



COLORADO STATE **TRACK & FIELD**

2014 MEDIA GUIDE

Colorado State University



2014 MEN'S ROSTER

DATE	EVENT(S)	CLASS	HOMETOWN(LAST SCHOOL)
Jefferson Abbey	Distance	FR/FR	Fort Collins, Colo. (Fort Collins)
Sam Baca	Throws	FR/FR	Loveland, Colo. (Thompson Valley)
Alex Balsiger	Distance	SR/SR	Parker, Colo. (Oklahoma)
Alex Blaho	Throws	FR/FR	Fort Collins, Colo. (Poudre)
Trevor Brown	Hurdles	SR/SR	Colorado Springs, Colo. (Wasson)
Zach Browning	Sprints	JR/JR	Carbondale, Colo. (Roaring Fork)
Seth Butler	Middle Distance	SR/SR	Findlay, Ohio (Liberty Benton)
Josh Cogdill	Multis, Jumps	SO/SO	Longmont, Colo. (Longmont)
Nick Costello	Distance	FR/FR	Franklinville, N.J. (Delsea Regional)
Kordell Deffenbaugh	Sprints	SO/FR	Denver, Colo. (Martin Luther King Jr. Early College)
Josh DeLoach	Sprints	SO/SO	Rasamond, Calif. (Desert)
Jonathan Elisha Edmunds	Jumps	JR/JR	Centennial, Colo. (Littleton)
Grant Fischer	Distance	FR/FR	Fort Collins, Colo. (Poudre)
Christopher Ganem	Distance	JR/SO	Castle Rock, Colo. (Castle View)
Graham Gilliland	Jumps	JR/JR	Fort Collins, Colo. (Rocky Mountain)
Andrew Goodman	Distance	JR/JR	Colorado Springs, Colo. (Palmer)
Colton Grandbouché	Multis, Jumps	SR/SR	Anaheim Hills, Calif. (Mt. San Antonio College)
Justin Green	Multis, Jumps, PV	JR/JR	Liberty Hill, Tex. (Liberty Hill)
Ken Harriman	Throws	SR/--	Pueblo, Colo. (Pueblo South)
Marcus Harris Jr	Sprints	FR/FR	Denver, Colo. (Eaglecrest)
Adam Hartman	Distance	FR/FR	Thornton, Colo. (Horizon)
Gunnar Haynes	Jumps	JR/JR	Eaton, Colo. (Eaton)
Jace Horak	Hurdles	FR/FR	Fort Collins, Colo. (Augustana College)
Troy Johnson	Sprints	FR/FR	Berthoud, Colo. (Berthoud)
Ricardo Kaempfen	Distance	FR/FR	Boulder, Colo. (Fairview)
Aaron Khoury	Jumps	SO/SO	Elizabeth, Colo. (Elizabeth)
Nick Korhumel	Distance	FR/FR	Libertyville, Ill. (Libertyville)
Riley Langdon	Distance	FR/FR	San Antonio, Texas (Ronald Reagan)
Eric Lanza	Jumps	FR/FR	Fort Collins, Colo. (Fossil Ridge)
Ben Larson	Distance	JR/SR	Fort Collins, Colo. (Rocky Mountain)
Sam Little	Hurdles	SO/SO	Grand Lake, Colo. (Middle Park)
Sam Lynass	Hurdles	JR/JR	North Bend, Ore. (North Bend)
Joe Pete Marchand	Distance	JR/JR	Louisville, Colo. (Monarch)
Christian Meyer	Distance	SR/SR	Albuquerque, N.M. (Sandia)
Jerrell Mock	Distance	FR/FR	Providence, Utah (Logan)
Jacob Morgan	Distance	SO/SO	Topeka, Kan. (Washburn Rural)
Alex J. Muntefering	Distance	--/SR	Parkston, S.D. (University of Oklahoma)
Jake Newell	Throws	SO/SO	Albuquerque, N.M. (United States Military Academy)
Alec Pott	Throws	SR/SR	Fort Collins, Colo. (Poudre)
Trey Richardson	Jumps	JR/JR	Denver, Colo. (George Washington)
Jeff Richmond	Sprints	JR/JR	Greeley, Colo. (Northridge)
Joshua Sandin	Jumps	FR/FR	Loveland, Colo. (Mountain View)
Collin Scheer	Jumps	FR/FR	Colorado Springs, Colo. (Classical Academy)
Jake Schneeberger	Throws	JR/JR	Fort Collins, Colo. (Fossil Ridge)
Tyler Schultz	Throws	SO/SO	Edgemont, S.D. (Custer)
Traylor Goodnight Skudneski	Sprints	FR/FR	Englewood, Colo. (Cherry Creek)
Evan Taylor	Sprints	SR/SR	Aurora, Colo. (University of Northern Colorado)
JT Van Veen	Throws	SO/SO	Aurora, Colo. (Regis Jesuit)
Gus Waneka	Distance	FR/FR	Loveland, Colo. (Thompson Valley)
Robert Wasinger	Hurdles	SR/JR	Arvada, Colo. (Ralston Valley)
Justin Weinmeister	Distance	FR/FR	Windsor, Colo. (Windsor)
Daniel Weirich	Throws	FR/FR	Eads, Colo. (Eads)
Brandon Williams	Distance	FR/FR	Lakewood, Colo. (Bear Creek)



