

# Colorado State University



## 2013 TRACK AND FIELD MEDIA GUIDE



# Table of Contents | Quick Facts

## Colorado State University



### 2013 TRACK AND FIELD MEDIA GUIDE

## TABLE OF CONTENTS

Quick Facts .....	1
Rosters .....	2-3
2012 Review .....	4
Message from University President Dr. Tony Frank.....	5
Board of Governors .....	6
Colorado State University.....	7-8
Fort Collins, Colo.....	9
Denver, Colo.....	10
Director of Athletics Jack Graham.....	11-12
Facilities .....	13-17
Head Coach Brian Bedard .....	19-20
Assistant Coaches.....	21-28
Male Athletes .....	29-47
Female Athletes .....	48-67
2012 Olympics .....	68
National Champions and Olympians .....	69
All-Americans.....	70
Conference Champions .....	71
Track & Field Records .....	72-77
Hall of Fame Inductees.....	78

## ON THE COVER

### Hannah Pensack-Rinehart

#### Indoor

- 5,000 Meters Champion

#### Outdoor

- 10,000 Meters Champion

### Trevor Brown

#### Indoor

- 60-Meter Hurdles Champion

#### Outdoor

- 110-Meter Hurdles Champion
- 400-Meter Hurdles Champion

### Amy Medina

#### Outdoor

- High Jump Champion



## 2002 Men's Indoor Champions

## 2006 Women's Indoor Champions

## 2008 Women's Outdoor Champions

The 2013 Colorado State track and field media guide was published by the Colorado State Department of Athletics. The guide is a product of the Colorado State media relations office. Prepress formatting, desktop layout, design, writing and research by media relations assistants Nate Lake and Keeley Brown, with assistance from assistant director of media relations Danielle Marshall. Additional writing by Head Coach Brian Bedard and assistant coach Cathleen Campbell. Photo credits to Dan Breeding of Dan Breeding Photography, NCAA photographer Stephen Nowland, Tom Waudo of Waudo Productions and Dan Byers.

## QUICK FACTS

### General Information

Location .....	Fort Collins, Colo.
Founded .....	1870
Enrollment .....	26,769
Nickname .....	Rams
Colors .....	Green and Gold
Elevation .....	5,004 feet
Facilities .....	Jack Christiansen Track ..... Glenn Morris Field House
Conference .....	Mountain West
President.....	Dr. Anthony A. Frank
Director of Athletics .....	Jack Graham
Assoc. A.D./SWA.....	Christine Susemihl
Faculty Representative .....	Jim Francis
Athletic Department Phone .....	970/491-3350
Athletic Website .....	www.CSURams.com
Ticket Office .....	1-800-491-RAMS

### Track and Field Information

Head Coach.....	Brian Bedard ..... (Colorado State, '88)
Year as Head Coach .....	7th Season
Year at CSU.....	24th Season
Track and Field Office Phone .....	970/491-7651

### Media Information

Track and Field Contact .....	Danielle Marshall
Office Phone .....	970-491-5067
Cell Phone .....	970-980-7353
E-Mail.....	Danielle.Marshall@colostate.edu
FAX .....	970-491-1348
Website .....	www.CSURams.com
Mailing Address .....	311 McGraw Athletic Center



# Women's Roster

NAME	EVENT	CLASS (IND/OUT)	HOMETOWN (LAST SCHOOL)
Emmy Briggs	Distance	SO/SO	Longmont, Colo. (Niwot)
Cayla Broadwater	Jumps	JR/JR	Highlands Ranch, Colo. (Connecticut)
Cate Brus	Multis	SR/SR	Cody, Wyo. (Cody)
Josephine Bush	Distance	FR/FR	Telluride, Colo. (Telluride)
Mindy Campbell	Jumps	JR/JR	Kamuela, Hawaii (Hawaii Preparatory)
Laurisa Canini	Jumps	SR/JR	Colorado Springs, Colo. (Colorado)
Olivia Downing	Jumps	SR/SR	Fort Collins, Colo. (Fossil Ridge)
Lydia Fahrenkrug	Distance	FR/FR	Neenah, Wisc. (Neenah)
Alison Forrester	Jumps	JR/JR	Highlands Ranch, Colo. (Rock Canyon)
Monica Franco	Multis	FR/FR	Fort Collins, Colo. (Fort Collins)
Stephanie Gerber	Sprints, Hurdles	SO/SO	Centennial, Colo. (Arapahoe)
McKael Grayson	Sprints	SO/SO	Centennial, Colo. (Grandview)
Jessica Green	Multis	FR/FR	Liberty Hill, Texas (Liberty Hill)
Morgan Griffin	Pole Vault	JR/JR	Colorado Springs, Colo. (Lewis-Palmer)
Cheyenne Hall	Jumps	SO/SO	Berthoud, Colo. (Berthoud)
Kaitlin Hanenburg	Distance	JR/JR	Colorado Springs, Colo. (Classical Academy)
Whitney Henderson	Middle Distance	JR/SR	Hamilton, Mont. (Corvallis)
Alex Hess	Distance	FR/FR	Sioux Falls, S.D. (Sioux Falls)
Sarah Heuer	Distance	SR/SR	St. Charles, Ill. (Geneva Community)
Kiah Hicks	Throws	SO/SO	Colorado Springs, Colo. (Falcon)
Kara Hyde	Hurdles	FR/FR	Forney, Texas (Colorado)
Liz Johnson	Throws	SR/SR	Fort Collins, Colo. (Fossil Ridge)
Holly Keeper	Distance	JR/JR	Rifle, Colo. (Augustana State)

NAME	EVENT	CLASS (IND/OUT)	HOMETOWN (LAST SCHOOL)
Lindsey Keller	Hurdles	SR/SR	Centennial, Colo. (Eaglecrest)
Elle Killingsworth	Distance	SO/JR	Lakewood, Colo. (Green Mountain)
Kalie Kirk	Sprints, Hurdles	SR/SR	Monument, Colo. (St. Louis University)
Jessi Macedo	Multis	FR/FR	Montrose, Colo. (Sand Creek)
Pauline Mandel	Distance	FR/FR	Temecula, Calif. (Great Oak)
Amy Medina	Jumps	JR/JR	Loveland, Colo. (Mountain View)
Sara Page	Pole Vault	JR/JR	Kearney, Mo. (Liberty)
Valentina Pauna	Pole Vault	SO/FR	Fort Collins, Colo. (Rocky Mountain)
Shayla Peel	Sprints	SO/SO	Fort Collins, Colo. (Rocky Mountain)
Hannah Pensack-Rinehart	Distance	JR/SR	Loveland, Colo. (Thompson Valley)
Ashley Reid	Jumps	JR/JR	Olathe, Kan. (Johnson County C.C.)
Marina Roberts	Distance	FR/FR	Kingston, Wash. (Kingston)
Meagan Robinson	Sprints	SR/SR	Wellington, Colo. (Poudre)
Jessica Sharbono	Throws	JR/JR	Billings, Mont. (Billings West)
Jenna Sliwinski	Throws	SR/SR	Salt Lake City, Utah (Judge Memorial)
Marissa Smith	Sprints	JR/JR	Holyoke, Colo. (Holyoke)
Kelsey Snider	Jumps	SO/SO	Westminster, Colo. (Pomona)
Jennifer Tavé	Distance	SR/SR	Saint Germain-en-Laye, France (Scripps)
Kelsey Traxinger	Sprints	FR/FR	Longmont, Colo. (Niwot)
Stefanie Tuder	Sprints	FR/FR	Fort Collins, Colo. (Loveland)
Marissa Wagner	Sprints	SO/FR	Hawthorn Woods, Ill. (Lake Zurich)
Jazmyn Webster	Jumps	JR/JR	Cheyenne, Wyo. (Chadron State)
Ali Will	Distance	FR/FR	Castle Rock, Colo. (Rock Canyon)
Mariah Witt	Hurdles	FR/FR	Golden Valley, Minn. (Hopkins)



# Men's Roster

NAME	EVENT	CLASS (IND/OUT)	HOMETOWN (LAST SCHOOL)
Jefferson Abbey	Distance	FR/FR	Fort Collins, Colo. (Fort Collins)
Alex Balsiger	Middle Distance	JR/JR	Parker, Colo. (Oklahoma)
Trevor Brown	Hurdles	JR/JR	Colorado Springs, Colo. (Wasson)
Zach Browning	Sprints	SO/SO	Carbondale, Colo. (Roaring Fork)
Seth Butler	Middle Distance	JR/JR	Findlay, Ohio (Liberty Benton)
Landry Cogburn	Hurdles	SO/SO	Walsh, Colo. (Tabor College)
Josh Cogdill	Multis	FR/FR	Longmont, Colo. (Longmont)
Kordell Deffenbaugh	Sprints	FR/FR	Denver, Colo. (Martin Luther King Jr. E.C.)
Joshua DeLoach	Sprints	FR/FR	Rasamond, Calif. (Desert)
Kelby Dias	Hurdles	SR/SR	Colorado Springs, Colo. (Sierra)
Shawn Dubbs	Distance	SO/SO	Evans, Colo. (Air Force Academy)
Jonathan Edmunds	Jumps	SO/SO	Centennial, Colo. (Littleton)
Graham Gilliland	Jumps	SO/SO	Fort Collins, Colo. (Rocky Mountain)
Andrew Goodman	Distance	SO/SO	Colorado Springs, Colo. (Palmer)
Colton Grandbouche	Jumps	JR/JR	Anaheim Hills, Calif. (Mt. San Antonio College)
Justin Green	Multis	SO/SO	Liberty Hill, Tex. (Liberty Hill)
Jacob Haas	Hurdles	FR/FR	Fort Collins, Colo. (Poudre)
Ken Harriman	Throws	JR/JR	Pueblo, Colo. (Pueblo South)
Adam Hartman	Distance	FR/FR	Thornton, Colo. (Horizon)
Gunnar Haynes	Jumps	SO/SO	Eaton, Colo. (Eaton)
Alex Kadesky	Pole Vault	FR/FR	Dallas, Tex. (St. Mark's School of Texas)
Ricardo Kaempfen	Distance	FR/FR	Boulder, Colo. (Fairview)
Aaron Khoury	Jumps	FR/FR	Elizabeth, Colo. (Elizabeth)
Riley Langdon	Distance	FR/FR	LaSalle, Colo. (Ronald Reagan)
Ben Larson	Distance	SO/SO	Fort Collins, Colo. (Rocky Mountain)
Kody Leach	Distance	SO/SO	Greeley, Colo. (Greeley West)

NAME	EVENT	CLASS (IND/OUT)	HOMETOWN (LAST SCHOOL)
Andrew Lesser	Distance	SR/SR	Colorado Springs, Colo. (Coronado)
Sam Little	Sprints	FR/FR	Grand Lake, Colo. (Middle Park)
Sam Lynass	Hurdles	SO/SO	North Bend, Ore. (North Bend)
Spenser Lynass	Distance	SR/SR	North Bend, Ore. (North Bend)
Shawn Madison	Sprints	SO/SO	Kersey, Colo. (Platte Valley)
Joe Marchand	Distance	SO/SO	Louisville, Colo. (Monarch)
Josh McMillin	Multis	SR/SR	Colorado Springs, Colo. (Rampart)
Christian Meyer	Distance	JR/JR	Albuquerque, N.M. (Sandia)
Jacob Morgan	Distance	FR/FR	Topeka, Kan. (Washburn Rural)
Alex Muntefering	Distance	JR/JR	Parkston, S.D. (Oklahoma)
Kyle Pequette	Sprints	SO/SO	Englewood, Colo. (Valor Christian)
Alec Pott	Throws	JR/JR	Fort Collins (Poudre)
Trey Richardson	Jumps	SO/SO	Denver, Colo. (George Washington)
Jeff Richmond	Sprints	SO/SO	Greeley, Colo. (Northridge)
Carson Rowley	Throws	SR/SR	Casper, Wyo. (Natrona County)
Sam Saccomano	Hurdles	SR/SR	Ledyard, Conn. (Ledyard)
Andrew Schall	Pole Vault	SR/SR	Fort Collins, Colo. (Idaho State)
Jake Schneeberger	Throws	SO/SO	Fort Collins, Colo. (Fossil Ridge)
Tyler Schultz	Throws	FR/FR	Edgemont, S.D. (Custer)
Evan Taylor	Sprints	JR/JR	Aurora, Colo. (Northern Colorado)
Connor Timms	Distance	FR/FR	Longmont, Colo. (Skyline)
JT Van Veen	Throws	FR/FR	Aurora, Colo. (Regis Jesuit)
Gus Waneka	Distance	FR/FR	Loveland, Colo. (Thompson Valley)
Ryan Wasilawski	Jumps	SR/SR	Evergreen, Colo. (Clear Creek)
Robert Wasinger	Hurdles	JR/JR	Arvada, Colo. (Ralston Valley)
A.J. Whitaker	Sprints	SR/SR	Denver, Colo. of Colorado)
Graham Williams	Distance	FR/FR	Littleton, Colo. (Chatfield)



# 2012 Review

## Colorado State finds success during 2012 season Brown produces record setting year, women take second at Mountain West championship

The 2012 Colorado State track and field team completed the season successfully, with a second-place finish for the women's team and a fifth-place finish for the men at the Mountain West Outdoor Track & Field Championships.

Sophomore Trevor Brown set a new MW outdoor championship record in the 110-meter hurdles, winning the event in 13.8 seconds. Brown also won the 400-meter hurdles, clocking in at 51.08. The team sent a total of 14 athletes to the NCAA West regional with two athletes advancing to the championships. Senior Nicole Peters finished 12th in the 3,000-meter steeplechase with a time of 10 minutes, 46.1 seconds at the NCAA championships. Trevor Brown went to the NCAA championships in the 110-meter hurdles, posting a time of 13:83 seconds. Both Brown and Peters were named second-team All-Americans; Brown in the 110-meter hurdles and Peters in the 3,000-meter steeplechase.

Amy Medina took home the conference title in the high jump, clearing a height of 5 feet, 7.75 inches. The Rams dominated the event, placing four athletes in the top eight positions. Alison Forrester (5-7.75) placed third, Sabrina Jones (5-5.75) claimed fifth, and Cate Brus (5-5.75) took sixth.

Holly Keeper (4:37.48) and Alex Balsiger (3:56.65) each earned second-place finishes in the women's and men's 1,500-meter run. Whitney Henderson (4:39.69) took fifth in the women's race and Andrew Goodman (3:59.39) placed sixth in the men's race.

Kelby Dias (14.16) earned a third-place finish in the 110-meter hurdles. Seth Monson recorded a fourth-place finish in the 400-meter dash, finishing in 48.2 seconds.

Nicole Peters placed third in the 5,000-meter run, posting a time of 17:24.32. Hannah Pensack-Rinehart, finished fifth with a time of 17:46.02.

In the women's shot put, Kiah Hicks placed third with a toss of 50-2.5, beating her previous record by over a meter.

The MW named Trevor Brown, Nicole Peters, Hannah Pensack-Rinehart, Amy Medina, Alex Balsiger, Kelby Dias, Alec Pott, Holly Keeper, Alison Forrester, Kiah Hicks, Jessica Sharbono, and Jenna Sliwinski as all-conference athletes for the 2012 season.

Colorado State will look forward to the 2013 indoor season beginning on Jan. 12 at the Air Force All-Comers Meet in Colorado Springs. The 2013 outdoor season will begin March 15, at the Jerry Quiller Classic in Boulder, Colo.





# A Message From University President Dr. Anthony A. Frank



## Welcome to Colorado State University!

**C**olorado State University is committed to student success. From their first Preview orientation to graduation and beyond, we want all our students to be wellprepared academically and personally for whatever challenges and opportunities for the future holds.

We can't run a successful, winning athletics programs without a strong commitment to the success of our studentathletes. Earning a CSU degree is our ultimate goal for each student-athlete at CSU, and Ram fans can be proud that our players continue to graduate and succeed at a higher rate even than the general student body. In fact, our Ram athletes have gone on to become doctors, lawyers, educators, business professionals, public servants, parents, community leaders and yes, even professional athletes. Their energy and experience, combined with a solid education, positions them to be champions no matter where the future leads.

But all students can encounter obstacles on the road to earning a diploma—obstacles often related to finances, indecision, desire for a greater sense of community, need for academic support, and sometimes a lack personal motivation. While student-athletes encounter many of these same obstacles, they also serve as highly visible role models and strive for winning records. As with all our students, CSU is dedicated to providing the resources and programs they need to achieve their full potential, with state-of-the-art training facilities, academic support, service-learning opportunities, and focused study environments.

The life of a student-athlete is formed around hard work, self-discipline, teamwork, and a passion for achievement. That spirit—matched with strong academic support systems and high expectations—is a winning formula for Colorado State. We're proud to celebrate another great year in Rams sports and to recognize the students and fans who make it all possible.

Go Rams!

Dr. Anthony A. Frank  
President





# Colorado State University System and the Board of Governors

Colorado State University System Board of Governors Chairman Joseph Zimlich



## Board of Governors



**Michael V. Martin**  
*Chancellor*



**Joseph C. Zimlich**  
*Board Chair*



**Dorothy Horrell**  
*Vice Chair*



**Ed Haselden**  
*Treasurer*



**Mary Lou Makepeace**  
*Secretary*



**Dennis E. Flores**  
*Voting Member*



**Russell N. Johnson**  
*Voting Member*



**Scott C. Johnson**  
*Voting Member*



**T**he Board of Governors of the Colorado State University System represents the people of Colorado, assuring effective management, accountability, and responsible leadership of all the CSU System campuses – Fort Collins, Pueblo and the new online Global Campus.

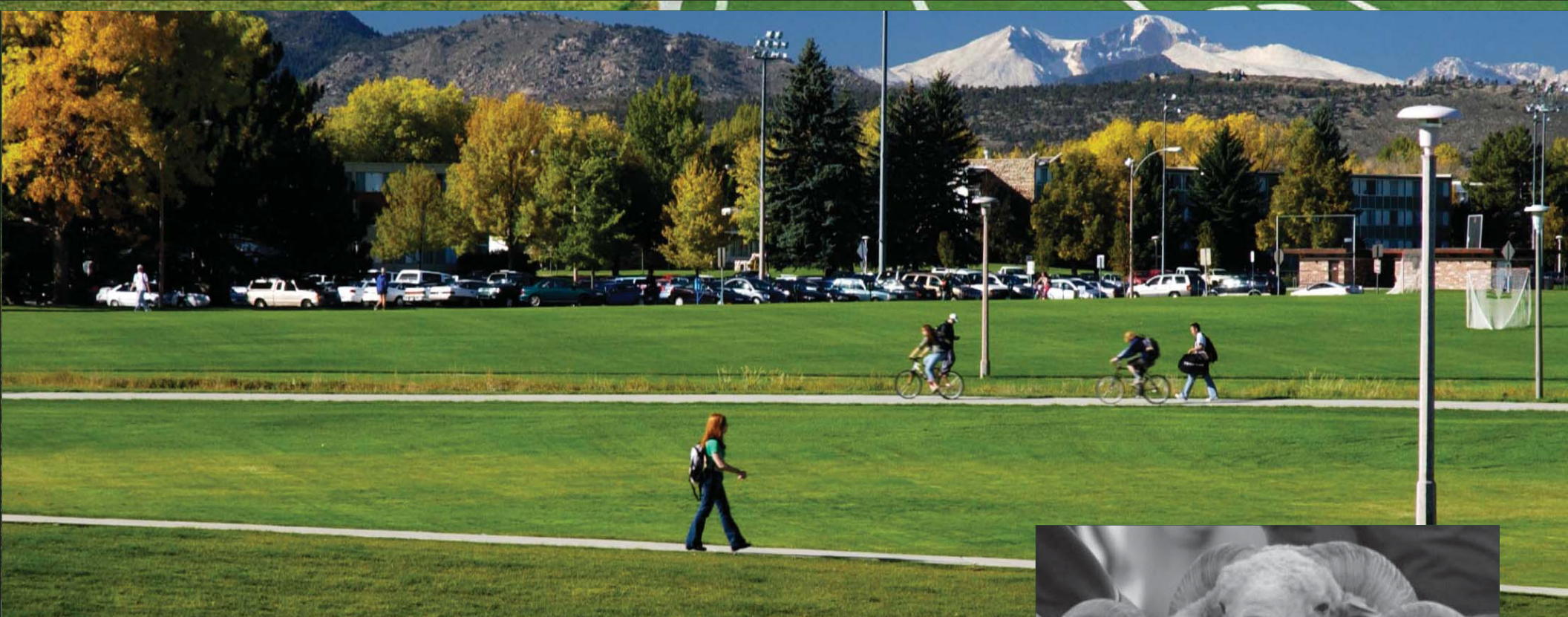
Board members come from across the state and from many fields — business, public service, agriculture — and share a strong commitment to excellence, innovation, and student success.

The Board of Governors sets a standard of excellence for all the campuses that carry the Colorado State name, through the establishment of a bold vision, mission, and values coupled with ambitious stretch goals for each

campus, and strongly supports Colorado State athletics programs as a source of pride for students, alumni, and the State of Colorado.

The Board of Governors and the CSU System work to further the roles of its three universities to be integral contributors to the economic development of the state. Work force education, research funding and new business and product development are some of the areas where the institutions are excelling.





**C**olorado State University takes very seriously its role in educating student-athletes. Excellence is expected on the field and in the classroom.

The most recent NCAA academic statistics reveal that Colorado State leads the Mountain West Conference in graduation rate for student-athletes at 66 percent – well ahead of the conference's overall student-athlete graduation rate of 57 percent. In football, Colorado State is second in the MWC, graduating 68 percent of its student-athletes – again, well ahead of the conference average of 49 percent.

Colorado State, however, is not resting on its reputation for graduating its student-athletes. The state-of-the-art Anderson Academic Center, which will greatly enhance the academic facilities available for student-athletes, opened in August 2009.

While the athletic department takes its role in the educational process very seriously, Colorado State's mission to provide a world-class education is at the core of academic success. U.S. News and World Report ranked Colorado State in its top tier in its annual "America's Best Colleges" report. The university offers 79 majors and 27 minors, and

many of its programs are ranked among the best in the country.

Colorado State continues to push forward in its mission to provide the best possible education. Construction recently was completed on the state-of-the-art University Center for the Arts and Computer Science buildings, along with the indoor practice facility, academic and training center, and the Rockwell Hall expansion at the College of Business.

- CSU's Veterinary Medicine program ranks second in the country and is the national leader in federal research dollars.
- *BusinessWeek* ranked CSU's undergraduate College of Business program 67th (up from 73rd in 2008). The program ranks 30th among all public schools and 14th among all colleges and universities in the West and Southwest. The marketing and business law programs were ranked in the nation's Top 10 by the magazine.
- In December 2008, CSU conferred its 150,000th bachelor's degree and 200,000th overall degree.
- According to NCAA statistics, CSU's graduation rate for student-athletes is higher than the graduation rate for the overall student body.





# World-Class Academics



**A**s one of the nation's leading research universities, Colorado State provides an excellent, accessible education, conducts research that transforms our world, and leads outreach programs that support economic vitality and improve the quality of life for people worldwide.

As Colorado's land-grant university, Colorado State was founded in 1870 to fulfill the vision of President Abraham Lincoln and others – to create access and opportunity for people in Colorado and around the world who can benefit from hands-on, engaged

learning.

With more than 150 programs of study and 78 undergraduate degree programs in eight colleges – and a faculty-to-student ratio of 16.5:1 – students have access to a wealth of educational possibilities. Colorado State leads the world in disciplines such as human and animal health, clean energy and the environment, global and sustainable business, engineering, and climate research. Along with outstanding programs in the liberal and performing arts, humanities and social sciences, Colorado State offers some of the top professional programs in the country in construction management, occupational therapy, psychology, communications, and agriculture—and is home to the top-ranked public business school in the state.

Challenging academic programs and world-changing research are hallmarks of Colorado State, and it is our special commitment to service, outreach, and transforming our world through innovation that sets this university apart. Even more important, CSU's character is reflected in the quality of our students and graduates, who embody the university's mission of service and go on to make a significant impact on our world when they graduate.

We invite you to learn more about Colorado State, a university with vision, character, and a commitment to excellence.





# Fort Collins and Colorado



Old Town Fort Collins, the inspiration for Disneyland's Mainstreet USA.

## Fort Collins Facts

- No. 1 place to live in the United States (*Money* magazine, August 2006).
- No. 1 Best Place to Live and Work for Young Professionals (pop. 100,000-200,000), Next Generation Consulting, March 2009.
- No. 2 in *Forbes* magazine's best United States cities for business and careers (March 2009); Denver ranked 14th and Boulder was 20th among five Colorado locations in the publication's top 40.

- One of the Top 20 Places to Thrive (Best Boomer Towns, February 2009).
- Ranked 10th-best educated city in America (*Forbes* magazine, November 2008).
- One of the Best Places to Raise Your Kids (*BusinessWeek*, November 2008).
- Gold level Bicycle Friendly Community (League of American Bicyclists, September 2008).

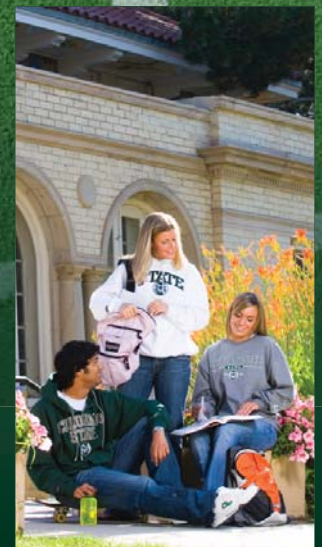


One of Colorado's most vibrant cities, Fort Collins is the best place in the country to live, work and play. Located on the northern Front Range of the majestic Rocky Mountains, the city is within an hour's drive of Denver, the nation's 25th-largest metro area.

