irvine	5:13.69	5:10.22	1	
15 Shrader, Elle	Pepperdine	5:13.05	5:10.93	1	
16 Franco, Madeline	Long Beach St.	5:20.30	5:15.94	1	
17 Wilkes, Keilah	Hawaii	5:07.88	5:17.37	2	
18 Rios, Ailene	Long Beach St.	5:22.38	5:17.42	1	
19 Calvert, Carolinh	UC Riverside	4:56.44	5:20.06	2	
20 Mourer, Lily	San Francisco	5:32.58	5:26.88	1	
21 Winter, Abby	Pepperdine		5:27.03	1	
22 Noda, Kaylee	San Francisco	5:38.76	5:44.00	1	
23 Bakken, Brooke	Pepperdine		5:44.40	1	
24 Skiera, Renee	Pepperdine	6:06.18	5:52.74	1	
25 Kwasnica, Marlee	San Francisco	5:27.18	5:58.20	1	

**Women 3000 Meter Run**

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MPSF Meet: 1 8:58.58 2019 Fiona O'Keefe, Stanford

Podium: 2 8:41.53 2/27/2022 Elle Purrier St. Pierre, New Balance Boston

Name	Year School	Seed	Finals	H#	Points
1 Weidler, Brianna	UC Davis		9:21.00	1	10
2 Kackley, Maddie	UC Davis	9:31.97	9:40.83	2	8
3 Hlusi, Natalie	San Francisco	9:26.73	9:42.94	2	6
4 Bergmark, Hope	UC Davis		9:46.49	1	5
5 Atkins, Sierra	UC Davis		9:49.04	1	4
6 Nielsen, Mie	Portland	9:37.74	9:50.72	2	3
7 Langschwager, Emilie	Hawaii	9:52.53	9:52.16	2	2
8 Lowengrub, Collette	UC Riverside		9:53.02	1	1
9 Barnes, Kaylee	St. Mary's (Cal.)		9:53.94	1	

**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****...Women 3000 Meter Run**

10	Templier, Fleur	Portland	9:13.19	9:57.05	2
11	Richardson, Maebh	Portland	9:44.64	9:57.57	2
12	Vogtmann, Anna	UC Irvine		10:00.47	1
13	Valadier, Mathilde	San Francisco	9:44.99	10:08.64	2
14	Miramontes, Dariana	UC Riverside		10:10.59	1
15	Scimia, Allie	Long Beach St.	10:21.74	10:11.17	2
16	Rowley, Tait	Portland	10:06.55	10:11.41	2
17	Wallace, Stormy	UC Davis	10:05.08	10:13.06	2
18	Arriaga, Chloe	UC Davis		10:16.41	1
19	Jepsen, Eleanor	St. Mary's (Cal.)	10:32.40	10:16.49	1
20	Field, Emily	St. Mary's (Cal.)	10:46.13	10:17.47	1
21	Shrader, Elle	Pepperdine		10:18.32	1
22	Lochtefeld, Izzy	Portland	10:16.83	10:18.48	2
23	Schwab, Marikay	Long Beach St.	10:26.50	10:18.89	1
24	Alvarez, Norma	UC Riverside	9:43.60	10:23.68	2
25	Ashby, Mia	UC Riverside	10:11.58	10:24.13	2
26	Holso, Brionna	Portland	9:58.44	10:32.52	2
27	O'Donnell, Zola	Hawaii	10:30.91	10:36.89	1
28	Contreras, Nicole	CSUN	10:12.68	10:37.53	2
29	La Camera, Megan	Pepperdine		10:40.93	1
30	Tan, Nathania	Hawaii	10:19.39	10:41.20	2
31	Mittelsdorf, Ashley Eden	Pepperdine	11:24.60	10:45.88	1
32	Newton, Katie	Portland		10:47.71	1
33	Garcia Parsons, Alizee	Hawaii	10:53.10	10:53.43	1
34	Buckley, Lauren	St. Mary's (Cal.)		10:56.01	1
35	Ranieri, Anna	St. Mary's (Cal.)		11:02.86	1
--	Reedy, Lacey	Pepperdine	11:58.10	DNF	1

**Women 5000 Meter Run**

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MPSF Meet: 1 15:50.65 2007 Arianna Lambie, Stanford

Podium: 2 15:21.56 2/11/2022 Kellyn Taylor, Hoka NAZ Elite

Name	Year	School	Seed	Finals	Points
1	Weidler, Brianna	UC Davis	15:38.77	16:21.38	10
2	Andar, Sameen	UC Irvine		16:31.81	8
3	Hlusi, Natalie	San Francisco		16:39.64	6
4	Bergmark, Hope	UC Davis	16:56.99	16:48.64	5
5	Nielsen, Mie	Portland		16:49.59	4
6	Richardson, Maebh	Portland		16:50.84	3
7	Atkins, Sierra	UC Davis	15:59.27	16:51.00	2
8	Lowengrub, Collette	UC Riverside	16:33.82	17:04.23	1
9	Miramontes, Dariana	UC Riverside	16:43.01	17:16.81	
10	Calvert, Carolinh	UC Riverside	16:55.81	17:40.47	
11	Valadier, Mathilde	San Francisco		17:49.13	
12	Rowley, Tait	Portland		17:51.56	
13	Ashby, Mia	UC Riverside		18:09.38	
14	Tan, Nathania	Hawaii		18:14.97	
15	O'Donnell, Zola	Hawaii		19:09.53	

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**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****Women 60 Meter Hurdles****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

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MPSF Meet:	1	7.95	2017	Sasha Wallace, Oregon		
Podium:	2	7.82	2/27/2022	Gabbi Cunningham, NIKE		
Name	Year	School	Seed	Prelims	H#	
=====						
Preliminaries						
1	Fune', Hailey	Long Beach St.	8.58	8.30Q	2	
2	Turner, Rahni	Long Beach St.	8.41	8.31Q	1	
3	Davis, Amyah	Long Beach St.	8.75	8.58Q	3	
4	Davis, Jahzara	Cal St. Fullerton	8.61	8.37q	2	
5	Davis, Jazzmine	UC Irvine	8.58	8.59q	3	
6	DeSousa, Tayah	Long Beach St.		8.61q	1	
7	Wyllie, Tara	Hawaii	8.69	8.69q	1	
8	Johnson, Reyna	UC Irvine	8.61	8.73q	3	8.724
9	Hawkins, Amira	Cal St. Fullerton	8.89	8.73	2	8.726
10	McKenzie, Kailah	UC Irvine	8.77	8.74	3	
11	Jennings, Monea	UC Riverside	8.79	8.76	2	8.751
12	Jones, Faith	Cal St. Fullerton	8.86	8.76	1	8.754
13	Stewart, Mariah	Cal St. Fullerton	9.16	8.77	2	
14	Reid, Mia	Cal St. Fullerton	8.68	8.79	1	
15	Wondercheck, Charis	CSUN	8.88	8.80	1	
16	Thai, Lauren	UC Irvine	8.94	8.99	3	
17	Ajayi, Sarah	UC Irvine	9.01	9.17	3	
18	Shorter, Taylor	Cal St. Fullerton	8.71	9.18	2	
19	Ortman, Maddy	Pepperdine	9.82	9.39	1	