2014 WOMEN'S ROSTER

DATE	EVENT(S)	CLASS	HOMETOWN(LAST SCHOOL)
Emmy Briggs	Distance	SO/SO	Longmont, Colo. (Niwot)
Isobel Brown	Jumps, Multis	FR/FR	West Sussex, England (Chichester Girls)
Josephine Bush	Distance	SO/FR	Telluride, Colo. (Telluride)
Amanda Clements	Jumps	FR/FR	Littleton, Colo. (Chattfield)
Sarah Clough	Sprints	FR/FR	Englewood, Colo. (Cherry Creek)
Lydia Fahrenkrug	Distance	FR/FR	Neenah, Wisc. (Neenah)
Alison Forrester	Jumps	SR/SR	Highlands Ranch, Colo. (Rock Canyon)
Monica Franco	Jumps, Multis	SO/SO	Fort Collins, Colo. (Fort Collins)
Autumn Gardner	Jumps	FR/FR	Thornton, Colo. (Mountain Range)
Stephanie Gerber	Hurdles, Multis	JR/JR	Centennial, Colo. (Arapahoe)
Jessica Green	Jumps, Multis	SO/SO	Liberty Hill, Texas (Liberty Hill)
Morgan D Griffin	Pole Vault	SR/SR	Colorado Springs, Colo. (Lewis-Palmer)
Cheyenne Hall	Jumps	JR/JR	Berthoud, Colo. (Berthoud)
Kaitlin Hanenburg	Distance	SR/SR	Colorado Springs, Colo. (Classical Academy)
Whitney Henderson	Distance	SR/--	Hamilton, Mont. (Corvallis)
Alex Hess	Distance	FR/FR	Sioux Falls, S.D. (Sioux Falls)
Kiah Hicks	Throws	JR/JR	Colorado Springs, Colo. (Falcon)
Sanne Holland	Distance	FR/FR	Cheney, Wash. (Cheney)
Lorenda Holston	Sprints	FR/FR	Fayetteville, Ga. (North Clayton)
Kendall Horan	Sprints	FR/FR	Castle Rock, Colo. (Lutheran)
Kara Hyde	Hurdles	SO/SO	Forney, Texas (University of Colorado)
Monet Jackson	Throws	JR/JR	Blue Springs, Missouri (Johnson County CC)
Holly Keeper	Distance	SR/SR	Rifle, Colo. (Augustana State University)
Elle Killingsworth	Distance	JR/SR	Lakewood, Colo. (Green Mountain)
Amanda Lark	Sprints	SO/FR	Parker, Colo. (Oklahoma State)
Aimee Larrabee	Throws	FR/FR	Centennial, Colo. (Valor Christian)
Jessi Macedo	Multis, Javelin	SO/SO	Montrose, Colo. (Sand Creek)
Pauline Mandel	Distance	SO/SO	Temecula, Calif. (Great Oak)
Amy Medina	Jumps	SR/SR	Loveland, Colo. (Mountain View)
Gabrielle Pajak	Hurdles	FR/FR	Pagosa Springs, Colo. (Pagosa Springs)
Aaliyah Pete	Throws	FR/FR	Elkhorn, Neb. (Elkhorn)
Chloe Phillips	Distance	SR/SR	Flagstaff, Ariz. (Mississippi State University)
Ashley Reid	Jumps	SR/SR	Olathe, Kan. (Johnson County Community College)
Marina Roberts	Distance	SO/FR	Kingston, Wash. (Kingston)
Emily Romo	Sprints	FR/FR	Centennial, Colo. (Cherry Creek)
Karlee Schwartzkopf	Distance	FR/FR	Highlands Ranch, Colo. (Mountain Vista)
Jessica Sharbono	Throws	SR/SR	Billings, Mont. (Billings West)
Abby Simpson	Sprints	FR/FR	Pueblo, Colo. (Pueblo County)
Marissa Smith	Sprints	SR/SR	Holyoke, Colo. (Holyoke)
McKenna Spillar	Distance	FR/FR	Littleton, Colo. (Dakota Ridge)
Jessica Spray	Distance	FR/FR	Bellevue, Wash. (Newport-Bellvue)
Stefanie Tuder	Sprints	SO/SO	Fort Collins, Colo. (Loveland)
Marissa Wagner	Throws	JR/SO	Hawthorn Woods, Ill. (Lake Zurich)
Jazmyn Webster	Jumps	SR/SR	Cheyenne, Wyo. (Chadron State)
Ali Will	Distance	SO/SO	Castle Rock, Colo. (Rock Canyon)
Mariah Witt	Hurdles	FR/SO	Golden Valley, Minn. (Hopkins)
Laura Yarrow	Distance	FR/FR	Colorado Springs, Colo. (University of Tampa)