This city of 143,986 residents basks in 300 days of sunshine per year — more than San Diego and Florida — and includes the historic Old Town district with its restaurants, shops, and entertainment, all within walking distance of Colorado State University's campus.

Since its founding as a military fort in 1864, Fort Collins has anchored northern Colorado's rich heritage of academic, business and recreational pursuits. Hiking, mountain biking, kayaking, river rafting and rock climbing are just a few popular outdoor pursuits for students and residents.

The city maintains more than 600 acres of parks, 5,000 acres of natural areas, 20 miles of off-street trails for hiking and biking, and three golf courses. The Lincoln Center and the University Center for the Arts, anchored in Fort Collins, are northern Colorado's cultural arts centers.





# The Mile High City



**T**he Denver Metro Area, with a population of 2.4 million, is less than an hour's drive from Fort Collins. A major-league metropolis, named by the *Sporting News* the best sports city in the United States, Denver is home to three teams that have competed for their respective world championships in the past 14 years — the Super Bowl XXXII and XXXIII champion Denver Broncos, the 1996 and 2001 Stanley Cup champion Colorado Avalanche, and the 2007 National League champion Colorado Rockies, who lost the World Series that season to the Boston Red Sox. The Denver Nuggets, meanwhile, have made the playoffs in nine consecutive seasons, including a trip to the 2009 Western Conference finals against the eventual champion Los Angeles Lakers.

Sports fans in Colorado are among the most passionate in the nation, and for good reason — their teams are winners.

Denver has all the features of any big city, including great shopping and nightlife on the 16th Street Mall (Denver Pavilions, below left), a one-of-a-kind concert venue in Red Rocks Amphitheatre (below, second from right), an adrenaline-inducing amusement park in Elitch Gardens, and the world's 10th-busiest airport, Denver International. Nicknamed the Mile High City because it is one mile above sea level, downtown Denver is home to the Colorado state capitol building, the 13th step of which is exactly one mile in elevation.







## JACK GRAHAM

Director of Athletics | Second Year at CSU | Colorado State, '75

---

*"We expect, at Colorado State University, that the excellence of our athletic programs will mirror that of the excellence that has always been the academic foundation at this great university."*

- Jack Graham

---

Director of Athletics John C. "Jack" Graham has boldly placed Colorado State's program on an ambitious path towards national prominence with his visionary leadership.

A successful business leader and former Rams quarterback, Graham has integrated the department under the motto, "Dream big, work hard and settle for nothing less than excellence."

University President Tony Frank believes Graham is the right person to move CSU's most visible department toward.

"In Jack Graham, we have the perfect combination of dedicated Ram fan, stand-out athlete and experienced business leader with the skills and business acumen to energize and advance our overall athletics program," Frank said. "I am excited about the enthusiasm he will generate among our students, coaches, alumni, donors and fans. He brings high standards, high expectations and a passion for winning that is infectious."

CSU's athletics department supports nearly 400 student-athletes competing in 16 varsity sports.

Graham, who played quarterback for the Rams from 1973-74, took on the duties of athletic director and quickly went to work. His first major initiative was to conduct a thorough evaluation of all athletic programs and to engage with donors and supporters about their goals for CSU athletics.

Shortly thereafter, Graham invested in CSU's future by hiring coaches with proven track records in the Rams' three biggest sports: football and men's and women's basketball. His expectation is to win at least 60 percent of games/matches and consistently participate and win in postseason competition.

## GRAHAM AT A GLANCE

### Education

- Bachelor's degree, U.S. history; Colorado State, '75

### Personal

- Played quarterback for CSU from 1973-74
- Drafted by the Miami Dolphins
- Successful 30-year career in the international insurance and reinsurance markets
- Founded ICAT Managers, a leader in catastrophic risk insurance products
- Advisory board member of the National Center of Atmospheric Research
- Married to wife, Ginger Graham

## Graham's three objectives as Director of Athletics

- Maintain athletic department integrity



CSU President Dr. Anthony Frank (background) introduced Jack Graham as the Rams' 17th Director of Athletics on Dec. 1, 2011



# Director of Athletics Jack Graham

## Athletic Department Mission Statement

The purpose of the Colorado State University Department of Athletics is to recruit, educate, develop and graduate student-athletes within an environment that pursues excellence, values integrity and ethical conduct, promotes respect for all individuals, teaches sportsmanship, entertains our constituents and emphasizes championship performance.

“Athletics play a critical role at CSU,” Graham said. “Our teams can and should be leaders in defining our university’s traditions, and they can be catalysts that unite our students and community. I believe our success in athletics can and will send a signal about the overall quality of CSU’s leadership, our standards and our talent. We are committed to winning while maintaining the highest level of integrity and student success.”

With numerous ideas for improvement and expansion, Graham is overseeing a project that is already in progress. The Moby renovation will expand the north and south concourses, improving fan access to the ticket sales and will-call areas, as well as create a more logical setup of the concession stands. The project is slated to be finished in the summer of 2013.

Graham graduated from CSU in 1975 with a bachelor’s degree in U.S. history. After playing football for CSU, he was drafted by the Miami Dolphins. He went on to a successful 30-year career in the international insurance and reinsurance markets, where he was known as an innovator and effective leader. In 1998, he founded ICAT Managers, a leader in catastrophic risk insurance products. He sold ICAT, including its Lloyd’s of London business, in 2010 and remains on the company’s board of directors. Graham also sits on the advisory board of the National Center for Atmospheric Research.

“We have the same expectations for excellence in our sports program that we have for all areas of the university,” Frank said. “With Jack’s leadership, I see no reason why CSU athletics cannot and should not compete at the highest level. To get there, we have to dream big, work hard and settle for nothing less than excellence.”

Graham introduced head football coach Jim McElwain to a packed house at Moby Arena during halftime of the CSU men’s basketball team’s eventual victory over No. 17-ranked San Diego State on Jan. 28, 2012.





# Anderson Academic and Athletic Training Center



**Cost:** \$7 million  
**Size:** 16,000 square feet,  
**Location:** Southeast of the McGraw Athletic Center

## Features:

- Training portion includes a state-of-the-art weight room, strength and conditioning offices, a nutrition center and restrooms.
- Academic center features five private tutorial rooms and large study areas
- Includes a computer lab with 30 workstations, more workspace and offices for CSU's academic staff.

In 1998, Colorado State enhanced its weight room and built an academic center as part of the McGraw Athletic Center project, but these facilities no longer meet the needs of its expanded student-athlete base, nor do they allow the Rams to compete for top-quality recruits.

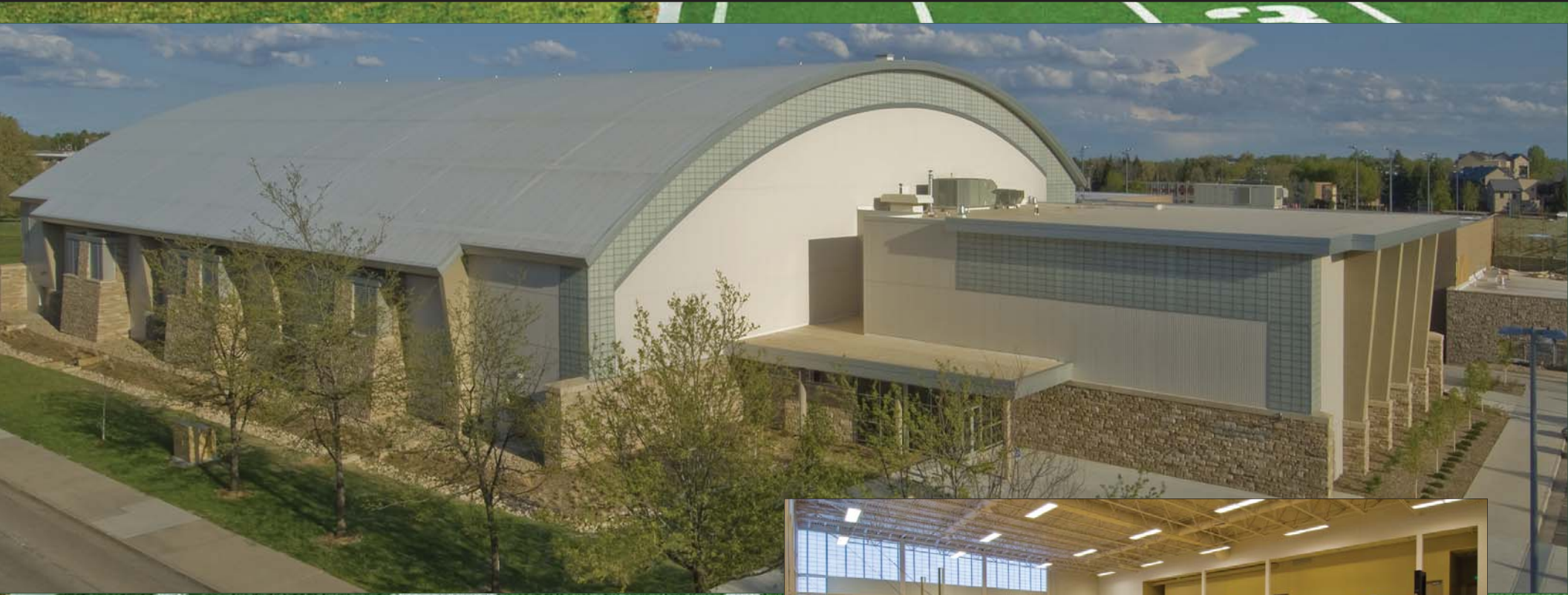
Because of the heavy time constraints placed on CSU student-athletes through practice, travel, strength and conditioning, and community service, a quality learning environment is essential for the university's student-athletes to achieve the high standards of academic success expected of them.

The Academic and Training Center is the latest centerpiece for CSU's athletic program and support its mission to recruit, educate, develop, and graduate Rams student-athletes within an environment that prusues excellence, values integrity and ethical conduct, promotes respect for all individuals, teaches sportsmanship, entertains our constituents and emphasizes championship performance.





# New Indoor Training Facility



**Cost:** \$13 million  
**Size:** 66,267 square feet, including 48,125 dedicated to the football portion and 8,827 to the basketball and volleyball areas  
**Height:** 65 feet at its tallest point  
**Location:** East of Moby Pool and north of the Student Recreation Center

## Features:

- Gymnasium easily encloses a regulation basketball court and two half courts.
- Volleyball configuration can accommodate two full-length courts.
- Contains a 70-yard synthetic-turf football field (including one end zone).
- Features a four-lane, 70-meter track and a unique shoe-changing room adjacent to the football field.
- Has flexibility to allow the softball team to set up batting cages on the football field.
- Will provide shelter for any student-athlete in each of the Rams' 16 varsity sports.
- Includes training room, equipment storage, lobby and trophy display case, and rest-rooms.
- Uses an innovative air circulation system.







**T**he Rams' indoor track and field training facility is the venerable Glenn Morris Fieldhouse, near the Jack Christiansen Track. This historic venue, built in 1924, underwent a renovation in 1998 that increased its square footage to 61,877. Its indoor track itself was most recently resurfaced in 2010.

Prior to the opening of Moby Arena in 1966, the Rams' basketball team played in the fieldhouse. The venue contains three main wings: the south area, which includes the indoor track; the middle area, which houses offices and locker rooms; and the north area, which is where the basketball team formerly played and now is used for indoor court sports.

During the early 1990s, movie producers used the fieldhouse to film a scene from *A League of Their Own* (1992), starring Geena Davis and Tom Hanks. The script included a switch-hitting slugger named Marla Hooch (Megan Cavanagh), who in the movie hailed from Fort Collins.

**J**ack Christiansen Track is one of the finest track and field facilities in the region in a picturesque setting lends itself comfortably to annually hosting marquee events. Such is the history surrounding the Jack Christiansen Memorial Track on the east side of Colorado State's main campus.

Since it opened in 1989, the venue has provided a backdrop for success for the Rams. As a result, the program has the ability to attract some of the region's finest athletes. The list of performers who've visited the track is impressive. Heading that list is Bryan Berryhill, a 10-time All-American and two-time NCAA title winner, arguably the finest distance runner ever to don CSU colors. Other athletes, such as Olympic gold medalist pole vaulter Stacy Dragila, distance runner Adam Goucher, sprinter Leonard Myles-Mills, high jump indoor world record holder Kajsa Bergqvist, sprinter Frankie Fredericks, olympian sprinter Obadele Thompson, jumper Roger Giles and the Rams' own men's NCAA title winner Casey Malone, women's NCAA title winner Loree Smith, men's All-Americans Drew Loftin and Adam and Brian Train-

or, and women's All-American Liz Toman, have graced the facility with their impressive performances.

The track was completed in 1989 after more than a year of construction, which followed years of planning. The completion of the facility allowed the school to host some of the region's top meets annually, beginning in 1990. Three times the facility has been the site of the conference track and field championships. In the summer of 2008 the facility received a face lift as the track was resurfaced.

The track is named in honor of Jack Christiansen, one of the finest athletes in school history. Christiansen was a football and track All-American who graduated in 1951. Following his career at the school -- then known as Colorado A&M -- he played for the NFL's Detroit Lions and later was inducted into the Pro Football Hall of Fame, the only former CSU athlete to earn such an honor. In 1950, Christiansen ran the 100-yard dash in 9.8 seconds, and the 200 in 21.8. A year earlier, he had set the school's record in the 440-yard dash, 47.6, a record that stood for more than two decades.



# Colorado State Home Venues



## Homes of the Rams

**C**olorado State University student-athletes in all sports enjoy some of the finest facilities in the country, including (clockwise from left) Sonny Lubick Field at Hughes Stadium, football; Moby Arena, men's and women's basketball and volleyball; University Tennis Courts, tennis; Moby Pool, swimming & diving and water polo; Harmony Club, men's and women's golf; Jack Christiansen Track, outdoor track & field; Glenn Morris Field House, indoor track & field.





# Track Facilities



## Bigger, Faster, Stronger

Colorado State features some of the best athletic facilities in the Mountain West. Since its construction in 1999, the McGraw Athletic Center and the additions to Moby Arena have provided Colorado State student-athletes the tools to excel. In 2009, the Rams unveiled two more state-of-the-art facilities, an academic and weight training center, and an indoor practice facility that accommodates two full-size volleyball courts.



## Training Room

The Colorado State University athletic training room features a multitude of taping (left) and treatment tables as well as top-tier equipment for rehabilitation (right), allowing the CSU training staff all the necessary tools to make sure that student-athletes are healthy enough to perform at their peak levels.





# Distinguished Alumni

## Business

Thomas Bradbury, past director, National Western Stock Show  
Jeff Christmann, operations manager, GE Johnson Construction  
Donald DeGryse, vice president, Lockheed Martin  
Lindsay Gill, product development manager, Spyder Active Sports  
Edward Henney, past senior vice president, Safeway Stores  
Kenneth Monfort, past board of directors member, ConAgra  
James Smith, president & CEO, Smith Investments Inc.

## Entertainment/Communications

John Amos, actor, The West Wing  
Baxter Black, American cowboy poet & humorist  
Yosef Komunyakaa, Pulitzer Prize winner, Neon Vernacular  
Gregory Osberg, executive vice president, Newsweek Magazine  
Vicki Porter, two-time Pulitzer Prize winner, community reporting  
Hugh Ragin, jazz trumpet player  
Jim Sheeler, Pulitzer Prize winner, Rocky Mountain News  
Robert A. Taylor, D.V.M., TV personality, Emergency Vets

## Government/Military

Wayne Allard, D.V.M., United States Congressman  
John Ensign, D.V.M., United States Senator  
Peter Lemon, recipient of Congressional Medal of Honor  
Ed Rhoades, former commander, U.S.S. Halyburton  
Bill Ritter, former Colorado Governor  
Roy Romer, former Colorado Governor  
Terry Slatic, Iraq veteran, U.S. Marine Corps

## Science

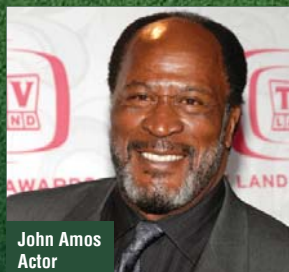
Kent Rominger, deputy director, Flight Crew Operations, NASA  
James van Hoften, former NASA astronaut, Lt. Col. USAF

## Sports

David Anderson, Six-year NFL pro  
Al "Bubba" Baker, NFL Defensive Rookie of the Year, three-time Pro Bowler  
Less Browne, Canadian Football League Hall of Famer  
Jack Christiansen, Pro Football Hall of Famer  
Janay DeLoach, 2012 Olympian, bronze medalist in long jump  
Clark Haggans, Arizona Cardinals  
Becky Hammon, Olympian and current WNBA basketball player  
Caleb Hannie, NFL Quarterback, Denver Broncos  
John Howell, Super Bowl Champion, Tampa Bay Buccaneers  
Raymond Jackson, player development, Pittsburgh Steelers  
Greg Jamison, president & CEO, San Jose Sharks  
Floyd Kerr, director of athletics, Morgan State University  
Mark Knudson, former Major League Baseball pitcher  
Martin Laird, PGA Tour  
Casey Malone, 2004 Olympian, sixth place in discus  
Felix "Tippy" Martinez, former Kansas City Royals player  
Thurman "Fum" McGraw, Pro Football Hall of Famer  
Keli McGregor, former president, Colorado Rockies  
Mike Montgomery, basketball coach (currently head coach, Cal)  
Greg Myers, College Football Hall of Famer  
Milt Palacio, NBA player  
Jason Smith, NBA player  
Erik Phillips, athletic trainer, Phoenix Suns  
Joey Porter, Retired NFL player  
Amy Van Dyken, six-time Olympic gold medalist  
Bradlee Van Pelt, winningest QB in CSU history



Jason Smith  
NBA Player



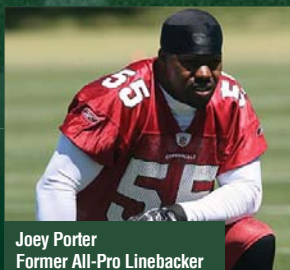
John Amos  
Actor



Becky Hammon  
WNBA Superstar



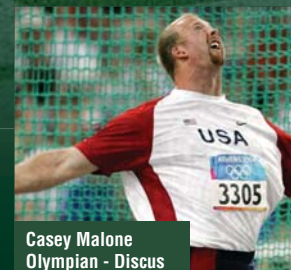
Wayne Allard  
U.S. Senator



Joey Porter  
Former All-Pro Linebacker



Bill Ritter  
Colorado Governor



Casey Malone  
Olympian - Discus



Baxter Black  
Poet/Humorist



# Head Coach Brian Bedard

## 7th Year | 24th Year overall

Coach Brian Bedard is entering his seventh year as the Rams Head Coach, and his 24th season as a track coach for Colorado State University. During his coaching tenure, Colorado State track and field athletes have won many honors, including the history-making women's victory at the 2008 Mountain West (MW) outdoor championships, the first ever outdoor title in school history. The Rams nearly repeated the effort in the 2012 MW outdoor championships leading the meet until the final event taking second to TCU.

Bedard has been on the Rams coaching staff since the fall of 1988 when he began his career as the throwing events coach. He was honored as the Mountain Region and NCAA Division I Assistant Coach of the Year in 2005. He has coached two Olympians, a 2 x USA National discus champion, two NCAA Champions, 32 All-American performances, and 51 conference champions. All of Colorado State's school records in the throwing events have been set during Bedard's tenure. In 2005, Bedard was inducted into the Colorado State University Hall of Honor for his accomplishments as a coach.

The CSU track and cross country teams have a tradition of academic success under Bedard's leadership. Last season the Ram's earned USTFCCCA All-Academic Team honors in men's and women's cross country and track and field. Both teams had a 3.1 cumulative GPA or better to qualify for team selection. Bedard supports and strives for high academic standards with his teams and celebrates those academic achievements equally with athletic achievement.

Coach Bedard's expertise extends well beyond the throwing events. For three seasons he coached the long jump and triple jump events at CSU and was also the heptathlon/decathlon coordinator for 10 seasons. He coached Liz Toman to a school record, conference championship, and NCAA qualifying mark in the high jump. In the multi-events Bedard coached conference champions in the decathlon, and CSU records in the heptathlon and women's triple jump.

One of Coach Bedard's most successful athletes is Casey Malone, a discus thrower he originally recruited from Colorado's Arvada West High School. Bedard and Malone have worked together for over fifteen years and in 2010 Casey won his second discus title at the USA Championships. In 2009 Casey also won the discus title earning a spot on the US team competing at the World Championships placing 5th. In 2008 Casey placed third at the Olympic Trials, securing a spot on the United States Olympic Team that competed in Beijing. Malone also made the U.S. Olympic Team in 2004 and placed sixth in the discus competition at the Athens Olympics. In 1996, when Malone was a freshman at Colorado State, Bedard coached him to a Junior National title and a Junior World Championship gold medal. In all during his collegiate career, Malone garnered four All-American certificates and an NCAA title in the discus.

**Contact information:** (970) 491-765 | [brian.bedard@colostate.edu](mailto:brian.bedard@colostate.edu)

## 2008 Women's Coach of the Year

### BEDARD AT A GLANCE

- Seventh year as head coach; 24th year as track coach
- Led women to first-ever outdoor conference championship in 2008
- Has coached three olympians, one USA national champion, two NCAA national champions, 32 All-Americans and 51 conference champions
- Inducted into CSU Hall of Honor in 2005

Below: Bedard with Casey Malone and Jason Schutz





# Head Coach Brian Bedard



He currently owns the Colorado State University school record in the discus at 211 feet, 6 inches.

Another of Bedard's standout throwers is Loree Smith, the 2005 NCAA National Champion hammer thrower, who was also the runner-up in the indoor weight throw and a five-time All-American. Loree set the American collegiate record in the indoor weight throw with a mark of 74-3 during the 2005 indoor season. Loree also set an NCAA collegiate record in the hammer throw at the MWC Championships with a throw of 229-9 (70.02 meters). Smith earned a spot on the United States Olympic Team in 2008 and competed in the hammer throw in the Beijing Olympics.

Many other athletes have enjoyed tremendous success under Coach Bedard's guidance. He coached Shelly Borrman, a Fort Collins native and five-time All-American and 1999 NCAA discus runner-up, who still owns the Colorado State school record and Western Athletic Conference (WAC) record in the discus with a throw of 198-8. Another discus thrower, Liz Toman, placed second in the 2001 NCAA National Championships. Drew Loftin was the 2003 NCAA indoor runner-up in the weight throw and outdoor run-

ner-up in the hammer. Loftin threw 71-1.5 in the weight throw and 232-0 in the hammer while competing for the Rams. Bedard recently began working with Drew Loftin again after a five year lay-off from throwing and Loftin placed third in the hammer at the 2010 USA Championships throwing 247-0.

Bedard's most recent standout is 2011-12 freshman Kiah Hicks who re-wrote the CSU freshman records in the throwing events. Kiah broke the frosh record in the 20-lbs. weight throw with a mark of 61-4. She also broke the frosh outdoor shot record with a mark of 50-2 and the frosh hammer record with a mark of 190-7. Outstanding marks considering Kiah had never thrown the hammer or weight before.

Coach Bedard has shared his coaching expertise as a featured speaker at numerous conferences and clinics across the country. He has also developed two instructional DVD's on discus throwing technique, which are available through championship books and videos. Before he began his coaching career, Bedard was a student-athlete in track and field at Colorado State University from 1983-88. He finished as the Western Athletic Conference runner-up in the discus and placed eighth in the shot put. Bedard is married to Jill Bedard (formerly Johnson) a volleyball standout for Colorado State University from 1987-90. They have two daughters, 16-year-old Kelcey and 14-year-old Baylee.





## Assistant Coach - Multis, Jumps, Pole Vault | 10th Year

Tim Cawley begins his 10th season at Colorado State where he is responsible for the multi-events as well as the horizontal jumps and pole vault.

Cawley has seen his student-athletes break numerous school records in a variety of events, ranging from the 60 meter dash to the heptathlon. While at CSU Cawley has coached one Olympic Bronze Medalist, one USA Champion, eight NCAA All-American performances, 24 NCAA Championship qualifiers, 19 Conference Champions and several NCAA Regional qualifiers.

During the 2012 season he coached Janay DeLoach a former Ram to an Olympic Bronze Medal in the long jump. DeLoach also retained her USA indoor national title in the long jump and was seventh in the 60m hurdles. DeLoach also placed third at the USA outdoor championship earning her a spot on the USA Olympic team. DeLoach was ranked as high as second in the world during the 2012 season.

Cawley also developed a sprint sled specifically designed to be pulled over sprint blocks. This sprint sled has been picked up by and is now sold by Gill Athletics.

Cawley joined the Rams from Wisconsin-Milwaukee where he was an assistant coach. During his stint with the Panthers he oversaw sprints, hurdles, jumps, pole vault, javelin, hammer, and assisted in the day-to-day operations of the program. In his two seasons, Cawley coached 43 conference champions and 21 school records fell.

Prior to Wisconsin-Milwaukee, Cawley spent two years as the jumps coordinator at West Virginia University. While there, he coached one All-American, two NCAA qualifiers and two Conference Champions. He also received his master's degree from West Virginia in Athletic Coaching Education.

Cawley earned his degree in Art Education from the University of Wyoming, where he competed in the jumps and was on the 4x100 meter relay team. At the NCAA Championships, he earned All-American honors in 1998 in the long jump and also competed in the triple jump. In 2008 he finished in the top ten at the USA Indoor Championships in the triple jump.



**Contact information:** (970) 988-4919 | [timothy.cawley@colostate.edu](mailto:timothy.cawley@colostate.edu)



# Art Siemers

## Assistant Coach - Distance | First Year

Art Siemers, a 12-year coaching veteran, has been introduced as the Head Coach of the cross country program and will also guide the distance runners on the track squad. Head track & field coach Brian Bedard made the announcement.

Siemers (pronounced SEE-mers) joins the Rams after 10 years at Colorado School of Mines. He began coaching cross country in 2002 and later took over the track & field program in 2005.

