

Brigham Young University

2004 Season Best Lists

Men's Indoor Track & Field

As of - 3/15/04 -FINAL

Men's 60 Meters (A:6.62, P:6.72)

<u>Name</u>	<u>Time</u>	<u>Date</u>	<u>Meet/Place</u>
Nate Soelberg	6.75	2/14	Pac 10 Invite/2nd
Paul Smith	6.89	2/28	MWC Champs/5th
Ben Gardner	7.08	1/17	Oval Open/5th
Montrell Dunn	7.23	1/17	Oval Open/7th
Todd Runyan	7.45	1/17	Oval Open/6th

Men's 200 Meters (A:21.10, P:21.50 . . . Undersized A:21.25, P:21.65 . . . Banked/Oversized A: 20.85, P:21.25)

<u>Name</u>	<u>Time</u>	<u>Date</u>	<u>Meet/Place</u>
Paul Smith	21.53	2/28	MWC Champs/2nd
Ben Gardner	21.85	2/28	MWC Champs/5th
Matt Rowe	22.00	2/28	MWC Champs/6th
Greg Flint	22.41	1/30	Montana State Invitational/1st
David Chesser	22.44	2/28	MWC Champs/8th
Montrell Dunn	22.72	1/17	Oval Open/5th
Kansas Whitear	22.92	1/17	Oval Open/6th

Men's 400 Meters (A: 46:55, P:47.65 . . . Undersized A:46.80, P:47.95 . . . Banked/Oversized A:46.15, P:47.25)

<u>Name</u>	<u>Time</u>	<u>Date</u>	<u>Meet/Place</u>
Matt Rowe	47.35	1/17	Oval Open/1st
David Chesser *	47.65	2/7	Mountain States Games/2nd (Invit.)
Greg Flint	48.34	1/30	Montana State Invitational/2nd
Kansas Whitear	48.53	1/17	Oval Open/3rd
Benjamin Gardner	48.99	2/7	Mountain States Games/1st (open)

Men's 800 Meters (A:1:48.90, P:1:50.80 . . . Banked/Oversized A:1:48.30, P:1:50.20)

<u>Name</u>	<u>Time</u>	<u>Date</u>	<u>Meet/Place</u>
Lars Kjerengtroen	1:50.35	2/14	Pac 10 Invite/4th
Scott Adams	1:51.09	2/14	Pac 10 Invite/9th
Chad Simkins	1:51.29	3/6	Last Chance Qualifier/3rd
Jeff Hopkinson	1:52.12	1/17	Oval Open/2nd
Jeff Taylor	1:52.52	1/30	UW Indoor Invite/10th
Matt Rowe	1:55.65	2/7	Mountain States Games/2nd (open)
Greg Flint	1:56.08	1/17	Oval Open/6th

Men's 1 Mile Run (A:4:00.10, P:4:05.70 . . . Banked or Oversized A:3:59.30, P:4:04.90)

<u>Name</u>	<u>Time</u>	<u>Date</u>	<u>Meet/Place</u>
Nathan Robison#	3:59.99	2/14	Pac 10 Invite/1st
Bryan Lindsey#	4:01.04	2/14	Pac 10 Invite/4th
Josh McAdams*	4:12.48	1/17	Oval Open/2nd
Lars Kjerengtroen	4:13.52	1/30	UW indoor Invite/21st
Doug Hall	4:15.89	2/7	Mountain States Games/2nd
Rich Evanson	4:16.65	1/30	Montana State Invitational/2nd
Dustin Trail	4:17.54	2/7	Mountain States Games/4th

Men's 3,000 (A:7:57.30, P:8:09.30 . . . Banked or Oversized A:7:56.00, P:8:08.00)

<u>Name</u>	<u>Time</u>	<u>Date</u>	<u>Meet/Place</u>
Bryan Lindsey*	7:58.22	1/30	UW Indoor Invite/8th
Josh Rohatinsky*	8:04.92	2/14	Pac 10 Invite/11th
Nathan Robison	8:21.09	1/30	UW Indoor Invite/27th
Matt Adams	8:35.23	2/14	Pac 10 Invite/29th
Chad Durham	8:36.30	1/30	Montana State Invitational/3rd