2002 Men's Indoor Champions
2006 Women's Indoor Champions
2008 Women's Outdoor Champions

TABLE OF CONTENTS

Rosters	2-3
Quick Facts	4
Colorado State University.....	5-6
Fort Collins, Colo.....	7-8
Denver, Colo.....	9
The Mountain West.....	10
Facilities	11-15
Distinguished Alumni.....	16
Head Coach Brian Bedard	18-19
Assistant Coaches.....	20-27
Male Athletes	29-53
Female Athletes.....	54-72
National Champions	74-75
Olympians	76-77
All-Americans.....	78
Conference Champions.....	79-80
Track & Field Records	81-92
Hall of Fame Inductees.....	93

QUICK FACTS

General Information

Location	Fort Collins, Colo.
Founded	1870
Enrollment	26,775
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	8th Season
Year at CSU	25th 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

The 2014 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 assistant director of media relations Danielle Marshall, with assistance from Ben Stroud. Additional writing by Head Coach Brian Bedard and assistant coach Cathleen Campbell. Photo credits to Tom Waudo of Waudo Productions, NCAA photographer Stephen Nowland, Dan Byers and Dan Breeding of Dan Breeding Photography.



This is Colorado State



As one of the nation's leading research universities, Colorado State provides an excellent and 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.

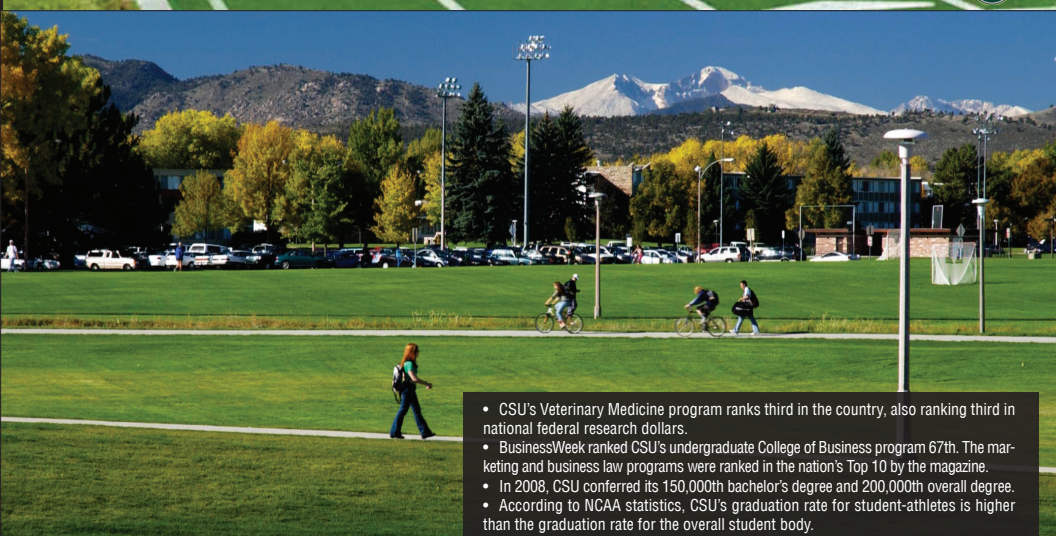
As Colorado's land-grant university, Colorado State was founded in 1870 to fulfill the vision of President Abraham Lincoln and others—to create access and opportunity for people in Colorado and around the world who can benefit from hands-on, engaged learning.

