

**SF State Distance Carnival - 4/1/2016 to 4/2/2016**  
**San Francisco State University (Cox Stadium)**  
**Results**

**Women 800 Meter Run**

Name	Year School	Finals	H#
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Finals			
1 Tamara Perez	SO Alaska Anchorage	2:11.01	2
2 Ana Rosa Gómez Velazquez	Esc Tepatitlan	2:11.57	1
3 Jenna Wesley	SR Uab	2:11.77	1
4 Sophie Dodd	JR Simon Fraser	2:12.15	4
5 Kelsey Ross	JR Central Michigan	2:12.58	1
6 Sidney Reilly	SO Byu	2:12.78	1
7 Suzie Van De Grift	SO Western Oregon	2:12.89	2
8 Jenny Guibert	JR North Dakota State	2:13.24	1
9 Bailey Henshaw	SR Unattached	2:13.28	1
10 Chynna Phan	SO Seattle Pacific	2:13.32	1
11 Bailey Beeson	SR Western Oregon	2:13.38	2
12 Marquita Palmer	JR Idaho	2:13.46	2
13 Jacqueline Feist	FR Iowa State	2:13.85	2
14 Nyalual Beng	SO Portland State	2:14.02	3
15 Emma Stahr	FR San Francisco	2:14.12	2
16 Molly Klotz	SO Uc-Colo. Spgs.	2:14.34	3
17 Myha Castro	SO San Francisco St.	2:14.54	4
18 Isabella Fauria	8 Unattached	2:14.77	5
19 Kathryn Adelman	FR Bradley	2:15.01	3
20 Denise Reis	JR Stanislaus State	2:15.54	3
21 Hayley Bezanson	JR Alaska Anchorage	2:15.79	5
22 Kris Tollefson	SR Portland State	2:16.10	3
23 Micayla Rennick	FR American River	2:16.45	3
24 Danielle McCormick	FR Alaska Anchorage	2:16.60	4
25 Sara Aguayo	SR Stanislaus State	2:16.64	5
26 Mishal Cotugno	JR College of Idaho	2:17.08	5 2:17.077
26 Chelsea Martus	JR Uc-Colo. Spgs.	2:17.08	3 2:17.077
28 Tami Cardenas	FR Air Force	2:17.11	4
29 Glennis Seldon	Teamosqueda	2:17.17	3
30 Stephanie Stuckey	SR Western Oregon	2:17.40	2
31 Kaelyn Harbison	JR Academy of Art	2:17.46	3
32 Megan Ryan	FR Utah State	2:17.50	3
33 Alisa Murray	SR Biola	2:17.58	4
34 Alicia Williams	SO Cal Baptist	2:17.94	2
35 Ali Teliha	JR St. Mary's (Cal.)	2:18.21	4
36 Beatriz Martinez	JR Unattached	2:18.62	5
37 Melanie Diep	SR Uc-Colo. Spgs.	2:18.66	4
38 Ashley Brown	FR Academy of Art	2:18.77	4
39 Sadie Wassum	FR Utah	2:18.78	3
40 Camille Hansen	JR San Francisco St.	2:18.83	5
41 Devinne Cullinane	Unattached	2:18.86	3
42 Kayle Blackmore	FR Southern Oregon	2:18.98	4
43 Anna Henning	SO Monterey Bay	2:19.07	5
44 Rebecca Evans	SO Uab	2:19.25	5
45 Sierra Brown	JR Northwest Christian	2:19.27	5
46 Alexia Chapman	JR Colorado Mesa	2:19.47	3
47 Hannah Hunsaker	SO Biola	2:19.80	6
48 Jessica Pahkala	SR Alaska Anchorage	2:19.84	1
49 Dakota Grossman	SO Utah	2:20.11	5
50 Raeanna Cortez	SR Cal St. Northridge	2:20.15	4
51 Nicole Mather	West Valley	2:20.27	5
52 Millie Leitich	JR Cal Baptist	2:20.67	6

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53	Sydney Gutierrez	FR UC Santa Cruz	2:20.86	6
54	Morgan McFaddin	SR Chico State	2:20.91	6
55	Yvonne Jeschke	FR Alaska Anchorage	2:21.16	6
56	Emily Moon	FR Northwest Christian	2:21.22	5
57	Braana Weber	FR Southern Oregon	2:21.63	4
58	Reta Dobie	JR Simon Fraser	2:21.87	4
59	Julia Wood	JR Santa Clara	2:22.15	6
60	Sharlie Dimick	JR Southern Utah	2:22.55	6
61	Lauren Nakaso	SR Pacific	2:22.71	7
62	Ashley Albor	FR American River	2:22.99	7
63	Jessie McIntyre	SO Monterey Bay	2:23.08	7
64	Marah Guzman	FR Uc-Colo. Spgs.	2:23.19	5
65	Suzanne Bateson	SR Cal St. East Bay	2:23.28	8
66	Autumn Burton	SO UC Santa Cruz	2:23.33	7
67	Karen Mac	SO Santa Clara	2:23.84	6
68	Korey Jones	FR Stanislaus State	2:24.15	7
69	Kylie Cleveland	JR Stanislaus State	2:24.36	4
70	Elda Aguilar	FR San Jose St.	2:24.86	7
71	Natalie Marquardt	FR UC Santa Cruz	2:25.05	8
72	Kendra Butters	FR San Francisco St.	2:25.19	7
73	Marlene Alcantar	SO Sequoias	2:25.36	6
74	Greer Chrisman	SO Santa Clara	2:25.49	6
75	Ryanne Bailey	SO Humboldt State	2:25.61	7
76	Jordan Allen	FR Monterey Bay	2:25.99	6
77	Jazmine Moore	FR Notre Dame de Namur	2:26.18	7
78	Sabrina Garcia	FR Stanislaus State	2:27.13	7
79	Annelise Eagleton	JR College of Idaho	2:27.52	6
80	Allison Crowley	FR Monterey Bay	2:27.89	8
81	Allyson Richmond	SR William Jessup	2:28.70	8
82	Renny Castanon	FR Monterey Bay	2:29.44	8
83	Kylie Johnson	FR Uc-Colo. Spgs.	2:30.28	8
84	Ingrid Escobedo	SO Marymount (Ca.)	2:30.35	8
85	Anika Renken	JR Santa Clara	2:30.38	9
86	Kaydee Mick	SR Northwest Nazarene	2:30.56	9
87	Bayleigh Porter	JR Vanguard	2:30.67	6
88	Kathryn Doherty	FR Biola	2:31.37	9
89	Amanda Medina	SO Stanislaus State	2:31.54	7
90	Lilah Nolan	FR San Francisco St.	2:31.89	9
91	Cyntia Salazar	SR Impala RT	2:33.15	8
92	Courtney Peterson	SO Biola	2:33.49	9
93	Fern Aguilar	FR Monterey Bay	2:34.37	8
94	Raissa Boysen	FR UC Santa Cruz	2:34.47	7
95	Sarah Finch	JR Vanguard	2:35.61	8
96	Emily Freed	FR Unattached	2:36.01	9
97	Hailey Goode	JR College of Idaho	2:36.16	9
98	Elizabeth Pintarich	FR Biola	2:36.63	9
99	Chelsea Robinson	SO Monterey Bay	2:36.65	8
100	Jane Stephans	SO Ccsf	2:37.06	8
101	Faith Toler	SO Marymount (Ca.)	2:39.79	9
102	Kristine Groteguth	SR Monterey Bay	2:40.01	8
103	Viktoria Arreola	FR Cal St. Dom. Hills	2:50.73	9
104	Tarra Moore	FR Monterey Bay	2:52.84	8
105	Kimberly DeSantos	SO Cal St. Dom. Hills	3:08.93	9
--	Meagan Paracholski	SR Fresno State	DNF	1

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**Women 1500 Meter Run**

Name	Year	School	Finals	H#
1 Hanna Hermansson	SR	Marymount (Ca.)	4:22.63	1
2 Berenice Cleyet-Merle	SO	Cal Baptist	4:29.71	2
3 Haley O'Connor		Club Northwest	4:30.49	1
4 Stephanie Stuckey	SR	Western Oregon	4:30.59	3
5 Juliana Mount	FR	Oregon State	4:30.68	1
6 Olivia Mancl	SO	Willamette	4:30.85	2
7 Miranda Salvo	FR	Pittsburgh	4:30.99	1
8 Veronica Hall	SR	Cal Baptist	4:31.22	1
9 Holly Cavalluzzo	JR	Oregon State	4:31.55	1
10 Erica Birk	FR	Byu	4:32.29	2
11 Madison Nagle	JR	Iowa State	4:32.35	5
12 Lora James	SR	Chico State	4:32.50	2
13 Maddie Criscione	SO	Vanderbilt	4:32.63	1
14 Erinn Stenman-Fahey	FR	Iowa State	4:33.44	5
15 Ali Teliha	JR	St. Mary's (Cal.)	4:33.79	3
16 Jenna Wesley	SR	Uab	4:33.81	3
17 Sierra Brown	JR	Northwest Christian	4:33.85	3
18 Ellen Crook	SO	Pittsburgh	4:34.26	2
19 Pauline Boelle	JR	Cal Baptist	4:34.47	2
20 rosa del toro		Elsal	4:34.74	3
21 Megan Huebner	SO	Vanderbilt	4:34.78	2
22 Emily Weber	JR	Oregon State	4:35.06	1 4:35.055
23 Megan Bordes	JR	California	4:35.06	4 4:35.060
24 Sara Esquivel Pérez		Esc Tepatitlan	4:35.59	5
25 Bethany Blomquist		The Janes Elite	4:36.00	4
26 Kristiane Width	SO	Oregon State	4:36.02	4
27 Hannah Swanson	SO	Willamette	4:36.90	4
28 Addy Townsend	SO	Simon Fraser	4:37.20	3
29 Miryam Bassett	SO	Simon Fraser	4:37.83	4
30 Amy Pfaff	SO	College of Idaho	4:38.22	3
31 Jennifer Dunlap	SO	Houston	4:38.73	4
32 Anika Gasner	SR	Biola	4:39.06	4
33 Ginger Hutton	FR	Vanderbilt	4:39.79	2
34 Sarah Macdonald	JR	Seattle Pacific	4:39.84	5
35 Alexia Chapman	JR	Colorado Mesa	4:40.62	5
36 Kira Kelly	JR	Oregon State	4:40.89	1
37 Isabella Fauria	8	Unattached	4:41.17	4
38 Rebecca Evans	SO	Uab	4:41.34	3
39 Shannon Maloney	FR	Utah State	4:41.62	3
40 Alisa Murray	SR	Biola	4:41.94	5
41 Sadie Wassum	FR	Utah	4:42.12	5
42 Emeline Delanis	FR	Cal Baptist	4:42.15	4
43 Dakota Grossman	SO	Utah	4:42.20	6
44 Erica Ruiz	SO	Santa Rosa	4:42.54	6
45 Danielle De Castro	FR	Oregon Tech	4:43.14	6
46 Jahnavi Schneider	FR	Houston	4:43.33	4
47 Nicole Campbell	SR	West Valley TC	4:43.74	4
48 Hannah Malone	SO	Utah State	4:43.75	5
49 Sara Aguayo	SR	Stanislaus State	4:44.05	5
50 Allie Timbrell	FR	St. Mary's (Cal.)	4:44.16	6
51 Charlie Davidson	SO	Cal Baptist	4:44.25	6
52 Paige Cardiff	SR	Southern Utah	4:44.27	4
53 Camille Hansen	JR	San Francisco St.	4:44.56	6

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54	Shanna Burns	FR Air Force	4:44.68	5
55	Sydney Bork	JR North Dakota State	4:44.72	8
56	Ilima Kung	SR Biola	4:45.17	6
57	Grace Gibbons	FR Iowa State	4:45.92	6
58	Gwyneth McMorris	SO Oregon State	4:46.82	4
59	Kyrah Vaughn	SR Stanislaus State	4:47.38	3
60	Jenaya Pynn	FR Washington St.	4:47.67	2
61	Hannah Hunsaker	SO Biola	4:47.75	7
62	Julia Howley	JR Simon Fraser	4:48.20	6
63	Melanie Diep	SR Uc-Colo. Spgs.	4:48.22	7
64	Melissa Ledesma	FR Biola	4:48.91	8
65	Marah Guzman	FR Uc-Colo. Spgs.	4:49.37	8
66	Chloe Rock	SO San Francisco St.	4:49.59	8
67	Analicia Garcia	FR Sonoma St.	4:49.72	8
68	Stephanie Chaires	JR Biola	4:49.85	8
69	Giulia McIsaac	FR Academy of Art	4:50.22	8
70	Magali (Ali) Arsiniega	SO Merritt	4:50.40	6
71	Makenzie Urban	SO Uc-Colo. Spgs.	4:50.81	7
72	Tylee Newman	SO Utah State	4:51.01	3
73	Jacquie Adams	SO Chico State	4:51.54	7
74	Holli Arrieta	SR Cal Poly	4:51.94	3
75	Thalia Silva	SO Stanislaus State	4:53.27	5
76	Kandace Compton	JR Cal St. East Bay	4:53.67	7
77	Gina Wood	SR Stanislaus State	4:55.25	7
78	Madison Denny	7 Unattached	4:55.62	7
79	Isabel Mendoza	SO Stanislaus State	4:55.84	7
80	Megan Fristoe	JR Concordia (Ore.)	4:56.69	6
81	Cia Bywater	SR Concordia (Ore.)	4:56.78	5
82	Sarah Perrin	JR Cal St. East Bay	4:56.90	8
83	Emily McCarty	JR Academy of Art	4:57.34	8
84	Niki Hemminger	JR Humboldt State	4:57.77	7
85	Amanda Reynolds	SR Humboldt State	4:58.25	8
86	Bevin McCullough	FR Santa Clara	5:00.25	7
87	Megan Thompson	JR Menlo College	5:00.49	9
88	Sara Fristoe	JR Concordia (Ore.)	5:00.51	7
89	Diana Orozco	SR San Jose St.	5:00.91	8
90	Marisa Rudolph	SO Santa Clara	5:01.21	8
91	Neylene Leon	SO St. Mary's (Cal.)	5:01.47	8
92	Nicole Pederson	FR Concordia (Ore.)	5:01.49	5
93	Jordyn Zorn	FR Sequoias	5:02.76	9
94	Morgan Gilmore	FR San Francisco St.	5:02.80	10
95	Bianca Bryant	FR San Francisco St.	5:03.00	9
96	Marissa Jimenez	SR Stanislaus State	5:03.06	7
97	Kelsey Lamb	JR Cal St. East Bay	5:04.12	9
98	Christine Cremer	SO Santa Clara	5:05.12	10
99	Dalen Richardson	SO Concordia (Ore.)	5:05.97	6
100	Jazmine Moore	FR Notre Dame de Namur	5:06.00	9
101	Erica Ramos	FR Pacific	5:06.50	11
102	Raissa Boysen	FR UC Santa Cruz	5:06.61	9
103	Sierra Link	SO North Dakota State	5:06.98	5
104	Kylie Johnson	FR Uc-Colo. Spgs.	5:07.07	10
105	Lilah Nolan	FR San Francisco St.	5:07.14	11
106	Maria Hurtado Leyva	SO Sonoma St.	5:07.91	10
107	Maria Rodriguez	SO Hartnell	5:08.14	10
108	Haley Silva	FR Pacific	5:08.31	11

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109	Adriana Jimenez	FR Hartnell	5:09.23	9	
110	Amanda Barthelmes	SO William Jessup	5:09.25	11	
111	Lizzie Meredith	SO UC Santa Cruz	5:09.84	7	
112	Lizette Garcia	SO Hartnell	5:11.47	9	
113	Megan Perko	FR Monterey Bay	5:12.05	10	
114	Lauren Reed	SO Humboldt State	5:12.42	11	
115	Vanessa Mares	JR Cal St. East Bay	5:13.00	11	
116	Delanie Eng	SO Biola	5:13.31	11	
117	Angelina Law	FR Santa Rosa	5:13.66	9	5:13.653
118	Kate Ashley	Strawberry Cyn	5:13.66	10	5:13.654
119	Kelsay McClendon	FR Sequoias	5:14.13	10	
120	Sierra Downum	SO Sonoma St.	5:14.88	10	
121	Veronica Garcia	FR Chico State	5:15.51	10	
122	Tomilyn Thornberry	Unattached	5:15.63	11	
123	Sophia Tait	JR San Francisco St.	5:15.79	11	
124	Hadley Clark	FR Monterey Bay	5:15.81	11	
125	Kaitlin Coleman	SR Chico State	5:16.08	10	
126	Emily Hammons	FR Northwest Nazarene	5:17.20	11	
127	Amber Taylor	SO William Jessup	5:20.07	11	
128	Ingrid Escobedo	SO Marymount (Ca.)	5:21.08	10	
129	Ariana Jasso	FR Sequoias	5:22.34	10	
130	Cyntia Salazar	SR Impala RT	5:22.45	9	
131	Fattima Momini	SO Monterey Bay	5:25.61	9	
132	Megan Gianini	SO San Francisco St.	5:26.79	11	
133	Jane Stephans	SO Ccsf	5:27.73	9	
134	Sabrina Garcia	FR Stanislaus State	5:28.37	5	
135	Stephanie Arzon	JR William Jessup	5:30.99	10	
136	Allison Martinez	SO Santa Clara	5:31.07	9	
137	Lauren Soholt	SO Vanguard	5:32.49	11	
138	Brianna Carbajal	FR Marymount (Ca.)	5:42.43	11	
139	Julia Green	FR Santa Clara	5:46.08	11	
--	Aman Hundal	SR Stanislaus State		DNF	3
--	Megan Melnyk	FR Cal Poly		DNF	2

**Women 5000 Meter Run**

Name	Year	School	Finals	H#
1	Gracie Tostenson	SO Boise State	16:27.76	1
2	Shannon Porter	JR Saint Martin's	16:32.03	1
3	Karlie Garcia	SO Chico State	16:40.22	1
4	Rebecca Bassett	JR Simon Fraser	16:43.55	1
5	Hillary Boxheimer	SR Pittsburgh	16:46.13	1
6	Daryl Phill	JR San Francisco	16:46.61	1
7	Yesenia Silva	JR Byu	16:50.33	1
8	Kirsten Olling	SO Central Michigan	16:50.71	1
9	Grayson Murphy	SO Santa Clara	16:50.78	1
10	Maddie Westerhoff	JR Butler	16:51.24	1
11	Hannah Grubb	SO Texas	16:54.51	2
12	Kelsey Nielsen	SO San Francisco	16:59.66	1
13	Kelly Naumann	FR Iowa State	17:00.12	2
14	Brittany Brownotter	FR North Dakota State	17:02.05	2
15	Kelly Schubert	JR Central Michigan	17:02.86	1
16	Emma Kusch Dahle	FR North Dakota State	17:02.92	2
17	Mary Charleson	SO Seattle Pacific	17:02.93	3

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## San Francisco State University (Cox Stadium)

## Results

## ...Women 5000 Meter Run

18	Sarah McMahon	SR Bradley	17:05.78	1	
19	Kate Stringfellow	SR Utah	17:06.08	2	
20	Natalie Connolly	JR Byu	17:06.22	1	
21	Cate Barrett	Rogue Athletic Club	17:09.28	1	
22	Malena Grover	SO Hartnell	17:09.72	2	
23	Abbey Dixon	SR Arkansas State	17:09.91	2	
24	Alice Jensen	FR Byu	17:10.57	1	
25	Shaylen Crook	SO Utah	17:11.73	2	
26	Berenice Penalzoza	SR Eastern Washington	17:12.49	1	
27	Morgan Willson	JR Washington St.	17:14.97	2	
28	Chantelle Fondren	SR Uc-Colo. Spgs.	17:16.65	1	
29	Lauren Lipski	SO Colorado Mesa	17:17.16	2	
30	Sarah Hastings	JR Boise State	17:17.19	2	
31	Nicole Lane	SR UC Davis	17:17.74	2	
32	Presli Hutchison	SO Idaho State	17:18.08	1	
33	Sara Esquivel Pérez	Esc Tepatitlan	17:19.60	3	
34	Ashley Moffett	JR San Francisco	17:19.73	2	
35	Jena Pianin	JR Northwestern	17:22.70	1	
36	Amy Kelly	SO Pittsburgh	17:23.19	1	
37	Katherine Gallaher	FR UC Davis	17:24.28	3	
38	Kellian Hunt	SR Biola	17:24.92	2	
39	Megan Gentes	JR Strawberry Cyn	17:26.01	3	
40	Samantha Lewis	JR Oregon State	17:26.90	2	
41	Angie Nickerson	JR Southern Utah	17:30.91	3	
42	Rosa Schmidt	SO Northwest Christian	17:31.19	3	
43	Kylie Nishisaka	JR Cal Poly	17:35.53	2	
44	Brooke Pigneri	SO Northwestern	17:35.78	2	
45	Jocelyn Todd	SR Utah	17:36.06	3	
46	Josie Brown	FR Washington St.	17:37.31	3	
47	Samantha Allmacher	FR Central Michigan	17:38.15	2	
48	Catie LeDesma	SO Humboldt State	17:38.16	3	
49	Ashley Nichols	Club Northwest	17:40.48	2	
50	Ashley Tyndall	JR Southern Utah	17:40.51	3	
51	Katherine Dittmann	FR Washington St.	17:41.39	2	
52	Rachel Bush	JR Cal Poly	17:42.46	3	
53	Mia Knipper	SR Pacific	17:46.27	4	
54	Heather LaPlante	JR Santa Clara	17:46.47	2	
55	Isabel Seidel	SO Northwestern	17:48.06	1	
56	Hannah Calvert	JR Seattle Pacific	17:49.54	4	
57	Tatiana Gillick	SO Humboldt State	17:49.78	2	
58	Claire Rainey	SO Cal Baptist	17:50.26	3	
59	Allison Jacobsen	SR Northwestern	17:51.07	2	
60	Elise Larson	FR Azusa Pacific	17:51.44	3	
61	Annie Roberts	SO Humboldt State	17:52.10	3	
62	Caroline Barkechir	JR Cal Baptist	17:52.93	2	
63	Sierra Manzer	FR Northwest Nazarene	17:55.19	4	
64	Josie Riggs	SR Southern Utah	17:55.27	3	
65	Kennedy Rufener	JR Western Oregon	17:55.84	5	
66	Sydney Szabo	SO Cal Poly	17:56.47	2	
67	Sara Coffey	SO Northwestern	17:56.92	1	17:56.911
68	Ellen Schmitz	JR Northwestern	17:56.92	3	17:56.914
69	Brighton Glassman	SO Southern Utah	17:56.98	3	
70	Erica Ruiz	SO Santa Rosa	17:57.56	4	
71	Oddysey Tapia	SR Cal St. East Bay	17:57.65	3	
72	Haley Kroll	JR Chico State	17:58.06	3	