Josh McAdams	8:36.41	2/14	Pac 10 Invite/31st
David Woodbry	8:47.39	2/7	Mountain States Games/1st
Chandler Goodwin	8:53.33	1/31	Wilson Motor Invite (USU)/4th
Golden Harper	8:54.57	2/7	Mountain States Games/4th
Rich Nelson	9:00.18	2/7	Mountain States Games/8th

Men's 5,000 Meters (A:13:54.95, P:14:16.85 . . . Banked or Oversized A:13:53.10, P:14:15.00)

<u>Name</u>	<u>Time</u>	<u>Date</u>	<u>Meet/Place</u>
Chad Durham	14:21.40	2/14	Pac 10 Invite/12th
David Woodbury	14:32.78	2/14	Pac 10 invite/16th
Josh Rohatinsky	15:12.61	2/28	MWC Champs/6th

Men's 4x400 Meter Relay (A: 3:08.50, P: 3:12.00)

<u>Name</u>	<u>Time</u>	<u>Date</u>	<u>Meet/Place</u>
BYU A	3:11.60	2/14	Pac 10 Invite/1st
Rowe, Gardner, Smith, Flint	3:14.12	2/28	MWC Champs/1st
BYU A	3:14.83	2/7	Mountain States Games
Chesser, Flint, Whitear, Gardner	3:14.94	1/30	Montana State Invitational/1st
Taylor, Gardner, Adams, Smtih (alt. adj.)	3:15.57	1/24	Air Force Invitational/7th
BYU B	3:17.87	2/14	Pac 10 Invite/7th
BYU B	3:22.33	2/7	Mountain States Games

Men's Distance Medley (A:9:35.00, P: 9:45.75)

<u>Name</u>	<u>Time</u>	<u>Date</u>	<u>Meet/Place</u>
*	9:41.44	1/30	UW Indoor Invite/3rd
Rowe, S. Adams, Kjerengtroen, Hall	9:46.52	3/6	Last Chance Qualifier/5th
McAdams, Flint, Evanson, Robison	10:11.65	2/28	MWC Champs/1st

Men's 60-Meter Hurdles (A:7.70, P:7.95)

<u>Name</u>	<u>Time</u>	<u>Date</u>	<u>Meet/Place</u>
Curits Pugsley	8.24	2/28	MWC Champs/7th
Ben Gardner	8.32	2/14	Pac 10 Invite/8th
Eric Rasmussen	8.42	1/31	Wilson Motor Invite (USU)
Chris Weirich	8.98	2/14	Pac 10 Invite/18th

Men's 55-Meter Hurdles (A: P:)

<u>Name</u>	<u>Time</u>	<u>Date</u>	<u>Meet/Place</u>
Ben Gardner	7.84.6	1/30	Montana State Invitational/7th
Devin Howe	9.43	1/30	Montana State Invitational/21st

Men's High Jump (A:2.23m, P:2.17m)

<u>Name</u>	<u>Height (Metric/US)</u>	<u>Date</u>	<u>Meet/Place</u>
James Oman	2.05m/6-08.75	1/24	Air Force Invitational/4th
Gabe Casdorff	2.03m/6-08.00	1/31	Wilson Motor Invite (USU)/1st
Jon Willison	2.02m/6-07.50	1/16	Oval Open/4th
Matt Allen	1.98m/6-06.00	1/31	Wilson Motor Invite (USU)/3rd
Curtis Pugsley	1.98m/6-06.00	2/28	MWC Champs/8th
Devin Scoreby	1.97m/6-05.50	1/30	Montana State Invitational/4th
Devin Howe	1.93m/6-04.00	3/6	Last Chance Qualifier/7th

Men's Pole Vault (A:5.50m, P:5.30m)

<u>Name</u>	<u>Height (Metric/US)</u>	<u>Date</u>	<u>Meet/Place</u>
Robison Pratt*	5.41m/17-09.00	2/28	MWC Champs/1st
Trent Powell*	5.30m/17-04.50	1/31 3/13	Wilson Motor Invite/1st NCAA Indoor/9th
Robison Pratt*	5.30m/17-04.50	1/31	Wilson Motor Invite/2nd
Eric Rasmussen	5.15m/16-10.75	1/31	Wilson Motor Invite/3rd
Curtis Pugsley	5.00m/16-04.75	1/31	Wilson Motor Invite/4th
Mark Barry	4.75m/15-07.00	1/17	Oval Open/4th
Alex Green	4.75m/15-07.00	2/7	Mountain States Games/6th

Men's Long Jump (A:7.85m, P:7.55m)