With the Orediggers Siemers coached 21 All-Americans in cross country and led his teams to nine NCAA Division II championship berths, placing in the top five on four different occasions, including a third-place finish with the men's team in 2009.

After taking over the reins of the track & field program, Siemers added 82 All-Americans and five national champions to his list of athletes coached. He led his men's and women's teams to 15 top-25 NCAA team finishes in the indoor and outdoor seasons.

In 2009 he was voted the Rocky Mountain Athletic Conference Indoor Men's and Women's Coach of the Year. In 2009-10 and 2011-12 the men's program finished fourth in the final rankings for the United States Track & Field Cross Country Coaches Association's Program of the Year.

In an interview with Colorado Runner Magazine in January of this year, Siemers discussed his coaching philosophy.

Before he began coaching at the collegiate level, Siemers was the head cross country coach at Jefferson Academy High School in Broomfield, Colo., from 2000-01. In just two years, he initiated the cross country program, recruited the inaugural team and led it to the 2001 Colorado 3A State Championship Meet.

While in college at Illinois State, Siemers ran both track and cross country. A four-year letterwinner in both sports, he was the Missouri Valley Conference 1500-meter and mile champion. He was named cross country all-conference and all-region, as well as first-team academic all-conference in 1993 and 1994.

Siemers graduated with a bachelor's degree in both elementary education and history from Illinois State University in 1995. He later achieved his master's degree in education from the University of Colorado in 1999.

A native of Bensenville, Ill., Siemers attended Fenton High School. He is the oldest of seven children. He and his wife Erica live with their two dogs, Buster and Sandy.



**Contact information:** (970) 491-5434 | [a.siemers@colostate.edu](mailto:a.siemers@colostate.edu)





## Assistant Coach - Distance | First Year

Dahlberg joins the Colorado State University track and cross country staff this for his first season after five years coaching at Western State College. He will assist Head Coach Art Siemers in cross country and track and field. Scott will also spearhead recruiting efforts in the middle distance and distance events.

While he was an assistant coach at Western State College he helped coach a national championship cross country team, four runner-up national championship cross country teams, four individual national champions, 76 All-American titles, and an Olympic trials qualifier. Both men's and women's teams earned "Academic Team of the Year" honors.

Scott is a 2008 graduate of Western State College where he earned five All-America titles between cross-country and track and field after originally attending Western State to play basketball. The two-time cross country All-American lead the Mountaineers to a national runner-up finish in 2007. In his track and field career, Dahlberg placed seventh in the mile and third in the distance medley relay at the 2008 indoor national championships. He finished fourth in the outdoor championships later in the season in the 3,000-meter steeplechase. He continues to train with the Boulder Running Company.

Dahlberg graduated from Western State with honors in mathematics, secondary education, and exercise and sports science.



**Contact information:** [scott.dahlberg@colostate.edu](mailto:scott.dahlberg@colostate.edu) | 970/491-5434



# Karim Abdel Wahab

## Assistant Coach - Sprints & Hurdles | Second Year

Abdel Wahab is beginning his second season with Colorado State. In the first season he coached Trevor Brown for a new school record and first place finish in the men's 60-meter hurdles at the Indoor Mountain West Conference. Abdel Wahab coached six All-Conference titles in the 2010-2011 Indoor and Outdoor seasons in the 60m hurdles, 110m Hurdles, 400m and 4x100m relay. Abdel Wahab also coached three men qualifiers for the Outdoor West NCAA Preliminary Round.



In February of 2010 Egypt asked Abdel Wahab to be the personal coach of Amr Seoud, the Egyptian record holder in the men's 100- and 200-meters. In the 2010 African Championships, Seoud set new national records in the events, and won the gold medal in the 200-meter dash with a new Egyptian and Arab record of 20.36 seconds. He also finished fourth in the 100-meters with a new Egyptian record of 10.18 seconds. At the 2010 IAAF World Cup, Seoud ended the season ranking 6th in the 200-meters. In the 2011 World Championships, Seoud ran the 200-meter, ranking 18th, and won the All African Games in the 100-meter with a PR of 10.13 seconds. Seoud is now preparing with coach Abdel Wahab for the 2012 World Indoor Championships and the 2012 Olympic Games in London, as he is an A standard qualifier for the London Games in the 100- and 200-meter.

Prior to being with the Rams, Abdel Wahab spent four years as the sprints and hurdles coach at Northern Colorado. With the Bears, he helped the track team members set school records in the women's indoor 60-meter dash, the women's indoor 55- and 60-meter hurdles, and the men's indoor 200-meter dash, as well as coaching several Big Sky Conference winners and finalists in the sprints, high hurdles and 4x100-meter relays. Also with the Bears Abdel Wahab helped the first 100- and 200-meter men's sprinters to qualify for the NCAA regional championship for the first time in Northern Colorado's Division I history.

A native of Egypt, Abdel Wahab graduated from Helwan University in Cairo in 2002 with a degree in sports and exercise science.

Karim and his wife Katie have two daughters and a son, 9-year-old Lina, 5-year-old Eman and 2-year-old Makeen.

**Contact information:** (970) 491-2962 | [karim.abdel\\_wahab@colostate.edu](mailto:karim.abdel_wahab@colostate.edu)



# Cathleen Campbell



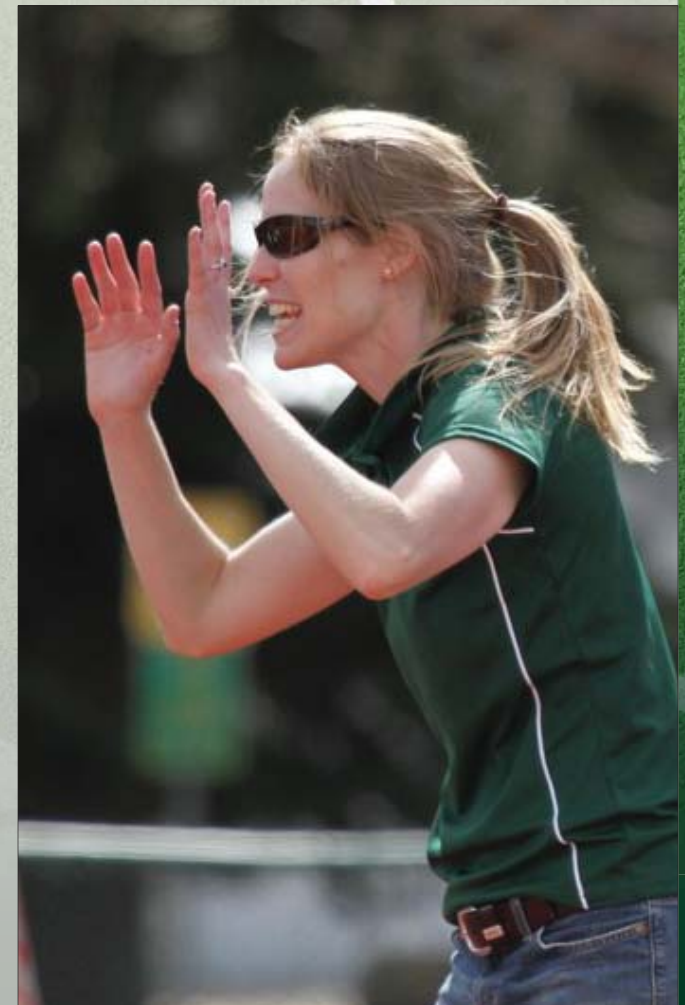
## **Assistant Coach - Director of Operations; Asst. Coach - High Jump | Fourth Year**

Cathleen Campbell enters her fourth season as an assistant coach at Colorado State University for the 2012-2013 season. She is the director of operations for the track and field program, and coaches the high jump. During the 2009-10 track season, she coached a national qualifier in the women's high jump. Campbell served as a volunteer coach with the Rams during the 2008-09 season.

Campbell graduated from the University of Richmond in Richmond, Virginia, in 2003 with a bachelor of science, double majoring in computer science and physics. Campbell competed in the high jump, heptathlon and 400 hurdles. While at Richmond, she was a team captain, a member of the 2003 Atlantic 10 indoor championship team, and conference champion in the heptathlon in 2002 and 2003.

After graduation, Campbell became a volunteer coach at Colorado School of Mines where she assisted with jumpers and decathletes. During the 2007-2008 season, Campbell was hired as the high jump coach at University of Northern Colorado. She coached a Big Sky Conference champion and regional qualifier in the women's high jump.

Campbell is Level I USA Track & Field Certified and Level II USA Track & Field Certified in jumps, sprints, throws and combined events. She is also certified as a USA Track & Field Level I Instructor and USA Track & Field Official.



**Contact information:** (970) 491-4307 | [cathleen.campbell@colostate.edu](mailto:cathleen.campbell@colostate.edu)



# Adam Kuehl

Contact information: (970) 491-0747 | adam.kuehl@colostate.edu

## Strength and Conditioning - Sprints/Jumps/Throws | First Year

Adam Kuehl is starting his first year as strength and conditioning coach for the Rams. He will be designing and implementing the strength and conditioning programs for the throwers, jumpers and sprinters as well as the men's golf teams.

Kuehl was recently at the University of Oklahoma as a graduate assistant. In Norman he designed the programs for the men's and women's track and field teams. He also assisted with baseball, men's and women's golf, women's tennis and volleyball.

Adam continues to compete at an elite level in the discus throw. At the University of Arizona he was a 5-time All-American (3 Discus and 2 shot put). He was named team captain for his senior year in 2007 during which he threw 213 feet, 2 inches (64.98m) resetting his previous school record of 209 feet, 7 inches (63.89m) thrown in 2006. His throw in 2007 is one of the best throws in NCAA history. He was the 2007 Pan-Am Games Silver medalist in the discus throw in Rio de Janeiro, Brazil. He has been coached by John Frazier and Craig Carter while at the University of Arizona. Through 2008-2009 he lived and trained full-time at the Olympic Training Center in Chula Vista, California. Adam was coached by Ty Sevin and Dan Pfaff, and trained with several other elite level throwers. From 2006 to 2009 he produced throws that ranked him the top 30 in the world. In 2008 he threw 61.50 at the USA Olympic Trials and was the alternate to the USA Olympic Team.

Kuehl earned his bachelors of Science degree in Physical Education from the University of Arizona in 2007. He continued to work, train and complete his master's degree in Intercollegiate Athletics Administration from the University of Oklahoma in 2012. He is a NSCA certified strength and conditioning specialist (CSCS) and a Club Coach with the USAW. He recently married Courtney (Cashion) a former standout swimmer at the University of Arizona. Adam enjoys fishing and they both enjoy the beautiful outdoors of Colorado.



# Tracy Ljone

Contact information: (970) 491-0747 | Tracy.Ljone@colostate.edu

## Strength and Conditioning - Middle Distance/Distance | First Year

Tracy Ljone comes to CSU with 14 years of Division I coaching experience splitting these years between Strength and Conditioning and Swimming. Ljone began her collegiate coaching career at Georgia Southern University in 1998 as a graduate assistant in the weight room where she was the primary strength coach for men's and women's swimming and diving, track and field, soccer, golf, tennis and volleyball. She also served as an intern at Arizona State University (2000), where she helped with football, women's basketball, men's and women's swimming and diving and wrestling. In 1999 she was asked to be the head swimming coach at GSU and remained there for the following three seasons taking the women's squad to their highest finish (2nd) in the Southern Conference. In 2002 Ljone migrated west and once again found herself back in the weight room at the University of New Mexico assisting the strength and conditioning coaches while pursuing her Ph.D. in Sport Management and Health Education. In 2004 she was asked to be the Assistant Swimming Coach for the women's squad where she served for only one year before being promoted to the head position in 2005, which she held for the past seven seasons. During Ljone's tenure as the Head Swimming and Diving Coach at UNM her squads rewrote the record books breaking 20 out of the 22 school records, had three NCAA B qualifiers and two NCAA automatic qualifiers. Ljone believes in strong community relations and her teams continually surpassed 500 hours of service each year in the Albuquerque community. In 2009 and 2012 her teams GPAs ranked 9th and 19th nationally among all Division I squads, earning All-Academic Team honors every semester and putting UNM swimming at the top of the MWC Scholar Athlete list.

Ljone earned her Bachelor's of Science from the University of South Carolina in Exercise Science, a Master's of Science in Sport Management from Georgia Southern University and a Ph.D. in Physical Education, Exercise and Sport Science from the University of New Mexico.

Outside of academics she was a three-year letter winner in swimming, 1993-1997, at the University of South Carolina specializing in the butterfly for the Gamecocks. She qualified for the 2004 Boston Marathon and was the 1st American woman finisher (9th overall) at the 2008 Great Wall of China Marathon. In 2009 she competed in her first Ironman triathlon competition in Coeur d'Alene, Idaho where she was the first woman, both professional and amateur, out of the water. She qualified for the Ironman World Championships in this first attempt (10 hr 57 min) and went on to compete in the 2009 event where she was the second woman out of the water.

Ljone returns to the strength and conditioning side of coaching because she says that's where her true passion resides. She enjoys working with the various sports and all types of athletes in their quest for success. She has been a Certified Strength and Conditioning Specialist since 1998. Her primary sports at CSU will be women's swimming and diving, men's and women's middle and distance track and women's tennis.





# Janay DeLoach-Soukup

## Volunteer Assistant Coach | Fifth Year

DeLoach is one of the most decorated female track athletes in CSU history. In the 2012 Summer Games she earned Colorado State's third ever Olympic medal, taking bronze in the long jump in London. More on her Olympic success can be found on page 68.

DeLoach is the third female athlete in school history to earn multiple all-America honors in the same season. She earned the award in both the outdoor long jump and 100 meters. In addition to these two, she earned the award in the 2007 indoor and outdoor long jump, bringing her career total to four all-America honors.

She also holds the top two long jumps in CSU history, as she broke her own school record with a jump of 21 feet, 3¼ inches in 2008. The Edwards Air Force Base, Calif., native joined the track coaching staff after an amazing athletic career. On top of her four All-America certificates, she is a two-time winner of the Virginia K. Frank Award as the most outstanding female athlete at CSU. She also won four Mountain West long jump titles and was named all-conference on four occasions. She will continue to bring her determination and success to the current track and field team, where she will work closely with Tim Cawley.

In 2009, DeLoach qualified for the indoor and outdoor USA championships. DeLoach won the U.S. long jump championship in February 2011, with a world-leading mark of 22 feet, 11.25 inches. A second place performance at the outdoor USA championships earned her a spot on the U.S. Track and Field team and the opportunity to compete at the world championships in Dageu, Korea in August 2011. She placed sixth with a mark of 21-6.26.

DeLoach graduated in 2008 with a double-degree in psychology and human development and family studies. She is currently enrolled in the graduate program for occupational therapy at CSU.



# Jason Smith

## Volunteer Assistant Coach | Third Year

Jason Smith joins the Colorado State track and field program for his third year of coaching during the 2013 season. He was a two-sport athlete while attending Colorado State as an undergraduate. Jason finished seventh in the triple jump (14.03m) at the 2009 Mountain West indoor championships.

In addition, Jason also served as the place kicker for the football program, and currently holds the most accurate field-goal percentage in school history. He is originally from Denver, Colo., and attended Arapahoe High School.





# Tyler Hoerner

## Volunteer Assistant Coach | Second Year

Tyler Hoerner is in his second year as a volunteer coach with the Colorado State University track & field team.

A recent graduate from the University of Northern Colorado, Hoerner received his Masters degree in sports administration in 2011 and his Bachelors degree in business marketing in 2010.

Hoerner was a standout on the University of Northern Colorado track & field team from 2006-2011 where he ran the 200 meters, 400 meters, 400 hurdles, 4x100 relay and 4x400 relay for the Bears. Hoerner holds the UNC indoor 400-meter school record with a time of 47.88 seconds. He was also the lead-off leg on the UNC 4x400 relay team that holds the indoor school record of 3:13.97. Tyler earned Big Sky all-Conference honors six times and Big Sky all-academic honors four years. Hoerner's best marks include 21.66 in the 200, 47.46 in the 400, and 52.81 in the 400 hurdles.

Prior to University of Northern Colorado, Hoerner graduated from Hilltop Baptist High School in 2006 in Colorado Springs where he lettered in football, basketball, and track for the Centurions all four years.

Hoerner is married to Emily Hoerner.

# Tyrone Whipple

## Volunteer Assistant Coach | First Year

Whipple joins the Rams for his first year as a volunteer assistant coach in 2013.

Before coming to Colorado State, Whipple coached for four years as the jumps coach at Northern Colorado. With the Bears, he helped a high jumper, become the first-ever UNC athlete to earn a berth in a national championship event since UNC's transition to Division I. He also coached several Big Sky Conference finalists in the jumps.

Whipple is currently employed as an administrative program manager at Alternative Homes for Youth out of Greeley Colo., where he works with at risk-youth.

A native of Colorado, Whipple graduated from Western State College in Gunnison in 1990 with a degree in sports and exercise science. While at Western State he was a two sport athlete in football and track.

He has three daughters and a son: 16-year old Kelsey, 10-year old Raven, 6-year old Jada and 5-year old Giovanni.

# Ari Curtis

## Volunteer Assistant Coach | First Year

Ari Curtis begins her first year coaching as an assistant sprints and hurdles coach for CSU. A Fort Collins native, Curtis attended Rocky Mountain High School before attending Drake University in Des Moines, Iowa. As a high school athlete, she claimed seven state track and field titles including a team victory in 2006.

At Drake, Curtis owns school records in two relays and three individual events, including the 400-meter hurdles in which she placed 10th at the 2010 NCAA Outdoor Championships. That year she also qualified for the USATF National Championships in Des Moines. After a redshirt year, she returned to the first round of the 2012 NCAA Outdoor Championships and graduated with honors in graphic design and magazine journalism. She has been named to the USTFCCA Academic All-American Team twice.

Curtis currently works with the Colorado State University Division of External Relations as a graphic designer

# Ryan Frieese

## Volunteer Assistant Coach | First Year

Ryan Frieese begins his first season as a volunteer assistant coach at Colorado State University for the cross country and track teams.

Frieese was a standout on the Colorado State track & field team from 2007-2011 where he competed in the 400 meters, 800 meters, 4x400 relay, long jump and triple jump for the Rams.

Frieese was a Mountain West champion in the 800 in both the indoor and outdoor seasons in 2009. His indoor top time of 1 minute, 50.79 seconds is the second-best time ever clocked at Colorado State. He also ranks in the top five in the 800 in the outdoor record books. He is a seven-time all-conference recipient for his efforts in the 800 and the 4x400 relay.

A recent graduate from Colorado State, Frieese received his degrees in computer engineering and computer science. He is currently a National Science Foundation graduate research fellow, pursuing his doctorate in electrical engineering at CSU.

A native of Colorado Springs, Colo., Frieese attended Rampart High School where he earned all-state honors in the 400 meters and the triple jump. He was also awarded All-America honors in the 4x400 relay.





## Middle Distance | JR./JR. | Parker, Colo. | Oklahoma

### Track & Field

- NCAA national qualifier – 1500-meter run – 2012
- Second place – MW outdoor championships – 1500-meter run – 2012
- All-Mountain West outdoor track & field team – 1500-meter run – 2012
- Second place – MW indoor championships – distance medley relay – 2012
- All-Mountain West indoor track & field team – distance medley relay – 2012
- Seventh place – MW indoor championships – mile run – 2012

- Third place – MW indoor championships – distance medley relay – 2011
- All-Mountain West indoor track & field team – distance medley relay – 2011
- Eighth place – MW indoor championships – mile run – 2011

### Top Collegiate Performances

- 800-meter run: 1:50.16
- 1,500-meter run: 3:51.93 \*high altitude conversion: 3:46.68
- Mile run: 4:05.47





# Trevor Brown

## Hurdles | JR./JR. | Colorado Springs, Colo. | Wasson

### Track & Field

- NCAA national qualifier – 110-meter hurdles – 2012
  - Second team All-America honors – 110-meter hurdles – 2012
  - First place – MW outdoor championships – 400-meter hurdles – 2012
  - All-Mountain West outdoor track & field team – 400-meter hurdles – 2012
  - First place – MW outdoor championships – 110-meter hurdles – 2012
  - All-Mountain West outdoor track & field team – 110-meter hurdles – 2012
  - First place – MW indoor championships – 60-meter hurdles – 2012
    - All-Mountain West indoor track & field team – 60-meter hurdles – 2012
- NCAA national qualifier – 110-meter hurdles – 2011
  - USA junior championships – 110-meter hurdles – fifth place – 2011
  - Second place – MW outdoor championships – 110-meter hurdles – 2011
  - All-Mountain West outdoor track & field team – 110-meter hurdles – 2011
  - First place – MW indoor championships – 60-meter hurdles – 2011
  - All-Mountain West indoor track & field team – 60-meter hurdles – 2011
  - School record holder – indoor track & field – 60-meter hurdles – 2011

### Academics

- Track & field academic all-Mountain West – 2011, 2012

### Top Collegiate Performances

- 110-meter hurdles: 13.75
- 60-meter hurdles: 7.77
- 400-meter hurdles: 51.08
- 200-meter dash: 21.75







## Middle Distance | JR./JR. | Findlay, Ohio | Liberty Benton

### Track & Field

- NCAA national qualifier – 800-meter run – 2011
- Sixth place – MW outdoor championships – 800 meter run – 2011
- Third place – MW indoor championships – distance medley relay – 2011
- All-Mountain West indoor track & field team – distance medley relay – 2011

### Academics

- USTFCCCA track & field all-academic team – 2011
- MW track & field Scholar Athlete – 2011
- Track & field academic all-Mountain West – 2011

### Top Collegiate Performances

- 800-meter run: 1:50.40 \*high altitude conversion: 1:49.75
- 400-meter run: 50.33





## Hurdles | SR./SR. | Colo. Springs, Colo. | Sierra

### Track & Field

- NCAA national qualifier – 110-meter hurdles – 2012
- Third place – MW outdoor championships – 110-meter hurdles – 2012
- All-Mountain West outdoor track & field team – 110-meter hurdles – 2012
- Fourth place – MW indoor championships – 60-meter hurdles – 2012
- NCAA national qualifier – 110-meter hurdles – 2011
- Third place – MW outdoor championships – 110-meter hurdles – 2011



- All-Mountain West outdoor track & field team – 110-meter hurdles – 2011
- Third place – MW indoor championships – 60-meter hurdles – 2011
- All-Mountain West indoor track & field team – 60-meter hurdles – 2011
- NCAA national qualifier – 110-meter hurdles – 2010
- Fifth place – MW outdoor championships – 110 meter hurdles – 2010
- Third place – MW outdoor championships – 4x100-meter relay – 2010
- All-Mountain West outdoor track & field team – 4x100-meter relay – 2010

### Top Collegiate Performances

- 110-meter hurdles: 14.16
- 60-meter hurdles: 7.94
- 60-meter dash: 7.08
- 200-meter dash: 22.49





**Distance | SR./SR. | Colo. Springs, Colo. | Coronado**

## Track & Field

- Sixth place – MW indoor championships – 5,000-meter run – 2012
- Eighth place – MW indoor championships – 3,000-meter run – 2012
- NCAA national qualifier – 10,000-meter run – 2011
- Eighth place – MW outdoor championships – 10,000-meter run – 2011
- Eighth place – MW outdoor championships – 10,000-meter run – 2010

## Academics

- Track & field academic all-Mountain West – 2010, 2011, 2012
- Cross country academic all-Mountain West – 2009, 2010, 2011

## Top Collegiate Performances

- 10,000-meter run: 30:03.10
- 5,000-meter run: 14:35.85
- 3,000-meter run: 8:24.46





# Spenser Lynass

## Distance | SR./SR. | North Bend, Ore. | North Bend

### Track & Field

- NCAA national qualifier – 3,000-meter steeplechase – 2011
- First place – MW outdoor championships – 3,000-meter steeplechase – 2011



- All-Mountain West outdoor track & field team – 3,000-meter steeplechase – 2011
- NCAA national qualifier – 3,000-meter steeplechase – 2010
- Seventh place – MW outdoor championships – 3,000-meter steeplechase – 2010
- Seventh place – MW outdoor championships – 3,000-meter steeplechase – 2010
- Fifth place – MW indoor championships – mile run – 2010
- NCAA Midwest regional qualifier – 3,000-meter steeplechase – 2009

### Academics

- Track & field academic all-Mountain West – 2009, 2010, 2011
- Cross country academic all-Mountain West – 2009, 2010, 2011

### Top Collegiate Performances

- 3,000-meter steeplechase: 8:51.10
- 3,000-meter run: 8:15.97
- 5,000-meter run: 14:27.67
- Mile run: 4:13.82







## Sprints | JR./JR. | Aurora, Colo. | University of Northern Colorado

### Track & Field

- First place – Big Sky indoor championships – 200-meter dash – 2012
  - Second place – Big Sky indoor championships – 60-meter dash – 2012
  - NCAA national qualifier – 200-meter dash – 2011
  - NCAA national qualifier – 100-meter dash – 2011
  - Third place – Big Sky outdoor championships – 100-meter dash – 2011
  - Second place – Big Sky outdoor championships – 200-meter dash – 2011
  - First place – Big Sky indoor championships – 200-meter dash – 2011
  - Fifth place – Big Sky indoor championships – 60-meter dash – 2011
  - NCAA national qualifier – 200-meter dash – 2010
  - First place – Big Sky outdoor championships – 200-meter dash – 2010
  - Sixth place – Big Sky outdoor championships – 100-meter dash – 2010
  - Second place – Big Sky indoor championships – 200-meter dash – 2010
- ### Top Collegiate Performances
- 100-meter dash: 10.39
  - 200-meter dash: 20.81
  - 60-meter dash: 6.76
  - 400-meter dash: 48.48