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73	Cindy Reed	FR Oregon Tech	17:59.81	4
74	Kayden Carpenter	FR Unattached	18:00.13	4
75	Olga Firsova	West Valley	18:00.30	3
76	Michelle Clark	SR Biola	18:02.87	3
77	Madison Denny	7 Unattached	18:03.65	4
78	Kaitlyn Shoemaker	FR Allen County CC	18:05.69	4
79	Natalie Polei	SO Uc-Colo. Spgs.	18:07.31	4
80	Kaitlin Quaid	FR Biola	18:08.45	4
81	Yajaira Zarate	FR Chico State	18:08.99	3
82	Lana Lacey	Club Northwest	18:11.65	2
83	Kaelyn Harbison	JR Academy of Art	18:11.84	4
84	Becky Grabow	SR Pacific	18:13.05	4
85	Imani Heath	SR Cal St. East Bay	18:15.17	4
86	Lauren Cunningham	SO Bradley	18:15.28	1
87	Megan MacGregor	FR UC Davis	18:15.56	4
88	Giovanna Romo	SO Humboldt State	18:17.23	4
89	Jenny Giguere	FR Unattached	18:18.24	4
90	Samantha Johnston	SO Idaho State	18:19.04	4
91	Alexa Lua	JR Stanislaus State	18:20.03	3
92	Katie Alvarenga	FR Cal St. Northridge	18:21.48	4
93	Nevina De Luca	FR Portland State	18:23.58	5
94	Giulia McIsaac	FR Academy of Art	18:25.41	4
95	Ashley Matsen	JR Humboldt State	18:26.79	4
96	Makenzie Urban	SO Uc-Colo. Spgs.	18:27.79	3
97	Emily McCarty	JR Academy of Art	18:29.09	5
98	Ashtyn Ellis	SO College of Idaho	18:33.60	5
99	Kaitlyn Kuehn	JR Santa Clara	18:35.21	4
100	Tamika Russell	FR College of Idaho	18:35.34	5
101	Pamela Kennedy	Impala Racing Team	18:35.80	5
102	Holli Holmes	FR Uc-Colo. Spgs.	18:36.04	4
103	Emily Ransom	FR Biola	18:36.09	5
104	Nancy Rodriguez	SO Hartnell	18:36.71	5
105	Cynthia Martinez	JR Cal St. Northridge	18:36.97	5
106	Kaila Gibson	FR Portland State	18:39.11	3
107	Dominique Delgado	SO Mt. Sac	18:41.06	4
108	Karina Nunes	JR San Jose St.	18:42.58	5
109	Julie Finn	JR Chico State	18:43.16	3
110	Kaili Waller	FR Biola	18:44.28	5
111	Desirae Jones	FR Unattached	18:44.50	3
112	Micaela Pulliam	FR Cal Baptist	18:46.66	4
113	Jocelyn Reynolds	FR Portland State	18:48.09	5
114	Allison Maio	SR Santa Clara	18:48.55	4
115	Kelly Thomas	FR Biola	18:49.82	5
116	Holly Clarke	Impala Racing Club	18:51.32	3
117	Elsa Valenzuela	SR Santa Clara	18:53.26	4
118	Abigail Topper	SO Uc-Colo. Spgs.	18:53.87	4
119	Natalie Berania	JR Southern Oregon	18:55.25	5
120	Bridget Zapata	Impala	18:57.63	5
121	Crystal Jardines	FR Mt. Sac	18:57.66	4
122	Devyn Palm-Trujillo	FR Uc-Colo. Spgs.	18:59.66	4
123	Carmen Martinez	JR Chico State	19:00.35	5
124	Ellen Colpitts	FR Uc-Colo. Spgs.	19:00.87	5
125	Margarita Lauer	FR Southern Oregon	19:07.55	4
126	Kristina Silvers	FR Allen County CC	19:07.99	5
127	Emily Hawgood	JR College of Idaho	19:09.94	5

**SF State Distance Carnival - 4/1/2016 to 4/2/2016**  
**San Francisco State University (Cox Stadium)**  
**Results**

**...Women 5000 Meter Run**

128 Kristina Rivera	SR Unattached	19:10.85	3
129 Vicky Ibarra	FR Allen County CC	19:12.18	5
130 Yareny Ramos	FR Mt. Sac	19:13.22	5
131 Christine Scott	Unattached	19:13.95	5
132 Rhonda Costin	SR Oregon Tech	19:17.43	5
133 Camille Dyer	SR Santa Clara	19:18.19	5
134 Keili Dorn	FR Vanguard	19:18.77	5
135 Kimberly Sanchez	5 Strawberry Cyn	19:20.76	5
136 Emily Hammons	FR Northwest Nazarene	19:26.00	5
137 Mikaela Martin	SO Biola	19:27.23	5
138 Samantha Ogan	SO Mt. Sac	19:36.49	5
139 Ashley Brown	FR Academy of Art	19:44.14	5
140 Jamie Morris	SO Academy of Art	20:29.73	5
-- Laura Young	SO Byu	DNF	2

**Women 10000 Meter Run**

Name	Year School	Finals	H#
1 Kristen Rohde	SO High Perf West	35:13.12	1
1:27.81 (1:27.81)	2:49.72 (1:21.91)	4:14.41 (1:24.69)	5:40.44 (1:26.03)
7:05.66 (1:25.22)	8:31.86 (1:26.20)	9:58.41 (1:26.55)	11:23.74 (1:25.33)
12:49.95 (1:26.21)	14:16.73 (1:26.78)	15:43.47 (1:26.74)	17:09.83 (1:26.36)
18:34.51 (1:24.68)	20:00.90 (1:26.39)	21:27.76 (1:26.86)	22:52.32 (1:24.56)
24:17.42 (1:25.10)	25:41.16 (1:23.74)	27:03.98 (1:22.82)	28:27.38 (1:23.40)
29:50.33 (1:22.95)	31:14.20 (1:23.87)	32:37.13 (1:22.93)	33:58.22 (1:21.09)
35:13.10 (1:14.88)			
2 Amanda Boman	SR Portland State	35:14.14	1
1:31.73 (1:31.73)	2:53.16 (1:21.43)	4:14.65 (1:21.49)	5:40.64 (1:25.99)
7:05.83 (1:25.19)	8:31.83 (1:26.00)	9:58.64 (1:26.81)	11:24.15 (1:25.51)
12:50.01 (1:25.86)	14:17.14 (1:27.13)	15:43.69 (1:26.55)	17:10.19 (1:26.50)
18:34.29 (1:24.10)	20:00.93 (1:26.64)	21:27.98 (1:27.05)	22:52.51 (1:24.53)
24:17.40 (1:24.89)	25:41.36 (1:23.96)	27:03.95 (1:22.59)	28:27.43 (1:23.48)
29:50.48 (1:23.05)	31:14.23 (1:23.75)	32:37.35 (1:23.12)	33:58.66 (1:21.31)
35:14.40 (1:15.74)			
3 Megan Brunette	JR Wyoming	35:21.58	1
1:31.11 (1:31.11)	2:53.63 (1:22.52)	4:15.96 (1:22.33)	5:41.63 (1:25.67)
7:06.45 (1:24.82)	8:32.01 (1:25.56)	9:58.89 (1:26.88)	11:24.09 (1:25.20)
12:50.19 (1:26.10)	14:17.19 (1:27.00)	15:43.63 (1:26.44)	17:10.10 (1:26.47)
18:34.65 (1:24.55)	20:00.94 (1:26.29)	21:27.40 (1:26.46)	22:52.51 (1:25.11)
24:17.66 (1:25.15)	25:41.51 (1:23.85)	27:04.34 (1:22.83)	28:28.19 (1:23.85)
29:50.67 (1:22.48)	31:14.57 (1:23.90)	32:37.49 (1:22.92)	34:00.09 (1:22.60)
35:21.59 (1:21.50)			
4 Eileen Stressling	SO Azusa Pacific	35:42.49	1
1:29.81 (1:29.81)	2:53.40 (1:23.59)	4:16.03 (1:22.63)	5:41.36 (1:25.33)
7:06.53 (1:25.17)	8:32.59 (1:26.06)	9:59.22 (1:26.63)	11:24.38 (1:25.16)
12:50.80 (1:26.42)	14:17.49 (1:26.69)	15:43.96 (1:26.47)	17:10.23 (1:26.27)
18:34.77 (1:24.54)	20:01.38 (1:26.61)	21:27.77 (1:26.39)	22:52.63 (1:24.86)
24:18.11 (1:25.48)	25:41.95 (1:23.84)	27:04.72 (1:22.77)	28:29.03 (1:24.31)
29:55.79 (1:26.76)	31:23.49 (1:27.70)	32:50.71 (1:27.22)	34:18.45 (1:27.74)
35:42.67 (1:24.22)			



**SF State Distance Carnival - 4/1/2016 to 4/2/2016**  
**San Francisco State University (Cox Stadium)**  
**Results**

**....Women 10000 Meter Run**

5	Jaqueline Winterton	SR Utah State	35:47.56	1				
	1:30.72 (1:30.72)	2:53.21 (1:22.49)	4:15.34 (1:22.13)		5:40.90 (1:25.56)			
	7:06.16 (1:25.26)	8:32.16 (1:26.00)	9:58.94 (1:26.78)		11:24.28 (1:25.34)			
	12:50.33 (1:26.05)	14:17.23 (1:26.90)	15:43.94 (1:26.71)		17:10.60 (1:26.66)			
	18:34.92 (1:24.32)	20:00.89 (1:25.97)	21:28.27 (1:27.38)		22:52.87 (1:24.60)			
	24:18.47 (1:25.60)	25:43.69 (1:25.22)	27:10.62 (1:26.93)		28:37.69 (1:27.07)			
	30:06.44 (1:28.75)	31:36.48 (1:30.04)	33:03.67 (1:27.19)		34:27.95 (1:24.28)			
	35:47.53 (1:19.58)							
6	Elena Barham	JR Northwestern	35:52.37	1				
	1:28.05 (1:28.05)	2:50.36 (1:22.31)	4:14.81 (1:24.45)		5:40.85 (1:26.04)			
	7:06.01 (1:25.16)	8:32.08 (1:26.07)	9:58.54 (1:26.46)		11:23.76 (1:25.22)			
	12:49.94 (1:26.18)	14:16.71 (1:26.77)	15:43.40 (1:26.69)		17:09.83 (1:26.43)			
	18:34.38 (1:24.55)	20:00.59 (1:26.21)	21:27.19 (1:26.60)		22:52.02 (1:24.83)			
	24:18.54 (1:26.52)	25:44.02 (1:25.48)	27:10.81 (1:26.79)		28:37.69 (1:26.88)			
	30:05.69 (1:28.00)	31:33.38 (1:27.69)	33:01.94 (1:28.56)		34:29.88 (1:27.94)			
	35:52.42 (1:22.54)							
7	Katherine Ward	Unattached	36:03.20	1				
	1:27.59 (1:27.59)	2:49.48 (1:21.89)	4:14.08 (1:24.60)		5:39.92 (1:25.84)			
	7:05.65 (1:25.73)	8:31.55 (1:25.90)	9:58.00 (1:26.45)		11:23.59 (1:25.59)			
	12:49.53 (1:25.94)	14:16.47 (1:26.94)	15:43.16 (1:26.69)		17:09.62 (1:26.46)			
	18:33.89 (1:24.27)	20:00.56 (1:26.67)	21:27.59 (1:27.03)		22:52.19 (1:24.60)			
	24:19.38 (1:27.19)	25:47.20 (1:27.82)	27:16.01 (1:28.81)		28:45.27 (1:29.26)			
	30:15.23 (1:29.96)	31:43.23 (1:28.00)	33:09.98 (1:26.75)		34:38.59 (1:28.61)			
	36:03.13 (1:24.54)							
8	Anna Patti	SR Seattle Pacific	36:09.37	1				
	1:31.29 (1:31.29)	2:53.90 (1:22.61)	4:20.37 (1:26.47)		5:46.76 (1:26.39)			
	7:13.76 (1:27.00)	8:40.74 (1:26.98)	10:06.87 (1:26.13)		11:34.52 (1:27.65)			
	13:01.61 (1:27.09)	14:28.48 (1:26.87)	15:54.77 (1:26.29)		17:21.56 (1:26.79)			
	18:46.80 (1:25.24)	20:14.00 (1:27.20)	21:42.15 (1:28.15)		23:10.17 (1:28.02)			
	24:38.98 (1:28.81)	26:06.47 (1:27.49)	27:35.08 (1:28.61)		29:02.72 (1:27.64)			
	30:29.44 (1:26.72)	31:56.93 (1:27.49)	33:24.33 (1:27.40)		34:47.79 (1:23.46)			
	36:09.30 (1:21.51)							
9	Sarah Medved	FR Portland State	36:13.69	1				
	1:32.80 (1:32.80)	2:55.91 (1:23.11)	4:21.48 (1:25.57)		5:49.01 (1:27.53)			
	7:17.16 (1:28.15)	8:43.57 (1:26.41)	10:11.86 (1:28.29)		11:39.67 (1:27.81)			
	13:07.40 (1:27.73)	14:35.66 (1:28.26)	16:03.60 (1:27.94)		17:32.27 (1:28.67)			
	19:01.71 (1:29.44)	20:29.25 (1:27.54)	21:57.29 (1:28.04)		23:24.79 (1:27.50)			
	24:52.41 (1:27.62)	26:20.52 (1:28.11)	27:47.70 (1:27.18)		29:14.94 (1:27.24)			
	30:40.53 (1:25.59)	32:06.90 (1:26.37)	33:33.11 (1:26.21)		34:59.20 (1:26.09)			
	36:13.90 (1:14.70)							
10	Dee Dee Adams	JR Pittsburgh	36:14.16	1				
	1:32.31 (1:32.31)	2:56.72 (1:24.41)	4:21.58 (1:24.86)		5:48.56 (1:26.98)			
	7:16.37 (1:27.81)	8:42.95 (1:26.58)	10:11.25 (1:28.30)		11:39.34 (1:28.09)			
	13:06.93 (1:27.59)	14:35.79 (1:28.86)	16:04.14 (1:28.35)		17:32.68 (1:28.54)			
	19:01.69 (1:29.01)	20:29.91 (1:28.22)	21:58.03 (1:28.12)		23:26.08 (1:28.05)			
	24:53.57 (1:27.49)	26:21.43 (1:27.86)	27:48.63 (1:27.20)		29:15.92 (1:27.29)			
	30:43.54 (1:27.62)	32:09.77 (1:26.23)	33:36.35 (1:26.58)		34:59.37 (1:23.02)			
	36:14.34 (1:14.97)							

## SF State Distance Carnival - 4/1/2016 to 4/2/2016

## San Francisco State University (Cox Stadium)

## Results

## ...Women 10000 Meter Run

11	Jessa Perkinson	SO Southern Oregon	36:14.72	1				
	1:29.41 (1:29.41)	2:53.06 (1:23.65)	4:21.08 (1:28.02)	5:48.52 (1:27.44)				
	7:17.50 (1:28.98)	8:45.05 (1:27.55)	10:13.96 (1:28.91)	11:41.91 (1:27.95)				
	13:10.06 (1:28.15)	14:37.37 (1:27.31)	16:05.43 (1:28.06)	17:33.04 (1:27.61)				
	19:02.05 (1:29.01)	20:29.49 (1:27.44)	21:57.31 (1:27.82)	23:24.95 (1:27.64)				
	24:52.40 (1:27.45)	26:20.50 (1:28.10)	27:47.09 (1:26.59)	29:14.14 (1:27.05)				
	30:39.64 (1:25.50)	32:04.37 (1:24.73)	33:29.20 (1:24.83)	34:53.71 (1:24.51)				
	36:14.718 (1:21.02)							
12	Elena Smith	SR Seattle U.	36:17.49	1				
	1:30.93 (1:30.93)	2:54.10 (1:23.17)	4:20.68 (1:26.58)	5:48.09 (1:27.41)				
	7:15.89 (1:27.80)	8:42.37 (1:26.48)	10:10.93 (1:28.56)	11:37.92 (1:26.99)				
	13:05.67 (1:27.75)	14:31.46 (1:25.79)	15:58.69 (1:27.23)	17:26.50 (1:27.81)				
	18:53.95 (1:27.45)	20:21.00 (1:27.05)	21:49.57 (1:28.57)	23:17.08 (1:27.51)				
	24:44.82 (1:27.74)	26:14.10 (1:29.28)	27:42.60 (1:28.50)	29:09.65 (1:27.05)				
	30:36.47 (1:26.82)	32:04.69 (1:28.22)	33:30.79 (1:26.10)	34:57.38 (1:26.59)				
	36:17.64 (1:20.26)							
13	Jenica Dodge	SO American River	36:17.90	1				
	1:31.45 (1:31.45)	2:54.29 (1:22.84)	4:21.32 (1:27.03)	5:48.32 (1:27.00)				
	7:16.52 (1:28.20)	8:42.68 (1:26.16)	10:11.42 (1:28.74)	11:37.83 (1:26.41)				
	13:05.38 (1:27.55)	14:31.68 (1:26.30)	15:58.76 (1:27.08)	17:26.78 (1:28.02)				
	18:53.77 (1:26.99)	20:20.17 (1:26.40)	21:47.65 (1:27.48)	23:14.72 (1:27.07)				
	24:42.90 (1:28.18)	26:10.78 (1:27.88)	27:40.22 (1:29.44)	29:09.45 (1:29.23)				
	30:37.15 (1:27.70)	32:04.83 (1:27.68)	33:31.29 (1:26.46)	34:57.94 (1:26.65)				
	36:18.06 (1:20.12)							
14	Abby Peters	JR Pittsburgh	36:23.96	1				
	1:31.74 (1:31.74)	2:55.38 (1:23.64)	4:21.51 (1:26.13)	5:48.76 (1:27.25)				
	7:16.80 (1:28.04)	8:43.22 (1:26.42)	10:11.85 (1:28.63)	11:39.56 (1:27.71)				
	13:06.84 (1:27.28)	14:35.05 (1:28.21)	16:03.30 (1:28.25)	17:32.38 (1:29.08)				
	19:01.99 (1:29.61)	20:29.60 (1:27.61)	21:57.55 (1:27.95)	23:25.59 (1:28.04)				
	24:53.15 (1:27.56)	26:21.14 (1:27.99)	27:48.15 (1:27.01)	29:15.49 (1:27.34)				
	30:42.69 (1:27.20)	32:09.15 (1:26.46)	33:36.34 (1:27.19)	35:02.47 (1:26.13)				
	36:23.93 (1:21.46)							
15	Maddie Brown	SO Houston	36:26.74	1				
	1:33.62 (1:33.62)	2:57.11 (1:23.49)	4:20.99 (1:23.88)	5:47.24 (1:26.25)				
	7:14.35 (1:27.11)	8:41.08 (1:26.73)	10:07.56 (1:26.48)	11:35.27 (1:27.71)				
	13:03.35 (1:28.08)	14:30.42 (1:27.07)	15:58.08 (1:27.66)	17:26.93 (1:28.85)				
	18:54.28 (1:27.35)	20:21.11 (1:26.83)	21:48.86 (1:27.75)	23:16.70 (1:27.84)				
	24:45.10 (1:28.40)	26:14.32 (1:29.22)	27:42.80 (1:28.48)	29:10.73 (1:27.93)				
	30:39.21 (1:28.48)	32:07.33 (1:28.12)	33:36.76 (1:29.43)	35:03.16 (1:26.40)				
	36:26.95 (1:23.79)							
16	Nicky Applegarth	SO Chadron State	36:33.57	1				
	1:33.11 (1:33.11)	2:57.51 (1:24.40)	4:21.60 (1:24.09)	5:48.99 (1:27.39)				
	7:17.74 (1:28.75)	8:43.74 (1:26.00)	10:11.92 (1:28.18)	11:38.46 (1:26.54)				
	13:06.33 (1:27.87)	14:31.67 (1:25.34)	15:59.18 (1:27.51)	17:26.74 (1:27.56)				
	18:53.33 (1:26.59)	20:20.62 (1:27.29)	21:48.23 (1:27.61)	23:15.12 (1:26.89)				
	24:43.07 (1:27.95)	26:10.58 (1:27.51)	27:40.58 (1:30.00)	29:09.51 (1:28.93)				
	30:37.73 (1:28.22)	32:07.19 (1:29.46)	33:37.65 (1:30.46)	35:08.91 (1:31.26)				
	36:33.76 (1:24.85)							

## SF State Distance Carnival - 4/1/2016 to 4/2/2016

## San Francisco State University (Cox Stadium)

## Results

## ...Women 10000 Meter Run

17 Anysja Manzer	FR Northwest Nazarene	36:59.32	2		
1:34.28 (1:34.28)	3:03.59 (1:29.31)	4:32.30 (1:28.71)	6:02.46 (1:30.16)		
7:31.58 (1:29.12)	9:01.68 (1:30.10)	10:32.71 (1:31.03)	12:03.16 (1:30.45)		
13:33.56 (1:30.40)	15:04.46 (1:30.90)	16:35.17 (1:30.71)	18:03.88 (1:28.71)		
19:33.79 (1:29.91)	21:03.56 (1:29.77)	22:32.79 (1:29.23)	24:00.80 (1:28.01)		
25:28.98 (1:28.18)	26:57.36 (1:28.38)	28:24.51 (1:27.15)	29:52.11 (1:27.60)		
31:20.88 (1:28.77)	32:47.88 (1:27.00)	34:14.38 (1:26.50)	35:40.71 (1:26.33)		
36:59.34 (1:18.63)					
18 Taylor Ostrander	SR Willamette	37:00.02	1		
1:30.48 (1:30.48)	2:53.69 (1:23.21)	4:20.07 (1:26.38)	5:46.51 (1:26.44)		
7:14.13 (1:27.62)	8:41.24 (1:27.11)	10:09.16 (1:27.92)	11:37.68 (1:28.52)		
13:06.04 (1:28.36)	14:33.52 (1:27.48)	16:02.78 (1:29.26)	17:32.65 (1:29.87)		
19:01.97 (1:29.32)	20:30.31 (1:28.34)	21:58.71 (1:28.40)	23:28.40 (1:29.69)		
24:58.53 (1:30.13)	26:29.00 (1:30.47)	27:59.05 (1:30.05)	29:29.60 (1:30.55)		
31:00.79 (1:31.19)	32:31.75 (1:30.96)	34:02.43 (1:30.68)	35:33.06 (1:30.63)		
37:00.26 (1:27.20)					
19 Kaitlyn Maker	FR Alaska Anchorage	37:01.14	2		
1:33.04 (1:33.04)	3:02.61 (1:29.57)	4:31.18 (1:28.57)	6:00.89 (1:29.71)		
7:30.70 (1:29.81)	9:00.51 (1:29.81)	10:32.17 (1:31.66)	12:02.67 (1:30.50)		
13:33.27 (1:30.60)	15:04.20 (1:30.93)	16:34.67 (1:30.47)	18:03.91 (1:29.24)		
19:33.85 (1:29.94)	21:03.80 (1:29.95)	22:32.33 (1:28.53)	24:01.12 (1:28.79)		
25:30.26 (1:29.14)	26:57.94 (1:27.68)	28:25.29 (1:27.35)	29:54.06 (1:28.77)		
31:21.80 (1:27.74)	32:48.70 (1:26.90)	34:14.56 (1:25.86)	35:40.42 (1:25.86)		
37:01.21 (1:20.79)					
20 Megan Lush	SR Nebraska	37:04.97	2		
1:33.62 (1:33.62)	3:02.37 (1:28.75)	4:31.14 (1:28.77)	6:01.26 (1:30.12)		
7:31.10 (1:29.84)	9:01.18 (1:30.08)	10:32.95 (1:31.77)	12:03.39 (1:30.44)		
13:34.02 (1:30.63)	15:04.63 (1:30.61)	16:34.65 (1:30.02)	18:03.77 (1:29.12)		
19:33.29 (1:29.52)	21:02.57 (1:29.28)	22:32.10 (1:29.53)	24:00.21 (1:28.11)		
25:28.60 (1:28.39)	26:57.43 (1:28.83)	28:24.96 (1:27.53)	29:52.72 (1:27.76)		
31:21.17 (1:28.45)	32:47.51 (1:26.34)	34:14.34 (1:26.83)	35:41.07 (1:26.73)		
37:04.94 (1:23.87)					
21 Zannah Jepchumba	FR Alaska Anchorage	37:07.59	2		
1:34.09 (1:34.09)	3:03.40 (1:29.31)	4:31.98 (1:28.58)	6:01.32 (1:29.34)		
7:31.12 (1:29.80)	9:01.23 (1:30.11)	10:32.59 (1:31.36)	12:03.19 (1:30.60)		
13:33.60 (1:30.41)	15:04.47 (1:30.87)	16:34.90 (1:30.43)	18:04.41 (1:29.51)		
21:03.73 (2:59.32)	22:32.59 (1:28.86)	24:01.05 (1:28.46)	25:29.44 (1:28.39)		
26:57.81 (1:28.37)	28:25.12 (1:27.31)	29:53.32 (1:28.20)	31:21.26 (1:27.94)		
32:48.57 (1:27.31)	34:17.03 (1:28.46)	35:45.54 (1:28.51)	37:07.76 (1:22.22)		
22 Cheryn Trapp	JR Portland State	37:08.87	2		
1:33.59 (1:33.59)	3:03.47 (1:29.88)	4:32.21 (1:28.74)	6:02.14 (1:29.93)		
7:32.04 (1:29.90)	9:02.04 (1:30.00)	10:33.31 (1:31.27)	12:03.53 (1:30.22)		
13:33.98 (1:30.45)	15:05.03 (1:31.05)	16:35.09 (1:30.06)	18:04.38 (1:29.29)		
19:33.84 (1:29.46)	21:02.95 (1:29.11)	22:32.52 (1:29.57)	24:00.59 (1:28.07)		
25:28.67 (1:28.08)	26:56.91 (1:28.24)	28:24.51 (1:27.60)	29:51.91 (1:27.40)		
31:20.74 (1:28.83)	32:48.38 (1:27.64)	34:16.65 (1:28.27)	35:44.80 (1:28.15)		
37:09.07 (1:24.27)					
23 Carina Novell	SR St. Mary's (Cal.)	37:12.73	1		
1:33.86 (1:33.86)	2:59.18 (1:25.32)	4:25.94 (1:26.76)	5:54.93 (1:28.99)		
7:22.99 (1:28.06)	8:52.34 (1:29.35)	10:23.18 (1:30.84)	11:53.27 (1:30.09)		
13:22.33 (1:29.06)	14:51.95 (1:29.62)	16:23.78 (1:31.83)	17:54.93 (1:31.15)		
19:26.53 (1:31.60)	20:56.37 (1:29.84)	22:26.64 (1:30.27)	23:56.69 (1:30.05)		
25:27.82 (1:31.13)	26:56.91 (1:29.09)	28:26.35 (1:29.44)	29:56.57 (1:30.22)		
31:26.37 (1:29.80)	32:56.65 (1:30.28)	34:26.88 (1:30.23)	35:53.74 (1:26.86)		
37:12.75 (1:19.01)					