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.





- CSU's Veterinary Medicine program ranks third in the country, also ranking third in national federal research dollars.
- BusinessWeek ranked CSU's undergraduate College of Business program 67th. The marketing and business law programs were ranked in the nation's Top 10 by the magazine.
- In 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.

Colorado 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 MW, graduating 68 percent of its student-athletes – again, well ahead of the conference average of 49 percent. Additionally, CSU student-athletes graduate at a higher percentage than the general student body.



Colorado State, however, is not resting on its reputation for graduating its student-athletes. The state-of-the-art Anderson Academic Center, which has greatly enhanced 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 72 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 and the Rockwell Hall expansion at the College of Business.





Fort Collins Facts

- No. 1 place to live in the U.S. (*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 fifth-most 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, 2013).

One of Colorado's most vibrant cities, Fort Collins is the best place in the country to live, work and play. Tucked against the foothills of the Rocky Mountains, the city is within an hour's

300+ Annual Performances and Art Events



drive of Denver, the nation's 25th-largest metro area.

Fort Collins' 145,000 residents bask in 300 days of sunshine per year — more than San Diego and Florida — and the city boasts a lively arts and cultural scene, and is a haven for outdoor enthusiasts with over 300 miles of bike paths and trails, and easy access to the scenic Poudre River and majestic Rocky Mountain National Park.

83 Parks and Natural Areas



145,000 Approximate population of Fort Collins



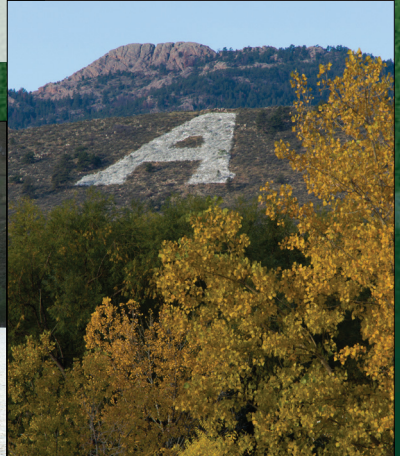
Old Town Fort Collins, the inspiration for Disneyland's Mainstreet U.S.



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, 30,000 acres of natural areas, 29 miles of off-street trails for hiking and biking, and four golf courses. Old Town, the heart of Fort Collins, offers a one-of-a-kind shopping experience and more than 80 restaurants, in addition to a vibrant night life and multiple cultural arts centers.

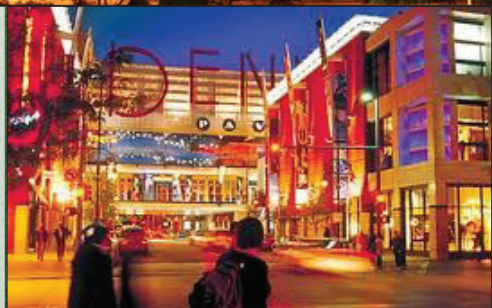


Horsetooth Reservoir, located just a few miles west of CSU's main campus, offers great outdoors opportunities including camping, boating, fishing, swimming, hiking, climbing and more.



The Denver Metro Area, with a population of 2.4 million, is less than an hour's drive from Fort Collins. Three of its teams have competed for their respective world championships in the past 15 years, and Colorado fans are among the most passionate in the nation. Denver has all the features of any big city, including great shopping and nightlife on the 16th Street Mall (Denver Pavilions, right), a one-of-a-kind concert venue in Red Rocks Amphitheatre (below, right), an adrenaline-inducing amusement park in Elitch Gardens (below, left), 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.





Craig Thompson
Commissioner



Javan Hedlund
Associate Commissioner
Communications



Dan Johnson
Assistant Director
Communications

THIS IS THE MOUNTAIN WEST

From its inception in 1999, the Mountain West has been committed to excellence in intercollegiate athletics, while promoting the academic missions of its member institutions. Progressive in its approach, the MW continues to cultivate opportunities for student-athletes to compete at the highest level, while fostering academic achievement and sportsmanship. Now in its 15th year, the MW has been assertive in its involvement with the NCAA governance structure and has taken a leadership role in the overall administration of intercollegiate athletics.