# Jonathan Edmunds

## Jumps | SO./SO. | Centennial, Colo. | Littleton

### Track & Field

- Seventh place – MW indoor championships – triple jump – 2012

### Academics

- Track & field academic all-Mountain West – 2012

### Top Collegiate Performances

- Triple jump: 49-6.5 [15.10 m]  
Long jump: 23-10 [7.26 m]



# Graham Gilliland

## Jumps | SO./SO. | Fort Collins, Colo. | Rocky Mountain

### Track & Field

- USA junior championships – long jump, triple jump – 2011
- Fifth place – MW outdoor championships – long jump – 2011
- Fifth place – MW outdoor championships – triple jump – 2011

### Academics

- MW track & field Scholar Athlete – 2011, 2012
- Track & field academic all-Mountain West – 2011

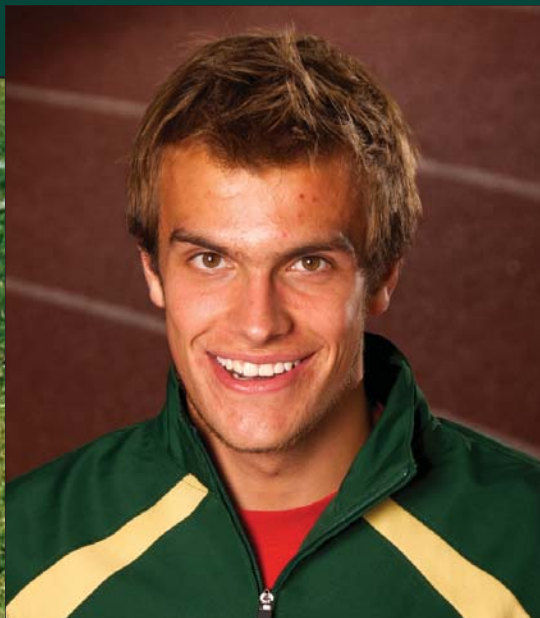
### Top Collegiate Performances

- Long jump: 23-11 [7.29 m]  
Triple jump: 48-11 [14.91 m]





## Andrew Goodman



### Distance | SO./SO. | Colo. Springs, Colo. | Palmer

#### Track & Field

- Sixth place – MW outdoor championships – 1500-meter run – 2012
- Seventh place – MW outdoor championships – 3,000-meter steeplechase – 2012
- Second place – MW indoor championships – distance medley relay – 2012
- All-Mountain West indoor track & field team – distance medley relay – 2012

#### Academics

- MW track & field Scholar Athlete – 2012
- Track & field academic all-Mountain West – 2012
- Cross country academic all-Mountain West – 2011

#### Top Collegiate Performances

- 3,000-meter steeplechase: 9:11.93
- 3,000-meter run: 9:05.34 \*high altitude conversion: 8:51.91
- 1500-meter run: 3:59.39 \*high altitude conversion: 3:50.48
- Mile run: 4:10.97
- 800-meter run: 1:56.07 \*high altitude conversion: 1:54.72

## Justin Green



### Multis | SO./SO. | Liberty Hill, Tex. | Liberty Hill

#### Track & Field

- Eighth place – MW outdoor championships – decathlon – 2012
- Seventh place – MW indoor championships – heptathlon – 2012

#### Top Collegiate Performances

- Decathlon: 6,394 points
- Heptathlon: 5,086 points
- Pole Vault: 15-3 [4.65 m]
- High Jump: 6-8.25 [2.04 m]
- Decathlon Events – 100: 11.56; Long Jump: 6.58m; Shot Put: 10.55m; HJ: 1.99m; 400: 51.87m, 110 Hurdles: 15.60; Discus: 31.54m; Pole Vault: 4.45m; Javelin: 44.75, 1500 Meter Run: 5:08.87
- Heptathlon Events – 60: 7.40; 60 Hurdles: 8.31; 1000 Meter Run: 2:59.59



# Ken Harriman

## Throws | JR./JR. | Pueblo, Colo. | Pueblo South

### Track & Field

- Seventh place – MW outdoor championships – shot put – 2012
- Eighth place – MW outdoor championships – hammer throw – 2012
- Fourth place – MW indoor championships – weight throw – 2012

### Top Collegiate Performances

- Hammer throw: 179-0.25 [54.57 m]
- Weight throw: 63-0.75 [19.22 m]
- Shot put: 53-11.25 [16.44 m]
- Discus: 148-0 [45.12 m]



# Sam Lynass

## Hurdles | SO./SO. | North Bend, Ore. | North Bend

### Track & Field

- Sixth place – MW outdoor championships – 400-meter hurdles – 2012
- Second place – MW indoor championships – distance medley relay – 2012
- All-Mountain West indoor track & field team – distance medley relay – 2012

### Academics

- Track & field academic all-Mountain West – 2012

### Top Collegiate Performances

- 400-meter hurdles: 54.40
- 400-meter run: 49.38







## Multis | SR/SR | Colorado Springs, Colo. | Rampart

### Track & Field

- Seventh place – MW outdoor championships – javelin – 2012
- Fourth place – MW outdoor championships – decathlon – 2012
- Sixth place – MW indoor championships – heptathlon – 2012
- Fourth place – MW outdoor championships – decathlon – 2011
- Eighth place – MW outdoor championships – javelin – 2011
- Fifth place – MW indoor championships – heptathlon – 2011
- Sixth place – MW outdoor championships – decathlon – 2010
- Seventh place – MW outdoor championships – heptathlon – 2010

### Academics

- MW track & field Scholar Athlete – 2010, 2012
- Track & field academic all-Mountain West – 2010, 2011, 2012

### Top Collegiate Performances

- Decathlon: 6,860 points
- Heptathlon: 5,114 points
- Pole Vault: 15-7.25 [4.76 m]
- Triple Jump: 46-8 [14.22 m]
- Decathlon Events – 100: 11.31; Long Jump: 6.71m; Shot Put: 13.37m; HJ: 1.91m; 400: 51.8, 110 Hurdles: 15.83; Discus: 38.41m; Pole Vault: 4.75m; Javelin: 55.99m, 1500 Meter Run: 5:10.5
- Heptathlon Events – 60: 7.27; 60 Hurdles: 8.76; 1000 Meter Run: 2:57.65



## Distance | JR./JR. | Albuquerque, N.M. | Sandia

### Track & Field

- Sixth place – MW outdoor championships – 3,000-meter steeplechase – 2012
- Third place – MW indoor championships – distance medley relay – 2011
- All-Mountain West indoor track & field team – distance medley relay – 2011

### Academics

- MW track & field Scholar Athlete – 2011, 2012
- MW cross country Scholar Athlete – 2010, 2011
- Track & field academic all-Mountain West – 2011, 2012
- Cross country academic all-Mountain West – 2010, 2011

### Top Collegiate Performances

- 3,000-meter steeplechase: 9:03.54
- 1,500-meter run: 3:58.97
- 3,000-meter run: 8:36.18 \*altitude time: 8:30.78
- 5,000-meter run: 15:12.62 \*altitude time: 14:39.93



# Alex Muntefering

## Distance | JR./JR. | Parkston, S.D. | University of Oklahoma

### Track & Field

- Sixth place – MW outdoor championships – 800-meter run – 2012
- Second place – MW indoor championships – distance medley relay – 2012
- All-Mountain West indoor track & field team – distance medley relay – 2012
- Eighth place – MW indoor championships – mile run – 2012
- Seventh place – Big 12 conference indoor championships – mile run – 2011
- Eighth place – Big 12 conference indoor championships – 1,000 meters – 2010

### Academics

- MW track & field Scholar Athlete – 2012
- MW cross country Scholar Athlete – 2011
- Track & field academic all-Mountain West – 2012
- Cross country academic all-Mountain West – 2011
- Academic all-Big 12 track and field team – 2011
- Academic all-Big 12 cross country team – 2010

### Top Collegiate Performances

- Mile run: 4:05.75
- 1500-meter run: 3:48.39
- 800-meter run: 1:53.18
- 3,000-meter run: 8:12.38



# Alec Pott

## Throws | JR./JR. | Fort Collins, Colo. | Poudre

### Track & Field

- Third place – MW outdoor championships – hammer throw – 2012
- All-Mountain West outdoor track & field team – hammer throw – 2012
- Fifth place – MW outdoor championships – shot put – 2012
- Seventh place – MW indoor championships – weight throw – 2012

### Top Collegiate Performances

- Weight throw: 61-3 [18.67 m]
- Hammer throw: 188-10 [57.56 m]
- Shot put: 56-1.25 [17.10 m]
- Discus: 141-6 [43.13 m]





## Trey Richardson



### Jumps | SO./SO. | Denver, Colo. | George Washington

#### Track & Field

- USA junior championships – triple jump – 2012
- Eighth place – MW outdoor championships – triple jump – 2012
- Fourth place – MW indoor championships – triple jump – 2012

#### Top Collegiate Performances

- Triple jump: 49-3.5 [15.02 m]
- Long jump: 21-8.75 [6.62 m]

## Andrew Schall



### Pole Vault | SR./SR. | Fort Collins, Colo. | Idaho State University

#### Track & Field

- Eighth place – MW indoor championships – pole vault – 2012
- Sixth place – MW indoor championships – pole vault – 2011

#### Academics

- Track & field academic all-Mountain West – 2011, 2012

#### Top Collegiate Performances

- Pole vault: 16-6 [5.05 m]



# Jake Schneeberger

## Throws | SO./SO. | Fort Collins, Colo. | Fossil Ridge

### Track & Field

- USA junior championships – shot put, discus, hammer throw – 2012
- Fifth place – MW outdoor championships – discus – 2012
- Fifth place – MW indoor championships – shot put – 2012

### Academics

- Track & field academic all-Mountain West – 2012

### Top Collegiate Performances

- Shot put: 54-7.25 [16.64 m]
- Discus: 166-7.5 [50.79 m]
- Hammer throw: 180-10 [55.12 m]
- Weight throw: 61-7 [18.77 m]



# Ryan Wasilawski

## Jumps | SR./SR. | Evergreen, Colo. | Clear Creek

### Track & Field

- Fourth place – MW outdoor championships – Long jump – 2011
- Seventh place – MW indoor championships – Long jump – 2011
- Eighth place – MW indoor championships – Triple jump – 2011

### Academics

- MW track & field Scholar Athlete – 2010, 2011, 2012
- Track & field academic all-Mountain West – 2011

### Top Collegiate Performances

- Long jump: 23-3.25 [7.10 m]
- Triple jump: 48-2 [14.68 m]





## Robert Wasinger



**Multis | JR./JR. | Arvada, Colo. | Ralston Valley**

### **Track & Field**

- Eighth place – MW outdoor championships – 110-meter hurdles – 2012
- Eighth place – MW indoor championships – heptathlon – 2012

### **Top Collegiate Performances**

- 110-meter hurdles: 14.37
- 60-meter hurdles: 8.34
- Heptathlon: 4723 points
- 400-meter run: 49.85

## A.J. Whitaker



**Sprints | SR./SR. | Denver, Colo. | Colorado**

### **Track & Field**

- NCAA West Region – 4x100 – 2010
- NCAA National Championships – 4x100- 2010

### **Top Collegiate Performances**

- 60-meter dash: 6.72
- 100-meter dash: 10.66
- 200-meter dash: 21.45



## Kordell Deffenbaugh

Sprints | FR./FR. | Denver, Colo.  
Martin Luther King Jr. Early College

### Track & Field

- Second place – Colorado 5A state championships – 400-meter dash – 2012
- Fifth place – Colorado 5A state championships – 200-meter dash – 2012

### Top High School Performances

- 400-meter dash: 47.19
- 200-meter dash: 21.50
- 100-meter dash: 10.70
- 60-meter dash: 7.03



## Jacob Morgan

Distance | FR./FR.  
Topeka, Kan. | Washburn Rural

### Track & Field

- Second place – Kansas 6A state championships – 3200-meter run – 2012
- Fourth place – Kansas 6A state championships – 1600-meter run – 2011
- Third place – Kansas 6A state championships – 3200-meter run – 2011
- Seventh place – Kansas 6A state championships – 3200-meter run – 2010

### Top Collegiate Performances

- 5000-meter run: 15:05.32
- 3000-meter run: 8:29.08

### Top High School Performances

- 3200-meter run: 9:18.75
- 1600-meter run: 4:25.0



## Tyler Schultz

Throws | FR./FR.  
Edgemont, S.D. | Custer

### Track & Field

- First place – South Dakota A state championships – shot put – 2012
- First place – South Dakota A state championships – discus – 2012
- First place – South Dakota A state championships – discus – 2010
- Second place – South Dakota A state championships – shot put – 2010
- Second place – South Dakota A state championships – shot put – 2009

### Top Collegiate Performances

- Shot put: 58' 10.75" (17.95)

### Top High School Performances

- Shot put: 70'6"
- Discus: 184'10"
- Weight throw: 59'2"



## Gus Waneka

Distance | FR./FR.  
Loveland, Colo. | Thompson Valley

### Track & Field

- First place – Colorado 4A state championships – 3200-meter run – 2012

### Top High School Performances

- 3200-meter run: 9:20.05
- 1600-meter run: 4:21.86
- 800-meter run: 1:58.73







## Jefferson Abbey

Distance | FR./FR.  
Fort Collins, Colo. | Fort Collins

### Track & Field

- Second place – Colorado 5A state championships – 3200-meter run – 2012

### Top High School Performances

- 3200-meter run: 9:33.30
- 1600-meter run: 4:22.80
- 800-meter run: 1:56.38



## Landry Cogburn

Hurdles | SO./SO.  
Walsh, Colo. | Tabor College

### Track & Field

- First place – Colorado 1A state championships – 200-meter dash – 2011
- First place – Colorado 1A state championships – 110-meter hurdles – 2011
- First place – Colorado 1A state championships – 300-meter hurdles – 2011
- First place – Colorado 1A state championships – 110-meter hurdles – 2010
- First place – Colorado 1A state championships – 300-meter hurdles – 2010
- Second place – Colorado 1A state championships – 300-meter hurdles – 2009
- Fifth place – Colorado 1A state championships – 110-meter hurdles – 2009

### Top High School Performances

- 110-meter hurdles: 14.42
- 300-meter hurdles: 38.73



## Josh Cogdill

Multis/Pole Vault | FR./FR.  
Longmont, Colo. | Longmont

### Track & Field

- Third place – Colorado 4A state championships – 300-meter hurdles – 2012
- Third place – Colorado 4A state championships – high jump – 2012
- Fifth place – Colorado 4A state championships – 110-meter hurdles – 2012
- Sixth place – Colorado 4A state championships – 110-meter hurdles – 2011
- Sixth place – Colorado 4A state championships – 300-meter hurdles – 2011
- Seventh place – Colorado 4A state championships – high jump – 2011
- Fourth place – Colorado 4A state championships – 300-meter hurdles – 2010
- Seventh place – Colorado 4A state championships – 110-meter hurdles – 2010

### Top High School Performances

- 300-meter hurdles: 39.10
- High jump: 6'5"
- 110-meter hurdles: 14.92



## Adam Hartman

Distance | FR./FR.  
Thornton, Colo. | Horizon

### Track & Field

- Seventh place – Colorado 5A state championships – 1600-meter run – 2012
- Ninth place – Colorado 5A state championships – 3200-meter run – 2012

### Top High School Performances

- 1600-meter run: 4:22.83
- 3200-meter run: 9:42.45
- 800-meter run: 1:58.06





## Aaron Khoury

Jumps | FR./FR.  
Elizabeth, Colo. | Elizabeth

### Track & Field

- Fourth place – Colorado 4A state championships – long jump – 2012
- First place – Colorado 4A state championships – long jump – 2011

### Top High School Performances:

- Long Jump: 22'6.5"



## Sam Little

Sprints | FR./FR.  
Grand Lake, Colo. | Middle Park

### Track & Field

- First place – Colorado 3A state championships – 110-meter hurdles – 2012
- First place – Colorado 3A state championships – 300-meter hurdles – 2012
- First place – Colorado 3A state championships – 110-meter hurdles – 2011
- First place – Colorado 3A state championships – 300-meter hurdles – 2011

- Eighth place – Colorado 3A state championships – 110-meter hurdles – 2010
- Eighth place – Colorado 3A state championships – 300-meter hurdles – 2010

### Top High School Performances

- 110-meter hurdles: 14.50
- 300-meter hurdles: 38.62



## Connor Timms

Distance | FR./FR.  
Longmont, Colo. | Skyline

### Track & Field

- Fifth place – Colorado 4A state championships – 800-meter run – 2012
- Sixth place – Colorado 4A state championships – 1600-meter run – 2012

### Top High School Performances

- 1600-meter run: 4:24.93
- 3200-meter run: 10:01.51
- 800-meter run: 1:58.85







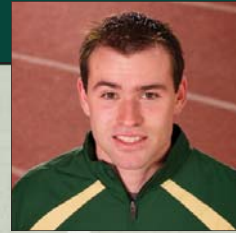
**Zach Browning**

Sprints | SO./SO.  
Carbondale, Colo. | Roaring Fork



**Josh DeLoach**

Sprints | FR./FR.  
Rasamond, Calif. | Desert



**Shawn Dubbs**

Distance | SO./SO.  
Evans, Colo. | Air Force Academy



**Colton Grandbouche**

Jumps | JR./JR. | Anaheim Hills, Calif. | Mt. San Antonio College



**Jacob Haas**

Hurdles | FR./FR.  
Fort Collins, Colo. | Poudre



**Gunnar Haynes**

Jumps | SO./SO.  
Eaton, Colo. | Eaton



**Alex Kadesky**

Pole Vault | FR./FR.  
Dallas, Tex. | St. Mark's School of Texas



**Ricardo Kaempfen**

Distance | FR./FR.  
Boulder, Colo. | Fairview



**Riley Langdon**

Distance | FR./FR.  
LaSalle, Colo. | Ronald Reagan



**Ben Larson**

Distance | SO./SO.  
Fort Collins, Colo. | Rocky Mountain



**Kody Leach**

Distance | SO./SO.  
Greeley, Colo. | Greeley West



**Shawn Madison**

Sprints | SO./SO.  
Kersey, Colo. | Platte Valley



**Joe Marchand**

Distance | SO./SO.  
Louisville, Colo. | Monarch



**Kyle Pequette**

Sprints | SO./SO.  
Englewood, Colo. | Valor Christian



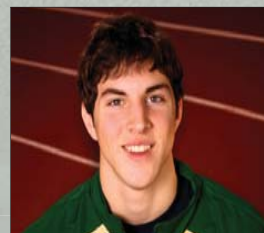
**Jeff Richmond**

Sprints | SO./SO.  
Greeley, Colo. | Northridge



**Carson Rowley**

Throws | SR./SR.  
Casper, Wyo. | Natrona County



**Sam Saccomano**

Hurdles | SR./SR.  
Ledyard, Conn. | Ledyard



**JT Van Veen**

Throws | FR./FR.  
Aurora, Colo. | Regis Jesuit



**Graham Williams**

Distance | FR./FR.  
Littleton, Colo. | Chatfield





**Multis | SR./SR. | Cody, Wyo. | Cody**

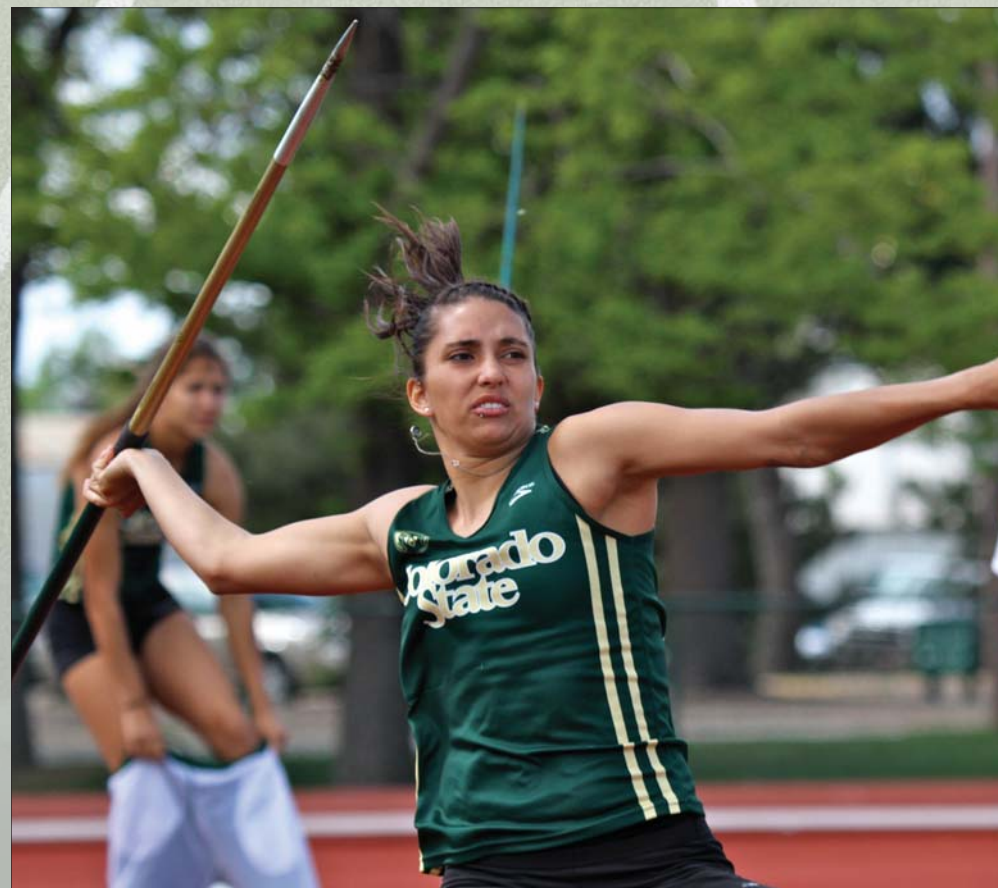
## Track & Field

- Fourth place – MW outdoor championships – heptathlon – 2012
- Sixth place – MW outdoor championships – high jump – 2012
- Third place – MW indoor championships – high jump – 2012
- All-Mountain West indoor track & field team – high jump – 2012
- Fourth place – MW indoor championships – pentathlon – 2012
- NCAA national qualifier – high jump – 2011
- Sixth place – MW outdoor championships – heptathlon – 2011
- Sixth place – MW indoor championships – pentathlon – 2011

- Seventh place – MW indoor championships – high jump – 2011
- USA junior championships – heptathlon – 2010
- Sixth place – MW outdoor championships – heptathlon – 2010

## Top Collegiate Performances

- High jump: 5-8 [1.73 m]
- Heptathlon: 4,788 points
- Pentathlon: 3,407 points
- 100-meter hurdles: 14.68
- Heptathlon events – 100-meter hurdles: 14.68; high jump: 1.73 m; shot put: 9.59 m; 200 meters: 26.05; long jump: 5.18 m; javelin: 31.23 m; 800-meter run: 2:27.54
- Pentathlon events – 60-meter hurdles: 9.16





# Kaitlin Hanenburg

## Distance | JR./JR. | Colorado Springs, Colo. | Classical Academy

### Track & Field

- NCAA national qualifier – 3,000-meter steeplechase – 2012
- Fourth place – MW outdoor championships – 3,000-meter steeplechase – 2012



- NCAA national qualifier – 3,000-meter steeplechase – 2011
- Sixth place – MW outdoor championships – 3,000-meter steeplechase – 2011



### Academics

- USTFCCCA track & field all-academic team – 2011, 2012
- MW track & field Scholar Athlete – 2011
- MW cross country Scholar Athlete – 2010
- Track & field academic all-Mountain West – 2011, 2012
- Cross country academic all-Mountain West – 2010, 2011

### Top Collegiate Performances

- 3,000-meter steeplechase: 10:33.37
- 5,000-meter run: 17:24.85
- 3,000-meter run: 9:48.27
- Mile run: 4:56.27
- 1500-meter run: 4:43.82





**Distance | SR./SR. | St. Charles, Ill. | Geneva Community**

## **Track & Field**

- NCAA national qualifier – 10,000-meter run – 2012
- Fourth place – MW outdoor championships – 10,000-meter run – 2012
- Seventh place – MW outdoor championships – 10,000-meter run – 2011
- Fifth place – MW outdoor championships – 10,000-meter run – 2010



## **Academics**

- Track & field academic all-Mountain West – 2010
- Cross country academic all-Mountain West – 2009, 2010

## **Top Collegiate Performances**

- 10,000-meter run: 35:19.88
- 5,000-meter run: 17:05.25
- 3,000-meter run: 10:05.00



# Kiah Hicks

## Throws | SO./SO. | Colorado Springs, Colo. | Falcon

### Track & Field

- NCAA national qualifier – shot put – 2012
- NCAA national qualifier – discus – 2012
- NCAA national qualifier – hammer throw – 2012
- USA junior championships – shot put, discus, hammer throw – 2012
- USA junior championships – hammer throw – third place – 2012
- USA junior championships – discus – seventh place – 2012
- Third place – MW outdoor championships – shot put – 2012



- All-Mountain West outdoor track & field team – shot put – 2012
- Fourth place – MW outdoor championships – discus – 2012
- Sixth place – MW outdoor championships – hammer throw – 2012
- Eighth place – MW indoor championships – weight throw – 2012

### Academics

- USTFCCCA track & field all-academic team – 2012
- Track & field academic all-Mountain West – 2012

### Top Collegiate Performances

- Discus: 162-10.5 [49.65 m]
- Shot put: 51-9.25 [15.78 m]
- Hammer throw: 190-7.4 [58.10 m]
- Weight throw: 64-2.25 [19.56 m]





## Distance | JR./JR. | Rifle, Colo. | Augustana State University

### Track & Field

- NCAA national qualifier – 1500-meter run – 2012
- Second place – MW outdoor championships – 1500-meter run – 2012
- All-Mountain West outdoor track & field team – 1500-meter run – 2012
- Seventh place – MW indoor championships – mile run – 2012



### Academics

- Track & field academic all-Mountain West – 2012
- Cross country academic all-Mountain West – 2011