**SF State Distance Carnival - 4/1/2016 to 4/2/2016**  
**San Francisco State University (Cox Stadium)**  
**Results**

**....Women 10000 Meter Run**

24 Nicole Lopez-Villegas	SR Bradley	37:18.96	1		
1:33.19 (1:33.19)	2:57.12 (1:23.93)	4:23.05 (1:25.93)		5:50.28 (1:27.23)	
7:17.81 (1:27.53)	8:44.63 (1:26.82)	10:14.49 (1:29.86)		11:43.31 (1:28.82)	
13:12.35 (1:29.04)	14:41.87 (1:29.52)	16:11.48 (1:29.61)		17:41.32 (1:29.84)	
19:12.17 (1:30.85)	20:42.93 (1:30.76)	22:13.27 (1:30.34)		23:44.06 (1:30.79)	
25:15.81 (1:31.75)	26:47.34 (1:31.53)	28:19.06 (1:31.72)		29:50.31 (1:31.25)	
31:19.79 (1:29.48)	32:51.67 (1:31.88)	34:22.99 (1:31.32)		35:53.19 (1:30.20)	
37:19.04 (1:25.85)					
25 Michele Palmer	Unattached	37:38.97	2		
1:38.22 (1:38.22)	3:03.73 (1:25.51)	4:32.49 (1:28.76)		6:01.82 (1:29.33)	
7:31.48 (1:29.66)	9:01.62 (1:30.14)	10:32.59 (1:30.97)		12:03.13 (1:30.54)	
13:33.67 (1:30.54)	15:04.10 (1:30.43)	16:34.10 (1:30.00)		18:03.22 (1:29.12)	
19:33.91 (1:30.69)	21:03.29 (1:29.38)	22:33.00 (1:29.71)		24:01.63 (1:28.63)	
25:31.11 (1:29.48)	27:01.65 (1:30.54)	28:33.34 (1:31.69)		30:06.06 (1:32.72)	
31:37.86 (1:31.80)	33:08.95 (1:31.09)	34:40.21 (1:31.26)		36:11.52 (1:31.31)	
37:38.99 (1:27.47)					
26 Camila Turati	FR Chico State	37:43.01	1		
1:32.80 (1:32.80)	2:58.84 (1:26.04)	4:25.85 (1:27.01)		5:54.15 (1:28.30)	
7:21.10 (1:26.95)	8:49.34 (1:28.24)	10:19.82 (1:30.48)		11:49.55 (1:29.73)	
13:20.90 (1:31.35)	14:52.04 (1:31.14)	16:23.51 (1:31.47)		17:54.95 (1:31.44)	
19:26.44 (1:31.49)	20:55.97 (1:29.53)	22:26.38 (1:30.41)		23:56.53 (1:30.15)	
25:27.78 (1:31.25)	26:57.99 (1:30.21)	28:29.80 (1:31.81)		30:04.07 (1:34.27)	
31:37.83 (1:33.76)	33:11.65 (1:33.82)	34:46.03 (1:34.38)		36:17.57 (1:31.54)	
37:43.02 (1:25.45)					
27 Carly Hansen	JR Idaho State	37:44.53	1		
1:33.31 (1:33.31)	2:57.87 (1:24.56)	4:25.18 (1:27.31)		5:54.75 (1:29.57)	
7:22.80 (1:28.05)	8:52.47 (1:29.67)	10:23.14 (1:30.67)		11:52.48 (1:29.34)	
13:22.00 (1:29.52)	14:51.62 (1:29.62)	16:23.39 (1:31.77)		17:54.54 (1:31.15)	
19:26.19 (1:31.65)	20:57.49 (1:31.30)	22:28.96 (1:31.47)		24:01.33 (1:32.37)	
25:34.86 (1:33.53)	27:07.37 (1:32.51)	28:38.31 (1:30.94)		30:10.87 (1:32.56)	
31:44.23 (1:33.36)	33:15.32 (1:31.09)	34:48.65 (1:33.33)		36:18.30 (1:29.65)	
37:44.76 (1:26.46)					
28 Carolyn Jaeger	Impala Racing Team	37:48.89	2		
1:32.63 (1:32.63)	3:02.55 (1:29.92)	4:31.65 (1:29.10)		6:02.04 (1:30.39)	
7:31.27 (1:29.23)	9:01.33 (1:30.06)	10:32.76 (1:31.43)		12:03.32 (1:30.56)	
13:34.08 (1:30.76)	15:05.09 (1:31.01)	16:36.42 (1:31.33)		18:05.98 (1:29.56)	
19:37.57 (1:31.59)	21:09.07 (1:31.50)	22:41.18 (1:32.11)		24:13.93 (1:32.75)	
25:46.14 (1:32.21)	27:18.42 (1:32.28)	28:51.50 (1:33.08)		30:23.31 (1:31.81)	
31:55.71 (1:32.40)	33:25.73 (1:30.02)	34:56.61 (1:30.88)		36:26.42 (1:29.81)	
37:48.99 (1:22.57)					
29 McKaela Christenson	JR Academy of Art	37:57.47	1		
1:32.25 (1:32.25)	2:58.68 (1:26.43)	4:25.55 (1:26.87)		5:54.70 (1:29.15)	
7:22.58 (1:27.88)	8:52.12 (1:29.54)	10:22.86 (1:30.74)		11:53.29 (1:30.43)	
13:23.51 (1:30.22)	14:54.22 (1:30.71)	16:24.97 (1:30.75)		17:56.30 (1:31.33)	
19:27.10 (1:30.80)	20:58.04 (1:30.94)	22:29.46 (1:31.42)		24:00.07 (1:30.61)	
25:32.58 (1:32.51)	27:05.74 (1:33.16)	28:38.88 (1:33.14)		30:11.27 (1:32.39)	
31:44.58 (1:33.31)	33:18.22 (1:33.64)	34:53.63 (1:35.41)		36:27.79 (1:34.16)	
37:57.45 (1:29.66)					

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**San Francisco State University (Cox Stadium)**  
**Results**

**...Women 10000 Meter Run**

30 Danielle Oden	SO Chico State	38:04.07	2		
1:33.54 (1:33.54)	3:03.09 (1:29.55)	4:32.25 (1:29.16)		6:02.14 (1:29.89)	
7:32.01 (1:29.87)	9:01.85 (1:29.84)	10:33.22 (1:31.37)		12:03.55 (1:30.33)	
13:33.80 (1:30.25)	15:04.59 (1:30.79)	16:35.46 (1:30.87)		18:04.87 (1:29.41)	
19:34.18 (1:29.31)	21:04.51 (1:30.33)	22:34.96 (1:30.45)		24:07.94 (1:32.98)	
25:42.71 (1:34.77)	27:17.29 (1:34.58)	28:53.02 (1:35.73)		30:26.82 (1:33.80)	
32:00.66 (1:33.84)	33:32.53 (1:31.87)	35:06.26 (1:33.73)		36:39.22 (1:32.96)	
38:04.32 (1:25.10)					
31 Imogene Carson	SR Humboldt State	38:08.63	2		
1:35.91 (1:35.91)	3:06.40 (1:30.49)	4:39.13 (1:32.73)		6:11.47 (1:32.34)	
7:43.71 (1:32.24)	9:15.91 (1:32.20)	10:47.90 (1:31.99)		12:18.83 (1:30.93)	
13:50.70 (1:31.87)	15:22.52 (1:31.82)	16:54.75 (1:32.23)		18:26.86 (1:32.11)	
19:57.96 (1:31.10)	21:29.19 (1:31.23)	23:02.08 (1:32.89)		24:33.88 (1:31.80)	
26:06.38 (1:32.50)	27:38.51 (1:32.13)	29:11.28 (1:32.77)		30:42.99 (1:31.71)	
32:14.03 (1:31.04)	33:45.44 (1:31.41)	35:16.76 (1:31.32)		36:48.04 (1:31.28)	
38:08.59 (1:20.55)					
32 Taylor de Laveaga	SR Seattle U.	38:09.61	2		
1:33.80 (1:33.80)	3:04.79 (1:30.99)	4:38.31 (1:33.52)		6:10.84 (1:32.53)	
7:42.80 (1:31.96)	9:15.73 (1:32.93)	10:48.20 (1:32.47)		12:20.59 (1:32.39)	
13:53.11 (1:32.52)	15:25.99 (1:32.88)	16:57.05 (1:31.06)		18:29.00 (1:31.95)	
20:00.14 (1:31.14)	21:30.69 (1:30.55)	23:01.47 (1:30.78)		24:33.05 (1:31.58)	
26:04.62 (1:31.57)	27:36.88 (1:32.26)	29:08.31 (1:31.43)		30:41.25 (1:32.94)	
32:13.57 (1:32.32)	33:44.86 (1:31.29)	35:16.59 (1:31.73)		36:47.46 (1:30.87)	
38:09.66 (1:22.20)					
33 Zoe Kaufman	SR Humboldt State	38:10.54	2		
1:35.83 (1:35.83)	3:06.32 (1:30.49)	4:39.37 (1:33.05)		6:11.89 (1:32.52)	
7:43.58 (1:31.69)	9:15.90 (1:32.32)	10:47.95 (1:32.05)		12:18.88 (1:30.93)	
13:50.82 (1:31.94)	15:22.61 (1:31.79)	16:54.83 (1:32.22)		18:26.83 (1:32.00)	
19:58.11 (1:31.28)	21:29.02 (1:30.91)	23:01.53 (1:32.51)		24:33.55 (1:32.02)	
26:05.91 (1:32.36)	27:37.98 (1:32.07)	29:10.82 (1:32.84)		30:42.29 (1:31.47)	
32:13.64 (1:31.35)	33:45.21 (1:31.57)	35:16.07 (1:30.86)		36:47.72 (1:31.65)	
38:10.70 (1:22.98)					
34 Sammy Laurenzo	SO NW Missouri	38:21.76	2		
1:32.88 (1:32.88)	3:02.25 (1:29.37)	4:30.81 (1:28.56)		6:00.73 (1:29.92)	
7:30.74 (1:30.01)	9:00.38 (1:29.64)	10:32.07 (1:31.69)		12:02.76 (1:30.69)	
13:33.56 (1:30.80)	15:05.23 (1:31.67)	16:37.36 (1:32.13)		18:10.40 (1:33.04)	
19:44.13 (1:33.73)	21:17.33 (1:33.20)	22:51.01 (1:33.68)		24:25.13 (1:34.12)	
25:59.74 (1:34.61)	27:34.19 (1:34.45)	29:08.74 (1:34.55)		30:42.95 (1:34.21)	
32:15.73 (1:32.78)	33:49.99 (1:34.26)	35:25.00 (1:35.01)		36:58.22 (1:33.22)	
38:21.85 (1:23.63)					
35 Christina Russell	JR Azusa Pacific	38:23.29	2		
1:37.30 (1:37.30)	3:07.47 (1:30.17)	4:41.36 (1:33.89)		6:14.37 (1:33.01)	
7:49.17 (1:34.80)	9:26.54 (1:37.37)	10:59.45 (1:32.91)		12:32.59 (1:33.14)	
14:05.66 (1:33.07)	15:38.48 (1:32.82)	17:11.43 (1:32.95)		18:43.64 (1:32.21)	
20:13.92 (1:30.28)	21:43.79 (1:29.87)	23:14.47 (1:30.68)		24:43.82 (1:29.35)	
26:13.43 (1:29.61)	27:46.94 (1:33.51)	29:19.97 (1:33.03)		30:52.20 (1:32.23)	
32:22.61 (1:30.41)	33:53.94 (1:31.33)	35:25.71 (1:31.77)		36:56.06 (1:30.35)	
38:23.48 (1:27.42)					

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**San Francisco State University (Cox Stadium)**  
**Results**

**...Women 10000 Meter Run**

36 Megan Alfi	SR Humboldt Track Club	38:25.61	2		
1:35.89 (1:35.89)	3:06.16 (1:30.27)	4:38.91 (1:32.75)	6:11.28 (1:32.37)		
7:43.04 (1:31.76)	9:15.81 (1:32.77)	10:47.31 (1:31.50)	12:18.64 (1:31.33)		
13:50.23 (1:31.59)	15:22.37 (1:32.14)	16:54.55 (1:32.18)	18:26.49 (1:31.94)		
19:57.75 (1:31.26)	21:28.63 (1:30.88)	23:01.35 (1:32.72)	24:33.39 (1:32.04)		
26:05.82 (1:32.43)	27:37.89 (1:32.07)	29:10.72 (1:32.83)	30:42.86 (1:32.14)		
32:15.46 (1:32.60)	33:49.12 (1:33.66)	35:23.37 (1:34.25)	36:56.29 (1:32.92)		
38:25.62 (1:29.33)					
37 Hailey Gordon	SR Northwest Nazarene	38:30.85	2		
1:33.06 (1:33.06)	3:02.92 (1:29.86)	4:31.72 (1:28.80)	6:00.73 (1:29.01)		
7:30.96 (1:30.23)	9:00.58 (1:29.62)	10:32.33 (1:31.75)	12:03.24 (1:30.91)		
13:34.73 (1:31.49)	15:05.87 (1:31.14)	16:54.34 (1:48.47)	18:25.88 (1:31.54)		
19:57.70 (1:31.82)	21:29.05 (1:31.35)	23:00.91 (1:31.86)	24:32.59 (1:31.68)		
26:06.30 (1:33.71)	27:39.27 (1:32.97)	29:13.52 (1:34.25)	30:47.70 (1:34.18)		
32:23.82 (1:36.12)	33:58.29 (1:34.47)	35:33.18 (1:34.89)	37:03.70 (1:30.52)		
38:30.87 (1:27.17)					
38 Bekah Bahra	SR Chico State	38:31.80	2		
1:33.52 (1:33.52)	3:02.94 (1:29.42)	4:32.10 (1:29.16)	6:01.82 (1:29.72)		
7:31.93 (1:30.11)	9:01.70 (1:29.77)	10:33.27 (1:31.57)	12:03.80 (1:30.53)		
13:34.32 (1:30.52)	15:04.89 (1:30.57)	16:35.99 (1:31.10)	18:06.25 (1:30.26)		
19:39.12 (1:32.87)	21:11.69 (1:32.57)	22:44.67 (1:32.98)	24:17.42 (1:32.75)		
25:52.47 (1:35.05)	27:28.84 (1:36.37)	29:05.61 (1:36.77)	30:41.87 (1:36.26)		
32:16.88 (1:35.01)	33:52.64 (1:35.76)	35:27.55 (1:34.91)	37:01.32 (1:33.77)		
38:31.91 (1:30.59)					
39 Laticia Joven	SR Stanislaus State	38:39.77	2		
1:33.29 (1:33.29)	3:02.99 (1:29.70)	4:31.53 (1:28.54)	6:01.11 (1:29.58)		
7:30.95 (1:29.84)	9:00.81 (1:29.86)	10:32.33 (1:31.52)	12:03.04 (1:30.71)		
13:33.55 (1:30.51)	15:04.26 (1:30.71)	16:34.85 (1:30.59)	18:06.06 (1:31.21)		
19:38.78 (1:32.72)	21:11.17 (1:32.39)	22:44.01 (1:32.84)	24:17.27 (1:33.26)		
25:52.03 (1:34.76)	27:26.73 (1:34.70)	29:02.69 (1:35.96)	30:38.72 (1:36.03)		
32:13.46 (1:34.74)	33:48.47 (1:35.01)	35:27.11 (1:38.64)	37:05.25 (1:38.14)		
38:39.85 (1:34.60)					
40 Mo Lee Thornburg	SR Humboldt State	38:41.86	2		
1:35.97 (1:35.97)	3:06.58 (1:30.61)	4:41.46 (1:34.88)	6:14.54 (1:33.08)		
7:47.56 (1:33.02)	9:22.35 (1:34.79)	10:53.43 (1:31.08)	12:24.52 (1:31.09)		
13:57.28 (1:32.76)	15:29.74 (1:32.46)	17:02.42 (1:32.68)	18:34.51 (1:32.09)		
20:04.88 (1:30.37)	21:37.39 (1:32.51)	23:08.50 (1:31.11)	24:41.83 (1:33.33)		
26:15.86 (1:34.03)	27:49.86 (1:34.00)	29:23.67 (1:33.81)	30:57.04 (1:33.37)		
32:30.55 (1:33.51)	34:05.62 (1:35.07)	35:41.06 (1:35.44)	37:14.15 (1:33.09)		
38:41.91 (1:27.76)					
41 Elizabeth Nelson	SR Cal St. Northridge	38:42.17	1		
1:33.54 (1:33.54)	2:57.41 (1:23.87)	4:22.58 (1:25.17)	5:49.99 (1:27.41)		
7:18.76 (1:28.77)	8:51.44 (1:32.68)	10:23.09 (1:31.65)	11:55.17 (1:32.08)		
13:28.07 (1:32.90)	15:01.31 (1:33.24)	16:36.70 (1:35.39)	18:10.42 (1:33.72)		
19:43.19 (1:32.77)	21:17.29 (1:34.10)	22:52.53 (1:35.24)	24:28.61 (1:36.08)		
26:04.57 (1:35.96)	27:40.08 (1:35.51)	29:17.02 (1:36.94)	30:54.45 (1:37.43)		
32:31.60 (1:37.15)	34:08.88 (1:37.28)	35:44.60 (1:35.72)	37:16.03 (1:31.43)		
38:42.43 (1:26.40)					

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**San Francisco State University (Cox Stadium)**  
**Results**

**....Women 10000 Meter Run**

42 Kennedy Martin	JR Portland State	38:47.18	2		
1:34.89 (1:34.89)	3:05.45 (1:30.56)	4:38.75 (1:33.30)		6:11.15 (1:32.40)	
7:45.26 (1:34.11)	9:18.23 (1:32.97)	10:52.01 (1:33.78)		12:23.56 (1:31.55)	
13:57.09 (1:33.53)	15:32.41 (1:35.32)	17:06.21 (1:33.80)		18:39.14 (1:32.93)	
20:12.05 (1:32.91)	21:45.76 (1:33.71)	23:19.53 (1:33.77)		24:53.30 (1:33.77)	
26:27.44 (1:34.14)	28:03.34 (1:35.90)	29:37.86 (1:34.52)		31:11.51 (1:33.65)	
32:46.09 (1:34.58)	34:21.67 (1:35.58)	35:57.34 (1:35.67)		37:26.58 (1:29.24)	
38:47.12 (1:20.54)					
43 Mei-Tung Chen	SR Excelsior RC	38:50.14	2		
1:38.18 (1:38.18)	3:07.29 (1:29.11)	4:41.40 (1:34.11)		6:15.13 (1:33.73)	
7:47.87 (1:32.74)	9:22.62 (1:34.75)	10:53.38 (1:30.76)		12:24.48 (1:31.10)	
13:56.76 (1:32.28)	15:29.51 (1:32.75)	17:02.17 (1:32.66)		18:34.44 (1:32.27)	
20:05.64 (1:31.20)	21:37.65 (1:32.01)	23:09.88 (1:32.23)		24:44.68 (1:34.80)	
26:18.84 (1:34.16)	27:54.32 (1:35.48)	29:30.45 (1:36.13)		31:04.40 (1:33.95)	
32:39.87 (1:35.47)	34:14.63 (1:34.76)	35:50.73 (1:36.10)		37:23.41 (1:32.68)	
38:50.33 (1:26.92)					
44 Brooke Caravello	FR Azusa Pacific	38:56.10	2		
1:37.46 (1:37.46)	3:07.48 (1:30.02)	4:41.11 (1:33.63)		6:14.32 (1:33.21)	
7:49.21 (1:34.89)	9:26.80 (1:37.59)	10:59.68 (1:32.88)		12:33.22 (1:33.54)	
14:06.74 (1:33.52)	15:39.11 (1:32.37)	17:12.96 (1:33.85)		18:47.26 (1:34.30)	
20:22.06 (1:34.80)	21:57.11 (1:35.05)	23:32.61 (1:35.50)		25:07.83 (1:35.22)	
26:43.17 (1:35.34)	28:16.98 (1:33.81)	29:48.83 (1:31.85)		31:20.00 (1:31.17)	
32:52.19 (1:32.19)	34:25.61 (1:33.42)	35:58.00 (1:32.39)		37:30.39 (1:32.39)	
38:56.08 (1:25.69)					
45 Maggie Coleman	JR Portland State	39:04.53	2		
1:34.57 (1:34.57)	3:05.24 (1:30.67)	4:38.60 (1:33.36)		6:10.66 (1:32.06)	
7:45.07 (1:34.41)	9:18.11 (1:33.04)	10:52.21 (1:34.10)		12:23.85 (1:31.64)	
13:56.69 (1:32.84)	15:32.18 (1:35.49)	17:06.58 (1:34.40)		18:39.60 (1:33.02)	
20:12.04 (1:32.44)	21:45.55 (1:33.51)	23:19.89 (1:34.34)		24:53.39 (1:33.50)	
26:27.22 (1:33.83)	28:03.15 (1:35.93)	29:38.44 (1:35.29)		31:11.91 (1:33.47)	
32:45.75 (1:33.84)	34:21.61 (1:35.86)	35:57.75 (1:36.14)		37:32.87 (1:35.12)	
39:04.48 (1:31.61)					
46 Anahi Vazquez	SO Stanislaus State	39:17.21	2		
1:33.26 (1:33.26)	3:03.01 (1:29.75)	4:31.28 (1:28.27)		6:00.94 (1:29.66)	
7:30.82 (1:29.88)	9:00.92 (1:30.10)	10:32.22 (1:31.30)		12:04.14 (1:31.92)	
13:38.88 (1:34.74)	15:15.43 (1:36.55)	16:52.27 (1:36.84)		18:27.19 (1:34.92)	
20:02.73 (1:35.54)	21:37.04 (1:34.31)	23:13.31 (1:36.27)		24:48.36 (1:35.05)	
26:25.54 (1:37.18)	28:04.12 (1:38.58)	29:40.73 (1:36.61)		31:18.01 (1:37.28)	
32:55.71 (1:37.70)	34:35.59 (1:39.88)	36:14.85 (1:39.26)		37:51.08 (1:36.23)	
39:17.45 (1:26.37)					
47 Elizabeth Scott	SR Impala Racing Team	39:41.11	2		
1:32.63 (1:32.63)	3:02.53 (1:29.90)	4:31.82 (1:29.29)		6:01.62 (1:29.80)	
7:31.47 (1:29.85)	9:01.58 (1:30.11)	10:33.08 (1:31.50)		12:03.92 (1:30.84)	
13:34.79 (1:30.87)	15:06.79 (1:32.00)	16:44.43 (1:37.64)		18:22.11 (1:37.68)	
19:57.96 (1:35.85)	21:37.49 (1:39.53)	23:14.00 (1:36.51)		24:54.77 (1:40.77)	
26:34.64 (1:39.87)	28:13.39 (1:38.75)	29:53.58 (1:40.19)		31:34.20 (1:40.62)	
33:15.14 (1:40.94)	34:55.72 (1:40.58)	36:32.26 (1:36.54)		38:11.37 (1:39.11)	
39:41.34 (1:29.97)					