The Mountain West has marked several achievements over its first 14 years of existence, most notably becoming the first to establish a sports television network dedicated solely to an intercollegiate athletic conference (The Mtn.). The Mountain West also was the first to experiment with the coaches' challenge in the college football instant replay system, and was the first non-automatic-qualifying BCS conference to participate in four BCS bowl games, winning three. Additionally, the Mountain West was the first conference to have a member institution with No. 1 overall picks in both the NFL and NBA drafts in the same year (Utah's Alex Smith and Andrew Bogut, respectively in 2005). With San Diego State's Stephen Strasburg claiming the No. 1 pick in the 2009 MLB Draft, the Mountain West is one of two conferences to have the No. 1 selection in each of the NFL, NBA and MLB drafts since the MW was founded in 1999. In 2011-12, the Mountain West was among the first conferences to implement a league-wide state-of-the-art basketball instant replay system.

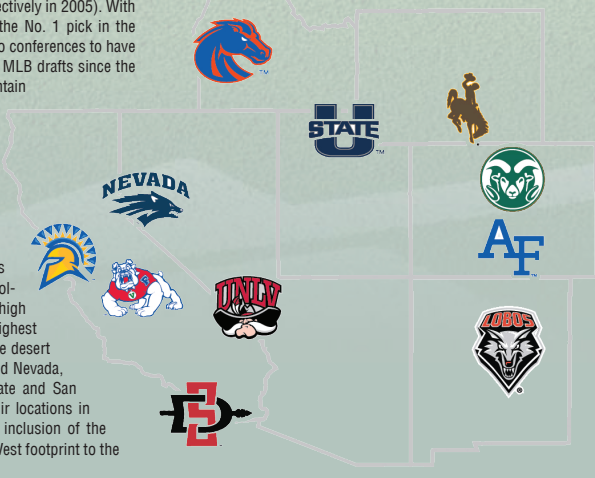
The Mountain West is noted for its geographic diversity. Some of the most beautiful terrain and landscapes in the nation can be found within Mountain West boundaries, including the majestic Rocky Mountain range, which borders five MW institutions (Air Force, Boise State, Colorado State, New Mexico and Utah State). The high plains of Wyoming (elevation 7,220 feet – the highest Division I campus in the nation) contrast with the desert cities of Las Vegas and Reno, home to UNLV and Nevada, respectively, while Fresno State, San Diego State and San Jose State add a West coast influence with their locations in Central, Southern and Northern California. The inclusion of the Hawai'i football program extends the Mountain West footprint to the beautiful islands in the Pacific Ocean.

HISTORY

The Mountain West was conceived on May 26, 1998, when the presidents of eight institutions — Air Force, BYU, Colorado State, New Mexico, San Diego State, UNLV, Utah and Wyoming — decided to form a new NCAA Division I-A intercollegiate athletic conference. The split from a former 16-team conference re-established continuity and stability among the membership within the new league and signaled the continuation of its tradition-rich, long-standing athletic rivalries. Three of the MW's eight original members have been conference rivals since the 1960s (New Mexico, Wyoming and Colorado State), while San Diego State (1978) and Air Force (1980) were longtime members as well. UNLV and TCU entered the fold in 1996 and the Rebels continued as one of the original eight institutions that formed the MW in 1999. TCU re-joined the group with its first year of competition in the Mountain West in 2005-06. With conference realignment sweeping the nation in recent years, the MW has been proactive in addressing membership changes. Boise State University joined the Mountain West in 2011-12, followed by Fresno State and the University of Nevada on July 1, 2012. Also on July 1, 2012, the University of Hawai'i became a football-only member of the Conference. On July 1, 2013, the Mountain West further expanded when San Jose State University and Utah State University joined the Conference, bringing to 11 the number of full-time member institutions and 12 football-playing members.

When the Mountain West officially began operations on July 1, 1999, the new league had in place a seven-year contract with ESPN, giving the broadcaster exclusive national television rights to MW football and men's basketball, and three-year agreements to send the league's football champion to the Liberty Bowl and a second team to the Las Vegas Bowl. Commissioner Craig Thompson also arranged a third bowl tie-in each of the first three seasons (1999 Motor City, 2000 Silicon Valley, 2001 New Orleans) before securing a four-year deal with the Emerald Bowl in San Francisco in 2002. Entering the 2013 season, the MW has six contracted bowl affiliations – the Las Vegas Bowl, San Diego Country Credit Union Poinsettia Bowl, Bell Helicopter Armed Forces Bowl, Sheraton Hawai'i Bowl, Famous Potato Idaho Bowl and Gildan New Mexico Bowl.