<u>Name</u>	<u>Distance (Metric/US)</u>	<u>Date</u>	<u>Meet/Place</u>
Rodrigo Mendes	7.42m/24-04.25	1/24	Air Force Invitational/1st
Curtis Pugsley	7.25m/23-09.50	2/28	MWC Champs/2nd
Matt Anderson	6.82m/22-04.50	1/17	Oval Open/1st
Montrell Dunn	6.69m/21-11.50	1/30	Montana State Invitational/3rd
Joe Dredge	6.23m/20-05.25	2/7	Mountain States Games/9th
Devin Howe	6.22m/20-05.00	2/14	Pac 10 Invite/16th
Chris Weirich	5.91m/19-04.75	2/14	Pac 10 Invite/17th

Men's Triple Jump (A:16.30m, P:15.60m)

<u>Name</u>	<u>Distance (Metric/US)</u>	<u>Date</u>	<u>Meet/Place</u>
Rodrigo Mendes*	16.25m/53-03.75	1/24	Air Force Invitational/1st
Matt Andersen	14.34m/47-00.00	2/28	MWC Champs/6th
Joe Dredge	13.94m/45-09.00	1/30	Montana State Invitational/3rd

Men's Shot Put (A:19.50m, P:17.75m)

<u>Name</u>	<u>Distance (Metric/US)</u>	<u>Date</u>	<u>Meet/Place</u>
Niklas Arrhenius#	19.91/65-04.00	2/28	MWC Champs/1st
Dan Arrhenius *	17.81/58-05.25	2/28	MWC Champs/4th
John Forsythe	12.64m/41-05.75	1/24	Air Force Invitational/32nd
Curtis Pugsley	11.94m/39-02.00	2/7	Mountain States Games/21st (open)
Devin Howe	11.695m/38-04.00	2/7	Mountain States Games/22nd (open)

Men's 35lb. Weight Throw (A:21.35m, P:19.50m)

<u>Name</u>	<u>Distance (Metric/US)</u>	<u>Date</u>	<u>Meet/Place</u>
Niklas Arrhenius	18.73m/61-05.50	1/16	Oval Open/1st
Dan Arrhenius	15.12m/49-07.25	1/16	Oval Open/7th

Men's Heptathlon (A:5500, P:5100)

<u>Name</u>	<u>Points</u>	<u>Date</u>	<u>Meet/Place</u>
Curtis Pugsley#	5629	3/13	NCAA Indoor Champs/5th
(60m - 7.15, LJ - 7.08m/23-02.75, HJ - 2.08m/6-09.75, 60H - 8.33, PV - 4.75m/15-07)			
Devin Scoresby	5093	1/24	Air Force Invitational/3rd
Chris Weirich	4825	2/28	MWC Champs/5th
Devin Howe	4714	2/28	MWC Champs/7th

~ - Altitude Adjusted

- NCAA Automatic Qualifier (10,000-meter run and decathlon only)

* - NCAA Provisional Qualifier (10,000-meter run and decathlon only)

** - NCAA Regional Qualifier

(NCAA Regional Qualifying Marks)



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TRACK & FIELD

FOR IMMEDIATE RELEASE

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BYU Men's 2004 Track and Field Season Outlook

PROVO, Utah (Jan. 7, 2003) – The 2004 track season comes with great anticipation and a great returning cast of outstanding young talent. After a record setting 2003 season, the Cougars are back in action setting their sights to be a top ten-team indoors and outdoors followed by a strong performance at NCAA. This season's athletes may be the most talented group of athletes we have had for 15 years or so. Despite the disqualification of the US Olympic Oval track in Kearns, Utah the 2003 indoor schedule will provide the athletes with a tough schedule and prepare them for This past summer we made final repairs and construction changes to our outdoor track where we feel it is one of the finest outdoor facilities in the country. We anticipate more changes in the future, but are optimistic for the upcoming season. Last year we were ranked in the top five in the power rankings and feel that this year we will be ranked even higher along with a better finish at the NCAA regional meet at Cal State Northridge. Some of our strengths this year will include an outstanding 800 meter, pole vault, triple jump, shot and discus, decathlon, 400 hurdles, and distance groups.

Decathlon

Returning for the Cougars will be Curtis Pugsley, who in 2003 was the Mountain West Conference Champion. In 2001, Pugsley finished fifth at U.S. Indoor Nationals, but a hamstring injury kept him from competing in 2001 indoors and in the 2002 season.