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**...Women 10000 Meter Run**

48	Tori Dutchover	SO Cal Baptist	39:53.51	2		
	1:33.39 (1:33.39)	3:02.65 (1:29.26)	4:31.68 (1:29.03)		6:01.32 (1:29.64)	
	7:31.11 (1:29.79)	9:00.93 (1:29.82)	10:32.28 (1:31.35)		12:03.15 (1:30.87)	
	13:33.58 (1:30.43)	15:04.45 (1:30.87)	16:38.16 (1:33.71)		18:13.13 (1:34.97)	
	19:48.87 (1:35.74)	21:22.64 (1:33.77)	22:59.55 (1:36.91)		24:39.01 (1:39.46)	
	26:21.09 (1:42.08)	28:01.93 (1:40.84)	29:44.03 (1:42.10)		31:24.35 (1:40.32)	
	33:06.64 (1:42.29)	34:51.32 (1:44.68)	36:33.72 (1:42.40)		38:15.49 (1:41.77)	
	39:53.46 (1:37.97)					
49	Madeline Dignadice	SO Academy of Art	41:06.29	2		
	1:37.56 (1:37.56)	3:08.19 (1:30.63)	4:40.85 (1:32.66)		6:14.06 (1:33.21)	
	7:49.07 (1:35.01)	9:26.80 (1:37.73)	11:05.29 (1:38.49)		12:43.06 (1:37.77)	
	14:21.55 (1:38.49)	15:58.15 (1:36.60)	17:37.03 (1:38.88)		19:14.81 (1:37.78)	
	20:53.64 (1:38.83)	22:33.87 (1:40.23)	24:13.34 (1:39.47)		25:53.38 (1:40.04)	
	27:34.16 (1:40.78)	29:15.23 (1:41.07)	30:57.92 (1:42.69)		32:39.23 (1:41.31)	
	34:20.45 (1:41.22)	36:03.06 (1:42.61)	37:45.68 (1:42.62)		39:28.12 (1:42.44)	
	41:06.25 (1:38.13)					
50	Rachael Duriez	SO Cal St. Northridge	41:09.65	2		
	1:34.09 (1:34.09)	3:05.92 (1:31.83)	4:39.14 (1:33.22)		6:13.27 (1:34.13)	
	7:47.65 (1:34.38)	9:22.12 (1:34.47)	10:59.77 (1:37.65)		12:41.04 (1:41.27)	
	14:21.63 (1:40.59)	16:02.21 (1:40.58)	17:46.08 (1:43.87)		19:29.60 (1:43.52)	
	21:12.03 (1:42.43)	22:52.19 (1:40.16)	24:38.12 (1:45.93)		26:21.09 (1:42.97)	
	28:02.49 (1:41.40)	29:44.21 (1:41.72)	31:25.03 (1:40.82)		33:06.06 (1:41.03)	
	34:45.38 (1:39.32)	36:25.51 (1:40.13)	38:04.85 (1:39.34)		39:42.62 (1:37.77)	
	41:09.61 (1:26.99)					
51	Kimberly Newton	SO Cal St. Northridge	41:23.94	2		
	1:37.45 (1:37.45)	3:11.49 (1:34.04)	4:48.81 (1:37.32)		6:26.46 (1:37.65)	
	8:06.43 (1:39.97)	9:45.75 (1:39.32)	11:24.77 (1:39.02)		13:04.20 (1:39.43)	
	14:44.23 (1:40.03)	16:24.21 (1:39.98)	18:04.99 (1:40.78)		19:44.90 (1:39.91)	
	21:25.36 (1:40.46)	23:05.64 (1:40.28)	24:46.82 (1:41.18)		26:27.93 (1:41.11)	
	28:08.81 (1:40.88)	29:49.26 (1:40.45)	31:29.45 (1:40.19)		33:10.45 (1:41.00)	
	34:52.05 (1:41.60)	36:34.03 (1:41.98)	38:14.35 (1:40.32)		39:52.39 (1:38.04)	
	41:23.88 (1:31.49)					
52	Justice Hinojosa	SO Academy of Art	41:51.50	2		
	1:37.81 (1:37.81)	3:08.11 (1:30.30)	4:41.17 (1:33.06)		6:15.20 (1:34.03)	
	7:51.19 (1:35.99)	9:28.86 (1:37.67)	11:07.84 (1:38.98)		12:47.64 (1:39.80)	
	14:26.66 (1:39.02)	16:07.13 (1:40.47)	17:47.90 (1:40.77)		19:29.08 (1:41.18)	
	21:11.27 (1:42.19)	22:53.17 (1:41.90)	24:36.26 (1:43.09)		26:20.29 (1:44.03)	
	28:03.72 (1:43.43)	29:49.05 (1:45.33)	31:33.88 (1:44.83)		33:18.73 (1:44.85)	
	35:04.30 (1:45.57)	36:48.14 (1:43.84)	38:32.95 (1:44.81)		40:15.17 (1:42.22)	
--	Alana Enabnit	SR Cal Baptist	DNF	2		
	1:33.23 (1:33.23)	3:02.23 (1:29.00)	4:30.84 (1:28.61)		6:00.73 (1:29.89)	
	7:30.50 (1:29.77)	9:00.32 (1:29.82)	10:32.02 (1:31.70)		12:02.89 (1:30.87)	
	13:33.16 (1:30.27)	15:03.81 (1:30.65)	16:34.28 (1:30.47)		18:04.08 (1:29.80)	
	19:37.07 (1:32.99)	21:09.80 (1:32.73)	22:43.21 (1:33.41)		24:17.70 (1:34.49)	
	25:51.67 (1:33.97)	27:27.19 (1:35.52)				

**Women 3000 Meter Steeplechase**

Name	Year School	Finals	H#
1 Allix Potratz-Lee	Unattached	10:09.12	1
2 Erica Richardson	Boise Betties	10:21.24	1
3 Kelly Hayes	SO Pittsburgh	10:22.08	1
4 Kelli McKenna	SR Kansas	10:23.28	1
5 Denali Strabel	SR Unattached	10:23.75	1



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6	Cassie Mitchell	Team Nebraska	10:25.50	1
7	McCall Habermehl	JR Chico State	10:27.36	1
8	Laura Yarrow	JR Colorado St.	10:31.72	1 10:31.712
9	Courtney Coppinger	SO Kansas	10:31.72	1 10:31.720
10	Lauren Shubin	FR Byu	10:32.77	1
11	Laura Riches	SR Butler	10:36.38	1
12	Janelle Lincks	JR Colorado St.	10:39.61	1
13	Colleen Weatherford	JR Butler	10:39.63	1
14	Devon Bortfeld	SO Washington St.	10:41.82	2
15	Sanne Holland	SO Colorado St.	10:44.29	1
16	Hannah Coffin	JR Uab	10:47.11	2
17	Taylor Janssen	JR North Dakota State	10:47.45	1
18	Lyndee Dawson	SO Biola	10:48.09	2
19	Katie Deimling	SO Cal Baptist	10:48.18	2
20	Michelle Fletcher	JR Northwest Christian	10:52.20	2
21	Jennica Barrow	SO Byu	10:52.33	1
22	Hannah Bressler	SR Willamette	10:52.58	2
23	Lauren Schultz	0 Strava TC	10:54.67	2
24	Adriana Calva	SO San Francisco St.	10:57.35	2
25	Lalida Maokhamphiou	JR San Jose St.	11:03.44	2
26	Riley Cooney	FR Kansas	11:04.31	1
27	Stephanie Croy	SO Biola	11:05.21	2
28	Ami Boucher	JR Willamette	11:05.22	3
29	Selena Sierra	JR Houston	11:06.17	2
30	Karli O'Neill	JR Pittsburgh	11:09.61	2
31	Mariah Burroughs	SO Alaska Anchorage	11:10.02	2
32	Macie Gale	JR Northwest Christian	11:10.16	2
33	Maria Morley	SO Byu	11:10.34	1
34	Sasha Kent	JR Idaho State	11:10.61	2
35	Jeanette Zambrano	FR San Jose St.	11:12.11	3
36	Rebecca Volf	SR Chadron State	11:12.79	2
37	Dana Snell	JR Utah	11:17.02	3
38	Lindsay Wourms	SR Pacific	11:18.00	3
39	Olivia Goins	JR UC Davis	11:21.88	3
40	Nicole Anthony	FR Chico State	11:22.37	3
41	Andie LeDesma	JR Humboldt State	11:22.87	3
42	Steffie Pavey	JR Washington St.	11:24.50	3
43	Jacqueline Foley	SO San Francisco St.	11:24.95	3
44	Jessica Betancourt	JR San Francisco St.	11:25.21	3
45	Emma Chadsey	SR Simon Fraser	11:29.83	3
46	Alyse Henry	FR Chadron State	11:37.51	2
47	Michele Perez-Lopez	SO De Anza	11:37.80	3
48	Natalie Cooper	FR UC Davis	11:41.35	3
49	Ashley Cahalan	FR San Jose St.	11:46.26	3
50	Dana Townsend	JR Simon Fraser	11:54.24	3
51	Marisa D'Orfani	JR Southern Oregon	11:55.26	3
52	Samantha Bauer	SR Uc-Colo. Spgs.	11:55.54	3
53	Mia Owens	SR Humboldt Track Club	11:59.74	3
54	Patsy Hurley	JR Cal Baptist	12:11.49	3
55	Zoe Worobel	SR Concordia (Ore.)	12:20.61	3
56	Jadyn Gourley	SR Northwest Nazarene	12:36.12	3

**SF State Distance Carnival - 4/1/2016 to 4/2/2016**  
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**Results**

**Women High Jump**

Name	Year	School	Finals
1 Lauren Schnellli		Unattached	1.74m 5-08.50
1.47 1.52 1.57 1.62 1.67 1.70 1.74 1.77			
P P P O P P XXO XXX			
2 Rachel Miller	SO	Northwest Nazarene	1.57m 5-01.75
1.47 1.52 1.57 1.62			
O O O XXX			
3 Mackenzie Stewart	SO	Simon Fraser	J1.57m 5-01.75
1.47 1.52 1.57 1.62			
P O XO XXX			
4 Christina Bruenjes	SO	North Dakota State	1.52m 4-11.75
1.47 1.52 1.57			
O O XXX			
5 Petrice Beattie	SO	Diablo Valley	J1.52m 4-11.75
1.47 1.52 1.57			
XXO O XXX			
6 Tiana Thomas	SR	College of Idaho	J1.52m 4-11.75
1.47 1.52 1.57			
O XO XXX			
7 Juliette Alliaume	SO	Diablo Valley	J1.52m 4-11.75
1.47 1.52 1.57			
O XXO XXX			
8 Ellie Logan	FR	Northwest Nazarene	1.47m 4-09.75
1.47 1.52			
O XXX			
8 Rosie Smith	SR	Alaska Anchorage	1.47m 4-09.75
1.47 1.52			
O XXX			
8 Katie Conklin	SO	Northwest Nazarene	1.47m 4-09.75
1.47 1.52			
O XXX			
11 Kiara Ginwright	FR	San Francisco St.	J1.47m 4-09.75
1.47 1.52			
XO XXX			
11 Lexi Sarver	SR	Northwest Nazarene	J1.47m 4-09.75
1.47 1.52			
XO XXX			
11 Lauren Duval	JR	Northwest Nazarene	J1.47m 4-09.75
1.47 1.52			
XO XXX			
-- Jennah Richmond	JR	William Jessup	NH
1.47			
XXX			
-- Daphni Kilgore	JR	Vanguard	NH
1.47			
XXX			
-- Briana Pitts	JR	College of Idaho	NH
1.47			
XXX			
-- Veronica Norris	SO	Oregon Tech	NH
1.47 1.52			
P XXX			

**SF State Distance Carnival - 4/1/2016 to 4/2/2016**  
**San Francisco State University (Cox Stadium)**  
**Results**

**...Women High Jump**

-- Dorian Aberouette SO Ccsf NH  
 1.47  
 XXX

**Women Pole Vault**

Name	Year	School	Finals
1 Lea Butler	JR	Stanislaus State	3.25m 10-08.00
			2.80 2.95 3.10 3.25 3.40
			P P P O XXX
2 Emma Lambert	FR	Seattle Pacific	3.10m 10-02.00
			2.80 2.95 3.10 3.25
			XXO O O XXX
3 Natalie Marquardt	FR	UC Santa Cruz	2.95m 9-08.00
			2.80 2.95 3.10
			O XO XXX
-- Allison Cossins	SO	College of Idaho	NH
			2.80
			XXX
-- Michaella Kahns	JR	Seattle Pacific	NH
			2.80 2.95 3.10 3.25
			P P P XXX

**Women Triple Jump**

Name	Year	School	Finals	Wind
1 Ella Brown	JR	Simon Fraser	11.88m 1.4 38-11.75	
			11.88m(1.4) 11.65m(-0.4) 11.70m(+0.0) FOUL(1.3)	
2 Rian Young-Werner	FR	Academy of Art	11.75m 1.2 38-06.75	
			11.58m(0.2) 11.69m(0.1) 11.75m(1.2) FOUL(0.7)	
3 Kayla Phillips	JR	San Francisco St.	11.59m 2.3 38-00.25	
			FOUL(2.6) 11.59m(2.3) FOUL(0.7) 11.02m(+0.0)	
4 Jordan Guerrero	JR	San Francisco St.	11.30m 0.4 37-01.00	
			FOUL(1.9) FOUL(0.5) 11.30m(0.4) FOUL(-0.2)	
5 Angel Hill	JR	San Francisco St.	11.29m -1.5 37-00.50	
			10.81m(0.4) FOUL(1.5) 11.29m(-1.5) 10.81m(1.7)	
6 Cora Gallop	FR	Southern Oregon	11.13m +0.0 36-06.25	
			10.85m(+0.0) 11.13m(+0.0) 10.97m(1.0) 10.67m(0.7)	
7 Alexia Blalock	JR	Alaska Anchorage	11.06m -0.7 36-03.50	
			10.97m(-0.6) 10.97m(-0.3) 11.06m(-0.7) 10.93m(0.8)	
8 Kathryn Pitts	JR	Western Oregon	10.73m 1.7 35-02.50	
			10.73m(1.7) 10.42m(+0.0) 10.43m(+0.0) 10.45m(0.6)	
9 Kami Hawkins	FR	College of Idaho	10.61m 1.3 34-09.75	
			10.27m(-1.1) 10.45m(-0.4) 10.33m(1.7) 10.61m(1.3)	
10 Kayla Duclayan	FR	San Francisco St.	10.38m 0.7 34-00.75	
			10.38m(0.7) FOUL(1.3) 9.77m(1.2) 10.07m(2.2)	
11 Marquel Love	SO	Humboldt State	10.36m 0.1 34-00.00	
			10.36m(0.1) 10.17m(1.1) 10.07m(+0.0) PASS	
12 Katie Conklin	SO	Northwest Nazarene	10.29m 1.2 33-09.25	
			9.83m(+0.0) 10.13m(1.1) 10.29m(1.2) 10.10m(1.3)	
13 Shelby Thompson	SO	Oregon Tech	9.62m +0.0 31-06.75	
			9.62m(+0.0) FOUL FOUL FOUL	

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**...Women Triple Jump**

14	Chloe Ramos	SO	Cal St. Dom. Hills	9.57m	+0.0	31-04.75
				9.57m(+0.0)	FOUL(2.0)	PASS(2.0) PASS(+0.0)
--	Christina Bruenjes	SO	North Dakota State	FOUL		
				FOUL	FOUL	FOUL
--	Tyler McKinney	JR	San Francisco St.	FOUL		
				FOUL	FOUL	FOUL

**Men 800 Meter Run**

Name	Year	School	Finals	H#
1	Nathan Kipchumba	SO Alaska Anchorage	1:49.67	1
2	Josh Dempsey	JR Western Oregon	1:49.84	1
3	Josh Hanna	SR Western Oregon	1:50.11	1
4	Brandon Wheat	SR Iowa State	1:50.55	1
5	Jordan Beutler	SO Utah State	1:51.25	1
6	Derek Thomas	Asics Aggie	1:51.30	3
7	Joe Day	JR Alaska Anchorage	1:51.42	3
8	Jacob Aune	SR Iowa State	1:51.54	1
9	Esteban Vega	JR Fresno State	1:51.94	3
10	Dalton Herding	SO North Dakota State	1:51.96	1
11	Steven Hill	FR American River	1:52.20	4
12	Brett McAdams	SR Utah State	1:52.26	1
13	Joshua Browne	FR Academy of Art	1:52.35	2
14	Michael Good	FR Chico State	1:52.51	2
15	Kasey Knevelbaard	FR Southern Utah	1:52.63	3
16	William Mayhew	FR Azusa Pacific	1:52.64	3
17	Alan Quintero	SO American River	1:52.73	3
18	Cormac McCullaugh	Unattached	1:52.82	2
19	Anthony Mallory	SR Sra Elite	1:52.85	2
20	Spencer Russell	SR Portland State	1:52.88	2
21	Uriel Cabanas	JR Fresno State	1:52.90	2
22	Aaron Miller	SO Allen County CC	1:53.18	2
23	Jesse Miller	SR Alaska Anchorage	1:53.30	2
24	Rhomel Clarke	SO Chabot	1:53.34	3
25	Johnny Leverenz	SO Butler	1:53.66	1
26	Carlos James	SO Allen County CC	1:53.85	4
27	Dylan Freinhofer	JR Simon Fraser	1:54.04	3
28	Ivan Gonzalez	JR California	1:54.11	2
29	Cristian Monsalud	FR San Francisco	1:54.14	4
30	Carlos Vargas	FR Simon Fraser	1:54.22	4
31	Michael Mendenhall	JR Alaska Anchorage	1:54.31	4
32	Vinny Butera	FR Allen County CC	1:54.59	3
33	Daniel Garz	SO Idaho State	1:54.64	1
34	Kai Benedict	FR California	1:54.73	3 1:54.726
35	Austin Murray	SO Academy of Art	1:54.73	2 1:54.730
36	Benjamin Tarango	SR Humboldt State	1:55.05	4
37	Christopher Martin	FR Allen County CC	1:55.47	3 1:55.467
38	Geoffrey Weseman	FR Diablo Valley	1:55.47	5 1:55.469
39	Stephen Gibson	FR American River	1:55.48	4
40	Wes Noyes	SO Biola	1:55.57	5
41	Anthony Lozano	JR Cal Baptist	1:55.59	6
42	Anthony Avila	SO Cal Baptist	1:55.84	6
43	Jack Kuzminsky	FR Fresno State	1:55.96	4
44	Jacob Schwarm	SR Fresno State	1:56.10	5

## SF State Distance Carnival - 4/1/2016 to 4/2/2016

## San Francisco State University (Cox Stadium)

## Results

## ...Men 800 Meter Run

45 Gary Fanelli	JR Southern Oregon	1:56.13	5	1:56.124
46 Stephen Chipman	Unattached	1:56.13	7	1:56.130
47 Paul Wyatt	FR Oregon Tech	1:56.19	6	
48 Garrett Grant	SO Unattached	1:56.29	5	
49 Jean Baptiste Tooley	FR Santa Clara	1:56.37	5	
50 Jesse Phan	FR Seattle Pacific	1:56.47	5	
51 Javier Ubaldo	SO Mt. Sac	1:56.64	5	
52 Jefferey Stalun	JR Santa Clara	1:56.73	5	
53 Chriss Grimble	SR Fresno State	1:56.78	3	
54 Copeland Laris	FR California	1:56.85	5	
55 Jahleel Norwood	FR Mt. Sac	1:56.90	7	
56 Lucas Graham	JR Cal Baptist	1:56.95	6	
57 Matt Williams	SR Southern Oregon	1:57.06	7	
58 Miles Taylor	SR Oregon Tech	1:57.33	6	
59 Justin Thurman	FR Santa Rosa	1:57.38	7	
60 Jarrett Moore	SR San Francisco	1:57.40	4	
61 Jorge Tafolla	SO San Mateo	1:57.47	6	
62 Abel Aleman	SO Stanislaus State	1:57.54	4	
63 Abel Padilla	FR De Anza	1:57.68	7	
64 Edmund Ellis	JR College of Idaho	1:57.69	6	
65 Adam Gonzalez	FR Sequoias	1:57.83	7	
66 Daryon Baynard	SR Unattached	1:58.07	6	
67 Andrew Sorensen	SR Cal Poly Dist Cl	1:58.09	6	
68 taylor huynh	SR Unattached	1:58.16	5	
69 Christian Ojeda	JR Unattached	1:58.22	4	
70 Takehiro Yamaya	SO UC Santa Cruz	1:58.27	7	
71 Carl Arnold III	SR Unattached	1:58.34	2	
72 Samir Habash	FR St. Mary's (Cal.)	1:58.39	9	
73 Frank DeJong	FR Cal St. Northridge	1:58.57	7	
74 Fiston Kizungu	FR De Anza	1:58.82	7	
75 Max Leach	SO California	1:58.94	5	
76 Brynn Sargent	JR Santa Clara	1:59.08	8	
77 Brandon Hill	JR Humboldt State	1:59.30	9	
78 Aditya Lal	FR Biola	1:59.33	6	
79 Carson Bode	FR Santa Clara	1:59.52	7	
80 Ross Corey	FR Santa Clara	1:59.54	5	1:59.532
81 Andrew Langwell	SO Santa Rosa	1:59.54	8	1:59.535
82 Kohlden Hochhaus	SO Diablo Valley	1:59.97	8	
83 John Hogan	SO California	1:59.98	4	
84 Matt Sangria	FR American River	2:00.09	7	
85 Christian Mora	JR Vanguard	2:00.26	8	
86 Mirco Zenzen	SR Cal Baptist	2:00.62	7	
87 Joseph Esparza	SO Redwoods	2:00.67	9	
88 Zack Davis	FR Hartnell	2:00.84	9	
89 Paul Matli	JR Humboldt State	2:00.87	9	
90 Joseph Grovers	JR Davis Xc&Tc	2:01.39	8	
91 Ronan Sullivan	FR Ccsf	2:01.47	8	
92 Riccardo Ciccicarella	SO Redwoods	2:01.49	8	
93 Collin Tracy	FR College of Idaho	2:01.65	10	
94 Steve Ayala	FR De Anza	2:01.93	8	
95 Miles Brewington	Unattached	2:02.54	8	
96 Timmy Wilson	SO Biola	2:02.57	7	
97 Erik Stein	Strawberry Cyn	2:02.63	8	
98 Steven Ruiz	FR Santa Rosa	2:02.64	10	
99 Taylor Kraal	SR Northwest Christian	2:02.84	10	

**SF State Distance Carnival - 4/1/2016 to 4/2/2016****San Francisco State University (Cox Stadium)****Results****...Men 800 Meter Run**

100	James Atwell	SO	Cal Baptist	2:02.99	9
101	Rogelio Luviano	FR	Sequoias	2:03.03	9
102	Trevor Paulbitski	SO	Unattached	2:03.10	9
103	Dylan Haas	SO	College of Idaho	2:03.32	8
104	David Waterman	JR	Northwest Nazarene	2:03.49	9
105	Brandon Berz	SO	Biola	2:03.79	9
106	Christian Duran	FR	Mt. Sac	2:03.87	10
107	Anthony Palacio	FR	Humboldt State	2:03.92	9
108	Elijah Whitmore	SO	American River	2:03.94	7
109	Cole Brockman	FR	Allen County CC	2:04.68	7
110	Justin Keehner	FR	William Jessup	2:05.57	10
111	Jose Hernandez	SO	Ccsf	2:06.02	10
112	Brandon Mondragon	FR	Notre Dame de Namur	2:06.03	10
113	Sean Flanigan	FR	Chabot	2:06.57	10
114	Garrett O'Neill		Cal Poly Dist Cl	2:06.90	10
115	David Koogler	SO	William Jessup	2:07.00	9
116	Luis Gonzalez	FR	UC Santa Cruz	2:07.95	10
117	Richard Runkle-Edens	FR	Menlo College	2:08.34	10
118	Daniel Gray	SO	Ccsf	2:08.44	10
119	Abner Salvador	FR	Marymount (Ca.)	2:09.81	10
120	Ismael Lopez	FR	Redwoods	2:10.10	9
121	Luke Busby	FR	Unattached	2:11.71	10

