

2014 Season Bests			
EVENT	ATHLETE	TIME/DISTANCE	Date
100m	<b>Gus Shuster</b>	<b>12.2</b>	<b>4/3/14</b>
	Tristen Jaeger	12.6	5/8/14
	Gaea Turman	14.5	4/8/14
	Zahia Ismail	16.4	4/22/14
	Sonam Sherpa	16.8	4/8/14
100m Hurdles			
200m	<b>Tristen Jaeger</b>	<b>25.1</b>	<b>5/8/14</b>
	Gus Shuster	27.3	4/3/14
	Mattie Seamans	29.0	4/29/14
	Gaea Turman	31.3	4/8/14
	Zahia Ismail	35.3	4/8/14
	Sonam Sherpa	35.6	5/7/14
400m	<b>Chris Carl</b>	<b>55.6</b>	<b>5/8/14</b>
	Tristen Jaeger	57.84	5/15/14
	Chris Weiman	1:00.1	5/6/14
	Gus Shuster	1:02.8	4/3/14
	<b>Mattie Seamans</b>	<b>1:03.4*</b>	<b>4/3/14</b>
	Kevin Malen	1:05.1	5/6/14
	Gaea Turman	1:09.9	4/8/14
	Zahia Ismail	1:19.3	4/22/14
Sonam Sherpa	1:26.0	5/7/14	
400m Hurdles	<b>Chris Carl</b>	<b>1:00.5*</b>	<b>5/6/14</b>
800m	<b>Chris Carl</b>	<b>2:03.07*!</b>	<b>5/21/14</b>
	Kevin Malen	2:16.0	4/3/14
	Chris Weiman	2:18.6	4/10/14
	<b>Mattie Seamans</b>	<b>2:19.12*!</b>	<b>5/15/14</b>
	Gaea Turman	2:42.92	5/21/14
	Zahia Ismail	3:20.7	4/25/14
1500/1600m	<b>Chris Weiman</b>	<b>4:51.67*</b>	<b>5/21/14</b>
	Chris Carl	5:13.0	4/3/14
	Kevin Malen	5:13.0	5/8/14
3000/3200m	<b>Kevin Malen</b>	<b>10:36.12*</b>	<b>5/21/14</b>
	Chris Weiman	11:42.1	4/8/14
Steeplechase	<b>Chris Weiman</b>	<b>12:10.66</b>	<b>5/15/14</b>
	Chris Carl	12:54.00	5/15/14
	Tristen Jaeger	12:57.33	5/15/14
Shot Put	<b>Gus Shuster</b>	<b>32'7"</b>	<b>5/8/14</b>
Discuss	<b>Gus Shuster</b>	<b>67'1.5"</b>	<b>5/8/14</b>
	Zahia Ismail	48'0"	4/22/14
Long Jump	<b>Gus Shuster</b>	<b>17'9"</b>	<b>4/25/14</b>
	Chris Carl	15'10"	4/10/14
	<b>Mattie Seamans</b>	<b>15'9"*</b>	<b>5/1/14</b>
	Tristen Jaeger	15'5"	5/8/14
	Chris Weiman	13'0"	5/8/14
	Gaea Turman	12'7.5"	4/29/14
Triple Jump	<b>Chris Carl</b>	<b>34'4"</b>	<b>5/1/14</b>
	<b>Mattie Seamans</b>	<b>33'5.5"*</b>	<b>5/15/14</b>

	<b>Gaea Turman</b>	<b>29'6.5"*</b>	<b>4/29/14</b>
High Jump	<b>Gus Shuster</b> Chris Carl	<b>5'9"*</b> 5'4"	<b>5/6/14</b> 4/28/14
4 x 100m	<b>Shuster, Carl, Jaeger, Weiman</b> Seamans, Turman, Sherpa, Ismail	<b>50.3</b> 1:02.3	<b>5/8/14</b> 4/3/14
4 x 400m	<b>Jaeger, Carl, Shuster, Weiman</b>	<b>3:53.0</b>	<b>5/7/14</b>
4 x 800m	<b>Shuster, Carl, Malen, Weiman</b>	<b>9:43.4</b>	<b>4/22/14</b>
4 x 1600m	<b>Shuster, Carl, Jaeger, Weiman</b>	<b>22:20.0</b>	<b>4/28/14</b>
Distance Medley Relay	<b>Shuster, Carl, Jaeger, Weiman</b>	<b>12:48.0</b>	<b>4/28/14</b>
High Jump Relay	<b>Shuster, Carl</b>	<b>10'8"</b>	<b>4/28/14</b>