An innovator in the postseason bowl structure, the MW engineered many "firsts," as league teams have participated in five inaugural bowl games (2000 Silicon Valley, 2001 New Orleans, 2002 San Francisco (Emerald), 2005 Poinsettia, 2006 New Mexico), as well as placing the first non-automatic-qualifying BCS team into a BCS bowl game with Utah's appearance in the 2005 Tostitos Fiesta Bowl.





Student-athletes at Colorado State are students first, and a quality learning environment is essential to achieving the high standards expected of them. That's why, in 2009, the Anderson Academic Training Center was completed, offering Rams student-athletes a first-class academic facility.

Features:

- Includes a computer lab with 30 workstations, more workspace and offices for CSU's academic staff.
- Features five private tutorial rooms and large study areas.

The training portion includes a state-of-the-art weight room and strength and conditioning center, in addition to a nutrition center.



Training Room

Additionally, during the summer of 2013, the training room went through a major transformation, nearly doubling in size, helping make it one of the finest in the country. It features a multitude of taping and treatment tables, rehabilitation equipment and more.



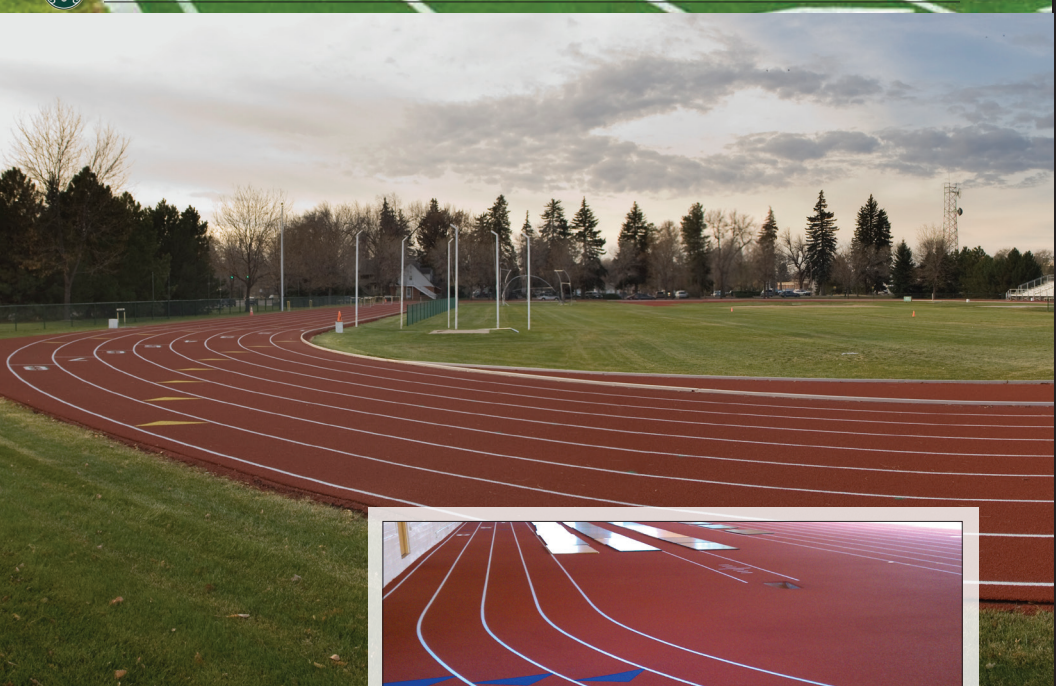


Also established in 2009 was the Indoor Practice Facility, measuring more than 66,000 square feet. The structure allows the team to practice and train indoors during bad weather.

Features:

- Contains a 70-yard synthetic-turf football field, including one end zone.
- Can accommodate all 16 varsity sports, and includes a four-lane, 70 meter track, large gymnasium and more.





Jack 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.

Olympic gold medalists include:

- Long jumper Janay DeLoach
- High jumpers Kajsa Bergqvist and Matt Hemingway
- Pole vaulter Stacey Dragila
- Sprinters Frankie Fredericks and Obadele Thompson

NCAA champions include:

- Throwers Casey Malone and Loree Smith
- Distance runners Bryan Berryhill, Adam Goucher and Lacey Bleazard
- Sprinter Leonard Myles-Mills
- Hurdler Shauna Smith
- Long jumper Whitney Gipson

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 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.