**Men 1500 Meter Run**

Name	Year	School	Finals	H#
1	Allar Lamp	Unattached	3:47.92	1
2	Jeff Thies	SO Portland	3:48.36	1
3	Marc-Antoine Rouleau	JR Simon Fraser	3:49.65	1
4	Valentin Pepiot	SR Academy of Art	3:50.08	1
5	Anthony Mallory	SR Sra Elite	3:50.32	1
6	Aaron Potts	JR Azusa Pacific	3:51.99	1
7	Derek Morton	FR Chico State	3:52.58	2
8	Kai Benedict	FR California	3:53.00	2
9	Wyatt Diderickson	SO Idaho State	3:53.02	2
10	Max Leach	SO California	3:53.13	2
11	Austin Goins	JR UC Davis	3:53.35	2
12	Kasey Knevelbaard	FR Southern Utah	3:53.40	2
13	Eric Baugh	FR Butler	3:53.43	1
14	Reid Muller	FR Washington St.	3:53.74	3
15	Logan Orndorf	SO Portland	3:53.85	1
16	John Hogan	SO California	3:53.91	2
17	Anthony Lozano	JR Cal Baptist	3:53.98	1
18	Dennis Messmer	FR Cal Baptist	3:54.24	3
19	Ephraim Tadesse	SO Simon Fraser	3:54.31	3
20	Ben Richardson	JR Portland State	3:54.63	3 3:54.624
21	Kyle McCloskey	SR Uc-Colo. Spgs.	3:54.63	3 3:54.630
22	Alex Heuchert	JR Cal Poly	3:54.67	3
23	Chriss Grimble	SR Fresno State	3:54.74	3
24	Billy Caldwell	SO Pittsburgh	3:56.05	1
25	Andrew Daedler	SR Biola	3:56.10	3
26	Jarrett Moore	SR San Francisco	3:56.27	2
27	Rowan Dougherty	Simon Fraser	3:56.54	4
28	Phillipe Gravel	JR Simon Fraser	3:56.57	1

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## San Francisco State University (Cox Stadium)

## Results

## ...Men 1500 Meter Run

29	Adam Avischious	SR Seattle Pacific	3:56.61	4	
30	Justin Bullock	Unattached	3:56.90	2	
31	Jean Baptiste Tooley	FR Santa Clara	3:57.23	4	
32	Gerardo Reyna	FR Houston	3:57.60	4	
33	Nick Doan	FR Portland	3:57.65	4	3:57.643
34	Patrick Fitzgerald	SR UC Davis	3:57.65	4	3:57.650
35	Aidan Paulk	SO Southern Oregon	3:57.73	4	
36	Jackson Haselnus	SO Washington St.	3:57.77	2	
37	Ross Walker	FR American River	3:57.93	4	
38	Derek Warner	FR North Dakota State	3:58.08	4	
39	David Salas	SR St. Mary's (Cal.)	3:58.33	4	3:58.322
40	Roc Johnson	FR Unattached	3:58.33	5	3:58.326
41	Mateo de Dalmases	JR Simon Fraser	3:58.42	4	
42	Leland Jones	FR California	3:58.55	5	
43	Conor Wells	FR American River	3:58.71	5	
44	Matthew Jennings	JR North Dakota State	3:59.00	5	
45	Mario Castillo-Urbina	SR Humboldt State	3:59.01	4	
46	Dejon Jospheh	FR American River	3:59.17	6	
47	Tyler Daugherty	SO Merritt	3:59.58	5	
48	Nathan Thomas	FR Air Force	4:00.03	5	
49	Noah Riley	FR Air Force	4:00.09	5	
50	Aric Champagne	Asics Aggie	4:00.17	1	
51	Alex Merder	FR Cal Poly	4:00.47	3	
52	John Curley	SR North Dakota State	4:00.49	6	
53	Patrick Loftus	SO Willamette	4:00.75	5	
54	Anthony Sanchez	SO American River	4:00.99	6	
55	Adam Gonzalez	FR Sequoias	4:01.19	6	
56	Jefferey Stalun	JR Santa Clara	4:01.21	4	
57	Philip Messina	JR Alaska Anchorage	4:01.49	5	
58	Gonzalo (Gonzo) Morales-	FR American River	4:01.67	6	
59	Ross Corey	FR Santa Clara	4:01.72	5	
60	Abel Aleman	SO Stanislaus State	4:02.00	3	
61	Jared Shohfi	JR Vanguard	4:02.40	5	
62	Cameron Tu	FR California	4:02.41	5	
63	Jonathan Mijares	FR Mt. Sac	4:02.67	6	
64	Garrett De Long	FR Unattached	4:03.55	7	
65	Travis Anderson	JR Uc-Colo. Spgs.	4:03.63	6	
66	Gunnar Vik	FR San Francisco	4:04.24	6	
67	Ramòn Tejada Reyes	Esc Tepatitlan	4:04.30	7	
68	Takehiro Yamaya	SO UC Santa Cruz	4:05.17	7	
69	Taylor Kraal	SR Northwest Christian	4:05.19	7	
70	Garrett Grant	SO Unattached	4:05.48	4	
71	Jacob Meeker	JR Idaho State	4:05.74	4	
72	Andrew Graciano	Unattached	4:06.48	4	
73	Christian Duran	FR Mt. Sac	4:06.55	7	
74	Alberto Venegas	FR Cal St. East Bay	4:06.85	8	
75	Joseph Grovers	JR Davis Xc&Tc	4:07.01	7	
76	Israel Sotelo	FR Cal St. East Bay	4:07.20	7	
77	Andrew Langwell	SO Santa Rosa	4:07.65	8	
78	Tyler Harwood	SR Cal Poly Dist Cl	4:08.09	5	
79	Timmy Wilson	SO Biola	4:08.40	8	
80	Arthur Ruvalcaba	JR Holy Names	4:08.45	7	
81	Huruy Zeratsion	SO San Jose St.	4:08.49	7	
82	Garrett Cullen	6 West Valley	4:09.08	8	
83	Jacob Hicks	SO Portland State	4:09.34	7	

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**...Men 1500 Meter Run**

84	William Ernst	FR Cal Baptist	4:09.37	7
85	Ryan Greenough	SR Unattached	4:09.64	6
86	Manuel Vargas	SO Cal St. Northridge	4:10.97	8
87	Kainalu Asam	FR Humboldt State	4:11.02	8
88	Ethan Machado	SO Holy Names	4:11.89	8
89	Jayden Emerson	FR Cal Baptist	4:12.04	7
90	Rogelio Luviano	FR Sequoias	4:12.62	8
91	Alex Diaz	FR Cal St. Northridge	4:12.70	8
92	Miles Brewington	Unattached	4:12.96	8
93	Orlando Ramirez	SR Cal St. East Bay	4:13.88	8
94	Brian Kosewic	SR Unattached	4:16.20	8
95	Garrett O'Neill	Cal Poly Dist Cl	4:17.88	7
96	Bruk Assefa	SR Cal Baptist	4:18.92	8
97	Leo Gomez	FR Chabot	4:20.86	8
98	Isaac Blum	SR Unattached	4:24.23	8
99	Ethan Livermore	JR Concordia (Ore.)	4:26.00	5
100	James Lee	FR Chabot	4:29.50	8
101	Cameron Olson	FR Cal St. East Bay	4:32.47	8

**Men 5000 Meter Run**

Name	Year	School	Finals	H#
1	Erick Rotich	FR Eastern Kentucky	14:05.03	1
2	Clayton Hutchins	JR Cal Poly	14:05.84	1
3	Swarnjit Boyal	JR Cal Poly	14:05.93	1
4	Noah Droddy	Roots Running	14:06.58	1
5	Will Brewster	JR Davidson	14:07.79	1
6	Kris Everett	JR Academy of Art	14:13.74	1
7	Tyler Morse	JR Illinois State	14:15.81	1
8	Jeff Lautenslager	SO Boise State	14:21.17	1
9	Nate Ghena	SR Central Michigan	14:21.42	1
10	Bijan Mazaheri	SR Williams	14:22.59	1
11	Valentin Pepiot	SR Academy of Art	14:23.73	2
12	Ben Branagh	SO San Jose St.	14:23.78	1
13	Tobias Riker	JR Lamar	14:25.17	2
14	Bobby Johnson	SO Butler	14:26.03	2
15	Jacob Priddey	FR Butler	14:26.10	2
16	Gabriel Steffenson	FR Lamar	14:26.40	2
17	Ibrahim Ahmed	JR Southern Utah	14:28.82	1
18	Chris Frias	SR Asics Aggie	14:28.84	1
19	Chandler Austin	FR Boise State	14:31.25	1
20	Josh Collins	FR Southern Utah	14:31.92	2
21	Steven Martinez	JR Chico State	14:33.60	2
22	Charles Lawrence	SO Minnesota	14:33.62	2
23	Matt McGoey	FR Pittsburgh	14:33.82	2
24	Miler Haller	FR Boise State	14:33.94	2
25	Aaron Lauer	SO Pittsburgh	14:34.04	2
26	William Anderson	FR Bradley	14:34.27	2
27	Matthew Wright	SO Southern Utah	14:35.12	2
28	Nathan Kwan	JR Davis Xc&Tc	14:36.11	2
29	Charles Mills	FR Texas	14:36.27	2
30	Joshua Carr	SR Unattached	14:36.47	1
31	Michael Runco	SR Pittsburgh	14:36.56	1
32	Dimitri Voytilla	JR Cal Poly	14:36.73	2



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**...Men 5000 Meter Run**

33	Kevin Docherty	JR Iowa	14:37.15	1
34	Matlazomatli Rojas	FR Boise State	14:37.91	3
35	Jose Pina	FR San Jose St.	14:38.16	2
36	Eric Delvo	SR Bradley	14:38.58	1
37	Taylor FloydMews	SO Bradley	14:38.63	2
38	David Kimaiyo	SO Uc-Colo. Spgs.	14:40.36	3
39	Michel Ramirez	JR Alaska Anchorage	14:41.70	1
40	Shinano Miyazawa	JR Southern Utah	14:42.75	3
41	Jeffery Miller	FR Northern Arizona	14:43.24	3
42	Yohannis Estifanos	Strawberry Cyn	14:43.33	3
43	Jack Johnson	FR Chico State	14:43.61	3
44	Cameron Tu	FR California	14:44.79	4
45	Rickus Jacobs	SO Arkansas State	14:45.29	3
46	Endalow Takele	JR Western Kentucky	14:45.86	1
47	Silas DeKalita	JR Central Michigan	14:47.51	1
48	Kevin Herrera	FR Mt. Sac	14:48.37	3
49	Jared Hixon	SR Southern Oregon	14:48.77	1
50	Ryan Creech	SR Lamar	14:48.93	3
51	Takeshi Okada	FR California	14:49.26	4
52	Ryan Smith	JR Strawberry Cyn	14:49.31	3
53	John Rodeheffer	FR Boise State	14:49.84	2
54	Brendan Sage	JR South Dakota St.	14:50.14	2
55	Steve Morrin	JR Unattached	14:51.49	2
56	Sean Smith	SR Skechers Perf	14:51.79	3
57	Garrett Kraal	SO Northwest Christian	14:53.30	4
58	Harvey Nelson	SO Northern Arizona	14:53.81	3
59	Connor Fisher	SO Chico State	14:54.26	2
60	Tyler VanDooren	SR Unattached	14:54.55	3
61	Andrew Johnston	SO Air Force	14:54.78	4
62	Daniel Soto	FR Iowa	14:55.02	2
63	Connor Cushman	JR Southern Oregon	14:55.92	2
64	Jason Engel	JR Air Force	14:56.13	2
65	Corey Brown	JR Uc-Colo. Spgs.	14:56.22	4
66	Sean Miller	FR Simon Fraser	14:57.64	4
67	Luis Morales	SR Cal Poly	14:57.89	1
68	Bill Klimczak	Roots Run Projec	14:58.40	3
69	Braeden Charlton	JR Simon Fraser	14:58.78	4
70	Aaron Back	SR Boise State	14:58.81	1
71	Istvan Szogi	SO Southern Utah	14:58.95	2
72	Rob McLauchlan	SR Team Run Eugene	14:59.35	3
73	simon schmidt	Unattached	14:59.40	3
74	Daniel Harrigan-Cota	SO Mt. Sac	14:59.74	3
75	Brady Olsen	SO Southern Utah	14:59.96	4
76	Isaac Mitchell	SO Northwest Nazarene	15:00.21	3
77	Riley Campbell	FR Boise State	15:01.14	1
78	Michael Giguere	SO Cal Poly	15:01.45	2
79	James Welsh	SO Cal Poly	15:02.66	3
80	Arturo Arevalo	FR Chico State	15:03.87	2
81	Anuare Magana	FR Unattached	15:04.42	4
82	Benny Willers	SR West Valley TC	15:04.49	4
83	Keegan McCormick	SO Boise State	15:05.56	4
84	Paulino Sanchez	FR Unattached	15:06.27	4
85	Mario Ramirez	FR Cal St. Northridge	15:07.25	4
86	Cristian Nazarek	JR Humboldt State	15:07.67	5
87	Liam Kennell	SO Southern Utah	15:07.95	3

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**San Francisco State University (Cox Stadium)**  
**Results**

**...Men 5000 Meter Run**

88	Chase Cunningham	JR Northwest Nazarene	15:09.13	4
89	Cody Salter	FR Mt. Sac	15:09.78	4
90	Eddie King	FR Chico State	15:09.97	4
91	Ashton Garcia	SO Unattached	15:10.95	3
92	Quentin Purtzer	SO San Francisco	15:11.24	4
93	Eric Jones	JR Davis Xc&Tc	15:11.50	5
94	Charlie Nettles	SO Cal St. Northridge	15:11.62	4
95	Raul Rodarte	JR San Jose St.	15:12.19	4
96	Andrew Melendez	SO Santa Clara	15:12.86	5
97	Billy Godfrey	FR College of Idaho	15:14.27	5
98	Rodrigo Ornelas	JR Unattached	15:14.57	3
99	Ryan Alexander	FR Southern Oregon	15:14.75	5
100	Austin Trapp	SR Simon Fraser	15:15.12	4
101	Nikolai Rhodes	FR Air Force	15:15.22	3
102	Dylan Walker	JR College of Idaho	15:15.67	5
103	Andrew Sutton	SO College of Idaho	15:16.63	5
104	Nick Welch	Club Northwest	15:17.07	3
105	Jorge Sanchez	FR Hartnell	15:17.16	5
106	Will Burschinger	SO Santa Clara	15:17.33	5
107	Ben Schulz	JR Oregon Tech	15:18.33	4
108	Alex Rockhill	SR Club Northwest	15:19.22	4
109	Jonathan Horvath	JR Davis Xc&Tc	15:20.47	5
110	Jesse Chestnut	SR Humboldt State	15:20.71	4
111	Clay Celum	JR Fresno State	15:20.85	5
112	Andrew Selevos	FR San Francisco St.	15:20.89	6
113	Matt Hensley	SR Boulder Harriers	15:21.16	2
114	Omar Vasquez	JR Holy Names	15:21.21	5
115	Ramòn Tejada Reyes	Esc Tepatitlan	15:21.88	6
116	Donald Plazola	FR American River	15:22.66	3
117	Evan Misuraca	FR Santa Clara	15:22.70	5
118	Austin Sanchez	FR Fre'Men	15:22.98	5
119	George Torgun	Strawberry Cyn	15:23.39	5
120	Colby Chrusciel	Unattached	15:24.18	4
121	Garrett Mitchell	FR Holy Names	15:24.76	5
122	Edgar Bonilla	FR Hartnell	15:24.89	5
123	Luke Williams	SR Cal Poly Dist Cl	15:24.91	6
124	Jared Seckel	JR Concordia (Ore.)	15:25.02	6
125	Zachary Chamberlain	FR Lodp	15:25.35	4
126	Ian Eklin	FR Iowa	15:26.52	2
127	Willie Moore	FR Uc-Colo. Spgs.	15:27.97	6
128	Jarred Gregory-Grimes	FR Academy of Art	15:28.71	5
129	Justin Carrancho	JR Salinas V Elite	15:30.42	3
130	Hector Peralta	FR Mt. Sac	15:30.58	4
131	Austin Fred	FR College of Idaho	15:31.89	4
132	Terry Fenske	SO Unattached	15:32.16	3
133	Geovany Garcia	Unattached	15:32.75	4
134	Joshua Browne	FR Academy of Art	15:34.19	6
135	William Mecham	SO Uc-Colo. Spgs.	15:35.60	6
136	Seth Polich	JR Uc-Colo. Spgs.	15:35.69	4
137	Hassen (Ozzie) Hassen	FR American River	15:36.12	3
138	Andrew Martinez	FR Hartnell	15:36.44	6
139	Ryan Thompson	FR Biola	15:36.50	5
140	Wilder Boyden	FR Santa Clara	15:37.13	6
141	Chris Myers	SO Davis Xc&Tc	15:38.36	6
142	Matt Burke	SR Santa Clara	15:38.83	5

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**...Men 5000 Meter Run**

143	Brett Bermudez	SO Academy of Art	15:39.24	5
144	Joe Shanahan	FR American River	15:39.87	6
145	Chad Glover	FR Uc-Colo. Spgs.	15:40.27	6
146	Jack Prazich	FR Santa Clara	15:41.02	6
147	Zech Snel	FR Monterey Bay	15:41.29	6
148	Kyle Dunn	Strawberry Cyn	15:41.66	6
149	Ryan Ortiz	SO Unattached	15:41.75	6
150	Noah Westfall	SO Santa Clara	15:42.74	5
151	Alex Wallach	SO Monterey Bay	15:46.22	6
152	Eli Shelby	FR Northwest Christian	15:47.33	7
153	Christopher Rego	SR Unattached	15:48.05	3
154	Nick Baca	SR Uc-Colo. Spgs.	15:48.95	6
155	Ben Patzer	FR Uc-Colo. Spgs.	15:50.39	6
156	Camron Shahmirzadi	SR West Valley TC	15:50.77	5
157	Jared Duncan	SO American River	15:51.92	6
158	Lugardo Chavez	SO Cal St. Northridge	15:52.37	6
159	Jeremy Brittain	SO Allen County CC	15:53.71	6
160	Robert Gustas	Running Room	15:53.98	7
161	Connor Blalock	5 Unattached	15:55.10	6
162	Javier Garcia	SO Hartnell	15:56.24	5
163	Jonathan O'Neil	FR Biola	15:58.05	7
164	Kyle Fetter	JR Cal St. East Bay	16:01.73	7
165	Matt Weber	Strawberry Cyn	16:01.88	7
166	Carlos Cruz III	SO Humboldt State	16:02.59	6
167	Jason Morris	JR Monterey Bay	16:02.94	7
168	Fenn Hoppe	Unattached	16:03.28	5
169	Jacob Garrissere	FR Team Fre'men	16:03.41	7
170	Nicholas Noel	FR Fre'Men	16:03.65	7
171	Austin Kelley	JR Humboldt State	16:04.68	7
172	Forrest Hough	SO Uc-Colo. Spgs.	16:05.86	7
173	Mario Perez	FR Hartnell	16:08.96	7
174	Derek Tao	SO Uc-Colo. Spgs.	16:10.31	7
175	Jason Dunkerley	Ottawa Lions	16:10.53	7
176	Joshua Karanja	Ottawa Lions	16:10.55	7
177	Ryan Torres	SO Monterey Bay	16:12.16	6
178	Angel Mejia	FR Hartnell	16:13.72	6
179	Christian Perez Basulto	FR Biola	16:14.92	7
180	Irvin Parada	JR Cal St. East Bay	16:15.79	7
181	David Urista	SR West Valley TC	16:16.28	5
182	Zach Kanlong	SO Cal St. East Bay	16:18.00	7
183	Oscar Mora	FR Hartnell	16:18.42	5
184	Chris Dunn	SO Allen County CC	16:18.54	7
185	Ryan Dimick	SO UC Davis	16:19.85	5
186	Kevin Feng	FR UC Santa Cruz	16:20.83	7
187	Michael Mrgudic	SO Stanislaus State	16:21.56	3
188	Nick Hamilton	FR Northwest Nazarene	16:22.06	6
189	Jose Lopez	FR Mt. Sac	16:24.86	4
190	Jafet Sanchez	Unattached	16:26.49	7
191	Timothy Seeberger	FR Biola	16:27.89	7
192	John O'Hagan	FR Santa Clara	16:29.09	6
193	Adam Massini	Cal Poly Dist Cl	16:35.07	7
194	Tola Walio	FR Uc-Colo. Spgs.	16:35.09	7
195	Austin Magin	FR San Francisco St.	16:35.33	7
196	Benjamin Arbaugh	SO Davis Xc&Tc	16:36.94	7
197	Hunter Ramos	SR Unattached	16:38.25	7

**SF State Distance Carnival - 4/1/2016 to 4/2/2016**  
**San Francisco State University (Cox Stadium)**  
**Results**

**...Men 5000 Meter Run**

198 James Silva	FR Cal St. Northridge	16:41.55	6
199 Ryan Doner	SO Uc-Colo. Spgs.	16:44.09	7
200 Christopher Clements	FR Uc-Colo. Spgs.	16:45.11	7
201 Rob Anderson	JR Monterey Bay	17:09.31	7
202 Cody Griffith	SO Unattached	17:10.33	4
-- Luis Munoz	FR Cal St. Northridge	DNF	6
-- Michael Gonzalez	SR Unattached	DNF	6