### Top Collegiate Performances

- 1500-meter run: 4:35.04 \*high altitude time: 4:27.15
- Mile run: 4:54.99
- 800-meter run: 2:14.70
- 3,000-meter run: 9:58.67



# Hannah Pensack-Rinehart

**Distance | JR./SR. | Loveland, Colo. | Thompson Valley**

## Track & Field

- NCAA national qualifier – 10,000 meter run – 2012
- First place – MW outdoor championships – 10,000-meter run – 2012
- All-Mountain West outdoor track & field team – 10,000-meter run – 2012



- Fifth place – MW outdoor championships – 5,000-meter run – 2012
- First place – MW indoor championships – 5,000-meter run – 2012
- All-Mountain West indoor track & field team – 5,000-meter run – 2012
- Sixth place – MW indoor championships – 3,000-meter run – 2012

## Academics

- USTFCCCA track & field all-academic team – 2012
- MW track & field Scholar Athlete – 2010, 2011, 2012
- MW cross country Scholar Athlete – 2010, 2011
- Track & field academic all-Mountain West – 2012
- Cross country academic all-Mountain West – 2011

## Top Collegiate Performances

- 10,000-meter run: 33:47.49
- 5,000-meter run: 16:41.58 \*high altitude time: 16:25.57
- 3,000-meter run: 9:39.30
- Mile run: 5:20.54 \*high-altitude conversion: 5:08.43
- 1500-meter run: 4:44.82 \*high-altitude conversion: 4:38.38







## Jumps | JR./JR. | Olathe, Kan. | Johnson County Community College

### Track & Field

- JCCC Female Athlete of the Year – 2012
- NJCAA national qualifier – high jump – 2011, 2012
- NJCAA national qualifier – 4x100-meter relay – 2011, 2012
- NJCAA national qualifier – triple jump – 2012
- NJCAA national qualifier – long jump – 2012
- First team NJCAA All-America honors – high jump – 2012
- Second place – NJCAA outdoor championships – high jump – 2012
- Fourth place – NJCAA outdoor championships – triple jump – 2012
- Sixth place – NJCAA outdoor championships – long jump – 2012
- Seventh place – NJCAA outdoor championships – 4x100-meter relay – 2012
- First place – Region VI outdoor championships – high jump – 2012
- First place – Region VI outdoor championships – triple jump – 2012
- Second place – Region VI outdoor championships – long jump – 2012
- Third place – Region VI outdoor championships – long jump – 2012
- Second place – NJCAA indoor championships – high jump – 2012
- Second place – NJCAA indoor championships – triple jump – 2012
- First place – Region VI indoor championships – triple jump – 2012
- First place – Region VI indoor championships – high jump – 2012
- Fourth place – Region VI indoor championships – long jump – 2012
- Fifth place – NJCAA outdoor championships – high jump – 2011
- Sixth place – NJCAA outdoor championships – 4x100-meter relay – 2011
- Second place – NJCAA indoor championships – high jump – 2011

### Top Collegiate Performances

- High jump: 5-10.5 [1.79 m]
- Triple jump: 39-10.5 [12.15 m]
- Long Jump: 19-0 [5.79 m]





# Jessica Sharbono

## Throws | JR./JR. | Billings, Mont. | Billings West

### Track & Field

- NCAA national qualifier – discus – 2012
- Third place – MW outdoor championships – discus – 2012
- All-Mountain West outdoor track & field team – discus – 2012



- Eighth place – MW indoor championships – shot put – 2012
- NCAA national qualifier – discus – 2011
- USA junior championships – discus – second place – 2011
- USA junior championships – hammer throw – seventh place – 2011
- USA junior Pan-Am team – discus – fifth place – 2011
- Second place – MW outdoor championships – discus – 2011

### Academics

- Track & field academic all-Mountain West – 2011

### Top Collegiate Performances

- Discus: 173-1.75 [52.78 m]
- Shot put: 48-8.5 [14.85 m]
- Hammer throw: 164-5.22 [50.12 m]
- Weight throw: 58-10.75 [17.95 m]





## Throws | SR./SR. | Salt Lake City, Utah | Judge Memorial

### Track & Field

- NCAA national qualifier – hammer throw – 2012
- Third place – MW outdoor championships – hammer throw – 2012
- All-Mountain West outdoor track & field team – hammer throw – 2012
- Sixth place – MW outdoor championships – hammer throw – 2010

### Academics

- MW track & field Scholar Athlete – 2009
- Track & field academic all-Mountain West – 2010, 2012

### Top Collegiate Performances

- Hammer throw: 191-10.25 [58.48 m]
- Shot put: 46-7.75 [14.22 m]
- Weight throw: 59-7.5 [18.17 m]
- Discus: 140-1.75 [42.72 m]





# Jennifer Tavé

**Distance | SR./SR. | Saint Germain-en-Laye, France | Scripps**

## Track & Field

- NCAA national qualifier – 10,000-meter run – 2010, 2011, 2012
- NCAA national qualifier – 5,000-meter run – 2011
- Ninth place – NCAA Div III National Championships – 10,000-meter run – 2012
- Second place – SCIAC Championships – 5,000-meter run – 2012
- Fourth place – SCIAC Championships – 1,500-meter run – 2012
- Tenth place – NCAA Div III National Championships – 5,000-meter run – 2011
- Eighth place – NCAA Div III National Championships – 10,000-meter run – 2011
- USTFCCCA Track & Field All-American Team – 10,000-meter run – 2011
- Second place – SCIAC Championships – 5,000-meter run – 2011



- 11th place – NCAA  
Div III National Championships – 10,000-meter run – 2010

## Academics

- USTFCCCA Track & Field All-Academic Team – 2010, 2011, 2012
- USTFCCCA Cross Country All-Academic Team – 2009, 2010, 2011

## Top Collegiate Performances

- 10,000-meter run: 35:22.27
- 5,000-meter run: 17:11.25
- 3,000-meter run: 10:06.36
- 1,500-meter run: 4:51.06



# Jazmyn Webster

## Jumps | JR./JR. | Cheyenne, Wyo. | Chadron State

### Track & Field

- NCAA national qualifier – high jump – 2012, 2011
- Seventh place – NCAA Division II Outdoor Championships – high jump – 2012
- Fifth place – RMAC outdoor championships – triple jump – 2012
- Sixth place – RMAC outdoor championships – long jump – 2012
- Seventh place – NCAA Division II Indoor Championships – high jump – 2012
- Fourth place – RMAC indoor championships – high jump – 2012
- Eighth place – RMAC indoor championships – long jump – 2012
- Second place – RMAC outdoor championships – high jump – 2011



- Eighth place – RMAC outdoor championships – long jump – 2011
- Second place – RMAC indoor championships – high jump – 2011

### Academics

- Track & field academic all-RMAC – 2nd Team – 2012

### Top Collegiate Performances

- High jump: 5-9.75 [1.77 m]
- Triple jump: 37-7.75 [11.47 m]
- Long jump: 18-10.25 [5.75 m]



# Olivia Downing



## Jumps | SR./SR. | Fort Collins, Colo. | Fossil Ridge

### Track & Field

- Eighth place – MW outdoor championships – triple jump – 2010

### Top Collegiate Performances

- High jump: 5-4 [1.63 m]
- Long jump: 16-9.75 [5.13 m]
- Triple jump: 37-11.5 [11.57 m]



# Alison Forrester

## Jumps | JR./JR. | Highlands Ranch, Colo. | Rock Canyon

### Track & Field

- Third place – MW outdoor championships – high jump – 2012
- All-Mountain West outdoor track & field team – high jump – 2012
- Fifth place – MW outdoor championships – high jump – 2011

### Academics

- Track & field academic all-Mountain West – 2011, 2012

### Top Collegiate Performances

- High jump: 5-7.75 [1.72 m]



# Stephanie Gerber

## Sprints, Hurdles | SO./SO. | Centennial, Colo. | Arapahoe

### Track & Field

- USA junior championships – 400-meter hurdles – 2012
- Eighth place – MW outdoor championships – 400-meter hurdles – 2012

### Top Collegiate Performances

- 400-meter hurdles: 61.52
- 100-meter hurdles: 14.36
- 60-meter hurdles: 8.75
- 400-meter dash: 57.29
- 60-meter dash: 8.08



# Cheyenne Hall

## Jumps | SO./SO. | Berthoud, Colo. | Berthoud

### Track & Field

- Sixth place – MW outdoor championships – triple jump – 2012

### Academics

- Track & field academic all-Mountain West – 2012

### Top Collegiate Performances

- Triple jump: 39-8.5 [12.10 m]
- Long jump: 17-3.75 [5.28 m]





# Whitney Henderson



## Middle Distance | JR./SR. | Hamilton, Mont. | Corvallis

### Track & Field

- Fifth place – MW outdoor championships – 1500-meter run – 2012

### Academics

- Track & field academic all-Mountain West – 2012
- Cross country academic all-Mountain West – 2010, 2011

### Top Collegiate Performances

- 1500-meter run: 4:32.41 \*high altitude time: 4:29.28
- Mile run: 5:02.76
- 800-meter run: 2:15.32
- 3,000-meter run: 10:32.07 \*high altitude conversion: 10:16.50

# Liz Johnson



## Throws | SR./SR. | Fort Collins, Colo. | Fossil Ridge

### Track & Field

- Sixth place – MW outdoor championships – discus – 2011
- Second place – MW outdoor championships – discus – 2010
- All-Mountain West outdoor track & field team – discus – 2010

### Academics

- Track & Field academic all-Mountain West – 2011

### Top Collegiate Performances

- Discus: 156-4.77 [47.67 m]
- Hammer throw: 169-11.25 [51.80 m]
- Shot put: 49-7.75 [15.13 m]
- Weight throw: 58-1 [17.70 m]



# Lindsey Keller

## Hurdles | SR./SR. | Centennial, Colo. | Eaglecrest

### Track & Field

- Fifth place – MW outdoor championships – 100-meter hurdles – 2012
- Sixth place – MW indoor championships – 60-meter hurdles – 2012

### Academics

- Track & field academic all-Mountain West – 2012

### Top Collegiate Performances

- 100-meter hurdles: 13.95
- 60-m hurdles: 8.57



# Kalie Kirk

## Sprints, Hurdles | SR./SR. | Monument, Colo. | St. Louis University

### Track & Field

- Fifth place – MW indoor championships – 60-meter hurdles – 2012
- Fifth place – MW outdoor championships – 100-meter hurdles – 2011
- Sixth place – MW outdoor championships – 400-meter hurdles – 2011
- Fifth place – MW indoor championships – 60-meter hurdles – 2011
- Third place – Atlantic-10 outdoor championships – 100-meter hurdles – 2010
- Fifth place – Atlantic-10 outdoor championships – 400-meter hurdles – 2010

### Academics

- MW track & field Scholar Athlete – 2011, 2012
- Track & field academic all-Mountain West – 2011, 2012

### Top Collegiate Performances

- 400-meter hurdles: 1:01.30
- 100-meter hurdles: 14.10
- 60-meter hurdles: 8.56
- 60 meters: 7.85







## Jumps | JR./JR. | Loveland, Colo. | Mountain View

### Track & Field

- First place – MW outdoor championships – high jump – 2012
- All-Mountain West outdoor track & field team – high jump – 2012
- Eighth place – MW indoor championships – high jump – 2012
- Eighth place – MW outdoor championships – high jump – 2011

### Academics

- Track & field academic all-Mountain West – 2011, 2012

### Top Collegiate Performances

- High jump: 5-8 [1.73 m]
- Triple jump: 37-11.90 [11.58 m]
- Long jump: 16-8.75 [5.10 m]



## Josephine Bush

Distance | FR./FR.  
Telluride, Colo. | Telluride

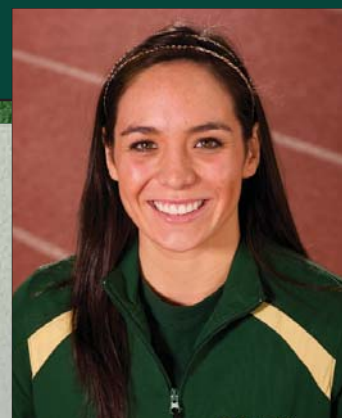
### Track & Field

- First place – Colorado 2A state championships – 400-meter dash – 2012
- Second place – Colorado 2A state championships – 200-meter dash – 2012
- Second place – Colorado 2A state championships – 800-meter dash – 2012
- Third place – Colorado 2A state championships – 400-meter dash – 2011

- Third place – Colorado 2A state championships – long jump – 2011
- Fifth place – Colorado 2A state championships – 200-meter dash – 2011
- Eighth place – Colorado 2A state championships – 200-meter dash – 2009

### Top High School Performances

- 800-meter run: 2:18.01
- 400-meter dash: 57.83
- 200-meter dash: 26.08



## Monica Franco

Multis | FR./FR.  
Fort Collins, Colo. | Fort Collins

### Track & Field

- Fifth place – Colorado 5A state championships – 100-meter hurdles – 2012
- Seventh place – Colorado 5A state championships – high jump – 2012
- Third place – Colorado 5A state championships – high jump – 2011

- Ninth place – Colorado 5A state championships – 100-meter hurdles – 2011

### Top High School Performances

- High jump: 5'7"
- 100-meter hurdles: 14.92
- 300-meter hurdles: 45.84





## Jessica Green

Multis | FR./FR.  
Liberty Hill, Texas | Liberty Hill

### Track & Field

- Fourth place – Texas 3A state championships – high jump – 2012
- First place – Texas 3A state championships – 100-meter hurdles – 2011
- Third place – Texas 3A state championships – high jump – 2011
- Fourth place – Texas 3A state championships – high jump – 2010

### Top High School Performances

- High jump: 5'8"
- 100-meter hurdles: 14.39



## Alex Hess

Distance | FR./FR.  
Sioux Falls, S.D. | Sioux Falls

### Track & Field

- Second place – South Dakota AA state championships – 1600-meter run – 2012
- Fifth place – South Dakota AA state championships – 800-meter run – 2012
- Fourth place – South Dakota State AA Championships – 1600 Meter Run – 2011
- Third place – South Dakota AA state championships – 1600-meter run – 2010
- Fifth place – South Dakota AA state championships – 800-meter run – 2010
- Sixth place – South Dakota AA state championships – 3200-meter run – 2009

### Top High School Performances

- 1600-meter run: 5:15.83
- 800-meter run: 2:18.46



## Pauline Mandel

Distance | FR./FR.  
Temecula, Calif. | Great Oak

### Track & Field

- 9th – California Southwestern League Finals – 1600 Meter Run – 2012
- 6th – California Southwestern League Finals – 1600 Meter Run – 2011

### Top High School Performances

- 3200-meter run: 11:12.01
- 1600-meter run: 5:04.6



## Marina Roberts

Distance | FR./FR.  
Kingston, Wash. | Kingston

### Track & Field

- Third place – Washington 2A state championships – 3200-meter run – 2012
- Fourth place – Washington 2A state championships – 1600-meter run – 2012
- First place – Washington 2A state championships – 1600-meter run – 2011
- Second place – Washington 2A state championships – 3200-meter run – 2011
- Second place – Washington 2A state championships – 3200-meter run – 2010

### Top Collegiate Performances

- 5000-meter run: 17:44.91
- 3000-meter run: 10:24.23

### Top High School Performances

- 1600-meter run: 5:03.7
- Mile run: 5:05.46
- 3200-meter run: 10:48.67





## Stefanie Tudor

Sprints | FR./FR.  
Fort Collins, Colo. | Loveland

### Top High School Performances

- 400-meter dash: 58.51
- 200-meter dash: 25.61
- 100-meter dash: 12.32
- 60-meter dash: 8.06



## Mariah Witt

Hurdles | FR./FR.  
Golden Valley, Minn. | Hopkins

### Track & Field

- First place – Minnesota state championships – 300-meter hurdles – 2011
- First place – Minnesota state championships – 4x400-meter relay – 2011
- Sixth place – Minnesota state championships – 100-meter hurdles – 2011

- Fifth place – Minnesota state championships – 300-meter hurdles – 2010
- Fifth place – Minnesota state championships – 300-meter hurdles – 2009

### Top High School Performances

- 300-meter hurdles: 44.34



## Cayla Broadwater

Jumps | JR./JR.  
Highlands Ranch, Colo. | Connecticut

### Track & Field

- First place – Maryland state championships – high jump – 2009
- First place – Maryland state championships – long jump – 2009
- First place – Maryland state championships – triple jump – 2009
- First place – Maryland state championships – high jump – 2008
- First place – Maryland state championships – long jump – 2008
- First place – Maryland state championships – triple jump – 2008
- First place – Maryland state championships – high jump – 2007
- Fourth place – Maryland state championships – long jump – 2007

- Fourth place – Maryland state championships – triple jump – 2007
- Fourth place – Maryland state championships – long jump – 2006
- Fifth place – Maryland state championships – high jump – 2006

### Top High School Performances

- High jump: 5'7.25"
- Triple jump: 37'1"
- Long jump: 17'9.75"



## Lydia Fahrenkrug

Distance | FR./FR.  
Neenah, Wisc. | Neenah

### Track & Field

- Fifth place – Wisconsin State D1 Championships – 4x400 Relay – 2012
- Fourth place – Wisconsin State D1 Championships – 4x800 Relay – 2010

### Top High School Performances

- 1600-meter run: 5:15.98





## Kara Hyde

Hurdles | FR./FR.

Forney, Texas | University of Colorado

### Track & Field

- Third place – Texas 4A state championships – 100-meter hurdles – 2011
- Second place – Texas 4A state championships – 300-meter hurdles – 2010
- Third place – Texas 4A state championships – 100-meter hurdles – 2010

### Top High School Performances

- 100-meter hurdles: 14.12
- 300-meter hurdles: 43.57



## Jessi Macedo

Multis | FR./FR.

Montrose, Colo. | Sand Creek

### Track & Field

- Second place – Colorado 4A state championships – high jump – 2012
- Ninth place – Colorado 4A state championships – triple jump – 2012
- Fifth place – Colorado 4A state championships – high jump – 2011

### Top High School Performances

- High jump: 5'3"



## Kelsey Traxinger

Sprints | FR./FR.

Longmont, Colo. | Niwot

### Track & Field

- Eighth place – Colorado 4A state championships – 400-meter run – 2012
- Fifth place – Colorado 4A state championships – 400-meter run – 2011
- Third place – Colorado 4A state championships – 800-meter run – 2011

### Top High School Performances

- 800-meter run: 2:16.79
- 400-meter dash: 57.23



## Ali Will

Distance | FR./FR.

Castle Rock, Colo. | Rock Canyon

### Track & Field

- Fifth place – Colorado State 4A Championships – 3200 Meter Run – 2010
- Sixth place – Colorado State 4A Championships – 3200 Meter Run – 2009

### Top High School Performances

- 3200-meter run: 11:21.36





**Emmy Briggs**  
Distance | SO./SO.  
Longmont, Colo. | Niwot



**Mindy Campbell**  
Jumps | JR./JR.  
Kamuela, Hawaii | Hawaii Prep



**Laurisa Arielle Canini**  
Jumps | SR./JR.  
Colorado Springs, Colo. | Colorado



**McKael Grayson**  
Sprints | SO./SO.  
Centennial, Colo. | Grandview



**Morgan D. Griffin**  
Pole Vault | JR./JR.  
Colorado Springs, Colo. | Lewis-Palmer



**Elle Killingsworth**  
Distance | SO./JR.  
Lakewood, Colo. | Green Mountain



**Sara Page**  
Pole Vault | JR./JR.  
Kearney, Mo. | Liberty



**Valentina Pauna**  
Pole Vault | SO./FR.  
Fort Collins, Colo. | Rocky Mountain



**Shayla Peel**  
Sprints | SO./SO.  
Fort Collins, Colo. | Rocky Mountain



**Meagan Robinson**  
Sprints | SR./SR.  
Wellington, Colo. | Poudre



**Marissa Smith**  
Sprints | JR./JR.  
Holyoke, Colo. | Holyoke



**Kelsey Snider**  
Jumps | SO./SO.  
Westminster, Colo. | Pomona



**Marissa Wagner**  
Hammer Throw | SO./FR.  
Hawthorn Woods, Ill. | Lake Zurich



# 2012 Olympic Games

## Janay DeLoach-Soukup crammed a pretty good year into one amazing month.



Three weeks after winning a bronze medal in the women's long jump at the London Olympics, DeLoach returned to the United States after competing in the last of four post-Olympic European track and field meets. And that's when the chaos ensued.

The day she returned she joined friends and family in Las Vegas for her bachelorette party. Four days later she was honored at a Colorado Rapids game in Denver. The following day she was in Old Town Fort Collins for a community "welcome home" party. Two days later she was married to

longtime boyfriend and former CSU teammate Patrick Soukup. The dizzying stretch ended the next day when she and other Colorado Olympians were honored at a Denver Broncos game.

"It was amazing," she said of the post-Olympic blur. "I loved being a part of everything, but I was just exhausted. I spent our entire honeymoon (in Cancun, Mexico) winding down. I didn't do one thing that might be considered exercise. I just sat in a beach chair and read a book. It was exactly what I needed."

While the quiet time may have recharged her both mentally and physically, it also gave her time to reflect on her Olympic experience. While she remains thrilled to have won bronze in her first Games, she can't help thinking about what might have been.

The second of her six jumps in the finals is the one that keeps that "what if?" feeling alive. When she landed in the sand, she knew she had done something special. When she turned around, however, the official was holding up the flag signifying "foul."

DeLoach-Soukup was devastated.

"That jump was the one I came for—the one I had worked so hard for," she said. "That jump would have won the gold. After that I kept fighting for something similar, but I was just off, for whatever reason."

As it was, her best jump was just enough to hold off Latvia's Ineta Radevica — an old college rival who competed at Nebraska — by one centimeter for the bronze. Weeks later, however, she can't stop thinking about what might have been.



"I fouled by just a tiny bit — much less than a centimeter," noting that she agreed with the official ruling to waive her second jump. "That's what makes it heartbreaking."

Despite that disappointment, she still beams when talking about her Olympic experience. She left with a "ton" of swag: outfits, shoes, a comforter, Olympic pins — you name it. And yes, she got to meet LeBron James and many of the other members of the U.S. men's basketball team.

The opening ceremonies were her favorite moment.

"My feet were tired, and I was wearing this silly sailor outfit (the official team ensemble), but when you get inside the stadium you forget it all," she said. "That was a real 'wow!' moment for me and everyone there. I was standing so close to the Olympic torch I could actually feel the heat. It was an amazing experience."

DeLoach-Soukup plans to take a couple of months off before resuming her training. She still has to take her national boards to complete work on her master's in occupation therapy, and she's in no rush to make it back for the indoor season.

"If my body has recovered, I'll do the indoor season," she said. "If not, I will do the outdoor season full-on."

After that, it will be three years of hard work before she gets another shot at the top step of the Olympic medals podium in Rio de Janeiro.

"As long as I'm healthy and competitive, I will try it," she said. "I will certainly be trying to go back. I want another shot at that gold."