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.



HOMES OF THE RAMS

Colorado State University student-athletes in all sports enjoy some of the finest facilities in the country, including (counter clockwise from left) Moby Arena, men's and women's basketball and volleyball; University Tennis Courts, tennis; Moby Pool, swimming & diving Ram Field, softball; Fort Collins Soccer Complex, soccer; Harmony Club, men's and women's golf; Sonny Lubick Field at Hughes Stadium, football; and Jack Christiansen Track, outdoor track & field.





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

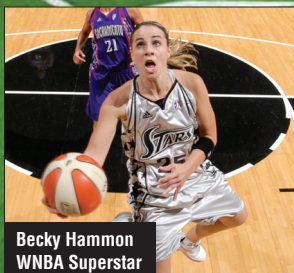
Wayne Allard, D.V.M., United States Congressman
 John Ensign, D.V.M., United States Senator
 Peter Lemon, recipient of Congressional Medal of Honor
 Ed Rhoades, former commander, U.S.S. Halyburton
 Bill Ritter, former Colorado Governor
 Roy Romer, former Colorado Governor
 Terry Slatic, Iraq veteran,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

Science

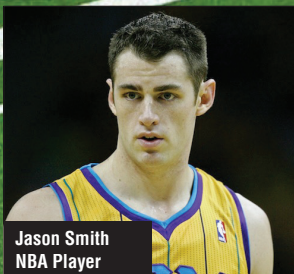
Kent Rominger, deputy director, Flight Crew Operations, NASA
 James van Hoften, former NASA astronaut, Lt. Col. USAF

Sports

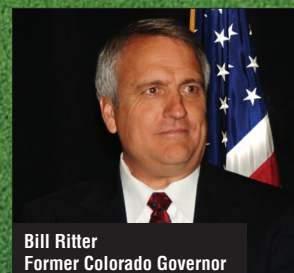
David Anderson, Six-year NFL pro
 Al "Bubba" Baker, NFL Defensive Rookie of the Year, three-time Pro Bowler
 Less Browne, Canadian Football League Hall of Famer
 Jack Christiansen, Pro Football Hall of Famer
 Janay DeLoach, 2012 Olympian, bronze medalist in long jump
 Clark Haggans, Arizona Cardinals
 Becky Hammon, Olympian and current WNBA basketball player
 Caleb Hannie, NFL Quarterback, Denver Broncos
 John Howell, Super Bowl Champion, Tampa Bay Buccaneers
 Colton Iverson, NBA player
 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



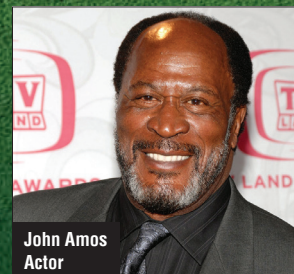
Becky Hammon
 WNBA Superstar



Jason Smith
 NBA Player



Bill Ritter
 Former Colorado Governor



John Amos
 Actor



Janay DeLoach
 Olympian - 2012 Bronze Medalist



Colorado State Coaches



Coach Brian Bedard is entering his eighth year as the Rams Head Coach, and his 25th 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 Conference (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. In 2013 the men's team had a runner-up finish in the outdoor MW championships. The 2013 women's squad struggled a bit indoors, but rebounded well for a third place finish at the outdoor championships.

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 two-time USA National discus champion, two NCAA Champions, 33 All-American performances, and 54 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. His most recent coaching honor came in the 2013 season winning the USTFCCCA Women's Midwest Region Head Coach of the year award.

Team Results

The women's team placed third at the outdoor MW meet and the men were MW runner-up outdoors. CSU qualified 20 athletes to the NCAA West Preliminary Meet in 2013 and most of those athletes return this year. Bedard feels, "With this year's signing class I'm extremely excited about what our teams can do this season. On paper it's one of the best signing classes we've put together, now the athletes need to come in and live up to those expectations."