**Women 60 Meter Hurdles**

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MPSF Meet:	1	7.95	2017	Sasha Wallace, Oregon		
Podium:	2	7.82	2/27/2022	Gabbi Cunningham, NIKE		
Name	Year	School	Prelims	Finals	Points	
=====						
Finals						
1	Turner, Rahni	Long Beach St.	8.31	8.25	10	
2	Fune', Hailey	Long Beach St.	8.30	8.35	8	
3	Davis, Jahzara	Cal St. Fullerton	8.37	8.37	6	
4	Davis, Amyah	Long Beach St.	8.58	8.57	5	
5	Johnson, Reyna	UC Irvine	8.73	8.58	4	
6	DeSousa, Tayah	Long Beach St.	8.61	8.64	3	
7	Davis, Jazzmine	UC Irvine	8.59	8.65	2	
8	Wyllie, Tara	Hawaii	8.69	8.79	1	

**Women 4x400 Meter Relay**

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MPSF Meet:	1	3:29.92	2020	USC		
Podium:	2	3:37.92	1/13/2023	USC, USC		
School				Lear, Cenci, Chandler, Serville		
School	Seed	Finals	H#	Points		
=====						
1	Hawaii 'A'	3:43.95	3:40.51	2	10	
	1) Warrington, Amy			2) Antolin, Alyssa Mae		
	3) Gordon, Samantha			4) Kneeshaw, Izzy		
2	UC Riverside 'A'	3:47.36	3:46.53	2	8	
	1) Starks, Saniyah			2) Hackley, Diyana		

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3) Sutton, Sierra	4) Olukoju, Raykiyat				
3 UC Davis 'A'	3:48.20	3:46.66	2	6	
1) Kinsey, Cierra	2) Ford, Alexys				
3) Oneal, Janae	4) Shinnick, Maya				
4 Long Beach St. 'A'	3:48.73	3:48.17	2	5	
1) Lavreshina, Sofia	2) Turner, Rahni				
3) Davis, Amyah	4) Hall, Daryana				
5 Cal St. Fullerton 'A'	3:43.05	3:48.82	2	4	
1) Dematte, Nancy	2) Livingston, Arionn				
3) Heinlein, Alyssa	4) Reid, Mia				
6 San Francisco 'A'		3:49.87	1	3	
1) Wyatt, Imani	2) LaChapelle, Tatumn				
3) Morales, Julia	4) Alexandre, Olivia				
7 UC Irvine 'A'	3:52.26	3:50.12	1	2	
1) Davis, Jazzmine	2) Aquino, Lauren				
3) Moran, Bailey	4) Alexander, Alexis				
8 St. Mary's (Cal.) 'A'	3:54.45	4:00.05	1	1	
1) DeSouza, Jaden	2) Laner, Kaitlin				
3) Mercado, Ana	4) Dwyer, Maddie				
9 Portland 'A'	4:09.85	4:00.42	1		
1) Dreiling, Isabella	2) Pettersson, Stina				
3) Woodger, Tiahna	4) Perez, Teresa				
10 Pepperdine 'A'	4:18.52	4:09.75	1		
1) Reyes, Isabella	2) Smith, Avery				
3) Renner, Kayla	4) Ortman, Maddy				

**Women Distance Medley**

MPSF Meet: 1	10:55.01	2012	Washington		
			Orr, Carlson, Mires, Flood		
Podium: 2	10:39.91	2/11/2022	Nike Union Athletics Club, Union AC		
			E Donaghu, R Rogers, S Johnson, S Osika		
School		Seed	Finals	Points	
1 San Francisco 'A'			11:36.13	10	
1) Morales, Julia		2) Alexandre, Olivia			
3) Vanadzina, Kamilla		4) Copeland, Grace			
2 UC Irvine 'A'			11:47.99	8	
1) Schmidt, Kaia		2) Marquez, Mia			
3) Alexander, Alexis		4) Gay, Malia			
3 St. Mary's (Cal.) 'A'		11:47.89	11:50.12	6	
1) Mercado, Ana		2) Dwyer, Maddie			
3) DeSouza, Jaden		4) Dreher, Molly			
4 UC Riverside 'A'		12:17.84	11:50.60	5	
1) Alvarez, Norma		2) Hackley, Diyana			
3) Velazquez, Samantha		4) Perez, Linda			
5 CSUN 'A'			11:54.05	4	
1) Hamilton, Leann		2) Lopes, Jayden			
3) Simpson, Rachael		4) Contreras, Nicole			
6 Hawaii 'A'		12:10.81	11:55.16	3	
1) Wilkes, Keilah		2) Cook, Kristin			
3) McFadden, Carlin		4) Langschwager, Emilie			
7 Long Beach St. 'A'			12:04.89	2	
1) Schwab, Marikay		2) Hall, Daryana			
3) Jones, Leia		4) Scimia, Allie			







**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium  
Results****...Women Long Jump**

5	DeSousa, Tayah	Long Beach St.	5.69m	18-08.00	1	4
	5.64m 5.68m 5.59m FOUL	5.58m 5.69m				
6	Williams, Kaitlyn	Long Beach St.	5.66m	18-07.00	1	3
	5.66m 5.33m FOUL 5.56m	5.41m 5.48m				
7	Hurley, Jenelle	Long Beach St.	5.91m	J5.66m	18-07.00	2 2
	FOUL 5.28m 5.66m 5.01m	FOUL FOUL				
8	McKenzie, Kailah	UC Irvine	5.80m	5.65m	18-06.50	2 1
	5.65m 5.55m 5.48m 5.15m	5.46m 5.43m				
9	Brown, KiiKii	Long Beach St.	5.62m	18-05.25	1	
	5.33m 5.62m 5.38m FOUL	FOUL 5.38m				
10	Robinson, Jolie	UC Irvine	5.84m	5.56m	18-03.00	2
	5.56m FOUL 5.56m					
11	Ceballos, Melanie	UC Riverside	5.79m	5.55m	18-02.50	2
	5.27m 5.34m 5.55m					
12	Bailey, Sofia	Long Beach St.	5.57m	5.49m	18-00.25	2
	FOUL FOUL 5.49m					
13	Davis, Jahzara	Cal St. Fullerton	5.84m	5.48m	17-11.75	2
	5.48m 5.33m 5.41m					
14	Wyllie, Tara	Hawaii	5.33m	5.44m	17-10.25	2
	5.43m 5.26m 5.44m					
15	Fruchtmann, Rachel	UC Davis	5.59m	5.42m	17-09.50	2
	5.32m 5.13m 5.42m					
16	Bliss, Allison	Hawaii	5.26m	5.41m	17-09.00	1
	5.31m 5.41m 4.93m					
17	DeBorde, Maddie	Long Beach St.	5.22m	5.28m	17-04.00	1
	FOUL 5.28m 5.08m					
18	Haygood, Dannette	Cal St. Fullerton	5.27m	17-03.50	1	
	5.02m 5.27m 5.14m					
19	Grey, Zola	CSUN	5.30m	5.21m	17-01.25	2
	5.20m FOUL 5.21m					
20	Millard, Riley	Long Beach St.	5.23m	J5.21m	17-01.25	1
	4.90m 5.08m 5.21m					
21	Algiers, Michelle	UC Riverside	5.42m	5.20m	17-00.75	2
	5.20m 5.10m FOUL					
22	Mackenzie, Jessica	Hawaii	5.17m	J5.20m	17-00.75	1
	5.20m FOUL 5.04m					
23	Thai, Lauren	UC Irvine	5.27m	5.17m	16-11.50	1
	5.17m 5.16m 5.02m					
24	Murphy, Anne	Long Beach St.	5.14m	16-10.50	1	
	FOUL 5.14m 5.04m					
25	Reid, Mia	Cal St. Fullerton	5.04m	16-06.50	1	
	5.04m 4.88m 5.00m					
26	Tehrani, Natasha	Long Beach St.	5.01m	16-05.25	1	
	4.99m 4.79m 5.01m					
27	Bryan, Alli	Long Beach St.	4.80m	15-09.00	1	
	FOUL FOUL 4.80m					
--	Grochowski, Noa	San Francisco	5.83m	FOUL		2
	FOUL FOUL FOUL					