### DELOACH'S LONG JUMP FINAL

Attempt	Mark	Wind (m/s)
1	6.77	+0.3
2	x	+1.4
3	6.71	+0.6
4	6.74	-0.7
5	<b>6.89 (22-7.25)</b>	+0.2
6	x	+1.1

*Originally published in The Horn magazine*



# National Champions

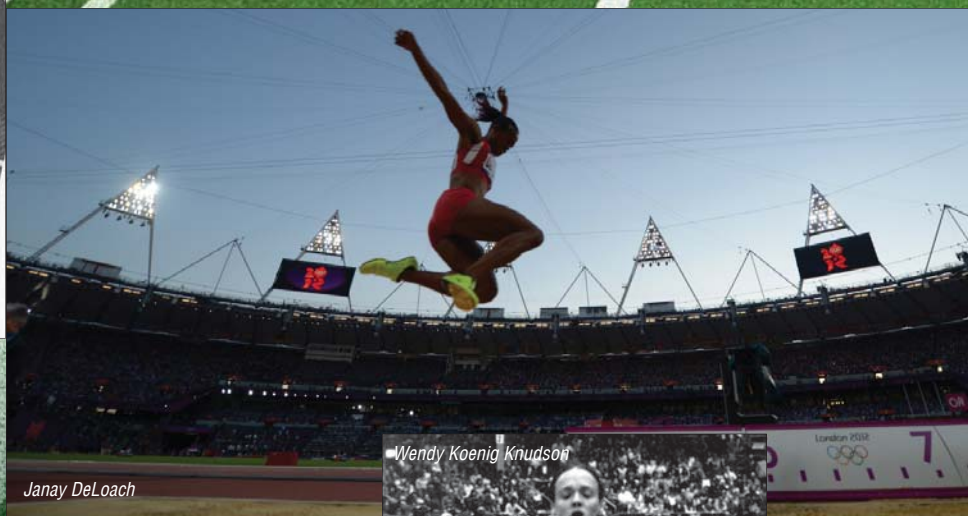
NAME	DATE	EVENT
LOREE SMITH	2006	Hammer
BRYAN BERRYHILL	2001	Indoor Mile/Outdoor 1,500 M
CASEY MALONE	1998	Discus
WENDY KOEING KNUDSON	1975 and 1976	800 Meters
GORDON RIDDEL	1951	Pole Vault
IVAN DYEKMAN	1931	Hammer

# Rams Olympians

NAME	DATE	EVENT
JANAY DeLOACH	2012	Long Jump
CASEY MALONE	2004 and 2008	Discus
LOREE SMITH	2008	Hammer
LIBBY HICKMAN	2000	10,000 Meters
SCOTT STOLL	1994	Bobsled
GREG DUHAIME	1984	3,000 M Steeplechase
PAM GREENE	1972 and 1980	200 Meters
WENDY KNUDSON	1972 and 1976	800 Meters
GLENN MORRIS	1936	Decathlon



Gordon Riddel



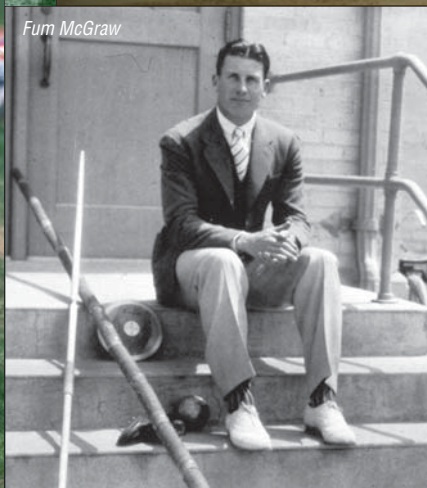
Janay DeLoach



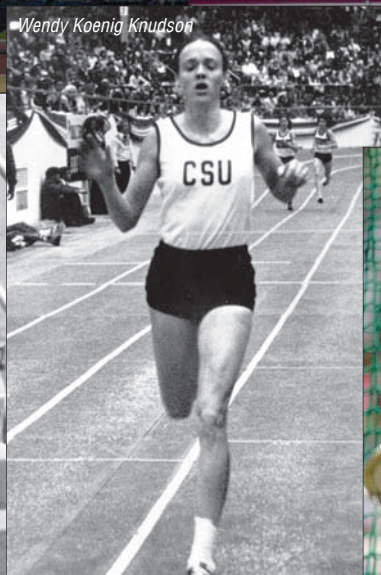
Loree Smith



Bryan Berryhill



Fum McGraw



Wendy Koenig Knudson



Casey Malone



# CSU All-Americans

## Women's Indoor All-Americans

Mile	1994	Debbie Maass.....	7th/4:46.06
	1995	Debbie Maass.....	
	2002	Katie Yemm.....	7th/4:44.14
3,000 Meters	1988	Libbie Johnson.....	8th/9:42.77
5,000 Meters	1997	Sarah Piccolo.....	9th/16:31.81
Long Jump	2007	Janay DeLoach.....	5th/20-9.25
	2001	Liz Toman.....	4th/53-6.25
	2003	Loree Smith.....	9th/53-2.25
Shot Put	2005	Loree Smith.....	8th/53-7.75
	1998	Grettel Miller.....	8th/63-10.5
	2003	Loree Smith.....	8th/63-7
Weight Throw	2005	Loree Smith.....	2nd/74-3.75
	2006	Jill McCormick.....	9th/65-11.5
Pentathlon	2007	Katie Lloyd.....	7th/4,047

## Women's Outdoor All-Americans

100 Meters	1958	Lillian Greene-Chamberlain	
	1959	Lillian Greene-Chamberlain	
	1961	Lillian Greene-Chamberlain	
	2008	Janay DeLoach.....	11th/11.65
200 Meters	1973	Pam Greene (220-Yds).....	1st/24.2
	1976	Pam Greene.....	2nd/23.75
800 Meters	1975	Wendy Koenig-Knudson.....	1st/2:05.97
	1976	Wendy Koenig-Knudson.....	1st/2:01.54
1,500 Meters	1976	Wendy Koenig-Knudson.....	1st/4:24.09
3,000 Meters	1988	Elizabeth Johnson	
Steeplechase	2012	Nicole Peters.....	12th/10:46.1
	2010	Kristen Hemphill.....	7th/10:07.4
	2002	Meg Larson.....	10th/10:20.92
5,000 Meters	1992	Sandy Ham.....	2nd/16:24.26
	1998	Marne Findlay.....	12th/16:36.99
10,000 Meters	1979	Amy Laffoon.....	3rd/34:24.0
Long Jump	2007	Janay DeLoach.....	6th/21-0.75
	2008	Janay DeLoach.....	6th/21-3.75
Discus	1995	Shelly Greathouse-Borrman.....	8th/172-2
	1996	Shelly Greathouse-Borrman.....	5th/180-2

Hammer	1998	Shelly Greathouse-Borrman.....	3rd/190-5
	1999	Shelly Greathouse-Borrman.....	2nd/192-0
	2000	Liz Toman.....	5th/169-3
	2001	Liz Toman.....	2nd/184-5
	2005	Katie Hansen.....	8th/172-11
Heptathlon	1998	Shelly Greathouse-Borrman.....	6th/193-10
	2004	Loree Smith.....	6th/208-4
	2005	Loree Smith.....	1st/224-8
	2008	Emily Pearson.....	10th/5,553
	2008	Katie Lloyd.....	13th/5,445

## Men's Indoor All-Americans

55 Hurdles	1997	Josh Proctor	
60 Meters	2004	John Woods.....	6th/6.71
	1975	Greg Duhaime	
Mile	1979	Jon Sinclair.....	5th/4:10.13
	1980	Richie Harris	
	1996	Dave Sobolik.....	6th/4:04.49
	1998	Bryan Berryhill.....	2nd/4:03.55
	1999	Bryan Berryhill.....	2nd/3:58.97
	2001	Bryan Berryhill.....	1st/3:56.84

## Men's Outdoor All-Americans

100 Meters	1952	Alex Burl.....	7th/10.8
	1954	Alex Burl.....	6th/9.8
200 Meters	1954	Alex Burl (220-Yds).....	5th/21.3
	1968	Dan Columbus.....	6th/21.0
	2004	John Woods.....	8th/20.85
1,500 Meters	1979	Richie Harris.....	7th
	1980	Richie Harris.....	3rd/3:39.68
	1997	Chad DiPrince.....	16th/3:54.34
	1998	Bryan Berryhill.....	3rd/3:42.66
	1999	Bryan Berryhill.....	3rd/3:48.21
	2000	Bryan Berryhill.....	3rd/3:40.37
	2001	Bryan Berryhill.....	12th/8:18.3
3,000 Meters	2011	Tyson Williams.....	12th/59-5
Shot Put	2005	Magnus Lohse.....	4th/63-11.5
	2002	Drew Loftin.....	7th/68-4.5
Weight Throw	2002	Drew Loftin.....	7th/68-4.5

	2003	Drew Loftin.....	2nd/71-1.5
	2008	Jason Schutz.....	9th/68-10.0
	2001	Bryan Berryhill.....	1st/3:37.05
Steeplechase	1959	Gary Eliassen.....	3rd
	1976	Mike Lohman	
5,000 Meters	1933	Forrest Harvey (2 miles).....	3rd
	1935	Forrest Harvey (2 miles).....	7th
	1979	Jon Sinclair.....	7th/13:53.6
	1983	Chuck DeGarmo.....	6th/14:07.08
	2000	Mike Klass.....	9th/14:08.26
10,000 Meters	1968	Tarry Harrison.....	2nd/29:56.8
	1975	Bobby Grubbs.....	8th/29:16.6
110 Hurdles	2012	Trevor Brown.....	15th/13.83
400 Hurdles	1973	Chris Adsit.....	5th/50.78
	1952	Gordon Riddell.....	1st/13-9
Pole Vault	1953	Gordon Riddell.....	5th/13-5.5
	1929	Dan Beattie.....	5th
Discus	1934	Chester Cruikshank.....	6th/148-5
	1935	Chester Cruikshank.....	7th/150-9
	1949	Thurman "Fum" McGraw.....	8th/156-3
	1974	Marshall Smith.....	3rd/186-5
	1975	Marshall Smith.....	2nd/190-1
	1996	Casey Malone.....	5th/190-2
	1997	Casey Malone.....	11th/180-9
	1998	Casey Malone.....	1st/200-2
	2000	Casey Malone.....	5th/201-7
		Brian Trainor.....	12th/190-5
	2001	Brian Trainor.....	10th/184-3
	2003	Drew Loftin.....	7th/184-9
	2007	Jason Schutz.....	8th/191-9.5
	2008	Jason Schutz.....	6th/186-3
Hammer	1929	Dan Beattie.....	4th/148-0
	1931	Ivan Dyekman.....	1st/162-0
	1933	Chester Cruikshank.....	2nd/155-11
	1934	Chester Cruikshank.....	4th/163-10
	1935	Chester Cruikshank.....	2nd/159-10
	1979	Mike Duffala.....	8th/197-8
	2003	Drew Loftin.....	2nd/222-6
	2005	Adam Trainor.....	8th/207-5
Decathlon	1982	John Harrell.....	10th/7,360



# Conference Champions

<b>Women's Indoor Champions</b>			<b>200 Meters</b>		
<b>55/60 Meters</b>			1989 Andrea Bush	23.84	
1999 Brandi Bernert	7.46				
1991 Kelly Delph	7.05				
<b>800 Meters</b>			1990 Andrea Bush	54.46	
2005 Becky Hammitt	2:14.19				
2003 Becky Hammitt	2:11.88				
2002 Mary Ridder	2:11.25				
<b>Mile</b>			<b>400 Meters</b>		
2002 Katie Yamm	4:55.49		2001 Megan Addy	58.39	
1994 Debbie Maass	5:04.69		1995 Kristi Morrison	59.42	
1993 Debbie Maass	5:00.01		1992 Mary Norwesh	57.70	
1992 Debbie Maass	5:06.48		1983 Konnie Mackey	59.27	
<b>3,000 Meters</b>			<b>800 Meters</b>		
2008 Kristen Hemphill	10:22.04		2002 Mary Ridder	2:07.84	
2006 Nicole Feest	9:47.68		1986 Lori Wenthe	2:09.67	
1992 Sandy Ham	10:10.16				
<b>5,000 Meters</b>			<b>3,000 Meters</b>		
2012 Hannah Pensack-Rinehart	16:52.35		1992 Sandy Ham	9:57.94	
2008 Allison Gohl	17:41.41		1990 Cathy Hatrick	10:24.19	
2006 Nicole Feest	17:08.61		1987 Libbie Johnson	9:56.00	
1997 Sarah Piccolo	17:37.27				
1992 Sandy Ham	17:43.65		<b>3,000-Meter Steeplechase</b>		
<b>High Jump</b>			2012 Nicole Peters	10:56.13	
2006 Rae Backes	5-10		2010 Kristen Hemphill	10:35.85	
<b>Long Jump</b>			<b>5,000 Meters</b>		
2006 Janay DeLoach	20-0.5		2008 Kristen Hemphill	17:32.14	
2007 Janay DeLoach	20-9.25		1997 Marne Findlay	16:45.69	
<b>Shot Put</b>			1992 Sandy Ham	17:41.37	
2005 Loree Smith	56-3		1991 Sandy Ham	16:42.77	
2004 Keela Niemeyer	51-3		<b>10,000 Meters</b>		
2003 Loree Smith	52-2.75		2012 Hannah Pensack-Rinehart	36:07.81	
2002 Hannah Metzler	53-4.25		2002 Kim Leal	37:03.51	
2001 Liz Toman	53-8.5		1996 Sarah Piccolo	38:00.95	
<b>Weight Throw</b>			<b>400 Meters</b>		
2006 Jill McCormick	64-2.25		2008 Drew Morano	46.80	
2005 Loree Smith	72-11.25		2007 Drew Morano	46.74	
2003 Loree Smith	67-5.5		<b>800 Meters</b>		
2001 Marlaina Corbett	60-1.25		2009 Ryan Frieze	1:51.17	
<b>Pentathlon</b>			2000 Ben Marvin	1:53.78	
2007 Katie Lloyd	4047		1999 Rob Vermillion	1:53.83	
2006 Katie Lloyd	3898		1988 Greg White	1:53.9	
<b>4x400 Meter Relay</b>			<b>Mile</b>		
2005 Thomas, Hammitt, Pearson, Fox	3:49.54		2001 Bryan Berryhill	4:10.61	
<b>Distance Medley Relay</b>			1999 Bryan Berryhill	4:10.79	
2001 Roodell, Addy, Smith, Bockel	12:12.22		1980 Richie Harris	4:05.52	
<b>Women's Outdoor Champions</b>			1976 Greg Duhaime	4:09.87	
<b>100 Meters</b>			<b>3000 Meters</b>		
2001 Brandi Bernert	11.95		2004 Austin Vigil	8:33.29	
<b>100 Hurdles</b>			2002 Dylan Olchin	8:39.28	
1984 Konnie Mackey	14.23		<b>Two Miles</b>		
1983 Konnie Mackey	13.96		1986 Ed Cordova	9:15.25	
			1974 Louis Groarke	8:48.9	
			1972 Louis Groarke	9:05.7	
			<b>5000 Meters</b>		
			2006 Rob Watson	14:44.83	
			2004 Austin Vigil	14:43.20	
			2003 Dylan Olchin	15:09.21	
			<b>High Jump</b>		
			2004 Jacob Benson	6-9.5	
			2003 Tim Merz	6-8.75	
			1974 Ray Lisbee	7-0	
			<b>Heptathlon</b>		
			2006 Katie Lloyd	5418	
			2005 Katie Lloyd	5141	
			<b>4x400 Meter Relay</b>		
			1992 Team	3:45.32	
			<b>Men's Indoor Champions</b>		
			<b>55/60 Meters</b>		
			2005 John Woods	6.79	
			2004 John Woods	6.69	
			2003 Jake Simpson	6.90	
			2002 John Woods	6.70	
			2000 Drew Smith	6.73	
			<b>55/60 Hurdles</b>		
			2012 Trevor Brown	7.90	
			2011 Trevor Brown	7.91	
			2007 Kevin Johnson	8.04	
			2006 Justin Hazzard	8.03	
			2001 JT Walker	8.00	
			1998 Jeremy Kendall	7.21	
			1996 J. Thomas	7.42	
			1995 Marcus Turner	7.43	
			1983 Lorenzo Zackery	7.56	
			1982 Lorenzo Zackery	7.53	
			1981 Lorenzo Zackery	7.45	
			1974 Ken Godfrey	7.50	
			<b>200 Meters</b>		
			2004 John Woods	21.16	
			2003 Chris Riggs	21.74	
			2002 John Woods	21.27	
			<b>400 Meters</b>		
			2008 Drew Morano	46.80	
			2007 Drew Morano	46.74	
			<b>800 Meters</b>		
			2009 Ryan Frieze	1:51.17	
			2000 Ben Marvin	1:53.78	
			1999 Rob Vermillion	1:53.83	
			1988 Greg White	1:53.9	
			<b>Mile</b>		
			2001 Bryan Berryhill	4:10.61	
			1999 Bryan Berryhill	4:10.79	
			1980 Richie Harris	4:05.52	
			1976 Greg Duhaime	4:09.87	
			<b>3000 Meters</b>		
			2004 Austin Vigil	8:33.29	
			2002 Dylan Olchin	8:39.28	
			<b>Two Miles</b>		
			1986 Ed Cordova	9:15.25	
			1974 Louis Groarke	8:48.9	
			1972 Louis Groarke	9:05.7	
			<b>5000 Meters</b>		
			2006 Rob Watson	14:44.83	
			2004 Austin Vigil	14:43.20	
			2003 Dylan Olchin	15:09.21	
			<b>High Jump</b>		
			2004 Jacob Benson	6-9.5	
			2003 Tim Merz	6-8.75	
			1974 Ray Lisbee	7-0	
			<b>Pole Vault</b>		
			2010 Kirk Cooper	16-6.75	
			1981 John Harrell	16-0	
			<b>Shot Put</b>		
			2007 Magnus Lohse	58-8.5	
			2006 Nate Heyrman	57-8.5	
			2005 Magnus Lohse	63-0.25	
			2003 Drew Loftin	59-2.25	
			2002 Brian Trainor	57-0.25	
			<b>Weight Throw</b>		
			2006 Nate Heyrman	63-9.75	
			2005 Adam Trainor	69-5.25	
			2003 Drew Loftin	67-9	
			2002 Drew Loftin	70-9	
			<b>Heptathlon</b>		
			2007 Kevin Johnson	5569	
			<b>Distance Medley Relay</b>		
			2001 Vermillion, Smith	10:16.44	
			2000 Alzola, Berryhill	10:24.54	
			2000 Vermillion, Smith	10:24.54	
			1998 Alzola, Berryhill	10:19.36	
			1997 Sobolik, Taylor, Berryhill, DiPrince	10:21.44	
			<b>Men's Outdoor Champions</b>		
			<b>100 Meters</b>		
			2004 John Woods	10.55	
			2002 John Woods	10.41	
			<b>110 Hurdles</b>		
			2012 Trevor Brown	13.80	
			1998 Jeremy Kendall	14.11	
			1984 Lorenzo Zackery	14.0	
			1982 Lorenzo Zackery	14.64	
			1981 Lorenzo Zackery	14.24	
			<b>200 Meters</b>		
			2004 John Woods	20.99	
			2003 Chris Riggs	20.82	
			2002 John Woods	20.69	
			<b>400 Hurdles</b>		
			2012 Trevor Brown	51.08	
			1982 Lorenzo Zackery	51.10	
			1981 Lorenzo Zackery	50.73	
			<b>440-Yard Hurdles</b>		
			1974 Bruce Ginther	50.8	
			1973 Chris Adsit	50.7	
			1972 Chris Adsit	51.8	
			<b>400 Meters</b>		
			2008 Drew Morano	45.98	
			<b>800 Meters</b>		
			2009 Ryan Frieze	1:51.34	
			2001 Bryan Berryhill	1:46.03	
			2000 Bryan Berryhill	1:49.03	
			1999 Bryan Berryhill	1:49.96	
			<b>1500 Meters</b>		
			2002 Rob Vermillion	3:49.06	
			2001 Rob Vermillion	3:44.63	
			<b>2000 Bryan Berryhill</b>		
			1999 Bryan Berryhill	3:45.66	
			1998 Bryan Berryhill	3:40.53	
			1997 Dave Sobolik	3:46.08	
			1996 Rodolfo Gomez	3:50.3	
			<b>Steeplechase</b>		
			2011 Spenser Lynass	9:06.03	
			2007 Rob Watson	8:38.92	
			2003 Mike Nicks	9:13.27	
			<b>5000 Meters</b>		
			2000 Mike Klass	14:51.42	
			1987 Ed Cordova	14:30.33	
			<b>Three-Mile Run</b>		
			1969 Tarry Harrison	13:29.7	
			<b>High Jump</b>		
			2009 Caston Mabin	6-10.75	
			2003 Jacob Benson	6-9.5	
			<b>Long Jump</b>		
			2006 Kevin Johnson	24-3.5	
			2005 Jacob Benson	24-0.75	
			<b>Triple Jump</b>		
			2010 Ryan Billups	50-8.75	
			<b>Shot Put</b>		
			2007 Magnus Lohse	57-2.00	
			2006 Matt McKinney	59-9.75	
			2003 Drew Loftin	57-7	
			2002 Jeremy Graff	58-8.5	
			<b>Discus</b>		
			2003 Drew Loftin	197-0	
			2000 Casey Malone	201-5	
			1998 Casey Malone	193-10	
			1996 Casey Malone	195-2	
			1975 Marshall Smith	186-6	
			1974 Marshall Smith	195-9	
			1973 Marshall Smith	192-8	
			<b>Hammer</b>		
			2009 Alex Godell	221-0	
			2008 Alex Godell	200-10	
			2007 Alex Godell	197-10	
			2006 Trey Eder	185-1	
			2005 Adam Trainor	216-10	
			2003 Drew Loftin	233-0	
			2002 Adam Trainor	188-5	
			<b>Javelin</b>		
			1987 Joe Palic	209-1.5	
			<b>Decathlon</b>		
			2006 Kevin Johnson	7151	
			2001 Doug Crumb	6782	
			1993 Matt Smoldt	6762	
			1982 John Harrel	7556	
			<b>4x100 Meter Relay</b>		
			2004 Pope, Majerus, Kent, Woods	40.41	
			2002 Campbell, Riggs, Ingram, Woods	40.18	



# Women's Indoor Personal Records

<b><u>55 Meters</u></b>			8.67	Kandi Brown	2-24-01	2:58.22	Shannon Meredith	2-13-93	<b><u>High Jump</u></b>			11-9.75	Morgan Griffin	2-10-12
6.84	Janay DeLoach	12-9-05	8.68	Learsha Jones	2-28-08	2:58.31	Rebekah Yetzer	2-14-04	5-11.25	Liz Toman	2-26-00	11-6.25	Ashley Nance	2-1-03
6.86	Brandi Bernert	2-14-98	8.87	Niomi Ridge	2-28-08	2:58.46	Danielle Korb	2-14-04	5-10	Rheannon Backes	2-25-06	11-6	Shay Horak	2-7-02
6.93	Andrea Bush	2-10-89	8.89	Andrea Little	2-28-03	2:58.67	Alison Taylor	1-20-07	5-8.75	Sonni Russell	2-24-07	11-3.75	Sara Page	2-4-11
7.04	Kelly Delph	3-1-91	<b><u>200 Meters</u></b>			3:00.24	Missy Spyers-Duran	2-9-90	5-8.5	Lindsey Malmgren	1-22-99	<b><u>Shot Put</u></b>		
7.07	Tanesha Johnson	12-5-09	24.17	Brandi Bernert	1-30-99	3:00.63	Kirsten Anthony	1-20-07	5-8	Katie Lloyd	2-26-05	56-3	Loree Smith	2-28-05
7.08	Carissa Wherry	2-11-95	24.40	Tanesha Johnson	2-28-08	3:01.09	Cara Wyndham	1-30-88	5-8	Anne McLaughlin	2-28-05	53-8.5	Liz Toman	2-24-01
7.12	Kadeisha Hilliard	2-24-96	24.46	Katrice Thomas	1-22-05	3:07.04	Robyn Jokumsen	2-5-94	5-8	Nancy Malloy	1-15-77	53-4.25	Hannah Metzler	2-23-02
7.14	Amber Johnson	1-20-01	24.53	Amber Johnson	2-24-01	<b><u>Mile</u></b>			5-7.75	Cate Brus	2-23-12	51-3	Keela Niemeyer	2-28-04
7.15	Christine Reaux	1-14-94	24.57	Christine Reaux	2-24-95	4:44.14	Katie Yemm	3-9-02	5-7.75	Missy Hanlen	1-24-92	50-8	Missy Faubus	2-6-09
7.20	Katrice Thomas	1-29-05	24.67	Janay DeLoach	2-23-07	4:46.06	Debbie Maass	3-11-94	5-7.25	Ashleigh Morton	2-28-08	49-11.75	Jennifer Ugochukwu	2-26-09
<b><u>60 Meters</u></b>			24.77	Megan Fox	2-24-06	4:46.73	Chantelle Dron	2-11-06	<b><u>Long Jump</u></b>			47-10	Jill McCormick	1-22-05
7.31	Janay DeLoach	2-24-06	24.88	Mary Norwesh	2-20-93	4:47.59	Danielle Korb	2-11-06	21-0.75	Janay DeLoach	12-9-06	47-1.5	Jaimee Troth	2-25-06
7.35	Brandi Bernert	1-30-99	24.95	Megan Addy	2-14-98	4:47.94c	Wendy Koenig Knudson	2-14-76	19-11	Katie Lloyd	12-9-06	46-8	Jenna Sliwinski	1-28-12
7.55	Tanesha Johnson	2-28-08	25.00	Kelly Delph	2-23-91	4:51.74	Libbie Johnson	1-30-88	19-9	Cristin Napier	2-1-97	46-6.25	Shelly Greathouse-Borrman	1-27-96
7.63	Amber Johnson	1-23-99	<b><u>400 Meters</u></b>			4:53.04	Kirsten Anthony	2-10-07	19-2.75	Bethany DeLong	2-10-12	<b><u>Weight Throw</u></b>		
7.67	Learsha Jones	2-28-08	55.30	Katrice Thomas	2-5-05	4:53.47	Heather Loseke	1-27-07	19-1	Kelly Delph	3-1-91	74-3.75	Loree Smith	3-12-05
7.67	Megan Fox	2-04-06	55.46	Megan Fox	2-12-05	4:56.59	Holly Keeper	2-10-12	19-0.75	Kadeshia Hilliard	2-22-97	66-8.5	Jill McCormick	1-28-06
7.67	Candace Lelo	2-28-03	55.89	Mary Norwesh	2-27-93	4:56.59	Kristen Hemphill	1-28-06	18-10.25	Amanda Miller	1-29-05	63-10.5	Grettel Miller	3-14-98
7.71	Shanetria Thomas	2-17-12	55.97	Megan Addy	2-28-98	<b><u>3,000 Meters</u></b>			18-10	Cindi Lapp	2-2-80	61-4.75	Kiah Hicks	2-10-12
7.76	Folami Gaither	1-23-99	56.20	Siobhan Everson-Stewart	2-9-02	9:27.18	Nicole Peters	2-10-12	18-8.5	Mary Harrington	2-11-77	60-5.75	Jaimee Troth	2-24-06
7.80	Shanetria Thomas	1-28-12	56.23	Christine Reaux	2-24-95	9:30.34	Kristen Hemphill	2-16-08	18-6.5	Emily Pearson	2-28-08	60-3.25	Shelly Greathouse-Borrman	1-23-99
7.80	Bethany DeLong	2-24-12	57.09	Tisha Slade	2-1-97	9:33.58	Karen Bockel	2-12-00	18-6.5	Nancy Malloy	1-15-77	60-1.25	Marlaina Corbett	2-23-01
<b><u>55-Meter Hurdles</u></b>			57.30	Eileen Amador	2-24-95	9:35.55	Meg Larson	2-10-01	<b><u>Triple Jump</u></b>			59-3.5	Hannah Metzler	2-22-02
7.85	Angie Polk	2-28-98	57.32	Becky Hammitt	2-16-02	9:37.47	Elizabeth Roodell	2-9-02	41-6.5	Amanda Huddleston-Miller	2-28-05	58-10	Haley Hunt	2-23-07
7.97	Felicia Dixon	2-24-96	57.80	Nancy May	2-19-88	9:39.06	Kirsten Anthony	2-16-08	40-9	Tanesha Johnson	2-28-09	57-11	Julie Gunzel	2-22-02
8.00	Stacy Dickson	1-21-94	<b><u>800 Meters</u></b>			9:39.30	Hannah Pensack-Rinehart	2-4-12	41-2.5	Meaghan Peak	2-10-12	<b><u>Pentathlon</u></b>		
8.10	Katie Lloyd	12-9-06	2:06.54c	Wendy Koenig Knudson	3-3-77	9:43.09	Nicole Feest	1-27-07	39-7.25	Missy Hanlen	2-28-92	4,084	Katie Lloyd	3-04-07
8.17	Emily Pearson	12-9-06	2:09.27	Mary Ridder	2-9-02	9:45.46	April Thomas	1-27-07	38-4.25	Michelle Brown	2-25-95	3,855	Nancy Malloy	1979
8.22	Andrea Adam	2-11-95	2:10.23	Jeanie Crist	2-26-99	9:46.60	Nicole Boes	1-28-89	38-1.25	Kat Cirone	2-28-04	3,820	Emily Pearson	2-28-08
8.30	Learsha Jones	12-5-07	2:11.26	Becky Hammitt	2-15-03	<b><u>5,000 Meters</u></b>			38-0.25	Enioma Haynes	2-20-99	3,804	Mary Harrington	3-9-79
8.30	Kandi Brown	1-20-01	2:12.44	Chantelle Dron	1-21-06	16:26.16	Nicole Feest	2-11-06	37-11.5	Cheyenne Hall	1-28-12	3,796	Kristen Kugler	2-25-10
8.38	Enioma Haynes	1-16-99	2:13.00	Jenny Hodsden	2-12-94	16:31.81	Sarah Piccolo	3-7-97	37-10.75	Leslie Banks	2-23-02	3,688	Cristina Gourdin	2-27-04
8.41	Kristi Morrison	2-25-94	2:14.31	Rebekah Yetzer	3-4-06	16:38.78	Hannah Pensack-Rinehart	2-10-12	37-9.25	Aubree Dietrich	1-13-12	3,674	Lindsey Malmgren	2-22-01
<b><u>60-Meter Hurdles</u></b>			2:14.68	Kim Watson	2-9-02	16:44.11	April Thomas	2-10-07	<b><u>Pole Vault</u></b>			3,589	Ashleigh Morton	2-28-08
8.28	Angie Polk	1-30-99	2:15.20	Marissa Suanders	1-24-08	16:46.44	Nicole Peters	2-10-12	12-6.25	Christine Ahn	2-22-03	3,499	Liz Toman	2-26-98
8.45	Andrea Adam	1-29-94	2:15.56	Katie Yemm	2-12-00	16:49.75	Marne Findlay	2-5-99	12-5.5	Ashleigh Morton	2-28-08	3,469	Tonya Cure	2-22-07
8.49	Emily Pearson	2-16-08	<b><u>1,000 Meters</u></b>			16:50.28	Sandy Ham	2-8-92	12-1.5	Kate Colvin	2-28-08			
8.56	Kalie Kirk	2-24-11	2:37.84c	Wendy Koenig Knudson	1977	17:03.07	Ellie Keyser	2-11-11	12-1.25	Rachel Saunders	1-30-10			
8.59	Lindsey Keller	2-17-12	2:58.11	Ashlee Velez	1-28-06	17:06.37	Kristen Hemphill	2-6-09	12-1.25	Kate Yee	2-22-02			
8.67	Katie Lloyd	2-23-07				17:14.23	Kendra Gerk	2-11-10	11-11.75	Jamie Davies	2-26-00			