**Men 10000 Meter Run**

Name	Year School	Finals	H#
=====			
1 Edwin Kangogo	SO Alaska Anchorage	29:46.48	1
6:01.48 (6:01.48)	7:13.73 (1:12.25)	8:26.54 (1:12.81)	9:38.52 (1:11.98)
10:51.57 (1:13.05)	12:03.97 (1:12.40)	13:15.91 (1:11.94)	14:28.92 (1:13.01)
15:40.39 (1:11.47)	16:53.48 (1:13.09)	18:06.36 (1:12.88)	19:19.13 (1:12.77)
20:30.61 (1:11.48)	21:41.98 (1:11.37)	22:54.38 (1:12.40)	24:05.09 (1:10.71)
25:16.23 (1:11.14)	26:25.58 (1:09.35)	27:35.76 (1:10.18)	28:45.58 (1:09.82)
29:46.74 (1:01.16)			
2 Oscar Medina	SR Southern Illinois	29:48.01	1
6:00.17 (6:00.17)	7:12.75 (1:12.58)	8:25.58 (1:12.83)	9:37.65 (1:12.07)
10:50.47 (1:12.82)	12:03.31 (1:12.84)	13:15.65 (1:12.34)	14:28.45 (1:12.80)
15:39.38 (1:10.93)	16:52.76 (1:13.38)	18:05.47 (1:12.71)	19:18.62 (1:13.15)
20:29.45 (1:10.83)	21:41.39 (1:11.94)	22:53.79 (1:12.40)	24:04.88 (1:11.09)
25:16.03 (1:11.15)	26:25.08 (1:09.05)	27:35.31 (1:10.23)	28:44.37 (1:09.06)
29:48.23 (1:03.86)			
3 Brandon Shemonia	JR Southern Illinois	29:52.72	1
6:00.17 (6:00.17)	7:12.59 (1:12.42)	8:25.60 (1:13.01)	9:37.43 (1:11.83)
10:50.21 (1:12.78)	12:02.98 (1:12.77)	13:15.55 (1:12.57)	14:27.97 (1:12.42)
15:39.12 (1:11.15)	16:52.72 (1:13.60)	18:05.14 (1:12.42)	19:18.23 (1:13.09)
20:29.25 (1:11.02)	21:41.27 (1:12.02)	22:53.52 (1:12.25)	24:04.65 (1:11.13)
25:16.33 (1:11.68)	26:26.70 (1:10.37)	27:37.70 (1:11.00)	28:46.98 (1:09.28)
29:52.90 (1:05.92)			
4 Grant Fischer	SO Colorado St.	29:54.29	1
6:03.67 (6:03.67)	7:15.76 (1:12.09)	8:28.23 (1:12.47)	9:40.66 (1:12.43)
10:53.20 (1:12.54)	12:05.44 (1:12.24)	13:18.04 (1:12.60)	14:30.79 (1:12.75)
15:43.59 (1:12.80)	16:55.55 (1:11.96)	18:07.54 (1:11.99)	19:20.61 (1:13.07)
20:32.09 (1:11.48)	21:43.31 (1:11.22)	22:55.41 (1:12.10)	24:06.57 (1:11.16)
25:17.65 (1:11.08)	26:28.15 (1:10.50)	27:39.08 (1:10.93)	28:48.02 (1:08.94)
29:54.28 (1:06.26)			
5 Paul Raymond	SR Wichita State	29:55.17	1
6:02.63 (6:02.63)	7:14.82 (1:12.19)	8:27.51 (1:12.69)	9:39.60 (1:12.09)
10:51.83 (1:12.23)	12:03.65 (1:11.82)	13:16.20 (1:12.55)	14:28.61 (1:12.41)
15:40.01 (1:11.40)	16:53.25 (1:13.24)	18:05.82 (1:12.57)	19:18.53 (1:12.71)
20:30.04 (1:11.51)	21:41.69 (1:11.65)	22:53.97 (1:12.28)	24:05.52 (1:11.55)
25:16.60 (1:11.08)	26:26.43 (1:09.83)	27:38.09 (1:11.66)	28:48.53 (1:10.44)
29:55.15 (1:06.62)			
6 Chris Melgares	SO Kansas	29:56.76	1
5:59.96 (5:59.96)	7:12.15 (1:12.19)	8:25.21 (1:13.06)	9:37.14 (1:11.93)
10:49.98 (1:12.84)	12:02.43 (1:12.45)	13:15.29 (1:12.86)	14:27.86 (1:12.57)
15:39.47 (1:11.61)	16:52.79 (1:13.32)	18:05.58 (1:12.79)	19:18.43 (1:12.85)
20:29.79 (1:11.36)	21:41.58 (1:11.79)	22:53.93 (1:12.35)	24:05.33 (1:11.40)
25:16.91 (1:11.58)	26:28.25 (1:11.34)	27:39.63 (1:11.38)	28:50.18 (1:10.55)
29:56.99 (1:06.81)			

## SF State Distance Carnival - 4/1/2016 to 4/2/2016

## San Francisco State University (Cox Stadium)

## Results

## ...Men 10000 Meter Run

7	Aaron Mora	JR Chico State	29:59.53	1
	6:00.43 (6:00.43)	7:13.01 (1:12.58)	8:25.92 (1:12.91)	9:37.57 (1:11.65)
	10:50.59 (1:13.02)	12:03.09 (1:12.50)	13:15.79 (1:12.70)	14:28.47 (1:12.68)
	15:39.77 (1:11.30)	16:53.00 (1:13.23)	18:05.39 (1:12.39)	19:18.41 (1:13.02)
	20:30.55 (1:12.14)	21:42.28 (1:11.73)	22:54.45 (1:12.17)	24:05.83 (1:11.38)
	25:17.45 (1:11.62)	26:29.19 (1:11.74)	27:42.86 (1:13.67)	28:55.62 (1:12.76)
	29:59.81 (1:04.19)			
8	Ryan Sullivan	SO Youngstown St.	30:00.39	1
	6:02.95 (6:02.95)	7:15.41 (1:12.46)	8:28.07 (1:12.66)	9:39.89 (1:11.82)
	10:52.80 (1:12.91)	12:04.92 (1:12.12)	13:17.28 (1:12.36)	14:30.24 (1:12.96)
	15:41.51 (1:11.27)	16:54.20 (1:12.69)	18:06.93 (1:12.73)	19:19.99 (1:13.06)
	20:30.90 (1:10.91)	21:42.94 (1:12.04)	22:55.12 (1:12.18)	24:06.76 (1:11.64)
	25:18.90 (1:12.14)	26:31.56 (1:12.66)	27:43.86 (1:12.30)	28:54.62 (1:10.76)
	30:00.63 (1:06.01)			
9	Manuel de Backer	FR Saint Louis	30:01.32	1
	5:58.68 (5:58.68)	7:11.80 (1:13.12)	8:25.32 (1:13.52)	9:37.11 (1:11.79)
	10:50.14 (1:13.03)	12:02.75 (1:12.61)	13:15.45 (1:12.70)	14:28.00 (1:12.55)
	15:39.75 (1:11.75)	16:52.95 (1:13.20)	18:05.58 (1:12.63)	19:18.76 (1:13.18)
	20:30.45 (1:11.69)	21:42.06 (1:11.61)	22:54.38 (1:12.32)	24:05.63 (1:11.25)
	25:17.18 (1:11.55)	26:27.43 (1:10.25)	27:41.05 (1:13.62)	28:54.86 (1:13.81)
	30:01.46 (1:06.60)			
10	Patrick Campbell	SO Bradley	30:01.39	1
	5:59.93 (5:59.93)	7:12.50 (1:12.57)	8:25.53 (1:13.03)	9:37.38 (1:11.85)
	10:50.28 (1:12.90)	12:02.72 (1:12.44)	13:15.43 (1:12.71)	14:27.91 (1:12.48)
	15:38.91 (1:11.00)	16:52.48 (1:13.57)	18:05.15 (1:12.67)	19:18.10 (1:12.95)
	20:29.29 (1:11.19)	21:41.34 (1:12.05)	22:53.80 (1:12.46)	24:05.22 (1:11.42)
	25:16.59 (1:11.37)	26:28.40 (1:11.81)	27:40.21 (1:11.81)	28:52.00 (1:11.79)
	30:01.37 (1:09.37)			
11	Amar Dholakia	SR UC Davis	30:02.83	1
	6:01.59 (6:01.59)	7:14.30 (1:12.71)	8:26.54 (1:12.24)	9:38.69 (1:12.15)
	10:51.79 (1:13.10)	12:04.37 (1:12.58)	13:16.66 (1:12.29)	14:29.12 (1:12.46)
	15:40.24 (1:11.12)	16:53.30 (1:13.06)	18:06.07 (1:12.77)	19:18.88 (1:12.81)
	20:30.65 (1:11.77)	21:41.92 (1:11.27)	22:54.43 (1:12.51)	24:06.28 (1:11.85)
	25:18.69 (1:12.41)	26:30.77 (1:12.08)	27:41.84 (1:11.07)	28:54.29 (1:12.45)
	30:02.96 (1:08.67)			
12	Aaron Derner	SR Wyoming	30:03.35	1
	5:58.27 (5:58.27)	7:09.64 (1:11.37)	8:21.41 (1:11.77)	9:34.29 (1:12.88)
	10:46.96 (1:12.67)	12:00.27 (1:13.31)	13:13.05 (1:12.78)	14:26.42 (1:13.37)
	15:39.01 (1:12.59)	16:52.38 (1:13.37)	18:04.85 (1:12.47)	19:17.96 (1:13.11)
	20:29.98 (1:12.02)	21:41.61 (1:11.63)	22:54.08 (1:12.47)	24:05.56 (1:11.48)
	25:17.20 (1:11.64)	26:27.88 (1:10.68)	27:41.37 (1:13.49)	28:54.92 (1:13.55)
	30:03.42 (1:08.50)			
13	Michael Melchert	SO Iowa	30:10.32	1
	6:01.73 (6:01.73)	7:13.41 (1:11.68)	8:26.18 (1:12.77)	9:38.28 (1:12.10)
	10:51.19 (1:12.91)	12:03.78 (1:12.59)	13:16.58 (1:12.80)	14:29.87 (1:13.29)
	15:40.75 (1:10.88)	16:53.63 (1:12.88)	18:06.48 (1:12.85)	19:19.52 (1:13.04)
	20:31.23 (1:11.71)	21:43.17 (1:11.94)	22:55.97 (1:12.80)	24:07.09 (1:11.12)
	25:19.83 (1:12.74)	26:34.44 (1:14.61)	27:48.21 (1:13.77)	29:01.37 (1:13.16)
	30:10.32 (1:08.95)			

## SF State Distance Carnival - 4/1/2016 to 4/2/2016

## San Francisco State University (Cox Stadium)

## Results

## ...Men 10000 Meter Run

14 Craig Hunt	SR Unattached	30:10.35	1		
6:03.00 (6:03.00)	7:15.12 (1:12.12)	8:27.68 (1:12.56)	9:39.76 (1:12.08)		
10:52.16 (1:12.40)	12:04.68 (1:12.52)	13:16.79 (1:12.11)	14:29.74 (1:12.95)		
15:41.25 (1:11.51)	16:54.06 (1:12.81)	18:07.04 (1:12.98)	19:19.36 (1:12.32)		
20:30.81 (1:11.45)	21:42.59 (1:11.78)	22:54.95 (1:12.36)	24:06.12 (1:11.17)		
25:17.85 (1:11.73)	26:30.58 (1:12.73)	27:44.69 (1:14.11)	28:59.26 (1:14.57)		
30:10.48 (1:11.22)					
15 Colby Mehmen	JR Stephen F. Austin	30:16.50	1		
5:54.51 (5:54.51)	7:06.56 (1:12.05)	8:18.85 (1:12.29)	9:31.39 (1:12.54)		
10:44.84 (1:13.45)	11:58.37 (1:13.53)	13:11.72 (1:13.35)	14:25.85 (1:14.13)		
15:39.11 (1:13.26)	16:52.55 (1:13.44)	18:05.13 (1:12.58)	19:18.42 (1:13.29)		
20:29.86 (1:11.44)	21:46.48 (1:16.62)	22:56.91 (1:10.43)	24:11.22 (1:14.31)		
25:27.09 (1:15.87)	26:41.76 (1:14.67)	27:55.53 (1:13.77)	29:07.92 (1:12.39)		
30:16.50 (1:08.58)					
16 Gabe Arias-Sheridan	SO St. Mary's (Cal.)	30:17.19	2		
1:15.50 (1:15.50)	2:30.80 (1:15.30)	3:43.99 (1:13.19)	4:58.82 (1:14.83)		
6:11.19 (1:12.37)	7:21.82 (1:10.63)	8:34.79 (1:12.97)	9:47.30 (1:12.51)		
11:00.22 (1:12.92)	12:13.47 (1:13.25)	13:26.74 (1:13.27)	14:40.45 (1:13.71)		
15:53.76 (1:13.31)	17:06.69 (1:12.93)	18:20.00 (1:13.31)	19:33.59 (1:13.59)		
20:45.97 (1:12.38)	21:59.13 (1:13.16)	23:13.78 (1:14.65)	24:26.26 (1:12.48)		
25:39.91 (1:13.65)	26:47.67 (1:07.76)	27:59.81 (1:12.14)	29:11.66 (1:11.85)		
30:17.28 (1:05.62)					
17 Eric Kroon	FR Texas	30:18.01	1		
5:59.71 (5:59.71)	7:12.00 (1:12.29)	8:25.39 (1:13.39)	9:37.60 (1:12.21)		
10:50.38 (1:12.78)	12:03.05 (1:12.67)	13:15.66 (1:12.61)	14:28.46 (1:12.80)		
15:39.95 (1:11.49)	16:53.21 (1:13.26)	18:05.84 (1:12.63)	19:18.94 (1:13.10)		
20:30.46 (1:11.52)	21:42.62 (1:12.16)	22:54.60 (1:11.98)	24:06.82 (1:12.22)		
25:20.57 (1:13.75)	26:36.33 (1:15.76)	27:52.87 (1:16.54)	29:08.22 (1:15.35)		
30:18.11 (1:09.89)					
18 Matt Kwiatkowski	SO Fresno State	30:19.97	1		
6:00.62 (6:00.62)	7:13.10 (1:12.48)	8:26.11 (1:13.01)	9:37.99 (1:11.88)		
10:51.03 (1:13.04)	12:03.51 (1:12.48)	13:16.03 (1:12.52)	14:29.24 (1:13.21)		
15:40.90 (1:11.66)	16:53.86 (1:12.96)	18:06.67 (1:12.81)	19:19.95 (1:13.28)		
20:31.67 (1:11.72)	21:44.16 (1:12.49)	22:56.71 (1:12.55)	24:10.83 (1:14.12)		
25:25.62 (1:14.79)	26:40.60 (1:14.98)	27:56.49 (1:15.89)	29:11.17 (1:14.68)		
30:20.12 (1:08.95)					
19 Caleb Beck	JR Bradley	30:23.85	1		
6:00.94 (6:00.94)	7:13.35 (1:12.41)	8:26.20 (1:12.85)	9:38.33 (1:12.13)		
10:51.40 (1:13.07)	12:03.87 (1:12.47)	13:16.54 (1:12.67)	14:29.42 (1:12.88)		
15:40.99 (1:11.57)	16:54.15 (1:13.16)	18:06.74 (1:12.59)	19:19.64 (1:12.90)		
20:32.80 (1:13.16)	21:46.98 (1:14.18)	23:01.60 (1:14.62)	24:17.05 (1:15.45)		
25:32.41 (1:15.36)	26:48.13 (1:15.72)	28:03.29 (1:15.16)	29:16.60 (1:13.31)		
30:24.01 (1:07.41)					
20 Neal Fitzpatrick	JR Saint Louis	30:24.46	1		
5:59.49 (5:59.49)	7:11.90 (1:12.41)	8:25.15 (1:13.25)	9:36.84 (1:11.69)		
10:49.84 (1:13.00)	12:02.75 (1:12.91)	13:15.47 (1:12.72)	14:28.17 (1:12.70)		
15:39.79 (1:11.62)	16:53.01 (1:13.22)	18:05.62 (1:12.61)	19:18.52 (1:12.90)		
20:30.34 (1:11.82)	21:42.32 (1:11.98)	22:55.00 (1:12.68)	24:06.13 (1:11.13)		
25:18.25 (1:12.12)	26:33.15 (1:14.90)	27:50.91 (1:17.76)	29:09.81 (1:18.90)		
30:24.73 (1:14.92)					

## SF State Distance Carnival - 4/1/2016 to 4/2/2016

## San Francisco State University (Cox Stadium)

## Results

## ...Men 10000 Meter Run

21 Russell Brown	SR St. Mary (Kan.)	30:28.13	2		
1:14.59 (1:14.59)	2:30.47 (1:15.88)	3:43.87 (1:13.40)	4:59.12 (1:15.25)		
6:11.06 (1:11.94)	7:22.20 (1:11.14)	8:35.10 (1:12.90)	9:47.82 (1:12.72)		
11:00.69 (1:12.87)	12:14.15 (1:13.46)	13:27.68 (1:13.53)	14:40.94 (1:13.26)		
15:54.11 (1:13.17)	17:07.31 (1:13.20)	18:20.16 (1:12.85)	19:33.32 (1:13.16)		
20:46.55 (1:13.23)	21:59.38 (1:12.83)	23:14.22 (1:14.84)	24:25.88 (1:11.66)		
25:39.95 (1:14.07)	26:52.19 (1:12.24)	28:06.28 (1:14.09)	29:19.10 (1:12.82)		
30:28.18 (1:09.08)					
22 Wil Norris	SR Arkansas State	30:28.47	2		
1:16.45 (1:16.45)	2:30.69 (1:14.24)	3:44.01 (1:13.32)	4:58.62 (1:14.61)		
6:10.29 (1:11.67)	7:21.59 (1:11.30)	8:34.17 (1:12.58)	9:47.29 (1:13.12)		
10:59.86 (1:12.57)	12:12.88 (1:13.02)	13:26.61 (1:13.73)	14:40.18 (1:13.57)		
15:53.46 (1:13.28)	17:06.51 (1:13.05)	18:19.59 (1:13.08)	19:32.91 (1:13.32)		
20:45.88 (1:12.97)	21:59.00 (1:13.12)	23:13.77 (1:14.77)	24:27.17 (1:13.40)		
25:41.16 (1:13.99)	26:54.49 (1:13.33)	28:08.61 (1:14.12)	29:21.27 (1:12.66)		
30:28.92 (1:07.65)					
23 Jeremy Porter	SO Azusa Pacific	30:28.82	2		
1:15.46 (1:15.46)	2:31.00 (1:15.54)	3:43.98 (1:12.98)	4:58.48 (1:14.50)		
6:10.60 (1:12.12)	7:22.00 (1:11.40)	8:34.89 (1:12.89)	9:47.67 (1:12.78)		
11:00.71 (1:13.04)	12:13.92 (1:13.21)	13:27.34 (1:13.42)	14:41.00 (1:13.66)		
15:54.37 (1:13.37)	17:07.32 (1:12.95)	18:20.34 (1:13.02)	19:33.63 (1:13.29)		
20:46.54 (1:12.91)	21:59.48 (1:12.94)	23:14.08 (1:14.60)	24:26.68 (1:12.60)		
25:40.08 (1:13.40)	26:52.55 (1:12.47)	28:06.48 (1:13.93)	29:19.28 (1:12.80)		
30:29.00 (1:09.72)					
24 Cody Drisko	SO Azusa Pacific	30:30.59	2		
1:15.29 (1:15.29)	2:30.86 (1:15.57)	3:44.30 (1:13.44)	4:59.01 (1:14.71)		
6:11.49 (1:12.48)	7:22.39 (1:10.90)	8:35.24 (1:12.85)	9:48.01 (1:12.77)		
11:01.11 (1:13.10)	12:14.26 (1:13.15)	13:27.85 (1:13.59)	14:41.46 (1:13.61)		
15:53.87 (1:12.41)	17:06.95 (1:13.08)	18:20.28 (1:13.33)	19:33.82 (1:13.54)		
20:46.64 (1:12.82)	21:59.58 (1:12.94)	23:14.32 (1:14.74)	24:26.48 (1:12.16)		
25:40.25 (1:13.77)	26:52.96 (1:12.71)	28:07.41 (1:14.45)	29:22.05 (1:14.64)		
30:30.87 (1:08.82)					
25 Nicholas Guerra	SR Stephen F. Austin	30:31.52	1		
6:04.17 (6:04.17)	7:16.80 (1:12.63)	8:29.39 (1:12.59)	9:42.15 (1:12.76)		
10:54.92 (1:12.77)	12:07.28 (1:12.36)	13:19.52 (1:12.24)	14:31.47 (1:11.95)		
15:44.24 (1:12.77)	16:55.10 (1:10.86)	18:07.34 (1:12.24)	19:20.53 (1:13.19)		
20:33.17 (1:12.64)	21:46.76 (1:13.59)	23:01.81 (1:15.05)	24:16.28 (1:14.47)		
25:31.63 (1:15.35)	26:47.87 (1:16.24)	28:03.68 (1:15.81)	29:18.66 (1:14.98)		
30:31.57 (1:12.91)					
26 Ricardo Kaempfen	JR Colorado St.	30:36.56	1		
6:04.47 (6:04.47)	7:16.78 (1:12.31)	8:29.33 (1:12.55)	9:42.06 (1:12.73)		
10:53.80 (1:11.74)	12:05.94 (1:12.14)	13:18.52 (1:12.58)	14:31.41 (1:12.89)		
15:44.12 (1:12.71)	16:56.11 (1:11.99)	18:09.56 (1:13.45)	19:25.03 (1:15.47)		
20:40.32 (1:15.29)	21:55.52 (1:15.20)	23:10.91 (1:15.39)	24:26.59 (1:15.68)		
25:42.80 (1:16.21)	26:59.20 (1:16.40)	28:14.42 (1:15.22)	29:28.03 (1:13.61)		
30:36.73 (1:08.70)					
27 Pat Letz	SO Nebraska	30:38.40	2		
1:16.28 (1:16.28)	2:30.52 (1:14.24)	3:43.80 (1:13.28)	4:58.94 (1:15.14)		
6:11.16 (1:12.22)	7:21.98 (1:10.82)	8:34.85 (1:12.87)	9:47.64 (1:12.79)		
11:00.43 (1:12.79)	12:13.26 (1:12.83)	13:27.16 (1:13.90)	14:40.76 (1:13.60)		
15:54.06 (1:13.30)	17:06.84 (1:12.78)	18:19.99 (1:13.15)	19:33.57 (1:13.58)		
20:46.45 (1:12.88)	21:59.65 (1:13.20)	23:14.36 (1:14.71)	24:27.59 (1:13.23)		
25:41.85 (1:14.26)	26:58.15 (1:16.30)	28:15.73 (1:17.58)	29:32.60 (1:16.87)		
30:38.56 (1:05.96)					

## SF State Distance Carnival - 4/1/2016 to 4/2/2016

## San Francisco State University (Cox Stadium)

## Results

## ...Men 10000 Meter Run

28	Josh Spooner	SO St. Mary's (Cal.)	30:38.41	2				
	1:15.93 (1:15.93)	2:31.20 (1:15.27)	3:44.59 (1:13.39)		4:59.82 (1:15.23)			
	6:11.39 (1:11.57)	7:22.74 (1:11.35)	8:35.19 (1:12.45)		9:48.16 (1:12.97)			
	11:01.05 (1:12.89)	12:13.97 (1:12.92)	13:27.70 (1:13.73)		14:41.10 (1:13.40)			
	15:54.69 (1:13.59)	17:07.69 (1:13.00)	18:20.67 (1:12.98)		19:34.05 (1:13.38)			
	20:47.02 (1:12.97)	22:00.08 (1:13.06)	23:14.64 (1:14.56)		24:26.93 (1:12.29)			
	25:42.16 (1:15.23)	26:56.25 (1:14.09)	28:10.76 (1:14.51)		29:27.23 (1:16.47)			
	30:38.53 (1:11.30)							
29	Edward Chance	FR St. Mary's (Cal.)	30:39.32	2				
	1:17.12 (1:17.12)	2:31.15 (1:14.03)	3:44.31 (1:13.16)		4:58.96 (1:14.65)			
	6:10.99 (1:12.03)	7:21.97 (1:10.98)	8:34.49 (1:12.52)		9:47.38 (1:12.89)			
	11:00.37 (1:12.99)	12:13.54 (1:13.17)	13:27.22 (1:13.68)		14:40.62 (1:13.40)			
	15:54.15 (1:13.53)	17:07.77 (1:13.62)	18:21.26 (1:13.49)		19:35.19 (1:13.93)			
	20:49.05 (1:13.86)	22:03.95 (1:14.90)	23:18.23 (1:14.28)		24:33.49 (1:15.26)			
	25:49.93 (1:16.44)	27:05.02 (1:15.09)	28:18.32 (1:13.30)		29:30.57 (1:12.25)			
	30:39.32 (1:08.75)							
30	Spencer Keith	FR Colorado St.	30:44.60	1				
	6:04.01 (6:04.01)	7:16.48 (1:12.47)	8:28.98 (1:12.50)		9:41.64 (1:12.66)			
	10:54.31 (1:12.67)	12:06.35 (1:12.04)	13:19.10 (1:12.75)		14:32.26 (1:13.16)			
	15:45.77 (1:13.51)	16:59.74 (1:13.97)	18:14.52 (1:14.78)		19:29.46 (1:14.94)			
	20:43.89 (1:14.43)	21:58.75 (1:14.86)	23:14.10 (1:15.35)		24:29.90 (1:15.80)			
	25:45.04 (1:15.14)	27:01.59 (1:16.55)	28:17.81 (1:16.22)		29:33.13 (1:15.32)			
	30:44.83 (1:11.70)							
31	Matt Seidel	SO Seattle U.	30:45.04	2				
	1:15.57 (1:15.57)	2:30.89 (1:15.32)	3:44.47 (1:13.58)		4:59.40 (1:14.93)			
	6:11.75 (1:12.35)	7:22.85 (1:11.10)	8:36.28 (1:13.43)		9:49.12 (1:12.84)			
	11:02.19 (1:13.07)	12:15.83 (1:13.64)	13:29.13 (1:13.30)		14:43.12 (1:13.99)			
	15:56.56 (1:13.44)	17:10.35 (1:13.79)	18:24.33 (1:13.98)		19:39.44 (1:15.11)			
	20:54.39 (1:14.95)	22:10.28 (1:15.89)	23:25.87 (1:15.59)		24:40.66 (1:14.79)			
	25:55.24 (1:14.58)	27:10.41 (1:15.17)	28:26.26 (1:15.85)		29:38.60 (1:12.34)			
	30:45.05 (1:06.45)							
32	James Withers	FR Utah State	30:45.16	2				
	1:18.47 (1:18.47)	2:32.88 (1:14.41)	3:46.53 (1:13.65)		5:01.76 (1:15.23)			
	6:14.26 (1:12.50)	7:28.52 (1:14.26)	8:40.75 (1:12.23)		9:54.76 (1:14.01)			
	11:08.00 (1:13.24)	12:22.17 (1:14.17)	13:37.34 (1:15.17)		14:51.65 (1:14.31)			
	16:05.97 (1:14.32)	17:20.17 (1:14.20)	18:34.06 (1:13.89)		19:48.03 (1:13.97)			
	21:02.49 (1:14.46)	22:16.62 (1:14.13)	23:32.04 (1:15.42)		24:46.91 (1:14.87)			
	26:01.23 (1:14.32)	27:14.48 (1:13.25)	28:26.89 (1:12.41)		29:37.49 (1:10.60)			
	30:45.18 (1:07.69)							
33	Victor Samoei	SR Alaska Anchorage	30:45.33	1				
	6:02.94 (6:02.94)	7:15.46 (1:12.52)	8:28.00 (1:12.54)		9:40.42 (1:12.42)			
	10:52.93 (1:12.51)	12:05.29 (1:12.36)	13:17.86 (1:12.57)		14:30.65 (1:12.79)			
	15:44.52 (1:13.87)	16:57.35 (1:12.83)	18:11.87 (1:14.52)		19:27.01 (1:15.14)			
	20:42.03 (1:15.02)	21:57.48 (1:15.45)	23:13.72 (1:16.24)		24:29.68 (1:15.96)			
	25:44.97 (1:15.29)	27:01.34 (1:16.37)	28:18.24 (1:16.90)		29:33.69 (1:15.45)			
	30:45.33 (1:11.64)							
34	Abdul Hamid	SO American River	30:48.11	2				
	1:16.35 (1:16.35)	2:31.11 (1:14.76)	3:44.58 (1:13.47)		4:58.99 (1:14.41)			
	7:22.95 (2:23.96)	8:35.64 (1:12.69)	9:48.10 (1:12.46)		11:01.17 (1:13.07)			
	12:14.28 (1:13.11)	13:27.69 (1:13.41)	14:41.30 (1:13.61)		15:54.84 (1:13.54)			
	17:07.58 (1:12.74)	18:20.33 (1:12.75)	19:33.49 (1:13.16)		20:46.22 (1:12.73)			
	21:59.46 (1:13.24)	23:14.31 (1:14.85)	24:26.15 (1:11.84)		25:41.57 (1:15.42)			
	26:58.07 (1:16.50)	28:16.40 (1:18.33)	29:34.62 (1:18.22)		30:48.36 (1:13.74)			