**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****Women Triple Jump**

MPSF Meet: 1 13.90m 2005 Erica McLain, Stanford									
Podium: 2 14.28m 2/27/2022 Keturah Orji, Mizuno									
Name	Year	School	Seed	Finals	H#	Points			
1	Wyllie, Tara	Hawaii	12.44m	12.46m	40-10.50	2	10		
	FOUL	12.07m	12.38m	12.23m	12.46m	12.24m			
2	Smith, Kerrington	UC Davis	12.17m	11.88m	38-11.75	2	8		
	11.74m	11.88m	11.82m	11.82m	FOUL	FOUL			
3	Gordon, Samantha	Hawaii		11.85m	38-10.50	1	6		
	11.56m	11.80m	11.33m	11.66m	11.85m	11.71m			
4	Bampali, Anastasia	CSUN	12.25m	11.84m	38-10.25	2	5		
	11.78m	11.84m	FOUL	11.64m	11.57m	FOUL			
5	Haygood, Dannette	Cal St. Fullerton	11.43m	J11.84m	38-10.25	2	4		
	11.57m	11.63m	11.84m	FOUL	11.45m	11.55m			
6	Algiers, Michelle	UC Riverside	11.88m	11.81m	38-09.00	2	3		
	FOUL	11.81m	FOUL	11.50m	11.67m	11.51m			
7	Shaw, Amanda	UC Davis	11.81m	11.80m	38-08.75	2	2		
	11.80m	FOUL	FOUL	FOUL	11.55m	FOUL			
8	Ceballos, Melanie	UC Riverside	11.30m	11.75m	38-06.75	2	1		
	11.75m	11.67m	11.05m	10.91m	FOUL	11.04m			
9	Fruchtmann, Rachel	UC Davis	11.97m	11.74m	38-06.25	2			
	FOUL	11.72m	11.60m	11.74m	11.70m	FOUL			
10	Brown, KiiKii	Long Beach St.		11.54m	37-10.50	1			
	10.82m	11.54m	11.42m						
11	Bliss, Allison	Hawaii	11.40m	11.40m	37-05.00	2			
	11.06m	11.25m	11.40m						
12	Sarwar, Aiza	UC Davis	11.17m	11.24m	36-10.50	1			
	FOUL	11.24m	10.95m						
13	Fantin, Chiara	UC Davis	11.28m	11.07m	36-04.00	1			
	11.07m	10.83m	11.03m						
14	Murphy, Anne	Long Beach St.		10.99m	36-00.75	1			
	10.94m	10.93m	10.99m						
15	Grochowski, Noa	San Francisco		10.97m	36-00.00	1			
	10.97m	FOUL	10.82m						
16	Acosta, Jackie	UC Irvine	10.65m	10.85m	35-07.25	1			
	FOUL	10.63m	10.85m						
17	Morse, Janessa	UC Riverside	10.55m	10.57m	34-08.25	1			
	10.34m	10.57m	10.57m						

**Women Shot Put**

MPSF Meet: 1 18.98m 2018 Maggie Ewen, Arizona State									
Podium: 2 19.79m 2/27/2022 Maggie Ewen, Nike									
Name	Year	School	Seed	Finals	H#	Points			
1	Tyler, Deandra	UC Irvine	14.96m	14.93m	48-11.75	2	10		
	14.21m	14.93m	FOUL	14.78m	13.73m	14.48m			
2	Garcia, Evalen	Cal St. Fullerton	12.78m	14.50m	47-07.00	1	8		
	12.07m	FOUL	13.28m	13.22m	14.50m	FOUL			
3	Baker, Nyla	UC Irvine	14.02m	14.22m	46-08.00	2	6		
	FOUL	13.60m	13.94m	13.74m	14.22m	13.82m			
4	Gerhard, Lilly	San Francisco	13.75m	13.88m	45-06.50	2	5		
	13.60m	FOUL	13.33m	13.86m	FOUL	13.88m			
5	Forshaw, Rose	Hawaii	13.96m	13.74m	45-01.00	2	4		
	13.61m	13.55m	FOUL	13.74m	13.69m	13.60m			

**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium  
Results****...Women Shot Put**

6	Toilolo, Melissa	UC Riverside	14.00m	13.53m	44-04.75	2	3
	FOUL 13.32m 13.53m FOUL FOUL FOUL						
7	Mohr, Hallee	Hawaii	13.60m	13.33m	43-09.00	2	2
	13.33m FOUL FOUL 12.95m 13.26m 12.79m						
8	Chang, Teresa	Cal St. Fullerton	13.40m	13.12m	43-00.50	2	1
	13.12m 13.08m FOUL 12.81m FOUL 13.04m						
9	Combs-Mahone, Nadia	UC Irvine	12.09m	13.05m	42-09.75	1	
	12.31m 12.97m FOUL 12.72m FOUL 13.05m						
10	Vital, Samaria	Hawaii	14.09m	12.87m	42-02.75	2	
	12.87m FOUL 12.17m						
11	Kelpis, Brianna	CSUN	11.69m	12.82m	42-00.75	1	
	12.82m FOUL 11.77m						
12	McNairy, Kaylah	Cal St. Fullerton	12.57m	12.81m	42-00.50	1	
	12.17m 12.81m 12.44m						
13	Hutchinson, Emily	CSUN	12.58m	12.77m	41-10.75	1	
	FOUL 12.54m 12.77m						
14	Owens, Karyssa	UC Riverside	14.37m	12.39m	40-07.75	2	
	FOUL 12.39m FOUL						
15	Montanes i Arbo, Montser	Hawaii	11.81m	12.09m	39-08.00	1	
	12.09m 11.55m 11.83m						
16	Sopoaga, Valo	Hawaii	13.21m	11.95m	39-02.50	2	
	11.95m 11.95m 11.45m						
17	Britton, Amani	CSUN	13.09m	11.87m	38-11.50	2	
	FOUL 11.87m FOUL						
18	Mackenzie, Jessica	Hawaii	12.90m	11.58m	38-00.00	1	
	11.09m 11.58m 11.58m						
19	Hrehor, Giszelle	Long Beach St.	11.60m	11.48m	37-08.00	1	
	10.93m 10.94m 11.48m						
20	Wilkerson, Kyliegh	Cal St. Fullerton	13.10m	11.30m	37-01.00	2	
	FOUL FOUL 11.30m						
21	Alo, Camryn	UC Riverside	12.60m	11.26m	36-11.50	1	
	11.26m FOUL FOUL						
22	McDonald, Clara	Hawaii	11.11m	11.08m	36-04.25	1	
	10.66m 10.97m 11.08m						
23	Molitoris, Regina	St. Mary's (Cal.)	10.09m	9.49m	31-01.75	1	
	FOUL 9.49m 9.26m						
--	Shipp-Davis, Katherine	CSUN	11.97m	FOUL		1	
	FOUL FOUL FOUL						