# Women's Outdoor Personal Records

<b><u>100 Meters</u></b>			56.04	Becky Hammitt	4-23-05	11:17.89	Ashlee Velez	5-12-06	19-4.75	Cristin Napier	4-11-98	184-5	Liz Toman	5-30-01	
11.45	Janay DeLoach	5-14-08	<b><u>400-Meter Hurdles</u></b>	57.70	Mary Norwesh	5-23-92	11:27.72	Danielle Rawlings	5-14-08	19-2.25	Becky Sorensen	5-21-93	177-10	Katie Hansen	4-14-06
11.51	Andrea Bush	5-20-89					11:36.20	Erin Weber	4-29-06	19-1	Nancy Malloy	4-15-78	175-1	Missy Faubus	4-5-08
11.68	Brandi Bernert	5-21-99					<b><u>5,000 Meters</u></b>			19-0	Bethany DeLong	3-23-12	173-7	Julie Gunzel	4-6-02
11.70	Tanesha Johnson	4-19-08					16:12.02	Nicole Peters	4-19-12	18-10	Kadeshia Hilliard	5-23-97	172-3	Jessica Sharbono	4-8-11
11.93	Amber Johnson	4-29-00					16:20.18	Sandy Ham	6-6-92	18-9.25	Tonya Cure	5-14-04	169-7	Keela Niemeyer	4-17-04
11.94	Kelly Delph	4-20-91	59.09			Kristi Morrison	3-18-95	16:27.00	Karen Bockel	5-5-00	<b><u>Triple Jump</u></b>			168-3	Jill McCormick
11.96	LaSandra Smith	5-20-89	59.84	Jeanette Watson	5-3-97	16:29.82	Elizabeth Roodell	5-3-02	41-6	Amanda Huddleston-Miller	4-1-05	165-11	Kiah Hicks	6-16-12	
11.99	Shanetria Thomas	3-31-12	1:00.60	Nancy May	5-9-87	16:30.91	Sarah Piccolo	4-18-97	41-2.25	Tanesha Johnson	4-5-08	<b><u>Hammer</u></b>			
12.05	Kadeshia Hilliard	5-19-95	1:00.82	Stacey Dickson	4-17-94	16:35.91	Michelle Carman	3-25-05	40-4.75	Meaghaan Peak	5-9-12	229-9	Loree Smith	5-13-05	
12.08	Katrice Thomas	3-26-05	1:00.85	Niomi Ridge	5-14-08	16:36.99	Marne Findlay	6-5-98	39-2.5	Michelle Brown	5-18-96	197-2	Jaimee Troth	5-27-06	
<b><u>100-Meter Hurdles</u></b>			1:01.27	Cristina Gourdin	4-30-05	16:40.10	Nicole Boes	4-25-87	39-2.25	Missy Hanlen	5-4-91	195-5	Haley Hunt	5-28-04	
13.58	Felicia Dixon	5-23-97	1:01.37	Zuzana Krajciová	5-3-03	16:41.58	Hannah Pensack-Rinehart	4-19-12	39-1.25	Cheyenne Hall	5-9-12	194-6	Stacey Poulos	5-12-06	
13.68	Emily Pearson	5-14-08	<b><u>800 Meters</u></b>			16:42.36	Kirsten Anthony	4-25-08	38-7.5	Aubree Dietrich	3-31-12	193-10	Shelly Greathouse-Borrman	6-6-98	
13.80	Angela Polk	5-8-98	1:59.91	Wendy Knudson	7-23-76	<b><u>10,000 Meters</u></b>			38-5.25	Diane Schneider	5-16-90	192-6	Grettel Miller	5-2-98	
13.83	Kandi Brown	5-20-00	2:06.80	Mary Ridder	5-3-02	33:47.49	Hannah Pensack-Rinehart	4-6-12	38-0.25	Kat Cirone	4-24-04	191-10	Jenna Sliwinski	5-9-12	
13.95	Lindsey Keller	5-4-12	2:09.20	Michelle Wertz	5-11-85	34:00.73	Nicole Feest	4-20-07	38-0	Amy Medina	5-1-11	191-7	Megan Berg	4-8-10	
13.96	Konnie Mackey	5-7-83	2:09.40	Charlene Delventhal	5-12-79	34:08.94	Sarah Piccolo	4-25-97	<b><u>Pole Vault</u></b>			190-7	Kiah Hicks	5-24-12	
14.04	Rachelle Mims	4-9-05	2:10.03	Jeanie Crist	5-20-00	34:24.00	Amy Laffoon	6-5-79	12-9.5	Christine Ahn	5-7-04	188-3	Kenisha Throughsingh	4-5-12	
14.06	Niomi Ridge	5-14-08	2:10.04	Becky Hammitt	4-9-05	34:30.60	Julie Benzel	4-30-84	12-6.25	Ashleigh Morton	4-19-08	<b><u>Javelin</u></b>			
14.09	Katie Lloyd	5-3-08	2:10.52	Katie Yemm	4-24-04	34:55.03	Kim Leal	4-22-02	12-4	Jamie Davies	3-25-00	163-2	Liz Toman	4-24-98	
14.10	Kalie Kirk	5-11-11	2:11.83	Kendra Woodruff	5-19-01	35:01.60	Kendra Gerk	4-6-12	12-0	Kate Colvin	5-3-08	153-3.5	Emily Pearson	5-14-08	
<b><u>200 Meters</u></b>			2:11.86	Jenny Hodsden	4-29-94	35:03.50	Ellie Rastall	4-15-10	11-9.75	Rachel Saunders	4-10-10	151-1.5	Francine Kaylor	4-10-82	
23.84	Andrea Bush	5-20-89	2:13.14	Danielle Korb	4-29-06	35:06.56	Jennifer Kintzley	4-20-01	11-7.75	Morgan Griffin	4-8-11	144-7	Aimee Ainsworth	5-21-93	
23.88	Becky Sorensen	4-10-93	<b><u>1,500 Meters</u></b>			35:19.88	Sarah Heuer	4-19-12	11-6	Kate Yee	3-30-02	139-11	Kenisha Throughsingh	5-9-12	
23.94	Brandi Bernert	3-27-99	4:21.80	Wendy Knudson	4-24-76	<b><u>High Jump</u></b>			11-2.5	Sara Page	4-2-11	139-9	Shannon Mack	4-1-00	
24.03	Katrice Thomas	4-17-04	4:23.80	Barb Lawson	6-10-71	5-10.75	Niomi Ridge	5-3-08	11-1.75	Shay Horak	5-10-02	139-7	Ashleigh Morton	5-14-08	
24.17	Megan Fox	4-17-04	4:24.19	Debbie Maass	5-25-94	5-10.75	Liz Toman	5-19-00	10-8	Ashley Nance	4-26-03	135-7	Kristen Kugler	5-12-10	
24.26	Janay DeLoach	4-25-08	4:25.63	Katie Yemm	5-4-01	5-9.25	Rheannon Backes	5-15-04	<b><u>Shot Put</u></b>			135-4	Katie Lloyd	6-14-08	
24.30	Tanesha Johnson	5-14-08	4:25.90	Kirsten Anthony	4-10-09	5-8.75	Katie Lloyd	4-12-06	54-9.5	Loree Smith	5-14-05	134-4	Grettel Miller	5-3-97	
24.48	Emily Pearson	5-14-08	4:26.25	Marissa Saunders	5-3-08	5-8	Cate Brus	5-4-12	53-0.25	Missy Faubus	4-10-09	<b><u>Heptathlon</u></b>			
24.52	Kadeshia Hilliard	3-25-95	4:26.33	Libby Johnson	5-9-87	5-8	Amy Medina	3-16-12	52-1.25	Liz Toman	4-7-01	5,605	Emily Pearson	5-13-08	
24.57	Amber Johnson	4-22-01	4:26.67	Kim Watson	4-13-02	5-8	Sonni Russell	5-8-10	51-2.75	Keela Niemeyer	4-30-04	5,445	Katie Lloyd	6-14-08	
<b><u>400 Meters</u></b>			4:27.29	Danielle Korb	4-20-07	5-8	Cristina Gourdin	4-1-04	51-0	Jennifer Ugochukwu	5-9-09	5,251	Cristina Gourdin	4-22-05	
53.64	Katrice Thomas	5-17-03	4:27.40	Cara Wyndham	4-18-87	5-8	Lindsey Malmgren	3-28-98	50-6	Hannah Metzler	5-17-02	5,160	Lindsey Malmgren	4-27-01	
54.41	Megan Fox	4-24-04	<b><u>Steeplechase</u></b>			5-8	Erin Braunschwieger	4-21-89	50-2.5	Kiah Hicks	5-9-12	4,997	Kristen Kugler	5-13-09	
54.46	Andrea Bush	5-16-90	10:02.59	Kristen Hemphill	4-15-10	5-8	Brenda Wilson	5-12-78	49-3.5	Amy Thiel	5-21-99	4,994	Tonya Cure	5-11-06	
54.62	Megan Addy	5-2-98	10:10.16	Meg Larson	5-18-01	<b><u>Long Jump</u></b>			48-11.5	Jill McCormick	5-1-04	4,915	Liz Toman	4-24-98	
54.64	Eileen Amador	5-18-96	10:12.61	Nicole Peters	6-6-12	21-3.25	Janay DeLoach	5-14-08	48-11.5	Kelly Curran	4-5-80	4,841	Sophia Wagner	5-11-11	
54.69	Becky Sorensen	5-21-93	10:33.37	Kaitlin Hanenburg	4-6-12	19-11	Kelly Delph	3-31-90	<b><u>Discus</u></b>			4,788	Cate Brus	5-9-12	
55.14	Christine Reaux	4-1-95	11:02.24	Erin Cunningham	5-18-01	19-10.75	Katie Lloyd	5-26-06	198-8	Shelly Greathouse-Borrman	5-22-99	4,772	Zuzana Krajciová	4-3-03	
55.18	Tisha Slade	5-18-96	11:04.82	Linnea Pudwill	5-13-05	19-5	Mary Harrington	4-8-78	187-4	Loree Smith	4-17-04				
55.69	Tanesha Johnson	5-2-08	11:15.71	Rebekah Yetzer	5-14-04										



# Men's Indoor Personal Records

## 55 Meters

6.25	Duan Ruff	2-14-98
6.26	Calvin Branch	2-22-97
6.28	John Woods	1-29-05
6.29	Sean Ingram	1-22-00
6.29	Eric Gray	1-16-99
6.29	Drew Smith	2-6-98
6.29	J'Sharlon Jones	2-6-98
6.29	Carlos Jones	2-6-98
6.31	Thal Woods	2-6-98
6.31	Paul Turner	2-12-94
6.31	Greg Sawchuck	1-24-92

## 60 Meters

6.63	John Woods	3-5-05
6.70	Eric Gray	1-30-99
6.71	Sean Ingram	1-29-00
6.73	Drew Smith	2-26-00
6.75	J'Sharlon Jones	1-23-99
6.80	Sulaiman Sayyid	2-28-08
6.80	Daniel Ward	2-25-00
6.84	Duan Ruff	1-29-00
6.85	Antione Harrison	1-22-10
6.86	Drew Morano	2-27-05
6.86	Thal Woods	2-27-05

## 55-Meter Hurdles

7.16	Jeremy Kendall	2-14-98
7.29	Josh Proctor	2-22-97
7.42	Jeramie Thomas	2-24-96
7.43	Mike Horton	12-9-05
7.43	Marcus Turner	2-25-95
7.55	Justin Hazzard	12-9-05
7.57	Tony Brown	2-25-89
7.60	Mike Armstrong	2-3-90
7.60	Greg Dubbe	2-25-89
7.61	Kelby Dias	12-5-09

## 60-Meter Hurdles

7.86	Trevor Brown	2-10-12
7.96	Justin Hazzard	2-28-04
7.98	Mike Horton	3-3-06
8.00	JT Walker	2-24-01
8.02	Kelby Dias	2-10-12

8.04	Kevin Johnson	2-24-07
8.07	Jeremy Kendall	2-7-97
8.19	Rashaun Greer	1-27-07
8.19	Brian Williams	3-1-03
8.19	Tom Waido	2-28-03

## 200 Meters

20.91	John Woods	2-5-05
21.15	Drew Morano	2-24-07
21.32	Deontrey Taylor	2-14-98
21.35	Drew Smith	2-24-01
21.51	Daniel Ward	2-25-00
21.55	Rodnee Pope	2-28-05
21.73	Pedro Lopez	2-1-97
21.74	Chris Riggs	3-1-03
21.75	Thal Woods	2-26-00
21.79	Eric Hill	2-23-02

## 400 Meters

46.74	Drew Morano	2-24-07
46.95	Deontrey Taylor	2-28-98
47.69	Pedro Lopez	2-28-97
47.72	Lorenzo Zackery	1984
48.08	Mike Lippold	2-25-94
48.23	Brandon Kent	2-28-04
48.28	Justin Hazzard	2-28-04
48.32	Lee Macklin	2-25-94
48.45	Sherown Campbell	2-23-02
48.58	Seth Monson	1-29-11

## 800 Meters

1:48.83	Bryan Berryhill	2-13-98
1:50.75	Ryan Frieze	3-7-09
1:51.30	Joey Alzola	2-10-01
1:51.32	Mike Nicks	3-7-04
1:51.60	Seth Butler	2-24-11
1:51.87	Niall Dunne	2-5-99
1:52.03	Brian Kelly	2-28-04
1:52.10	Greg White	2-13-88
1:52.14	Alex Balsiger	1-28-12
1:53.39	Scot Sanders	1-20-07

## 1,000 Meters

2:26.78	Greg Brewster	1-23-81
2:28.34c	Bill Roth	2-2-85
2:28.37	Allen Russell	1-23-81
2:28.97	Kevin Scrivner	1-23-81
2:29.08	Rob Gneiser	2-9-91
2:29.33	Jim Nagel	1-23-81
2:29.41	Abe Sauer	2-13-93
2:29.74c	Bryan Berryhill	1-23-98
2:30.34c	Torgun Lovely	2-13-93
2:30.41	Tim Taylor	2-27-82

## Mile

3:56.73	Bryan Berryhill	3-6-99
4:04.16	Dave Sobolik	3-9-96
4:04.69	Mike Nicks	2-14-04
4:05.20	Rob Vermillion	2-10-01
4:05.57	Alex Balsiger	2-10-12
4:05.52	Richie Harris	2-23-80
4:05.64	Chad DiPrince	2-13-98
4:05.84	Scott Sanders	1-27-07
4:08.53	Jon Sinclair	3-9-79
4:08.94c	Greg Duhaime	2-14-76

## 3,000 Meters

7:59.34	Mike Nicks	3-5-05
8:01.14	Bryan Berryhill	1-20-01
8:06.09	Rob Watson	3-4-06
8:10.84	Mike Klass	2-12-00
8:11.36	Josh Glaab	3-5-05
8:13.76	Bill Michel	2-15-03
8:15.97	Spenser Lynass	2-11-11
8:17.44	Daniel Wallis	2-4-12
8:20.99	Dylan Olchin	1-25-02
8:21.73	Matt Cianciulli	2-14-04

## 5,000 Meters

14:02.59	Josh Glaab	2-12-05
14:14.05	Dylan Olchin	2-8-02
14:15.39	Mowa Haile-Selassie	3-3-95
14:16.87	Austin Vigil	2-14-03
14:24.49	Dan Wallis	2-11-10
14:25.77	Josh Lybarger	2-10-01
14:35.66	Jason Surratt	2-12-94

14:35.85	Andrew Lesser	2-10-12
14:36.65	Andres Urbina	2-16-08
14:44.06	Stan Emery	2-7-92

## High Jump

7-0.5	Randy Morgan	1-24-76
7-0	Ray Lisby	3-1-74
6-11.75	Matt Hoskins	2-27-88
6-11	Jacob Benson	2-27-05
6-10	Duane Myers	1-22-77
6-9.5	Tim Merz	2-27-03
6-9.5	Dave Eckhardt	2-28-92
6-9	Rob Blakney	2-28-98
6-9	Norm Bair	1-26-74
6-9	Alex Lockhart	2-9-08

## Long Jump

24-10	Phil Webb	1-30-70
24-3	Len Volz	1936
24-1.75	Jacob Benson	2-28-03
24-1.75	Duane Myers	2-11-77
24-0.75	Ciarre Campbell	2-27-05
23-10	Mike Lippold	1-19-96
23-7.25	Warren Franz	2-17-73
23-6.25	Mike Clark	3-16-68
23-6	Chris Riggs	2-28-03
23-5.5	Randy Rusing	3-7-81

## Triple Jump

51-2.25	Jacob Benson	2-8-03
50-6.5	Greg Johnson	2-23-80
49-9.25	Ryan Billups	2-25-10
49-9	Mike Clark	1969
49-4.25	Nnamdi Agwu	2-25-10
49-3.5	Trey Richardson	2-24-12
49'3	Jason Smith	12-08-07
48-11.5	DeJean Harden	3-6-98
48-6.75	Scotty Owens	1-28-12
48-3.25	Jarelle Johnson	2-25-06

## Pole Vault

17-3	Josh Horak	2-2-02
17-0.25	Kirk Cooper	2-19-10
16-8.75	Doug Dieker	2-25-10

16-6.75	Andrew Schall	2-24-11
16-6	Scott Hall	2-28-87
16-4.75	Brent Sagnotti	1-27-01
16-4	John Harrell	2-6-82
16-3.5	Brandon Mora	2-25-06
16-1	Darrell Schwandt	2-24-89
16-0.75	Kurt Davies	2-28-98

## Shot Put

65-8.75	Magnus Lohse	1-29-05
60-2	Brian Trainor	2-24-01
59-2.25	Drew Loftin	3-1-03
58-6	Jeremy Graff	3-1-03
58-5.75	Casey Malone	2-20-99
58-4.75	Tyson Williams	2-12-10
58-2	Matt McKinney	2-04-06
57-11	Mattias Borrmann	3-1-96
57-8.5	Nate Heyrman	2-25-06
57-6.25	Tony Sotelo	2-20-99

## Weight Throw

71-1.5	Drew Loftin	3-14-03
69-5.25	Adam Trainor	2-27-05
69-5.5	Jason Schutz	2-28-08
67-9	Alex Godel	2-20-09
67-5.5	Mattias Borrmann	2-25-94
67-0.5	Brian Trainor	2-22-02
65-2.25	Trey Eder	1-21-06
64-10.75	Nate Heyrman	2-27-05
64-8.75	Jeremy Graff	2-22-02
64-8.5	Rob Upton	2-15-92

## Heptathlon

5569	Kevin Johnson	2-23-07
4986	Josh McMillin	2-24-11
4810	Justin Green	2-23-12
4723	Robert Wasinger	2-24-12
4713	Doug Dieker	2-3-07
4364	Bill McCormick	1-29-94
4242	Matt Collins	1-28-12
4142	Chris Walker	1-29-94
3625	Kirk Cooper	2-25-10