**SF State Distance Carnival - 4/1/2016 to 4/2/2016**  
**San Francisco State University (Cox Stadium)**  
**Results**

**...Men 10000 Meter Run**

35 Anthony Tomsich	Unattached	30:48.15	1	
6:05.06 (6:05.06)	7:17.11 (1:12.05)	8:29.69 (1:12.58)	9:41.63 (1:11.94)	
10:54.12 (1:12.49)	12:07.05 (1:12.93)	13:20.65 (1:13.60)	14:32.80 (1:12.15)	
15:46.52 (1:13.72)	17:00.52 (1:14.00)	18:14.01 (1:13.49)	19:29.12 (1:15.11)	
20:44.13 (1:15.01)	21:58.82 (1:14.69)	23:14.44 (1:15.62)	24:30.32 (1:15.88)	
25:45.84 (1:15.52)	27:02.87 (1:17.03)	28:20.21 (1:17.34)	29:36.25 (1:16.04)	
30:48.42 (1:12.17)				
36 Rogan Meza	SR Unattached	30:48.54	2	
1:16.19 (1:16.19)	2:31.47 (1:15.28)	3:44.94 (1:13.47)	4:59.98 (1:15.04)	
6:12.11 (1:12.13)	7:23.37 (1:11.26)	8:36.12 (1:12.75)	9:48.65 (1:12.53)	
11:01.39 (1:12.74)	12:14.92 (1:13.53)	13:28.44 (1:13.52)	14:42.85 (1:14.41)	
15:55.58 (1:12.73)	17:07.68 (1:12.10)	18:20.74 (1:13.06)	19:35.91 (1:15.17)	
20:56.38 (1:20.47)	22:10.07 (1:13.69)	23:25.51 (1:15.44)	24:40.87 (1:15.36)	
25:55.96 (1:15.09)	27:09.85 (1:13.89)	28:25.64 (1:15.79)	29:38.93 (1:13.29)	
30:48.77 (1:09.84)				
37 Sean Wade	Kenyan Way	30:48.87	2	WR M50-54
1:16.91 (1:16.91)	2:32.00 (1:15.09)	3:45.46 (1:13.46)	5:00.58 (1:15.12)	
6:12.63 (1:12.05)	7:24.85 (1:12.22)	8:39.18 (1:14.33)	9:53.75 (1:14.57)	
11:07.19 (1:13.44)	12:22.05 (1:14.86)	13:36.60 (1:14.55)	14:51.08 (1:14.48)	
16:05.79 (1:14.71)	17:20.01 (1:14.22)	18:33.39 (1:13.38)	19:47.53 (1:14.14)	
21:02.38 (1:14.85)	22:16.60 (1:14.22)	23:31.88 (1:15.28)	24:46.51 (1:14.63)	
26:01.46 (1:14.95)	27:14.51 (1:13.05)	28:28.12 (1:13.61)	29:39.82 (1:11.70)	
30:49.28 (1:09.46)				
38 Max Hampton	SR College of Idaho	30:50.70	2	
1:18.31 (1:18.31)	2:32.71 (1:14.40)	3:47.10 (1:14.39)	5:01.46 (1:14.36)	
6:14.79 (1:13.33)	7:28.37 (1:13.58)	8:42.59 (1:14.22)	9:56.88 (1:14.29)	
11:09.34 (1:12.46)	12:23.77 (1:14.43)	13:38.02 (1:14.25)	14:52.13 (1:14.11)	
16:06.28 (1:14.15)	17:19.45 (1:13.17)	18:32.77 (1:13.32)	19:47.31 (1:14.54)	
21:01.99 (1:14.68)	22:16.31 (1:14.32)	23:31.80 (1:15.49)	24:46.42 (1:14.62)	
26:01.62 (1:15.20)	27:14.74 (1:13.12)	28:27.97 (1:13.23)	29:39.23 (1:11.26)	
30:50.89 (1:11.66)				
39 Turner Wiley	SR Seattle Pacific	30:53.09	2	
1:15.79 (1:15.79)	2:30.38 (1:14.59)	3:43.50 (1:13.12)	4:58.62 (1:15.12)	
6:10.81 (1:12.19)	7:22.70 (1:11.89)	8:35.52 (1:12.82)	9:48.68 (1:13.16)	
11:01.94 (1:13.26)	12:15.32 (1:13.38)	13:28.22 (1:12.90)	14:42.01 (1:13.79)	
15:54.86 (1:12.85)	17:08.06 (1:13.20)	18:21.80 (1:13.74)	19:37.05 (1:15.25)	
20:52.87 (1:15.82)	22:09.13 (1:16.26)	23:25.67 (1:16.54)	24:41.26 (1:15.59)	
25:58.21 (1:16.95)	27:14.68 (1:16.47)	28:29.55 (1:14.87)	29:43.10 (1:13.55)	
30:53.35 (1:10.25)				
40 Sammy Scheuer	SO Sacramento St.	30:56.17	3	
30:56.163 (30:56.163)				
41 Benji Preciado	JR San Francisco St.	31:00.55	2	
1:16.56 (1:16.56)	2:31.61 (1:15.05)	3:45.13 (1:13.52)	5:00.39 (1:15.26)	
6:13.66 (1:13.27)	7:26.79 (1:13.13)	8:39.93 (1:13.14)	9:53.75 (1:13.82)	
11:06.85 (1:13.10)	12:19.84 (1:12.99)	13:32.75 (1:12.91)	14:46.78 (1:14.03)	
16:01.51 (1:14.73)	17:15.71 (1:14.20)	18:31.78 (1:16.07)	19:47.93 (1:16.15)	
21:02.94 (1:15.01)	22:18.22 (1:15.28)	23:34.33 (1:16.11)	24:51.72 (1:17.39)	
26:09.21 (1:17.49)	27:24.15 (1:14.94)	28:38.67 (1:14.52)	29:52.53 (1:13.86)	
31:00.64 (1:08.11)				

## SF State Distance Carnival - 4/1/2016 to 4/2/2016

## San Francisco State University (Cox Stadium)

## Results

## ...Men 10000 Meter Run

42 Austin Post	SO Nebraska	31:01.41	1		
6:00.10 (6:00.10)	7:12.76 (1:12.66)	8:25.76 (1:13.00)	9:37.83 (1:12.07)		
10:50.89 (1:13.06)	12:03.40 (1:12.51)	13:16.03 (1:12.63)	14:28.75 (1:12.72)		
15:41.90 (1:13.15)	16:56.96 (1:15.06)	18:12.85 (1:15.89)	19:29.76 (1:16.91)		
20:45.64 (1:15.88)	22:02.84 (1:17.20)	23:20.51 (1:17.67)	24:38.63 (1:18.12)		
25:56.79 (1:18.16)	27:14.37 (1:17.58)	28:32.48 (1:18.11)	29:49.31 (1:16.83)		
31:01.51 (1:12.20)					
43 Steven Velarde	FR Chico State	31:01.65	2		
1:15.60 (1:15.60)	2:31.14 (1:15.54)	3:44.54 (1:13.40)	4:59.51 (1:14.97)		
6:11.95 (1:12.44)	7:23.43 (1:11.48)	8:36.15 (1:12.72)	9:48.65 (1:12.50)		
11:01.50 (1:12.85)	12:15.23 (1:13.73)	13:28.47 (1:13.24)	14:42.29 (1:13.82)		
15:55.15 (1:12.86)	17:08.34 (1:13.19)	18:21.96 (1:13.62)	19:36.72 (1:14.76)		
20:52.40 (1:15.68)	22:09.50 (1:17.10)	23:26.03 (1:16.53)	24:41.43 (1:15.40)		
25:58.43 (1:17.00)	27:15.60 (1:17.17)	28:33.08 (1:17.48)	29:50.35 (1:17.27)		
31:01.92 (1:11.57)					
44 Alejandro Garcia	JR Chadron State	31:06.47	2		
1:17.45 (1:17.45)	2:31.91 (1:14.46)	3:46.17 (1:14.26)	5:01.06 (1:14.89)		
6:14.36 (1:13.30)	7:26.02 (1:11.66)	8:39.62 (1:13.60)	9:54.28 (1:14.66)		
11:08.09 (1:13.81)	12:22.97 (1:14.88)	13:37.06 (1:14.09)	14:51.43 (1:14.37)		
16:06.35 (1:14.92)	17:20.56 (1:14.21)	18:34.57 (1:14.01)	19:48.89 (1:14.32)		
21:03.63 (1:14.74)	22:18.53 (1:14.90)	23:33.78 (1:15.25)	24:49.88 (1:16.10)		
26:06.78 (1:16.90)	27:23.95 (1:17.17)	28:40.35 (1:16.40)	29:54.88 (1:14.53)		
31:06.53 (1:11.65)					
45 Pedro Montoya	SO Allen County CC	31:07.62	1		
6:04.41 (6:04.41)	7:18.43 (1:14.02)	8:32.41 (1:13.98)	9:47.12 (1:14.71)		
11:03.25 (1:16.13)	12:19.17 (1:15.92)	13:34.21 (1:15.04)	14:50.35 (1:16.14)		
16:05.12 (1:14.77)	17:20.06 (1:14.94)	18:35.01 (1:14.95)	19:49.10 (1:14.09)		
21:05.47 (1:16.37)	22:20.63 (1:15.16)	23:36.46 (1:15.83)	24:51.39 (1:14.93)		
26:07.59 (1:16.20)	27:23.72 (1:16.13)	28:39.47 (1:15.75)	29:53.12 (1:13.65)		
31:07.84 (1:14.72)					
46 Baxter Arguinchona	SR Seattle U.	31:10.01	2		
1:16.05 (1:16.05)	2:31.06 (1:15.01)	3:45.09 (1:14.03)	5:00.14 (1:15.05)		
6:13.16 (1:13.02)	7:26.56 (1:13.40)	8:42.17 (1:15.61)	9:57.35 (1:15.18)		
11:12.18 (1:14.83)	12:28.83 (1:16.65)	13:43.49 (1:14.66)	14:58.23 (1:14.74)		
16:13.90 (1:15.67)	17:29.43 (1:15.53)	18:44.61 (1:15.18)	20:00.55 (1:15.94)		
21:15.14 (1:14.59)	22:30.21 (1:15.07)	23:44.79 (1:14.58)	25:00.73 (1:15.94)		
26:15.67 (1:14.94)	27:31.66 (1:15.99)	28:48.79 (1:17.13)	30:03.34 (1:14.55)		
31:10.16 (1:06.82)					
47 Dylan Stansbury	JR Chadron State	31:10.47	2		
1:19.47 (1:19.47)	2:33.16 (1:13.69)	3:46.93 (1:13.77)	5:01.21 (1:14.28)		
6:14.52 (1:13.31)	7:27.72 (1:13.20)	8:42.41 (1:14.69)	9:57.38 (1:14.97)		
11:11.64 (1:14.26)	12:27.10 (1:15.46)	13:41.60 (1:14.50)	14:57.11 (1:15.51)		
16:13.04 (1:15.93)	17:28.70 (1:15.66)	18:44.15 (1:15.45)	20:00.92 (1:16.77)		
21:15.64 (1:14.72)	22:30.49 (1:14.85)	23:45.66 (1:15.17)	25:00.45 (1:14.79)		
26:15.40 (1:14.95)	27:30.77 (1:15.37)	28:45.61 (1:14.84)	30:01.93 (1:16.32)		
31:10.90 (1:08.97)					
48 Daniel Shellhouse	SR Air Force	31:12.17	1		
6:01.79 (6:01.79)	7:14.08 (1:12.29)	8:26.63 (1:12.55)	9:38.90 (1:12.27)		
10:52.22 (1:13.32)	12:04.79 (1:12.57)	13:17.58 (1:12.79)	14:32.02 (1:14.44)		
15:47.79 (1:15.77)	17:05.80 (1:18.01)	18:23.19 (1:17.39)	19:40.83 (1:17.64)		
20:59.08 (1:18.25)	22:17.46 (1:18.38)	23:34.73 (1:17.27)	24:51.52 (1:16.79)		
26:07.30 (1:15.78)	27:24.33 (1:17.03)	28:40.15 (1:15.82)	29:56.51 (1:16.36)		
31:12.11 (1:15.60)	31:12.162 (0.06)				

## SF State Distance Carnival - 4/1/2016 to 4/2/2016

## San Francisco State University (Cox Stadium)

## Results

## ...Men 10000 Meter Run

49 Alan Burns	JR Youngstown St.	31:16.81	1		
6:05.46 (6:05.46)	7:19.73 (1:14.27)	8:33.81 (1:14.08)	9:47.20 (1:13.39)		
11:03.43 (1:16.23)	12:19.15 (1:15.72)	13:34.29 (1:15.14)	14:50.31 (1:16.02)		
16:05.19 (1:14.88)	17:20.20 (1:15.01)	18:35.09 (1:14.89)	19:50.33 (1:15.24)		
21:05.50 (1:15.17)	22:23.00 (1:17.50)	23:38.45 (1:15.45)	24:55.20 (1:16.75)		
26:11.46 (1:16.26)	27:29.24 (1:17.78)	28:46.86 (1:17.62)	30:03.71 (1:16.85)		
31:16.78 (1:13.07)					
50 Caleb Diaz	JR Southern Oregon	31:16.82	2		
1:17.80 (1:17.80)	2:31.97 (1:14.17)	3:45.56 (1:13.59)	4:59.94 (1:14.38)		
6:12.70 (1:12.76)	7:24.96 (1:12.26)	8:39.53 (1:14.57)	9:53.82 (1:14.29)		
11:07.39 (1:13.57)	12:22.71 (1:15.32)	13:36.80 (1:14.09)	14:50.70 (1:13.90)		
16:05.73 (1:15.03)	17:19.61 (1:13.88)	18:35.14 (1:15.53)	19:52.76 (1:17.62)		
21:08.91 (1:16.15)	22:25.16 (1:16.25)	23:41.03 (1:15.87)	24:57.83 (1:16.80)		
26:14.35 (1:16.52)	27:31.20 (1:16.85)	28:48.58 (1:17.38)	30:06.44 (1:17.86)		
31:16.80 (1:10.36)					
51 Drew Feldman	SO San Francisco St.	31:19.58	1		
6:03.84 (6:03.84)	7:16.07 (1:12.23)	8:28.91 (1:12.84)	9:41.35 (1:12.44)		
10:54.73 (1:13.38)	12:07.97 (1:13.24)	13:21.44 (1:13.47)	14:37.24 (1:15.80)		
15:53.95 (1:16.71)	17:12.31 (1:18.36)	18:30.64 (1:18.33)	19:49.31 (1:18.67)		
21:06.03 (1:16.72)	22:22.15 (1:16.12)	23:38.96 (1:16.81)	24:57.42 (1:18.46)		
26:16.33 (1:18.91)	27:34.99 (1:18.66)	28:51.23 (1:16.24)	30:07.24 (1:16.01)		
31:19.85 (1:12.61)					
52 Cooper Gill	SO Fresno State	31:23.32	2		
1:15.00 (1:15.00)	2:30.83 (1:15.83)	3:44.19 (1:13.36)	4:59.45 (1:15.26)		
6:11.86 (1:12.41)	7:23.26 (1:11.40)	8:35.75 (1:12.49)	9:48.74 (1:12.99)		
11:01.29 (1:12.55)	12:14.76 (1:13.47)	13:28.09 (1:13.33)	14:42.06 (1:13.97)		
15:55.04 (1:12.98)	17:08.75 (1:13.71)	18:24.40 (1:15.65)	19:40.03 (1:15.63)		
20:56.93 (1:16.90)	22:14.00 (1:17.07)	23:33.83 (1:19.83)	24:55.72 (1:21.89)		
26:16.12 (1:20.40)	27:37.09 (1:20.97)	28:56.59 (1:19.50)	30:14.36 (1:17.77)		
31:23.37 (1:09.01)					
53 Ricardo Banuelos	FR Allen County CC	31:24.91	2		
1:18.97 (1:18.97)	2:33.18 (1:14.21)	3:47.25 (1:14.07)	5:02.32 (1:15.07)		
6:16.05 (1:13.73)	7:30.35 (1:14.30)	8:44.54 (1:14.19)	9:59.22 (1:14.68)		
11:12.85 (1:13.63)	12:27.67 (1:14.82)	13:42.32 (1:14.65)	14:58.27 (1:15.95)		
16:13.55 (1:15.28)	17:29.06 (1:15.51)	18:44.46 (1:15.40)	20:00.28 (1:15.82)		
21:15.23 (1:14.95)	22:30.56 (1:15.33)	23:46.86 (1:16.30)	25:03.39 (1:16.53)		
26:20.65 (1:17.26)	27:38.66 (1:18.01)	28:55.62 (1:16.96)	30:12.01 (1:16.39)		
31:25.01 (1:13.00)					
54 Nathaniel Esparza	JR Fresno State	31:25.93	3		
31:25.922 (31:25.922)					
55 Derek Gibson	SR Alaska Anchorage	31:26.64	2		
1:16.85 (1:16.85)	2:32.38 (1:15.53)	3:45.79 (1:13.41)	5:00.58 (1:14.79)		
6:14.04 (1:13.46)	7:27.48 (1:13.44)	8:42.18 (1:14.70)	9:57.81 (1:15.63)		
11:12.70 (1:14.89)	12:28.81 (1:16.11)	13:44.37 (1:15.56)	14:59.28 (1:14.91)		
16:15.38 (1:16.10)	17:31.90 (1:16.52)	18:48.75 (1:16.85)	20:04.47 (1:15.72)		
21:21.08 (1:16.61)	22:38.65 (1:17.57)	23:56.38 (1:17.73)	25:14.02 (1:17.64)		
26:31.35 (1:17.33)	27:47.21 (1:15.86)	29:04.05 (1:16.84)	30:18.55 (1:14.50)		
31:26.88 (1:08.33)					
56 Andrew Cobourn	JR Chico State	31:29.54	2		

## SF State Distance Carnival - 4/1/2016 to 4/2/2016

## San Francisco State University (Cox Stadium)

## Results

## ...Men 10000 Meter Run

57	Jacob Campbell	SR Idaho State	31:32.05	1	
	6:05.46 (6:05.46)	7:19.40 (1:13.94)	8:32.81 (1:13.41)	9:47.79 (1:14.98)	
	11:03.64 (1:15.85)	12:19.34 (1:15.70)	13:34.42 (1:15.08)	14:50.43 (1:16.01)	
	16:05.36 (1:14.93)	17:20.18 (1:14.82)	18:35.46 (1:15.28)	19:49.91 (1:14.45)	
	21:05.89 (1:15.98)	22:20.94 (1:15.05)	23:36.95 (1:16.01)	24:54.10 (1:17.15)	
	26:12.17 (1:18.07)	27:31.82 (1:19.65)	28:52.41 (1:20.59)	30:12.37 (1:19.96)	
	31:32.28 (1:19.91)				
58	Omar Padilla	SR Humboldt State	31:36.49	2	
	1:17.38 (1:17.38)	2:32.21 (1:14.83)	3:45.79 (1:13.58)	5:00.58 (1:14.79)	
	6:13.24 (1:12.66)	7:25.78 (1:12.54)	8:39.26 (1:13.48)	9:53.53 (1:14.27)	
	11:06.92 (1:13.39)	12:22.19 (1:15.27)	13:37.60 (1:15.41)	14:53.35 (1:15.75)	
	16:10.42 (1:17.07)	17:27.18 (1:16.76)	18:44.34 (1:17.16)	20:01.08 (1:16.74)	
	21:17.25 (1:16.17)	22:35.23 (1:17.98)	23:53.51 (1:18.28)	25:12.37 (1:18.86)	
	26:30.36 (1:17.99)	27:47.65 (1:17.29)	29:05.18 (1:17.53)	30:22.03 (1:16.85)	
	31:36.55 (1:14.52)				
59	Ryan Salcido	SO Sacramento St.	31:36.95	3	
	31:36.949 (31:36.949)				
60	Branden Scheel	FR North Dakota State	31:38.56	3	
	31:38.552 (31:38.552)				
61	Andres Guerrero	SR St. Mary (Kan.)	31:39.72	3	
	31:39.717 (31:39.717)				
62	Moyses SantaMaria	SO Mt. Sac	31:42.26	3	
	31:42.257 (31:42.257)				
63	Jonathan Briskman	Strawberry Cyn	31:43.18	2	
	1:17.87 (1:17.87)	2:32.47 (1:14.60)	3:46.16 (1:13.69)	5:01.12 (1:14.96)	
	6:14.28 (1:13.16)	7:28.25 (1:13.97)	8:41.74 (1:13.49)	9:55.28 (1:13.54)	
	11:08.88 (1:13.60)	12:24.08 (1:15.20)	13:38.68 (1:14.60)	14:54.14 (1:15.46)	
	16:09.92 (1:15.78)	17:26.45 (1:16.53)	18:44.56 (1:18.11)	20:01.34 (1:16.78)	
	21:15.94 (1:14.60)	22:34.43 (1:18.49)	23:53.69 (1:19.26)	25:12.25 (1:18.56)	
	26:30.54 (1:18.29)	27:49.23 (1:18.69)	29:08.65 (1:19.42)	30:28.02 (1:19.37)	
	31:43.41 (1:15.39)				
64	Rogelio Martinez	FR Mt. Sac	31:45.31	3	
	31:45.305 (31:45.305)				
65	Dan Williams	SR College of Idaho	31:47.62	3	
	31:47.611 (31:47.611)				
66	Seth Berdahl	FR UO Running Club	31:48.52	3	
	31:48.519 (31:48.519)				
67	Alec Sery	SO Nebraska	31:50.08	1	
	6:06.72 (6:06.72)	7:20.99 (1:14.27)	8:35.46 (1:14.47)	9:51.93 (1:16.47)	
	11:08.99 (1:17.06)	12:27.38 (1:18.39)	13:46.23 (1:18.85)	15:05.35 (1:19.12)	
	16:23.78 (1:18.43)	17:42.14 (1:18.36)	19:01.37 (1:19.23)	20:19.91 (1:18.54)	
	21:39.01 (1:19.10)	22:57.53 (1:18.52)	24:16.18 (1:18.65)	25:33.72 (1:17.54)	
	26:51.14 (1:17.42)	28:08.39 (1:17.25)	29:23.88 (1:15.49)	30:37.97 (1:14.09)	
	31:50.07 (1:12.10)				
68	Christopher Zirkle	SR Northwest Christian	32:00.89	3	
	32:00.884 (32:00.884)				
69	Yonny Castillo	SR Willamette	32:01.88	2	
	1:17.94 (1:17.94)	2:31.51 (1:13.57)	3:44.88 (1:13.37)	4:59.47 (1:14.59)	
	6:12.60 (1:13.13)	7:25.51 (1:12.91)	8:39.88 (1:14.37)	9:54.51 (1:14.63)	
	11:08.48 (1:13.97)	12:23.39 (1:14.91)	13:39.50 (1:16.11)	14:56.58 (1:17.08)	
	16:14.58 (1:18.00)	17:32.71 (1:18.13)	18:50.95 (1:18.24)	20:09.91 (1:18.96)	
	21:29.49 (1:19.58)	22:49.90 (1:20.41)	24:12.02 (1:22.12)	25:33.18 (1:21.16)	
	26:53.79 (1:20.61)	28:14.07 (1:20.28)	29:34.99 (1:20.92)	30:52.52 (1:17.53)	
	32:02.16 (1:09.64)				