**Women Weight Throw**

=====							
MPSF Meet:	1	22.40m	2015	Ida Storm, UCLA			
Podium:	2	24.28m	2/27/2022	Janee Kassanavoid, Nike			
Name			Year	School	Seed	Finals	H# Points
=====							
1	Kler, Ashpreet			UC Davis	18.84m	18.72m	61-05.00 2 10
	17.87m FOUL FOUL 18.56m 18.72m 17.05m						
2	Hrehor, Giszelle			Long Beach St.	18.53m	17.76m	58-03.25 2 8
	FOUL 17.76m FOUL FOUL 17.25m FOUL						
3	Montanes i Arbo, Montser			Hawaii	16.21m	17.65m	57-11.00 2 6
	16.97m 16.86m 17.65m 16.87m 16.95m 17.65m						
4	Tyler, Deandra			UC Irvine	16.11m	17.58m	57-08.25 2 5
	FOUL 15.31m 15.80m 16.54m 15.86m 17.58m						
5	Hernandez, Hailey			UC Davis	17.25m	17.34m	56-10.75 2 4
	16.83m 16.59m FOUL 15.90m 16.76m 17.34m						

**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium  
Results****...Women Weight Throw**

6	Owens, Karyssa	UC Riverside	17.46m	16.69m	54-09.25	2	3
	16.69m FOUL FOUL FOUL FOUL FOUL						
7	Shipp-Davis, Katherine	CSUN	15.14m	16.62m	54-06.50	1	2
	15.78m 15.81m 15.69m 15.69m FOUL 16.62m						
8	Garcia, Evalen	Cal St. Fullerton	16.01m	16.43m	53-11.00	2	1
	FOUL 15.77m 15.37m FOUL FOUL 16.43m						
9	Rasmussen, Keeley	Long Beach St.	15.61m	16.23m	53-03.00	2	
	15.80m 15.01m 14.89m 16.23m 14.82m 15.49m						
10	Mohr, Hallee	Hawaii	17.44m	15.61m	51-02.75	2	
	15.61m FOUL 15.15m						
11	Davis, Deana	UC Irvine	15.07m	15.18m	49-09.75	1	
	15.05m 15.03m 15.18m						
12	Sopoaga, Valo	Hawaii	14.54m	14.93m	48-11.75	1	
	14.93m 14.13m 13.89m						
13	Chang, Teresa	Cal St. Fullerton	14.58m	14.56m	47-09.25	1	
	FOUL 14.56m FOUL						
14	Toilolo, Melissa	UC Riverside	15.82m	14.52m	47-07.75	2	
	FOUL 13.22m 14.52m						
15	Vital, Samaria	Hawaii	15.21m	14.40m	47-03.00	1	
	14.40m 14.40m FOUL						
16	Wilkerson, Kyliegh	Cal St. Fullerton	15.26m	14.25m	46-09.00	1	
	13.25m 13.53m 14.25m						
17	Ah-Fook, Faitalia	Long Beach St.		14.20m	46-07.25	1	
	14.20m FOUL PASS						
18	Britton, Amani	CSUN	14.23m	14.13m	46-04.25	1	
	13.44m FOUL 14.13m						
19	Hutchinson, Emily	CSUN	14.65m	13.78m	45-02.50	1	
	13.75m 13.78m FOUL						
20	Alo, Camryn	UC Riverside	14.35m	13.52m	44-04.25	1	
	13.03m 13.52m 13.43m						
21	McDonald, Clara	Hawaii	12.12m	13.08m	42-11.00	1	
	11.80m 12.20m 13.08m						

**Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon**

=====				
Podium: 2 2:18.63 2/3/2022 Peyton Teevens, Washington State				
Name	Year	School	Finals	Points
=====				
1	Touchette, Catherine	Hawaii	2:16.732	868
2	Gordon, Samantha	Hawaii	2:17.632	856
3	Bailey, Sofia	Long Beach St.	2:27.14	729
4	Davis, Jazzmine	UC Irvine	2:31.20	678
5	Bryan, Alli	Long Beach St.	2:32.74	659
6	Fune', Hailey	Long Beach St.	2:33.24	653
7	Robinson, Jolie	UC Irvine	2:33.96	644
8	Reuss, Audrie	CSUN	2:35.90	621
9	Plummer, Victoria	Long Beach St.	2:36.92	609
10	Hendrickson, Jayme	UC Davis	2:42.90	540
11	Kelpis, Brianna	CSUN	2:47.73	487
--	Hurley, Jenelle	Long Beach St.	DNF	



**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

12	Davis, Jazzmine	UC Irvine	1.41m	4-07.50	523
	1.35 1.38 1.41 1.44				
	XO XO XO XXX				
--	Jennings, Monea	UC Riverside	NH		
	1.35 1.38 1.41 1.44 1.47				
	PPP PPP PPP PPP XXX				

**Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon**

=====					
Podium: 2 6.55m 2/27/2022 Quanesha Burks					
Name	Year	School	Finals		Points
=====					
1	Robinson, Jolie	UC Irvine	5.82m	19-01.25	795
	5.37m 5.82m 5.52m				
2	Fune', Hailey	Long Beach St.	5.80m	19-00.50	789
	5.78m 5.73m 5.80m				
3	Bailey, Sofia	Long Beach St.	5.55m	18-02.50	715
	5.46m FOUL 5.55m				
4	Gordon, Samantha	Hawaii	5.51m	18-01.00	703
	FOUL 5.51m FOUL				
5	Kelpis, Brianna	CSUN	5.35m	17-06.75	657
	5.35m 5.25m 5.12m				
6	Plummer, Victoria	Long Beach St.	5.31m	17-05.25	645
	5.25m 5.29m 5.31m				
7	Davis, Jazzmine	UC Irvine	5.24m	17-02.25	626
	5.24m 5.14m FOUL				
8	Hurley, Jenelle	Long Beach St.	5.16m	16-11.25	603
	FOUL 5.16m FOUL				
9	Bryan, Alli	Long Beach St.	5.05m	16-07.00	573
	5.05m 4.89m FOUL				
9	Hendrickson, Jayme	UC Davis	5.05m	16-07.00	573
	5.02m 4.96m 5.05m				
11	Reuss, Audrie	CSUN	5.04m	16-06.50	570
	5.04m 4.78m 4.96m				
12	Touchette, Catherine	Hawaii	4.99m	16-04.50	557
	4.74m FOUL 4.99m				

**Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

=====					
Podium: 2 19.79m 2/27/2022 Maggie Ewen, Nike					
Name	Year	School	Finals		Points
=====					
1	Kelpis, Brianna	CSUN	12.63m	41-05.25	703
	12.63m 11.92m 11.91m				
2	Robinson, Jolie	UC Irvine	11.67m	38-03.50	639
	10.74m 11.67m 11.30m				
3	Fune', Hailey	Long Beach St.	11.08m	36-04.25	600
	10.00m FOUL 11.08m				
4	Bailey, Sofia	Long Beach St.	11.01m	36-01.50	596
	10.84m 11.01m 10.86m				
5	Reuss, Audrie	CSUN	10.22m	33-06.50	544
	9.74m 10.22m 10.14m				
6	Bryan, Alli	Long Beach St.	10.15m	33-03.75	539
	9.87m 10.15m 9.97m				

**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****....Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

7	Gordon, Samantha	Hawaii	10.09m	33-01.25	535
	10.09m 9.28m 8.75m				
7	Davis, Jazzmine	UC Irvine	10.09m	33-01.25	535
	10.09m 9.66m 9.72m				
9	Plummer, Victoria	Long Beach St.	10.07m	33-00.50	534
	10.02m 9.65m 10.07m				
10	Hurley, Jenelle	Long Beach St.	9.92m	32-06.50	524
	9.92m 9.82m 9.47m				
11	Touchette, Catherine	Hawaii	9.25m	30-04.25	480
	9.25m 8.63m 9.18m				
12	Hendrickson, Jayme	UC Davis	8.75m	28-08.50	448
	8.75m 8.04m 8.05m				
13	Jennings, Monea	UC Riverside	8.59m	28-02.25	438
	8.59m FOUL FOUL				

**Women Indoor Pentathlon**

MPSF Meet: 1 4444 2016 Amalie Iuel, USC  
Podium: 2 4492 2022 Chari Hawkins, On

Name	Year	School	Seed	Finals	H#	Points
1 Fune', Hailey		Long Beach St.		3889		10
2 Gordon, Samantha		Hawaii		3861		8
3 Robinson, Jolie		UC Irvine	3598	3660		6
4 Bailey, Sofia		Long Beach St.		3588		5
5 Plummer, Victoria		Long Beach St.		3501		4
6 Kelpis, Brianna		CSUN		3482		3
7 Touchette, Catherine		Hawaii		3380		2
8 Davis, Jazzmine		UC Irvine	3470	3351		1
9 Reuss, Audrie		CSUN		3276		
10 Bryan, Alli		Long Beach St.		3214		
11 Hendrickson, Jayme		UC Davis		3205		
12 Hurley, Jenelle		Long Beach St.		2722		

**Men 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

MPSF Meet: 1 6.51 2001 Ja'Warren Hooker, Washington  
Podium: 2 6.45 2/27/2022 Christian Coleman, Nike

Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1 Mars, Chase		CSUN	6.71	6.61Q	1
2 Phillips, David		CSUN	6.77	6.67Q	2 6.667
3 Floriolli, Alonzo		Cal St. Fullerton	6.73	6.67q	1 6.664
4 Crawford, James		CSUN	6.81	6.71q	1
5 Jordan, Abel		Cal St. Fullerton	6.69	6.73q	2
6 Madise, Jacoby		UC Riverside	6.81	6.75q	1
7 Dossman, Ian		Cal St. Fullerton	6.89	6.79q	2
8 Gates, Dominic		Cal St. Fullerton		6.80q	2
9 Clifford, John		Cal St. Fullerton	6.73	6.81	2
10 Flores, Tristyn		Long Beach St.	6.88	6.85	2
11 Black, Tosh		CSUN	6.97	6.90	2
12 Harness, Malik		Long Beach St.	6.93	6.92	1
13 Sherman, Jason		UC Riverside	6.96	6.96	1



**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****...Men 60 Meter Dash**

14	Scruggs, Naythn	Long Beach St.	6.98	1	
15	Jones, Jared	Cal St. Fullerton	7.04	1	
16	Garcia, Andrew	UC Riverside	7.11	7.07	2

**Men 60 Meter Dash**

MPSF Meet: 1 6.51 2001 Ja'Warren Hooker, Washington

Podium: 2 6.45 2/27/2022 Christian Coleman, Nike

Name	Year	School	Prelims	Finals	Points
------	------	--------	---------	--------	--------

**Finals**

1	Jordan, Abel	Cal St. Fullerton	6.73	6.59	10
2	Mars, Chase	CSUN	6.61	6.63	8
3	Floriolli, Alonzo	Cal St. Fullerton	6.67	6.64	6
4	Crawford, James	CSUN	6.71	6.73	4
5	Gates, Dominic	Cal St. Fullerton	6.80	6.75	2
6	Dossman, Ian	Cal St. Fullerton	6.79	6.82	1
--	Phillips, David	CSUN	6.67	FS	

**Men 200 Meter Dash**

MPSF Meet: 1 20.75 2001 Ja'Warren Hooker, Washington

Podium: 2 20.76 2/2/2024 Erin Brown, Grand Canyon

Name	Year	School	Seed	Finals	H#	Points
------	------	--------	------	--------	----	--------

1	Phillips, David	CSUN	21.01	20.78	1	10
2	Mars, Chase	CSUN	21.21	20.80	1	8
3	Dossman, Ian	Cal St. Fullerton		21.07	5	6
4	Crawford, James	CSUN	21.10	21.13	1	4
5	Pabon, Maleik	Cal St. Fullerton	21.59	21.28	2	2
6	Roberson, Caleb	Long Beach St.	21.57	21.49	2	1
7	Emerson, Isaiah	Cal St. Fullerton	21.31	21.57	1	
8	Flores, Tristyn	Long Beach St.	21.90	21.67	3	
9	Black, Tosh	CSUN	21.81	21.68	3	
10	Gates, Dominic	Cal St. Fullerton		21.77	5	
11	Harness, Malik	Long Beach St.	21.95	21.90	3	
12	Carr, Liam	UC Riverside	21.90	21.93	3	
13	Scruggs, Naythn	Long Beach St.		22.01	4	
14	Sherman, Jason	UC Riverside	22.12	22.23	4	
15	Jones, Jared	Cal St. Fullerton		22.36	5	
16	Ezieme, Joshua	UC Riverside	22.78	22.57	4	
--	Madise, Jacoby	UC Riverside	21.75	DNF	2	
--	Garcia, Andrew	UC Riverside	23.07	DQ	4	

Rule 7 Section 5.2

**Men 400 Meter Dash**

MPSF Meet: 1 45.94 2018 Rai Benjamin, USC

Podium: 2 45.75 2/27/2022 Trevor Bassitt, Ashland University

Name	Year	School	Seed	Finals	H#	Points
------	------	--------	------	--------	----	--------