# Men's Outdoor Personal Records

<b>100 Meters</b>			47.69	Dave Dornan	5-23-92	9:00.07	Jake Keyser	3-25-11	24-3.5	Kevin Johnson	5-12-06	199-2	Jason Schutz	3-29-08
10.30	Deontrey Taylor	4-19-96	<b>400-Meter Hurdles</b>			9:01.58	Andres Urbina	4-25-08	24-2	Mike Lippold	5-9-92	198-7	Marshall Smith	4-6-74
10.30	Sean Ingram	4-29-00	50.66	Tom Waido	5-18-02	9:02.40	Mike Lohman	4-20-74	24-0.75	Jacob Benson	5-13-05	197-0	Drew Loftin	5-16-03
10.32	Drew Smith	4-7-01	50.73	Lorenzo Zackery	5-9-81	9:03.54	Christian Meyer	4-6-12	24-0.25	Byron Mallory	1971	192-2	Mattias Borrman	5-18-96
10.38	John Woods	5-28-04	51.04	Justin Hazzard	4-1-06	<b>5000 Meters</b>			23-11	Graham Gilliland	5-1-11	188-1	Matt McKinney	5-26-06
10.49	Eric Gray	5-19-00	51.08	Trevor Brown	5-9-12	13:41.58	Mike Klass	5-5-00	23-10.75	Scott Stoll	5-17-91	185-3	Cameron Carter	4-19-08
10.53	Don Hill	4-28-79	51.53	Rick Steele	1976	14:01.63	Jon Sinclair	5-10-80	<b>Triple Jump</b>			184-6	Mike Medjo	5-18-96
10.54	Chris Riggs	5-30-03	51.63	Nigel Joseph	4-17-10	14:05.43	Bill Michel	4-30-04	50-8.75	Ryan Billups	5-12-10	183	Kevin Carr	5-4-84
10.57	Sulaiman Sayyid	5-3-08	51.79	Doug King	5-20-89	14:09.63	Austin Vigil	4-18-03	49-10.75	Mike Clark	1970	<b>Hammer</b>		
10.57	Duan Ruff	5-2-98	51.89	Marcus Turner	5-18-94	14:11.20	Dan Wallis	4-15-10	49-9	Jarelle Johnson	5-14-05	233-0	Drew Loftin	5-16-03
10.58	Drew Morano	4-28-07	51.99	Brian Williams	5-17-02	14:15.33	Matt Cianciulli	4-28-05	49-8	DeJean Harden	3-28-98	225-2	Mattias Borrman	5-3-96
<b>110-Meter Hurdles</b>			52.42	Kyle Keeler	5-5-07	14:22.59	Ed Cordova	4-19-86	49-5.75	Nnamdi Agwu	5-16-09	221-0	Alex Godell	5-13-09
13.75	Trevor Brown	4-20-12	<b>800 Meters</b>			14:24.70	Stan Emery	4-21-91	49-4.5	Jonathan Edmunds	4-5-12	220-6	Adam Trainor	4-2-05
13.85	Jeremy Kendall	4-11-98	1:46.03	Bryan Berryhill	5-19-01	14:25.00	Josh Lybarger	5-3-02	49-3	Greg Johnson	5-10-80	211-0	Jace Rivera	5-29-05
14.01	Justin Hazzard	4-1-06	1:47.88	Don Frichtel	5-7-77	14:27.67	Spenser Lynass	3-4-10	49-2.50	Travis Smith	5-12-10	207-4	Nate Heyrman	5-5-07
14.02	Lorenzo Zackery	4-14-84	1:48.28	Bill Roth	4-6-85	<b>10,000 Meters</b>			49-1	Jason Smith	4-28-07	205-2	Jason Schutz	4-5-08
14.13	Kelby Dias	5-24-12	1:49.70	Ryan Friese	5-14-08	29:03.13	Ed Cordova	4-25-87	48-11	Graham Gilliland	4-22-11	204-1	Mike Duffala	5-30-79
14.16	Mike Horton	5-17-03	1:49.92	Brian Kelly	5-17-03	29:05.10	Jon Sinclair	4-26-80	<b>Pole Vault</b>			200-7	James Cale	5-16-03
14.31	Tom Waido	4-18-02	1:50.13	Greg White	3-19-88	29:13.97	Austin Vigil	3-26-04	16-9.25	Kirk Cooper	4-23-10	195-0	Trey Eder	5-5-07
14.35	Josh Proctor	5-19-95	1:50.16	Alex Balsiger	4-20-12	29:24.70	Dylan Olchin	3-29-03	16-8.75	Matt Smoldt	5-16-96	<b>Javelin (Since 1986)</b>		
14.37	Robert Wasinger	5-9-12	1:50.40	Seth Butler	4-2-11	29:32.77	Josh Glaab	3-26-04	16-7	Jack Cunningham	4-26-75	223-11	Mattias Borrman	5-18-94
14.41	Marcus Turner	4-22-95	1:50.45	Rob Vermillion	4-12-02	29:45.47	Daniel Wallis	3-7-12	16-6.75	Doug Dieker	4-24-09	219-2.5	Gary Falsen	4-24-69
<b>200 Meters</b>			1:50.48	Paul Michel	4-15-06	29:54.76	Chuck DeGarmo	5-6-83	16-6.75	Josh Horak	4-12-03	216-8.5	Curtis Vagneur	5-6-72
20.55	John Woods	6-10-04	<b>1,500 Meters</b>			29:56.80	Terry Harrison	6-14-68	16-6	Scott Hall	4-8-88	215-4	Chris Ahlgrim	5-17-02
20.82	Chris Riggs	5-17-03	3:37.05	Bryan Berryhill	6-2-01	29:57.24	Andrew Roberts	4-14-11	16-3	Kurt Davies	3-28-98	210-6.25	Jerry Morgan	1959
20.92	Deontrey Taylor	5-7-99	3:38.46	Richie Harris	1979	30:03.10	Andrew Lesser	4-14-11	16-2	Andrew Schall	4-2-11	209-10	Joe Palic	5-2-87
21.02	Drew Smith	4-14-01	3:44.63	Rob Vermillion	5-19-01	<b>High Jump</b>			16-1	Dave Hoffman	1969	203-6	Dave Dotson	5-15-90
21.06	Daniel Ward	4-14-00	3:45.12	Paul Michel	4-30-06	7-0	Randy Morgan	1975	16-0.5	Dan Kimes	5-12-73	203-6	John Harrel	5-8-82
21.11	Drew Morano	4-28-07	3:45.77	Dave Sobolik	3-27-97	6-11.5	Matt Hoskins	5-20-89	<b>Shot Put</b>			202-7.5	x Christiansen	3-19-86
21.30	James Lawrence	4-22-95	3:46.30	Randy Sigley	3-16-74	6-10.75	Caston Mabin	5-13-09	62-11.25	Magnus Lohse	3-25-06	201-9	Gene Spencer	1948
21.38	J'Sharlon Jones	5-19-00	3:46.87	Chad DiPrince	3-27-97	6-10	Jacob Benson	3-29-03	59-10.25	Tyson Williams	5-11-11	<b>Decathlon</b>		
21.41	Carlos Jones	5-2-98	3:48.10	Mike Nicks	5-3-03	6-9.75	Dave Eckhardt	5-21-93	59-9.75	Matt McKinney	5-13-06	7,556	John Harrel	5-6-82
21.42	Lee Macklin	3-26-94	3:48.83	Steve Swartz	4-20-07	6-9	Norm Biar	5-10-75	58-10.5	Nate Heyrman	4-15-06	7,332	Kevin Johnson	4-24-08
<b>400 Meters</b>			3:49.17	Bill Michel	5-3-03	6-8.75	Jon Uher	4-17-04	58-8.5	Jeremy Graff	5-17-02	7,183	Matt Smoldt	5-15-96
45.65	Drew Morano	5-2-08	3:49.51	Alex Balsiger	4-19-12	6-8.75	Rob Blakney	5-7-99	58-7	Brian Trainor	4-22-00	7,105	Doug Crumb	4-27-00
46.34	Deontrey Taylor	3-27-99	<b>Steeplechase</b>			6-8.75	Mike Buchanan	5-9-85	58-4	Tony Sotelo	5-7-99	7,086	Mike Pettit	5-4-83
47.09	Pedro Lopez	5-3-97	8:38.92	Rob Watson	4-20-07	6-8.25	Matt Smoldt	4-17-96	58-0	Steve Wolllelrmann	1979	6,958	Mark Cooper	4-17-74
47.11	Mike Lippold	5-18-96	8:38.92	Rob Watson	4-20-07	<b>Long Jump</b>			57-7.5	Casey Malone	5-6-00	6,860	Josh McMillin	5-9-12
47.18	Seth Monson	5-11-11	8:42.98	Mike Nicks	4-15-05	25-4.25	Phil Webb	1971	57-11.75	Drew Lofton	5-17-03	6,849	Jim Steigerwald	5-3-84
47.34	Mark Glen	4-14-84	8:49.7	Elliott Drumwright	1979	24-5.5	Warren Franz	1971	<b>Discus</b>			6,692	Chris Walker	5-15-94
47.48	Terrence Garrett	4-30-94	8:51.10	Spencer Lynass	5-1-11	24-5.25	Kay McFarland	1959	211-6	Casey Malone	4-29-00	6,629	Stacy Ming	5-7-81
47.57	Sherown Campbell	5-18-02	8:56.29	Raegan Robb	5-31-03	24-5	Ken Blair	1964	199-10	Brian Trainor	5-30-03			
47.65	Lee Macklin	5-21-93	8:59.3	Sven Severin	4-16-99	24-5	Ken Blair	1964	199-10	Brian Trainor	5-30-03			



# Historical Records

## Indoor Women

### 50 Yards

6.04	Brandi Bernert	2-12-00
6.23	Maria Midgley	2-6-88
6.24c	Pam Greene	2-7-76
6.30	Konnie Mackey	1-30-82
6.30	Andi Witham	2-16-80

### 220 Yards

25.04c	Pam Greene	3-16-75
26.64c	Cindi Lapp	2-11-77
26.94c	Debbie Skoronsky	3-6-76
27.74c	Jeri Bonnell	3-16-75
28.04c	Sherry Williams	3-6-76

### 600 Yards

1:25.15	Michelle Wertz	3-8-86
1:25.90	Sally Rand	2-6-81
1:27.04c	Konnie Mackey	3-2-84
1:27.16	Chantelle Dron	1-28-06
1:27.42	Jeannette Watson	1-27-96

### 880 Yards

2:06.64c	Wendy Knudson	2-22-75
2:19.65	Sally Rand	2-14-81
2:21.04c	Pat Koehler	2-11-77
2:21.97	Tammy Rudnick	2-6-81
2:22.34c	Michelle Wertz	3-2-84

## Indoor Men

### 50 Yards

5.24	Cecil Stockdale	1-23-81
5.32	Donnie Hill	2-10-80
5.34	Ben Willis	2-2-74
5.39	Dennis Utthe	1-23-81
5.40	Bernie Black	2-16-74

### 220 Yards

24.34c	Ben Willis	2-27-76
--------	------------	---------

### 600 Yards

1:09.74c	Bob Parry	1-10-76
1:10.73	Lorenzo Zachery	2-26-83

1:10.74	Loren Maxwell	2-22-86
1:10.88	Greg White	2-22-86
1:11.09	Don Frichtel	2-11-77

### 880 Yards

1:51.44c	Don Frichtel	2-26-77
1:51.44c	Del Hessel	1963
1:53.69	Bill Roth	2-25-84
1:54.54c	Randy Sigley	2-3-73
1:54.64	John Morton	3-5-77

## Outdoor Women

### 4xMile Relay (Since 1995)

19:45.95	Dron, Loseke, Anthony, Korb	4-28-07
19:52.82	Larson, Ridder, Sawyer, Yemm	4-25-03

### 100 Yards

10.5	Pam Greene	6-1-74
11.26	Cindi Lapp	4-29-77
11.5	Sherry Williams	4-11-75
11.76	Debbie Skoronsky	5-11-76

### 220 Yards

23.86	Pam Greene	5-11-76
26.4	Debbie Skoronsky	4-3-76

### 440 Yards

56.2	Wendy Knudson	4-11-75
56.3	Pam Greene	4-11-75
59.72	Pat Koehler	5-11-76
59.7	Debbie Skoronsky	4-23-77
1:01.6	Rosie McLennon	4-3-76

### 880 Yards

2:05.4	Wendy Knudson	4-12-75
2:17.7	Rosie McLennon	5-11-76
2:18.6	Pat Koehler	5-11-76
2:22.9	Jana Brownlee	4-23-77
2:27.4	Kathy Sarvary	4-23-77

### Mile Run

4:52.02	Danielle Korb	4-15-06
---------	---------------	---------

4:54.8	Barb Lawson	4-24-71
4:55.35	Kristen Hemphill	4-15-06
4:55.5	Wendy Knudson	5-11-76
5:01.10	Heather Loseke	4-15-06

### Two-Mile Run

10:34.0	Wendy Knudson	4-16-76
11:14.6	Lauri Adams	4-15-79
11:51.57	Diane Westover	5-11-76
12:01.75	Suzanne Sibbitt	5-1-76
12:08.5	Sharon Jordan	4-23-77

### Three-Mile Run

16:53.0	Yvonne Rieman	5-26-78
17:04.2	Lauri Adams	4-19-77
18:06.08	Diane Westover	5-11-76
18:57.8	Kathy Hix	4-23-77
19:23.79	Kathy Sarvary	5-11-76

## Outdoor Men

### 4xMile Relay (Since 1995)

16:24.83	PMichel, BMichel, Kirkpatrick, Nicks	4-23-04
17:21.88	Klass, Coster, KJohnson, Bakker	4-19-97

### 100 Yards

9.3	Mike Walker	3-20-74
9.3w	Tim Seguine	1973
9.4	Ben Willis	4-26-74
9.4w	Bert Chism	3-20-74
9.4	Fred McCoy	1960

### 120-Yard Hurdles

13.91	Curby Rogers	5-10-75
14.1	Chris Adsit	4-7-73
14.1	Larry Morgan	1959
14.2	Ken Godfrey	3-20-74
14.2	Dave Gilliland	4-26-75

### 220 Yards

20.6	Dan Columbus	1968
20.8	Pat Shields	1972
20.8	Fred McCoy	1960

21.0	Alex Burl	1952
21.2	Mike Walker	4-6-74

### 440 Yards

46.70	Bob Parry	5-10-75
47.1	Pat Shields	5-12-72
47.5	David King	5-17-69
47.9	Del Hessel	1960
48.0	Jeff Sindt	
4-10-76		

### 440 Yard Hurdles

50.5	Chris Adsit	6-7-73
50.7	Bruce Ginther	4-26-74
51.2	Rick Steele	4-10-76
52.7	Bob McQueen	3-16-74
52.7	Jerry Phillips	5-2-66

### 880 Yards

1:49.3	Del Hessel	1963
1:51.13	Don Frichtel	5-7-76
1:51.48	Greg Duhaime	5-7-76
1:51.3	Bob Parry	4-10-76
1:51.9	Randy Sigley	5-12-72

### Mile Run

3:57.43	Bryan Berryhill	4-18-99
4:06.63	Dave Sobolik	4-18-97
4:06.88	Mike Nicks	4-9-05
4:08.34	Paul Michel	4-9-05
4:10.78	Greg Duhaime	5-10-75

### Two-Mile Run

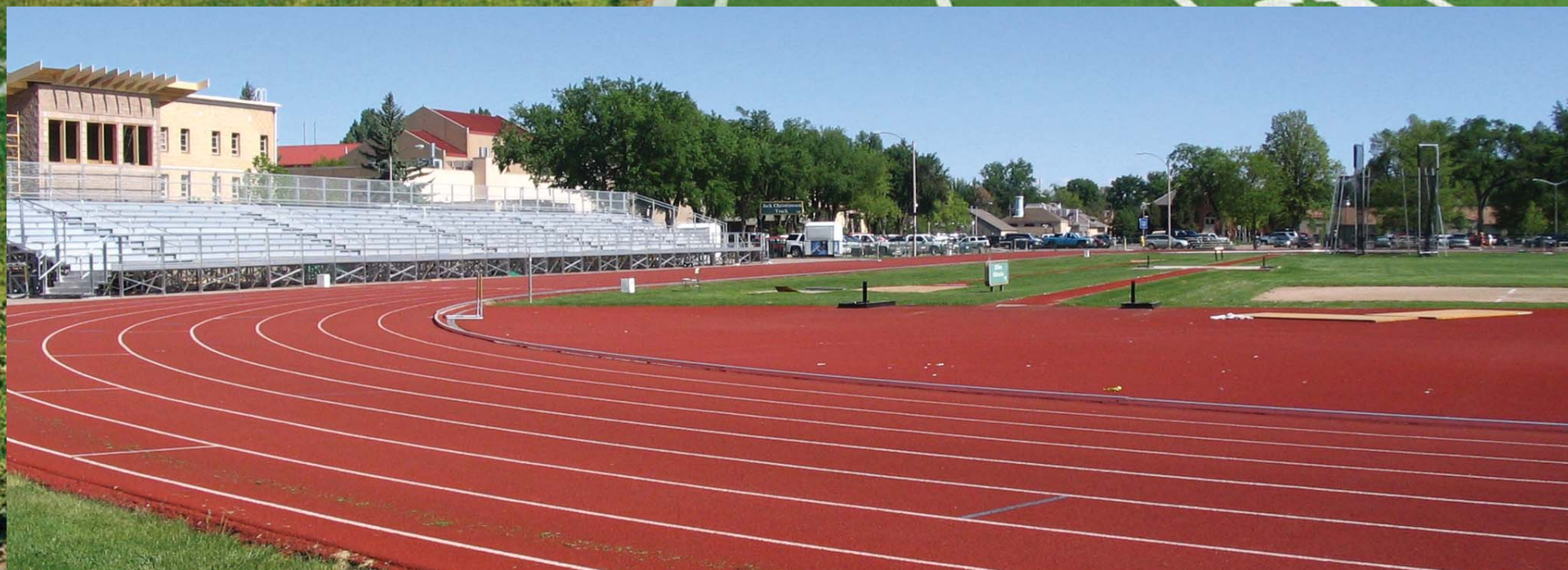
9:04.7	Greg Duhaime	5-4-74
9:16.0	Terry Harrison	1969
10:07.2	Jerry Glyde	4-7-62
10:10.2	Wes Crist	4-11-70

### Three-Mile Run

13:29.0	Louis Groake	1972
13:29.7	Terry Harrison	5-24-69
13:55.0	Greg Duhaime	4-26-74
14:07.2	Steve Floto	6-1-73
14:11.8	Wes Crist	5-16-70



# Jack Christiansen Track Records



## Jack Christiansen Track Records - Men

EVENT	ATHLETE	AFFILIATION	MARK	METRIC	YEAR
100 meters	Leonard Myles-Mills	BYU	10.04		1999
110 meter hurdles	Laterance Dunbar	TCU	13.82		1999
200 meters	Leonard Myles-Mills	BYU	20.11		1999
400 meters	James Davis	Colorado	45.64		1996
400m IH	Kyle Grossarth	BYU	50.13		1999
800 meters	Justin Hedin	BYU	1:49.60		2011
1500 meters	Adam Goucher	Colorado	3:45.4		1996
Steeplechase	Josh McAdams	BYU	9:02.9		2005
5000 meters	Justin Tyner	Air Force	14:10.22		2011
10,000 meters	Curtis Moore	Southern Utah	30:18.3		2000
400m Relay		BYU	38.88		1999
1600m Relay		TCU	3:07.4		1999
High Jump	Matt Hemingway	Unattached	7-4.50	2.25m	2003
Long Jump	Marc Kimbrough	Neosha JC	26-0.25	7.93m	1991
Triple Jump	Rodrigo Mendes	BYU	55-2.25	16.82m	2005
Pole Vault	Pat Manson	Unattached	18-0.50	5.50m	2001
Shot Put	Janus Roberts	SMU	65-10.50	20.08m	1999
Discus	Casey Malone	Nike	224-8.00	68.49	2009
Hammer	Mustafa Moha Hesham Elgamel	Egypt	253-1.00	77.14m	2012
Javelin	Matti Narhi	UTEP	273-1.00	83.26m	1999
Decathlon	Kevin Johnson	Colorado State	7,332 points		2000

## Jack Christiansen Track Records - Women

EVENT	ATHLETE	AFFILIATION	MARK	METRIC	YEAR
100 meters	Jessica Young	TCU	11.40		2011
100 meter hurdles	Miesha McKelvy	San Diego State	12.84		1999
200 meters	Alicia Tyson	UNLV	22.78		1999
400 meters	Jessica Fox	Wyoming	51.72		2005
400 meter hurdles	Shauna Smith	Wyoming	55.31		2005
800 meters	Lacey Bleazard	BYU	2:07.06		2011
1500 meters	Sharolyn Shields	BYU	4:26.4		1999
3000 meters	Elizabeth Jackson	BYU	9:45.1		1999
Steeplechase	Ruth Senior	New Mexico	10:34.50		2011
5000 meters	Natalie Gray	New Mexico	16:51.46		2011
10,000 meters	Cecily Lemmon-Lew	BYU	36:11.41		2011
400m Relay		Rice	44.37		1999
1600m Relay		Wyoming	3:33.8		2005
High Jump	Kajsa Bergqvist	SMU	6-6.00	1.98m	1999
Long Jump	Whitney Gipson	TCU	21-8.50	6.61m	2011
Triple Jump	Kristel Berendsen	BYU	43-10.50	13.37m	1999
Pole Vault	Shayla Balentine/Jenny Soceka	SDSU/Unattached	13-10	4.22m	2005/2012
Shot Put	Baillie Gibson	Unattached	56-1	17.09m	2012
Discus	Shelly Borрман	Colorado State	198-8.00	60.55m	1999
Javelin	Dana Pounds	Air Force	183-9	56.00m	2005
Hammer	Loree Smith	Colorado State	229-9	70.03m	2005
Heptathlon	Emily Pearson	Unattached	5,498 points		2011



# Hall of Fame Inductees

Colorado State University welcomed six new members to its Athletics Hall of Fame during induction ceremonies in October. The Class of 2012 included track star Chris Adsit.

The Colorado State Athletics Hall of Fame inducted its first class in 1988, and with the enshrinement of the Class of 2012, the elite fraternity will grow to include 146 members.



Between 1970-73, Chris Adsit put Colorado State's track and field program on the map.

A product of Wheat Ridge, Colo., Adsit made a name for himself in the hurdle events. Bursting onto the scene in 1972, he set the school record in the 440-yard hurdles (50.5 seconds). He also previously held the school record in the 120-yard hurdles.

The 440-yard hurdles was Adsit's strongest event. Not only did he win conference titles in back-to-back years, but he also had a strong showing at nationals. In 1972 he finished the year with a seventh place finish in the event at the USA National championships. The following year, in 1973, Adsit was determined to improve and he did just that, finishing in fifth place at the National Championships.

Adsit won the 1972 and 1973 Merrill-Gheen Award, given annually to CSU's top male scholar athlete. He graduated with a degree in biological science and maintained above a 3.2 grade-point average during his time with the Rams.



## Past Inductees

### Class of 2011

- Gerry Glide- Cross Country, Track & Field

### Class of 2012

- Dan Beattie - Football, Track & Field  
- Sandy (Ham) Fetzer - Cross Country, Track & Field  
- Marshall Smith - Track & Field

### Class of 2008

- Drew Loftin - Track and Field (2003)  
- Rich Harris - Track and Field (1980)  
- Ollie Woods - Football, Track and Field, Wrestling (1949)

### Class of 2007

- Bob Parry - Track and Field (1976)  
- Liz (Toman) Certain - Track and Field (2001)

### Class of 2006

- Bryan Berryhill - Track and Field (2001)  
- Ivan Dyekman - Football, Track and Field (1929)

### Class of 2005

- Mattias Borrman - Track and Field (1996)

### Class of 2004

- Shelly Borrman - Track and Field (1999)  
- Casey Malone - Track and Field (2000)

### Class of 2003

- Jim Ranson - Football, Men's Basketball, Baseball, Track (1950)  
- Doug Max - Hall of Honor Special Award

### Class of 2002

- George Jones - Football, Men's Basketball, Wrestling, Track (1950)

### Class of 2000

- Alex Burl - Track, Football (1954)

### Class of 1997

- Libbie Johnson-Hickman - Track (1988)

### Class of 1996

- Chet Maeda - Football, Basketball, Track (1941)  
- Barbara Mencimer-Maxfield - Field Hockey, Track, Tennis, Swimming, Women's Basketball, Volleyball, Softball (1959)

### Class of 1995

- Chester Cruikshank - Track and Field (1936)  
- Del Hessel - Track and Field (1963)

### Class of 1994

- Mary Harrington - Volleyball, Track and Field (1979)

### Class of 1993

- Lillian Greene-Chamberlain - Track and Field (1963)  
- Kenny Hyde - Football, Basketball, Track and Field (1926)

### Class of 1992

- Charles Bresnahan - Football, Basketball, Track and Field, Baseball (1920)  
- Kay McFarland - Basketball, Track and Field, Football (1961)  
- Fay Rankin - Football, Track and Field (1920)

### Class of 1990

- Pamela Greene - Track and Field (1977)

### Class of 1989

- Wendy Koenig-Knudson - Track and Field (1976)  
- Jon Sinclair - Track and Field (1980)

### Class of 1988

- Jack Christiansen - Football, Baseball, Track and Field (1951)  
- Thurman "Fum" McGraw - Football, Wrestling, Track and Field, Athletic Administrator (1986)  
- Glenn Morris - Track and Field, Football, Wrestling (1925)



# 2013 Track & Field Schedule

DATE	MEET	LOCATION	DATE	MEET	LOCATION
<b>Indoor Season</b>					
01/12/13	Air Force All-Comers Meet	Colorado Springs, Colo.		Sun Angel Track Classic	Tempe, Ariz.
01/18/13	Potts Indoor Invitational	Boulder, Colo.	04/06/13	Air Force Relays	Colorado Springs, Colo.
01/19/13	Potts Indoor Invitational	Boulder, Colo.		Sun Angel Track Classic	Tempe, Ariz.
01/24/13	AFA Combined Events Meet	Colorado Springs, Colo.	04/13/13	CU Invitational	Boulder, Colo.
01/25/13	AFA Combined Events Meet	Colorado Springs, Colo.	04/18/13	Mt. SAC Relays	Walnut, Calif.
	Air Force Invitational	Colorado Springs, Colo.	04/19/13	Mt. SAC Relays	Walnut, Calif.
01/26/13	Air Force Invitational	Colorado Springs, Colo.	04/20/13	Mt. SAC Relays	Walnut, Calif.
02/01/13	Husker Invitational	Lincoln, Neb.	04/25/13	Glenn Morris Multi-Event	Fort Collins, Colo.
02/02/13	Husker Invitational	Lincoln, Neb.	04/26/13	Glenn Morris Multi-Event	Fort Collins, Colo.
02/08/13	CSM Twilight Open	Golden, Colo.		Jack Christiansen Invite	Fort Collins, Colo.
	Husky Invitational	Seattle, Wash.	04/27/13	Jack Christiansen Invite	Fort Collins, Colo.
02/09/13	Husky Invitational	Seattle, Wash.	05/03/13	AFA Twilight Meet	Colorado Springs, Colo.
	Team Challenge	Colorado Springs, Colo.	05/08/13	Mountain West Conference	Las Vegas, Nev.
02/16/13	Joe Davies Open	Golden, Colo.	05/09/13	Mountain West Conference	Las Vegas, Nev.
02/21/13	Mountain West Conference	Boise, Idaho	05/10/13	Mountain West Conference	Las Vegas, Nev.
02/22/13	Mountain West Conference	Boise, Idaho	05/11/13	Mountain West Conference	Las Vegas, Nev.
02/23/13	Mountain West Conference	Boise, Idaho	05/23/13	NCAA Preliminary Round	Austin, Texas
03/08/13	NCAA Championships	Fayetteville, Ark.	05/24/13	NCAA Preliminary Round	Austin, Texas
03/09/13	NCAA Championships	Fayetteville, Ark.	05/25/13	NCAA Preliminary Round	Austin, Texas
			06/05/13	NCAA Championships	Eugene, Ore.
			06/06/13	NCAA Championships	Eugene, Ore.
			06/07/13	NCAA Championships	Eugene, Ore.
03/15/13	Jerry Quiller Classic	Boulder, Colo.	06/08/13	NCAA Championships	Eugene, Ore.
03/16/13	Jerry Quiller Classic	Boulder, Colo.	06/19/13	USA Championships	Des Moines, Iowa
03/22/13	CSU-Pueblo Open	Pueblo, Colo.		USA Junior Nationals	Des Moines, Iowa
	UNC-Tom Benich Classic	Greeley, Colo.	06/20/13	USA Championships	Des Moines, Iowa
03/23/13	CSU-Pueblo Open	Pueblo, Colo.		USA Junior Nationals	Des Moines, Iowa
	UNC-Tom Benich Classic	Greeley, Colo.	06/21/13	USA Championships	Des Moines, Iowa
03/29/13	Stanford Invitational	Palo Alto, Calif.		USA Junior Nationals	Des Moines, Iowa
03/30/13	Fum McGraw Triangular	Fort Collins, Colo.	06/22/13	USA Championships	Des Moines, Iowa
04/04/13	Air Force Heptathlon/Decathlon	Colorado Springs, Colo.		USA Junior Nationals	Des Moines, Iowa
04/05/13	Air Force Heptathlon/Decathlon	Colorado Springs, Colo.			
	Mesa Classic	Mesa, Ariz.			