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**Results**

**....Men 10000 Meter Run**

70	Moshe McCarter-Ribakoff	FR Unattached	32:06.72	3				
	32:06.720 (32:06.720)							
71	Kaleb Fleenor	SR Northwest Nazarene	32:07.72	3				
	32:07.717 (32:07.717)							
72	Matt Goodwin	SR College of Idaho	32:18.55	3				
	32:18.550 (32:18.550)							
73	Ben Monk	SO Seattle U.	32:19.04	2				
	1:17.75 (1:17.75)	2:31.78 (1:14.03)	3:45.66 (1:13.88)		5:00.84 (1:15.18)			
	6:13.35 (1:12.51)	7:26.63 (1:13.28)	8:40.90 (1:14.27)		9:55.62 (1:14.72)			
	11:11.17 (1:15.55)	12:28.69 (1:17.52)	13:47.02 (1:18.33)		15:05.66 (1:18.64)			
	16:24.62 (1:18.96)	17:44.43 (1:19.81)	19:04.45 (1:20.02)		20:24.14 (1:19.69)			
	21:44.39 (1:20.25)	23:04.37 (1:19.98)	24:24.33 (1:19.96)		25:43.80 (1:19.47)			
	27:02.73 (1:18.93)	28:22.47 (1:19.74)	29:41.84 (1:19.37)		31:01.93 (1:20.09)			
	32:19.13 (1:17.20)							
74	Angel Escobar	FR Azusa Pacific	32:22.10	3				
	32:22.093 (32:22.093)							
75	Will Rial	SR Run Fast	32:26.19	2				
	1:18.27 (1:18.27)	2:31.54 (1:13.27)	3:45.41 (1:13.87)		5:00.31 (1:14.90)			
	6:13.69 (1:13.38)	7:27.99 (1:14.30)	8:42.96 (1:14.97)		9:58.38 (1:15.42)			
	11:14.41 (1:16.03)	12:30.59 (1:16.18)	13:46.99 (1:16.40)		15:05.04 (1:18.05)			
	16:24.71 (1:19.67)	17:44.16 (1:19.45)	19:04.17 (1:20.01)		20:23.66 (1:19.49)			
	21:44.07 (1:20.41)	23:03.90 (1:19.83)	24:23.49 (1:19.59)		25:42.49 (1:19.00)			
	27:02.65 (1:20.16)	28:23.17 (1:20.52)	29:44.20 (1:21.03)		31:06.23 (1:22.03)			
	32:26.46 (1:20.23)							
76	Blake Zufall	JR Davis Xc&Tc	32:36.31	3				
	32:36.306 (32:36.306)							
77	Colin Gannon	SR Strawberry Cyn	32:39.66	3				
	32:39.660 (32:39.660)							
78	Kenny Trejo	JR San Francisco St.	32:39.76	2				
	1:17.54 (1:17.54)	2:32.09 (1:14.55)	3:45.92 (1:13.83)		5:01.02 (1:15.10)			
	6:13.26 (1:12.24)	7:26.31 (1:13.05)	8:40.04 (1:13.73)		9:54.26 (1:14.22)			
	11:08.52 (1:14.26)	12:23.26 (1:14.74)	13:36.98 (1:13.72)		14:53.61 (1:16.63)			
	16:11.71 (1:18.10)	17:30.67 (1:18.96)	18:50.23 (1:19.56)		20:11.90 (1:21.67)			
	21:34.64 (1:22.74)	22:57.26 (1:22.62)	24:21.76 (1:24.50)		25:44.80 (1:23.04)			
	27:10.24 (1:25.44)	28:33.51 (1:23.27)	29:56.31 (1:22.80)		31:19.07 (1:22.76)			
	32:39.81 (1:20.74)							
79	Brandon Jauregui	SR Unattached	32:40.92	3				
	32:40.920 (32:40.920)							
80	Miles Ranck	SR College of Idaho	32:42.12	3				
	32:42.116 (32:42.116)							
81	Alex Hascall	JR Unattached	32:52.54	3				
	32:52.532 (32:52.532)							
82	Chris Costa	SO Academy of Art	32:56.27	3				
	31:46.901 (31:46.901)	32:56.267 (1:09.366)						
83	Jack Rose	FR Unattached	32:56.73	3				
	31:44.429 (31:44.429)	32:56.725 (1:12.296)						
84	Jorge Estrada	SR Cal Baptist	32:57.71	3				
	31:46.858 (31:46.858)	32:57.702 (1:10.844)						
85	Brad Needles	SO American River	33:06.13	3				
	31:51.087 (31:51.087)	33:06.126 (1:15.039)						
86	Jarrett Eller	SO Uc-Colo. Spgs.	33:07.32	3				
	31:58.205 (31:58.205)	33:07.313 (1:09.108)						
87	Mason Labadie	FR St. Mary's (Cal.)	33:08.29	3				
	31:52.740 (31:52.740)	33:08.287 (1:15.547)						

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88	Michael Basuini	SR	William Jessup	33:09.99	3		
	31:56.280 (31:56.280)		33:09.986 (1:13.706)				
89	Justin Wikler	SO	Portland State	33:11.18	3		
	31:58.426 (31:58.426)		33:11.175 (1:12.749)				
90	Bret Greene	FR	Chabot	33:18.50	3		
	31:50.859 (31:50.859)		33:18.492 (1:27.633)				
91	Hunter Tyler	SR	Northwest Christian	33:31.24	3		
	32:15.789 (32:15.789)		33:31.240 (1:15.451)				
92	David Yeshiwas	FR	Chabot	33:56.20	3		
	32:42.642 (32:42.642)		33:56.195 (1:13.553)				
93	Mitch Klomp	JR	Uc-Colo. Spgs.	34:07.06	3		
	32:41.842 (32:41.842)		34:07.060 (1:25.218)				
--	Alejandro Cisneros	FR	Portland State	DNF	1		
	6:05.81 (6:05.81)		7:20.05 (1:14.24)	8:32.58 (1:12.53)		9:47.41 (1:14.83)	
	11:04.81 (1:17.40)		12:23.42 (1:18.61)	13:41.69 (1:18.27)		15:00.72 (1:19.03)	
--	Chris Montgomery	JR	Pittsburgh	DNF	2		
	1:17.10 (1:17.10)		2:32.02 (1:14.92)	3:45.63 (1:13.61)		4:59.90 (1:14.27)	
	6:13.34 (1:13.44)		7:27.20 (1:13.86)	8:41.27 (1:14.07)		9:56.65 (1:15.38)	
	11:12.39 (1:15.74)		12:30.34 (1:17.95)				

**Men 3000 Meter Steeplechase**

Name	Year	School	Finals	H#	
1	Haran Dunderdale	SO	Bradley	8:55.68	1
2	Matt Gilbert	JR	Nebraska	8:57.42	1
3	Eric Rupe	SR	Second Sole	8:57.63	1
4	Dylan Hodgson	FR	Kansas	8:59.63	1
5	Peter Spinks	SO	Nebraska	9:00.73	1
6	Ben Burchstead	SO	Kansas	9:01.75	1
7	Jordon Rushing	SR	UC Davis	9:02.31	1
8	Scott Dahlberg		Brooks I.D.	9:06.72	1
9	Tyler James		Idaho State	9:08.29	1
10	Andrew Milliron	SO	Air Force	9:08.52	1
11	Brant Gilbertson	SO	North Dakota State	9:11.11	2
12	Tyler Roberts	SO	Utah State	9:11.95	2
13	Brady Beagley	SR	Steeple Duck TC	9:12.00	1
14	Dustyn Salomon	FR	Humboldt State	9:13.43	1
15	Andrew Wise	JR	Western Washington	9:15.28	2
16	Drew Mueller	SR	Arkansas State	9:15.75	2
17	Spencer Fehlberg	JR	Utah State	9:16.41	1
18	Duncan Perillat-Amede	JR	Cal Baptist	9:16.54	1
19	Nathan Stark	JR	Idaho	9:16.74	1
20	Jesus Ortiz		Unattached	9:18.27	1
21	Craig Huff	SO	Unattached	9:20.39	2
22	Chase Wheeler	JR	Humboldt State	9:21.52	2
23	Fabián Vera Gutierrez	SR	Esc Tepatitlan	9:21.94	2
24	TJ Wright	SO	Northwest Christian	9:22.89	3
25	Logan Marshall	SO	Cal Poly	9:22.93	1
26	Kevin Poteracke	SO	Southern Oregon	9:23.92	2
27	Noah McDermott	SO	St. Mary's (Cal.)	9:24.84	2
28	Joseph Berriatua	JR	Unattached	9:24.91	2
29	Nathan Wadhwani	FR	Washington St.	9:26.72	2
30	Zach Holloway	SR	Western Oregon	9:28.69	2
31	Skylar Riggs	JR	Southern Utah	9:29.75	2

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**San Francisco State University (Cox Stadium)**  
**Results**

**...Men 3000 Meter Steeplechase**

32	James Broussard	SR Houston	9:30.82	1
33	Miguel Aceves	SR UC Davis	9:33.34	2
34	Sean Bapty	SR Air Force	9:34.03	1
35	Jake Finney	FR Washington St.	9:34.40	3
36	Kyler Little	FR Washington St.	9:34.94	3
37	Zack Smith	FR Illinois	9:38.01	1
38	Brandon Taylor	SR Chico State	9:38.04	2
39	Joel Gonzalez	SO Fresno State	9:38.94	3
40	Ian O'Brien	SR Humboldt State	9:39.28	3
41	Jacob Shafi	SR Willamette	9:39.44	2
42	Landon Woollard	Cal Poly Dist Cl	9:41.15	2
43	Nicholas Medina	FR Mt. Sac	9:42.45	3
44	Michael Wang	SO Unattached	9:43.29	2
45	Bryan Tellez-Tolentino	SO Mt. Sac	9:44.37	2
46	Zach Hammond	Unattached	9:47.07	3
47	Cm April	SR Humboldt Track Club	9:47.11	2
48	Uriel Carlos	SR Stanislaus State	9:48.44	3
49	Eli Stillman	SR Southern Oregon	9:48.55	3
50	Zach DeAtley	JR Vanguard	9:48.64	3
51	Zachery Connolly	SR Unattached	9:49.45	2
52	Raymond Boffman	FR St. Mary's (Cal.)	9:49.68	2
53	Alexander Rizo	JR Unattached	9:50.41	3
54	Jose Lopez	FR Mt. Sac	9:51.23	3
55	Carlos Barrios	FR Mt. Sac	9:53.43	3
56	Joel Perez	SR Stanislaus State	9:57.28	3
57	Casey Aguirre	SO American River	9:58.64	3
58	Hector Peralta	FR Mt. Sac	10:00.75	3
59	Nathan Bailey	SO Santa Rosa	10:06.05	3
60	Tito Chaidez	SO Salinas V Elite	10:08.17	3
61	Ben Halladay	SO Seattle Pacific	10:09.47	3
62	Clay Celum	JR Fresno State	10:11.99	3
63	Jonah Ross	FR Cal Baptist	10:16.83	3
64	Matt Morris	SO American River	10:24.40	3
65	John Kretschmann	FR American River	10:46.16	3

**Men High Jump**

=====												
Name	Year School					Finals						
=====												
1	Cole Hoberg	JR	Northwest Nazarene	2.04m	6-08.25	1.79	1.84	1.89	1.94	1.99	2.04	2.07
						P	P	O	O	O	O	XXX
2	Tevin Gladden	JR	Alaska Anchorage	1.99m	6-06.25	1.79	1.84	1.89	1.94	1.99	2.04	2.07
						P	P	O	O	O	XXX	XXX
3	Chris Brake	FR	Alaska Anchorage	J1.99m	6-06.25	1.79	1.84	1.89	1.94	1.99	2.04	
						P	P	O	XO	XXO	XXX	
4	Rohan Cain	JR	Southern Oregon	1.94m	6-04.25	1.79	1.84	1.89	1.94	1.99		
						P	XXO	XO	XXO	XXX		
5	Micah Tranch	FR	Northwest Nazarene	1.89m	6-02.25	1.79	1.84	1.89	1.94			
						O	O	O	XXX			

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**....Men High Jump**

6	Jonnythan Munkholm	SO Menlo College	1.84m	6-00.50
	1.79 1.84 1.89			
	O O XXX			
7	Quinton Alexander	SR Vanguard	J1.84m	6-00.50
	1.79 1.84 1.89			
	XO O XXX			
8	Darrian Hall	FR Humboldt State	J1.84m	6-00.50
	1.79 1.84 1.89			
	XO XO XXX			
9	Zach Allmon	FR Vanguard	1.79m	5-10.50
	1.79 1.84			
	O XXX			
--	Dimitry Yakoushkin	SR S F Coyotes	NH	
	1.79			
	XXX			
--	Nathan Miramontes	FR Vanguard	NH	
	1.79			
	XXX			
--	Scott Blomquist	SR Menlo College	NH	
	1.79			
	XXX			
--	Brendan Roderick	FR Humboldt State	NH	
	1.79			
	XXX			

**Men Pole Vault**

=====						
Name	Year	School	Finals			
=====						
1	Cambron Lyles	SO American River	4.46m	14-07.50		
	3.86 4.01 4.16 4.31 4.46 4.61					
	P P XO XO O XXX					
2	Zach McClanahan	JR Northwest Nazarene	J4.46m	14-07.50		
	3.86 4.01 4.16 4.31 4.46 4.61					
	P P P O XO XXX					
3	Najee Benafghoul	SO American River	J4.46m	14-07.50		
	3.86 4.01 4.16 4.31 4.46 4.61					
	P P XO O XO XXX					
4	Joseph Bolin	SR College of Idaho	4.31m	14-01.75		
	3.86 4.01 4.16 4.31 4.46 4.61					
	P P P O P XXX					
5	Jacob Boontjer	FR American River	J4.31m	14-01.75		
	3.86 4.01 4.16 4.31 4.46					
	P P P XO XXX					
5	Charles Langwasser	SR Stanislaus State	J4.31m	14-01.75		
	3.86 4.01 4.16 4.31 4.46					
	P O O XO XXX					
7	Charles Shepherd	FR College of Idaho	4.16m	13-07.75		
	3.86 4.01 4.16 4.31					
	O O XXO XXX					
8	Tyler Amrhein	JR College of Idaho	3.86m	12-08.00		
	3.86 4.01					
	O XXX					



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**....Men Pole Vault**

-- Ryan Douglass	FR Unattached	NH
3.86		
XXX		
-- Jared Webster	SO Northwest Nazarene	NH
3.86 4.01 4.16 4.31		
P P P XXX		
-- Phillip Gwin	FR Northwest Nazarene	NH
3.86		
XXX		

**Men Long Jump**

Name	Year School	Finals	Wind
1 Alex Wu	SR Simon Fraser	7.03m	3.5 23-00.75
7.03m(3.5) FOUL(0.5) 6.81m(0.6) FOUL(1.7)			
2 Tyler Higby	SO College of Idaho	7.02m	0.2 23-00.50
6.85m(2.7) 6.58m(1.3) 7.02m(0.2) 7.01m(1.9)			
3 Winston Lawson	JR Vanguard	6.96m	1.6 22-10.00
FOUL(2.0) 6.96m(1.6) 6.86m(2.0) 6.82m(4.2)			
4 Jerry He	SR Simon Fraser	6.88m	2.1 22-07.00
6.88m(2.1) FOUL(1.9) FOUL(2.0) 6.79m(2.0)			
5 Davion Curry	FR Redwoods	6.79m	0.1 22-03.50
FOUL(1.0) 6.09m(0.7) FOUL(+0.0) 6.79m(0.1)			
6 Isaac Gonzalez	JR College of Idaho	6.69m	2.3 21-11.50
6.27m(2.3) 6.34m(2.0) 5.88m(2.3) 6.69m(2.3)			
7 Hayden Saparto	SO Southern Oregon	6.63m	0.2 21-09.00
FOUL(1.7) 6.63m(0.2) 6.56m(1.2) 6.50m(+0.0)			
8 Eric Richard	SO Unattached	6.58m	0.4 21-07.25
6.13m(2.0) 6.58m(0.4) 5.64m(+0.0) FOUL(2.0)			
9 David Harris	SR Northwest Nazarene	6.47m	3.2 21-02.75
6.27m(1.7) 6.44m(1.1) 6.47m(3.2) 6.45m(+0.0)			
10 Johnnie Young	FR Academy of Art	6.45m	2.4 21-02.00
6.40m(1.4) 6.17m(1.6) 6.45m(2.4) FOUL(0.3)			
11 Quinton Alexander	SR Vanguard	6.36m	1.3 20-10.50
FOUL(1.1) 6.36m(1.3) FOUL(2.7) 5.85m(+0.0)			
12 Andrew Tran	SR S F Coyotes	6.35m	2.0 20-10.00
6.03m(+0.0) 6.24m(2.6) FOUL(1.1) 6.35m(2.0)			
13 Jackson Thompson	FR College of Idaho	6.34m	2.0 20-09.75
FOUL(2.8) FOUL(1.7) 6.23m(0.3) 6.34m(2.0)			
14 Seth Gretz	SO Oregon Tech	6.33m	+0.0 20-09.25
5.44m(1.3) FOUL(0.1) 6.33m(+0.0) 6.03m(0.5)			
15 Thomas Benson	JR Academy of Art	6.30m	1.2 20-08.00
6.15m(1.0) 6.02m(4.3) 6.30m(1.2) 5.87m(1.4)			
16 Daniel Alade	FR Vanguard	6.29m	1.0 20-07.75
6.22m(0.9) 6.03m(+0.0) 6.29m(1.0) 5.97m(0.7)			
17 Andrew Willson	FR Redwoods	6.20m	+0.0 20-04.25
5.09m(1.4) 5.90m(+0.0) 6.20m(+0.0) 6.04m(0.4)			
18 Dimitry Yakoushkin	SR S F Coyotes	6.09m	1.9 19-11.75
6.04m(+0.0) 6.09m(1.9) FOUL(0.3) FOUL(2.0)			
19 Kailen Lewis	FR Merritt	6.06m	1.9 19-10.75
6.02m(2.2) 5.80m(2.5) 6.06m(1.9) PASS(+0.0)			
20 Brooks Ney	SO College of Idaho	5.99m	1.6 19-08.00
5.73m(1.9) 5.96m(1.9) 5.99m(1.6) 5.74m(0.3)			

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21	Micah Spatz	JR Northwest Nazarene	5.95m	0.1	19-06.25
	5.88m(1.2) 5.56m(2.5) 5.95m(0.1) 5.89m(1.5)				
22	Nathan Moore	SO Northwest Nazarene	5.94m	+0.0	19-06.00
	5.94m(+0.0) FOUL(0.8) FOUL(+0.0) FOUL(1.2)				
23	Ryan Douglass	FR Unattached	5.51m	0.1	18-01.00
	FOUL(0.2) 5.51m(0.1) 5.48m(1.5) 5.50m(1.5)				
--	Brendan Roderick	FR Humboldt State	FOUL		
	FOUL(2.7) FOUL(1.0) FOUL(1.0) FOUL(1.9)				
--	Ian Jennings	Unattached	FOUL		
	FOUL(1.1) FOUL(2.6) FOUL(+0.0) FOUL(1.5)				

**Men Triple Jump**

=====						
Name	Year	School	Finals	Wind		
=====						
1	Wesley Gray	SO Western Oregon	14.54m	+0.0	47-08.50	
	14.54m(+0.0) 13.95m(1.4) FOUL(0.1) FOUL(0.9)					
2	Chris Brake	FR Alaska Anchorage	14.41m	0.4	47-03.50	
	14.11m(+0.0) 14.41m(0.4) FOUL(+0.0) 13.84m(+0.0)					
3	Johnnie Young	FR Academy of Art	13.89m	0.7	45-07.00	
	13.14m(+0.0) FOUL(+0.0) 13.89m(0.7) FOUL(+0.0)					
4	Tevin Gladden	JR Alaska Anchorage	13.76m	0.6	45-01.75	
	FOUL(0.7) 13.76m(0.6) 13.64m(1.5) FOUL(1.0)					
5	Andrew Tran	SR S F Coyotes	13.40m	0.3	43-11.75	
	FOUL(0.5) 13.27m(+0.0) 13.40m(0.3) FOUL(0.3)					
6	Isaac Gonzalez	JR College of Idaho	12.98m	1.0	42-07.00	
	12.98m(1.0) 12.54m(+0.0) FOUL(+0.0) 12.23m(0.3)					
7	Brendan Roderick	FR Humboldt State	12.89m	0.9	42-03.50	
	11.58m(0.2) 12.89m(0.9) 12.66m(0.8) 12.66m(0.5)					
8	Skyler Sexton	SR Menlo College	12.78m	1.5	41-11.25	
	12.48m(1.6) 12.78m(1.5) 12.61m(+0.0) 12.72m(1.0)					
9	Jonnythan Munkholm	SO Menlo College	12.72m	2.1	41-08.75	
	12.72m(2.1) 12.56m(+0.0) 12.39m(0.8) 12.70m(2.5)					
10	Aaron Browne-Moore	SO Oregon Tech	12.39m	0.9	40-07.75	
	12.10m(1.7) 11.98m(0.2) 12.11m(0.1) 12.39m(0.9)					
11	Tyler Truksa	FR College of Idaho	12.35m	1.6	40-06.25	
	FOUL(0.5) 12.11m(1.2) 12.01m(1.4) 12.35m(1.6)					
12	Nathan Moore	SO Northwest Nazarene	11.93m	0.2	39-01.75	
	11.93m(0.2) FOUL(0.1) 11.75m(0.6) 11.78m(0.4)					
13	Dusten Ault	FR College of Idaho	11.91m	+0.0	39-01.00	
	11.59m(2.6) 11.91m(+0.0) 11.66m(+0.0) 11.72m(1.9)					