1	Phillips, David	CSUN	48.73	47.83	3	10
2	Pabon, Maleik	Cal St. Fullerton	48.37	47.86	2	8
3	Henderson, Patrick	Long Beach St.	49.11	48.01	3	6
4	Goode, Christopher	Cal St. Fullerton		48.07	4	4
5	Pitts, Chris	CSUN	48.40	48.18	2	2

**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****...Men 400 Meter Dash**

6 Day, Reggie	UC Riverside	50.15	48.19	3	1	
7 Shiff, Omri	Long Beach St.	48.54	48.29	2		
8 Carr, Liam	UC Riverside	48.33	48.60	1		48.592
9 Martinez, Gabriel	CSUN	48.25	48.60	1		48.597
10 Roberson, Caleb	Long Beach St.	48.28	48.81	1		
11 Emerson, Isaiah	Cal St. Fullerton	48.63	48.82	2		
12 Garcia, Donovan	Cal St. Fullerton		49.25	4		
13 Ezieme, Joshua	UC Riverside	50.44	50.23	4		

**Men 800 Meter Run**

MPSF Meet: 1 1:46.73 2013 Elijah Greer, Oregon

Podium: 2 1:45.30 2/27/2022 Bryce Hoppel, adidas

Name	Year School	Seed	Finals	H#	Points
1 Powell, Kash	Long Beach St.	1:48.79	1:51.20	2	10
2 Fitzgerald, Aidan	Portland		1:51.54	1	8
3 Pfiesser, Jonathan	Cal St. Fullerton	1:52.18	1:51.80	2	6
4 Roberts, Yutaka	Portland	1:51.10	1:52.54	2	4
5 Contreras, Noah	CSUN	1:54.73	1:52.60	1	2
6 Rhone, Cameron	Long Beach St.	1:51.21	1:54.04	2	1
7 Cadima, Zachary	UC Riverside	1:56.23	1:54.87	1	
8 Kalmar, Alex	Long Beach St.	1:52.06	1:55.87	2	
9 Nordheim, Sully	Portland	1:53.56	1:56.26	2	
10 Hall, Atticus	CSUN	1:53.61	1:57.56	1	
11 George, Austin	Portland	1:56.91	1:58.09	1	
12 Reden, Kyle	Long Beach St.	1:52.48	1:59.40	2	
13 Bush, Will	Portland	2:06.94	2:02.88	1	
-- Sado, Ahmed	Portland		DNF	1	
-- Ombougno, Moe	Portland		DNF	1	

**Men 1 Mile Run**

MPSF Meet: 1 3:53.89 2016 Izaic Yorks, Washington

Podium: 2 3:59.36 2/4/2023 Wil Smith, Gonzaga

Name	Year School	Seed	Finals	Points
1 Sado, Ahmed	Portland	4:04.47	4:13.81	10
2 Lantz, Nate	Portland	4:09.42	4:15.45	8
3 Kalmar, Alex	Long Beach St.	4:08.08	4:15.77	6
4 Perez, Marco	Cal St. Fullerton	4:09.92	4:15.79	4
5 Reden, Kyle	Long Beach St.	4:11.05	4:16.03	2
6 Chaston, Thomas	Portland	4:05.66	4:18.19	1
7 Paltzer, Tommy	Portland		4:18.98	
8 Caster, Sean	UC Riverside	4:13.11	4:20.22	

**Men 3000 Meter Run**

MPSF Meet: 1 7:44.48 2012 Lawi Lalang, Arizona

Podium: 2 7:47.50 2/26/2022 Cole Hocker, Nike

Name	Year School	Seed	Finals	Points
1 Abdala, Daniel	Portland	8:07.47	8:25.68	10
2 Bodirsky, Jona	Portland	8:19.57	8:25.90	8
3 Gertsen, Jonas	Portland	8:11.40	8:25.90	6

8:25.893

8:25.899

**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****...Men 3000 Meter Run**

4	Racle, Daniel	Portland	8:12.88	8:25.95	4
5	Tavares, Mario	Long Beach St.		8:27.23	2
6	Mendoza, Joshua	UC Riverside	8:33.95	8:28.72	1
7	Anderson, Chris	Portland	8:17.14	8:29.47	
8	Abdelmagid, Ashraf	UC Riverside		8:30.76	
9	Hosbein, Nolan	Portland	8:20.70	8:32.02	
10	Rhone, Cameron	Long Beach St.	8:14.62	8:33.11	
11	Murasmith, Noah	UC Riverside	8:27.51	8:33.25	
12	Chaston, Thomas	Portland	8:07.24	8:34.44	
13	Lantz, Nate	Portland	8:27.75	8:36.19	
14	Kennedy, Connor	Portland	8:30.24	8:40.32	
15	Torres, Camilo	CSUN	8:37.85	8:44.85	
16	Buckley, Teddy	Portland	8:44.71	8:49.05	
17	Castellon, Andrew	UC Riverside	8:41.54	8:53.44	

**Men 5000 Meter Run**

MPSF Meet: 1 13:41.58 2014 Lawi Lalang, Arizona

Podium: 2 13:36.24 2/23/2024 Aaron Las Heras, Northern Ari

Name	Year	School	Seed	Finals	Points	
1		Gertsen, Jonas	Portland	14:26.38	14:23.68	10
2		Abdala, Daniel	Portland	13:49.30	14:23.78	8
3		Bodirsky, Jona	Portland	14:20.79	14:24.88	6
4		Racle, Daniel	Portland	14:20.93	14:25.84	4
5		Mendoza, Joshua	UC Riverside	14:29.80	14:29.73	2
6		Anderson, Chris	Portland		14:37.21	1
7		Murasmith, Noah	UC Riverside		14:45.93	
8		Hosbein, Nolan	Portland	14:32.95	14:49.56	
9		Tavares, Mario	Long Beach St.		14:51.95	
10		Caster, Sean	UC Riverside		14:52.48	
11		Buckley, Teddy	Portland		15:19.83	
12		Castellon, Andrew	UC Riverside	14:35.50	15:34.10	

**Men 60 Meter Hurdles**

MPSF Meet: 1 7.60 2016 Devon Allen, Oregon

Podium: 2 7.37 2/27/2022 Grant Holloway, adidas

Name	Year	School	Seed	Finals	Points	
1		Jordan, Abel	Cal St. Fullerton	7.74	7.78	10
2		Hornsby, Joshua	Cal St. Fullerton	7.84	7.87	8
3		Watterson, Justin	Long Beach St.	8.03	7.94	6
4		Lee, Joshua	UC Riverside	8.29	8.29	4

**Men 4x400 Meter Relay**

MPSF Meet: 1 3:06.40 2019 USC

Samuel, Shinnick, Owens, Jewett

Podium: 2 3:08.62 2/3/2024 Washington State

Willems, Lawyer, McAlvey, Buckmiller

School	Seed	Finals	Points
1 Cal St. Fullerton 'A'		3:11.61	10
1) Floriolli, Alonzo	2) Goode, Christopher		