Devin Scoresby, coming off of an outstanding 2003 season, narrowly missed qualifying for the NCAA championships with a lifetime best of over 7000 points. Additional athletes including, Devin Howe, Ben Millar, and Chris Weirich.

Distance

This year's distance squad should be one of BYU's finest, returning 4 All-American from last year. Chad Simkins ran 1:48.74 at the NCAA meet last year to earn his first All-American citation. Joining

him in the 800 meter are Scott Adams, Jeff Hopkinson, Lars Kjerengtroen, and Jeff Taylor, who have all run under 1:50 for the 800m..

Cross Country and Indoor All-American Nathan Robison looks to improve on last year when he ran an altitude converted mile of 3:59.70. Joining him at middle distance will be All-American Bryan Lindsay.

All-American Kip Kangogo will run the 3000m and 5000m to continue his strong showing in the middle distance and distance events. Last year he ran 13:53.67 for 5000m and an altitude converted 3:41.39 for 1500m. He will be joined by Josh Rohatinsky, who has run 29:07.36 for 10,000m, and Chad Durham.

Matt Adams and Rich Evanson will look to qualify for Nationals in the steeplechase. Josh McAdams will add depth in that event also. Overall coach hopes to qualify even more athletes than the 15 that he had qualify for Regionals last year.

Hurdles

Coming off of last year's success the hurdle crew returns 3 regionals qualifiers led by senior Greg Flint. After a disappointing finish to a great season that saw Flint run the number two 400IH time in the school's history. The other two returning NCAA Regional qualifiers in the 400 hurdles are Ben Gardner and Kansas Whitear. Both are looking to improve upon last year's marks in the 400IH as well as Gardner looking to reach Regionals in the 100HH as well. The Cougars will also look to senior Daymon Visser to finish out his college career well in both the high and intermediate hurdles. We are excited and anticipating the arrival of sophomore Jacob Garlick, one of the best hurdlers to ever come out of the state of Utah.

Sprinters

Most of our regional qualifiers from last year are back. Matt Rowe, David Chesser will both play a very vital role in the mile relay, as well as in the open quarter. Paul Smith and Nate Soelberg, our defending champion from MWC Championships last year in the 100m, will also make a tremendous impact on our 4x100 team this year. The younger ones from last year have acquired so much experience and this will help them perform a lot better this year. Coach Leonard Myles-Mills said, "I am amazed at how much talent these kids have and have also gained in such a short period and they are very ready to perform at this high level of competition. I would be delighted to see two or more of our relay teams qualify for NCAA Championships.

Throws

This season the Arrhenius' brothers will be a powerful one-two punch in the discus and shot put. Dan Arrhenius will be a senior coming off his best season at BYU in 2003. Nic Arrhenius is the best high school discus thrower ever to come out of the United States and threw 234' in high school. His senior year in high school he was second in the World Junior Championships. Nic will also throw the hammer and the 35lb weight indoors. John Forsythe will be returning for his junior year in the discus along with returned missionary Adam Pyne. The Javelin group will be one of our best in many years with 3 who have thrown over 200'. Matt Hickman, who was a NCAA regional qualifier last year, will be joined with two freshman throwers from Oregon, Skyler MacDonald and Matt Johnston, who were ranked 13th and 10th respectively.

Jumps

With the addition of Rodrigo Mendes we will have an outstanding long jump, triple jump combination. Rodrigo is from Brazil and has jumped 55'1" in the triple jump and 24'6" in the long jump and 6'10". We are anticipating him being an All-American in the triple jump this season. In addition to Rodrigo in the high jump we are excited to have join us Jon Willison, recently returned missionary who has gone 7'2.25". In addition to Jon there are four other high jumpers that have gone 6'10" or better: Curtis Pugsley, Devin Scoresby, James Oman, and Matt Allen. So we anticipate an outstanding jumping group.

Returning a tremendous field of vaulters, including sophomore and school record holder and 2000 Sydney Olympian from Mexico, Robbie Pratt at 18'3" and two times All-American and junior Trent Powell. Mark Barry, a 17'6" senior is eligible for indoors only and is pursuing his father's all-time top ten performance at BYU of 17'9". Also senior Erik Rasmussen is eligible for outdoors. He has a best of 17'6" and will be trying very hard to get on the all time top ten list.

- **BYU**