**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium  
Results****....Men 4x400 Meter Relay**

3) Emerson, Isaiah	4) Pabon, Maleik			
2 Long Beach St. 'A'		3:14.55	3:13.00	8
1) Shiff, Omri	2) Henderson, Patrick			
3) Powell, Kash	4) Watterson, Justin			
3 UC Riverside 'A'		3:16.54	3:14.29	6
1) Day, Reggie	2) Sherman, Jason			
3) Ezieme, Joshua	4) Carr, Liam			
4 Portland 'A'		3:33.35	3:20.71	4
1) Roberts, Yutaka	2) Fitzgerald, Aidan			
3) Nordheim, Sully	4) George, Austin			

**Men Distance Medley**

=====						
MPSF Meet:	1	9:26.78	2011	Oregon		
				Fleet, Berry, Greer, Centrowitz		
Podium:	2	9:42.95	2/11/2022	Simon Fraser		
School					Seed	Finals Points
=====						
1 Long Beach St. 'A'					9:56.52	10
1) Kalmar, Alex	2) Shiff, Omri					
3) Powell, Kash	4) Rhone, Cameron					
2 Cal St. Fullerton 'A'					10:03.63	8
1) Pfiesser, Jonathan	2) Hornsby, Joshua					
3) Garcia, Donovan	4) Perez, Marco					
3 UC Riverside 'A'					10:05.46	6
1) Cadima, Zachary	2) Day, Reggie					
3) Jackson, Andrew	4) Abdelmagid, Ashraf					
4 CSUN 'A'					10:15.86	4
1) Contreras, Noah	2) Pitts, Chris					
3) Hall, Atticus	4) Torres, Camilo					
5 Portland 'A'					10:39.08	2
1) Kennedy, Connor	2) Roberts, Yutaka					
3) George, Austin	4) Bush, Will					

**Men High Jump**

=====									
MPSF Meet:	1	2.27m	2017	Randall Cunningham Jr., USC					
Podium:	2	2.28m	2/27/2022	JuVaugh Harrison					
Name			Year	School	Seed	Finals			Points
=====									
1 Jankans, Kyle				Long Beach St.	2.12m	2.11m	6-11.00		10
1.81	1.86	1.91	1.96	2.01	2.06	2.11	2.16	2.21	
PPP	PPP	PPP	PPP	O	O	O	PPP	XXX	
2 Poole, Shallamar				Cal St. Fullerton		2.06m	6-09.00		8
1.81	1.86	1.91	1.96	2.01	2.06	2.11			
PPP	PPP	PPP	O	O	O	XXX			
3 Funches, TJ				Long Beach St.	2.05m	2.01m	6-07.00		6
1.81	1.86	1.91	1.96	2.01	2.06				
PPP	PPP	PPP	XO	O	XXX				
4 Morris, Willard				Cal St. Fullerton	1.96m	J2.01m	6-07.00		4
1.81	1.86	1.91	1.96	2.01	2.06				
PPP	O	O	XXO	XO	XXX				
5 Pennington, Owen				UC Riverside	1.98m	1.91m	6-03.25		1.50
1.81	1.86	1.91	1.96						
O	O	O	XXX						



**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****...Men Long Jump**

11 James, Novye'	Long Beach St.	7.09m	6.79m	22-03.50
6.79m FOUL 6.63m				
12 Dela Cruz, Jonrich	CSUN	6.60m	J6.79m	22-03.50
6.49m 6.32m 6.79m				
13 Willis, Camren	Cal St. Fullerton	7.13m	6.73m	22-01.00
6.42m FOUL 6.73m				
14 Chan, Tzu-Ting	CSUN	6.95m	6.69m	21-11.50
6.44m 6.69m FOUL				
15 Pennington, Owen	UC Riverside	6.44m	6.44m	21-01.50
5.87m 6.44m 6.01m				
16 Fair, Justice	Long Beach St.	7.17m	2.41m	7-11.00
PASS 2.41m PASS				

**Men Triple Jump**

MPSF Meet: 1 16.43m 2012 Chris Benard, Arizona State

Podium: 2 16.88m 2/27/2022 Donald Scott, adidas

Name	Year	School	Seed	Finals	Points
1 James, Novye'		Long Beach St.	15.28m	15.33m	50-03.50 10
15.05m 14.80m 14.87m 14.36m 14.62m 15.33m					
2 Harris, Elijah		Long Beach St.	14.88m	15.17m	49-09.25 8
14.91m 14.74m 14.47m FOUL FOUL 15.17m					
3 Williams, Bryson		CSUN	14.96m	15.14m	49-08.25 6
14.91m FOUL 14.96m 14.87m 15.13m 15.14m					
4 Black, Calvin		UC Riverside	15.41m	14.72m	48-03.50 4
FOUL 13.95m FOUL 14.72m FOUL FOUL					
5 Chan, Tzu-Ting		CSUN	14.46m	14.13m	46-04.25 2
FOUL 14.13m FOUL FOUL 13.87m FOUL					
6 Dozier, Rahsaan		Cal St. Fullerton		14.11m	46-03.50 1
14.06m 13.94m 14.11m FOUL 13.34m FOUL					
7 Jackson, LaSalle		Long Beach St.	15.38m	13.96m	45-09.75
13.96m PASS PASS 13.95m PASS PASS					
8 Yoshinaga, Elijah		UC Riverside	14.30m	13.91m	45-07.75
13.91m FOUL PASS					

**Men Shot Put**

MPSF Meet: 1 21.47m 2008 Ryan Whiting, Arizona State

Podium: 2 22.51m 2/27/2022 Ryan Crouser, Nike

Name	Year	School	Seed	Finals	Points
1 Knight, Trey		CSUN		16.94m	55-07.00 10
FOUL 15.89m 16.52m 16.52m FOUL 16.94m					
2 Miller, Hawkin		Cal St. Fullerton	16.04m	16.90m	55-05.50 8
FOUL 16.53m 16.34m 16.25m FOUL 16.90m					
3 Lopez, Guillermo		CSUN	16.02m	16.72m	54-10.25 6
16.64m 16.72m FOUL FOUL 16.08m FOUL					
4 Ignacio, Elijah		CSUN	15.81m	16.53m	54-02.75 4
15.52m 16.53m 16.23m 15.57m FOUL 16.47m					
5 Pastorian, Aiden		Long Beach St.	16.62m	16.38m	53-09.00 2
14.73m 15.05m FOUL FOUL FOUL 16.38m					
6 Wells, Jaylon		Long Beach St.	16.86m	16.30m	53-05.75 1
16.05m 16.30m FOUL 16.01m 15.54m FOUL					

**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****....Men Shot Put**

7 Knowels, Tyler	Long Beach St.	14.92m	15.34m	50-04.00
14.94m 15.34m 14.96m	FOUL 15.00m 14.62m			
8 Wharry, Canaan	Long Beach St.	15.34m	14.88m	48-10.00
14.80m FOUL 14.88m				
9 Martin, Deven	UC Riverside	12.88m	12.87m	42-02.75
FOUL 12.56m 12.87m				

**Men Weight Throw**

=====									
MPSF Meet: 1		23.60m	2015	Conor McCullough, USC					
Podium: 2		24.84m	2/27/2022	Alex Young					
Name	Year	School	Seed	Finals	Points				
=====									
1 Knight, Trey		CSUN	22.17m	23.52m	77-02.00	10			
23.52m 23.26m 23.02m	23.13m 23.31m 22.52m								
2 Wharry, Canaan		Long Beach St.	17.86m	18.10m	59-04.75	8			
17.80m FOUL 17.45m	FOUL 17.10m 18.10m								
3 Norfles, Micah		Long Beach St.	19.81m	18.06m	59-03.00	6			
17.72m FOUL 18.06m	FOUL FOUL FOUL								
4 Alipranti, Joseph		CSUN	16.78m	17.19m	56-04.75	4			
FOUL 15.67m FOUL 17.19m	FOUL FOUL								
5 Miller, Hawkin		Cal St. Fullerton	16.00m	17.02m	55-10.25	2			
16.28m 16.58m FOUL 17.02m	FOUL FOUL								
6 Knowels, Tyler		Long Beach St.	16.14m	16.65m	54-07.50	1			
15.36m 15.36m FOUL 16.65m	16.09m FOUL								
7 Ignacio, Elijah		CSUN	15.86m	15.69m	51-05.75				
FOUL 15.69m 15.54m	FOUL FOUL FOUL								
8 Wells, Jaylon		Long Beach St.	15.73m	15.17m	49-09.25				
15.17m FOUL 13.45m									
9 Martin, Deven		UC Riverside	13.47m	14.47m	47-05.75				
13.65m 14.47m 13.78m									
10 Lopez, Guillermo		CSUN		11.79m	38-08.25				
11.79m FOUL FOUL									

**Heptathlon: #1 Men 60 Meter Dash Heptathlon**

=====									
Podium: 2		6.84	2/2/2023	Hakim McMorris, California					
Name	Year	School	Finals	Points					
=====									
1 Turner, Aidan		Long Beach St.	7.01	879					
2 Aguilar, Andrew		Cal St. Fullerton	7.16	826					
3 Fair, Justice		Long Beach St.	7.19	816					
4 Orona, Milo		Long Beach St.	7.30	779					

**Heptathlon: #7 Men 1000 Meter Run Heptathlon**

=====									
Podium: 2		2:38.43	2023	Ben Barton, Brigham Young					
Name	Year	School	Finals	Points					
=====									
1 Aguilar, Andrew		Cal St. Fullerton	3:00.11	663					
2 Turner, Aidan		Long Beach St.	3:20.28	479					
-- Orona, Milo		Long Beach St.	DNF						

**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****Heptathlon: #5 Men 60 Meter Hurdles Heptathlon**

Podium: 2 7.37 2/27/2022 Grant Holloway, adidas						
Name	Year	School	Finals	Points		
1 Aguilar, Andrew		Cal St. Fullerton	8.29	910		
2 Turner, Aidan		Long Beach St.	8.60	836		
3 Orona, Milo		Long Beach St.	9.67	605		

**Heptathlon: #4 Men High Jump Heptathlon**

Podium: 2 2.28m 2/27/2022 JuVaugh Harrison						
Name	Year	School	Finals	Points		
1 Turner, Aidan		Long Beach St.	1.88m	6-02.00	696	
	1.64	1.67	1.70	1.73	1.76	1.79 1.82 1.85 1.88 1.91
	PPP	O	PPP	O	PPP	O O O XO XXX
2 Orona, Milo		Long Beach St.	1.85m	6-00.75	670	
	1.64	1.67	1.70	1.73	1.76	1.79 1.82 1.85 1.88
	PPP	PPP	PPP	PPP	PPP	O PPP O XXX
-- Aguilar, Andrew		Cal St. Fullerton	NH			
	1.64	1.67	1.70	1.73	1.76	
	PPP	PPP	PPP	PPP	XXX	
-- Fair, Justice		Long Beach St.	NH			
	1.64					
	X					

**Heptathlon: #6 Men Pole Vault Heptathlon**

Podium: 2 5.91m 2/27/2022 Chris Nilsen, Nike						
Name	Year	School	Finals	Points		
1 Turner, Aidan		Long Beach St.	4.61m	15-01.50	793	
	4.01	4.11	4.21	4.31	4.41	4.51 4.61 4.71
	O	PPP	O	PPP	XO	O XO X
1 Aguilar, Andrew		Cal St. Fullerton	4.61m	15-01.50	793	
	4.01	4.11	4.21	4.31	4.41	4.51 4.61 4.71
	PPP	PPP	PPP	PPP	O	O XXO XXX
-- Orona, Milo		Long Beach St.	NH			
	4.01					
	X					

**Heptathlon: #2 Men Long Jump Heptathlon**

Podium: 2 8.19m 2/27/2022 Jarrion Lawson						
Name	Year	School	Finals	Points		
1 Aguilar, Andrew		Cal St. Fullerton	7.17m	23-06.25	854	
	7.17m	7.07m	FOUL			
2 Turner, Aidan		Long Beach St.	6.98m	22-11.00	809	
	6.62m	6.98m	6.86m			
3 Orona, Milo		Long Beach St.	6.64m	21-09.50	729	
	6.53m	6.64m	6.59m			
-- Fair, Justice		Long Beach St.	FOUL			
	FOUL	PASS	PASS			



**MPSF Indoor T&F Championships - 2/25/2024 to 2/26/2024****The Podium****Results****Heptathlon: #3 Men Shot Put Heptathlon**

Podium: 2 14.31m 2/2/2023 Hakim McMorris, California						
Name	Year	School	Finals			Points
1 Orona, Milo		Long Beach St.	13.14m	43-01.50		676
	13.14m	12.49m	12.52m			
2 Aguilar, Andrew		Cal St. Fullerton	13.00m	42-08.00		667
	12.51m	12.86m	13.00m			
3 Turner, Aidan		Long Beach St.	11.89m	39-00.25		600
	11.80m	11.59m	11.89m			
4 Fair, Justice		Long Beach St.	9.83m	32-03.00		475
	9.83m	PASS	PASS			

**Men Heptathlon**

MPSF Meet: 1 5843 2020 Max Vollmer, Oregon						
Podium: 2 6382 2022 Garrett Scantling, Nike						
Name	Year	School	Seed	Finals	H#	Points
1 Turner, Aidan		Long Beach St.		5092		10
2 Aguilar, Andrew		Cal St. Fullerton		4713		8
3 Orona, Milo		Long Beach St.		3459		6

**Women - Team Rankings - 17 Events Scored**

1) Long Beach St.	132	2) Hawaii	109.83
3) UC Davis	108.33	4) UC Irvine	69.50
5) San Francisco	55	6) Cal St. Fullerton	50.33
7) UC Riverside	50	8) Portland	46
9) CSUN	30	10) St. Mary's (Cal.)	12

**Men - Team Rankings - 17 Events Scored**

1) Long Beach St.	158	2) Cal St. Fullerton	121
3) CSUN	102	4) Portland	94
5) UC Riverside	35		

**Combined Team Scores - 34 Events Scored**

1) Long Beach St.	290	2) Cal St. Fullerton	171.33
3) Portland	140	4) CSUN	132
5) Hawaii	109.83	6) UC Davis	108.33
7) UC Riverside	85	8) UC Irvine	69.50
9) San Francisco	55	10) St. Mary's (Cal.)	12