Academics

The CSU track and cross country teams have a tradition of academic success under Bedard's leadership. Last season the Rams earned USTFCCCA All-Aca-

8th Year | 25th Year Overall

2013 Mountain Region Coach of the Year

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

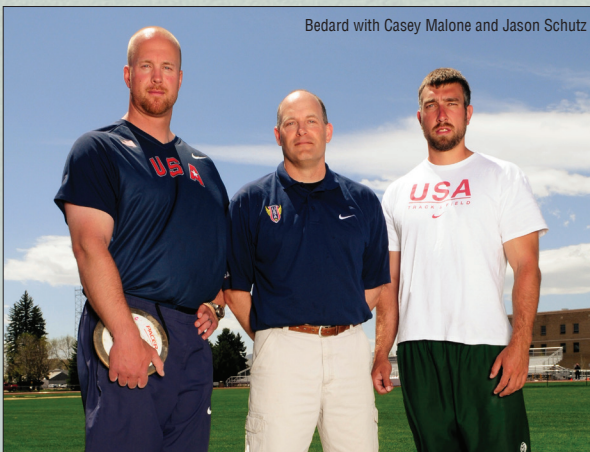
BEDARD AT A GLANCE

- Eighth year as head coach; 25th year as track coach
- Led women to first-ever outdoor conference championship in 2008; named Coach of the Year
- Has coached two olympians, a two-time USA national discus champion, two NCAA champions, 33 All-American performances and 54 conference champions
- Inducted into CSU Hall of Honor in 2005

ademic Team honors in men's and women's cross country and track and field. The women's track team had a 3.31 cumulative GPA and the men's team earned a 3.08 GPA 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. The teams also achieved 33 Academic All-Conference Awards in the 2013 season. Three women and four men were named to the USTFCCCA Outstanding Academic Achievement recognition for academic excellence.

Bedard's Events

Bedard's most recent season boasts three Mountain West champions and an All-American discus thrower. Highlights included MW champions Alec Pott 35-pound weight, Tyler Schultz outdoor shot, JT Van Veen in the discus. Jessica Sharbono finished her season as a second-team All-American discus thrower capping the Rams' postseason. The throwing squad had eight individuals qualify in multiple throwing events at the NCAA First Round meet. Freshman, Tyler Schultz competed in the USATF Junior National meet placing third in the shot.



Bedard with Casey Malone and Jason Schutz



Coaching History

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/deathalon 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 fifth. 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. 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 MW 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 Borrmann,

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 runner-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

worked with Drew Loftin after a five year lay-off from throwing and Loftin placed fifth in the hammer at the 2012 Olympic Trials, and fourth at the 2013 USA Championships.

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 Colorado State University Hall of Fame inductee and volleyball standout for from 1987-90. They have two daughters, 17-year-old Kelcey and 15-year-old Baylee.

Bedard Quotes

"Our staff is working hard to recruit athletes that can score in more than one event area, have outstanding character and exceptional work ethic. The coaching staff is looking for the best athletes in the region that fit our program's philosophy. In the 2013 season we started off slow and didn't perform up to expectations in the indoor championships on the women's side. The staff was patient and stayed positive with the squad and they just got better and better as the season wore on. By the time we got to the outdoor conference meet our athletes were ready to compete and make a jump in performance. The men's squad competed well all season and should be a force in the MWC in 2014.

"The staff is very excited to help this team grow and learn and get better while teaching a process oriented approach to training. I am excited to see this talented group of freshmen begin their careers at Colorado State University. With this recruiting class and the number of athletes that qualified for the Junior Nationals and NCAA West meet, it gives us a really good indication of the potential of this group. Our staff believes we can challenge for the MWC title this season."

**Multis, Jumps, Pole Vault | 11th Year**Contact information: (970) 988-4919 | timothy.cawley@colostate.edu

Tim Cawley begins his 11th season at Colorado State where he is responsible for the multi-events as well as the horizontal jumps and pole vault.

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 developed a sprint sled specifically designed to be pulled over blocks. This sprint sled has been picked up by and is now sold by Gill Athletics. Cawley has presented at many high school coaches clinics and will be featured in a horizontal jumps instructional video released by Championship Videos.

Cawley earned his degree in Art Education from the University of Wyoming, where he competed in the jumps and was on the 4 x 100 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. Cawley is a USATF Level 1 coach and lives in Fort Collins with his wife and fellow Colorado State University track coach Cathleen Cawley.

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 eight All-American performances, 23 NCAA Championship qualifiers, 17 conference champions and several NCAA Regional qualifiers.

During the 2012 season Cawley was awarded the Order of Ikko Medal for coaching Janay DeLoach, a former Ram, to an Olympic Bronze Medal in the long jump. In the upcoming 2014 season DeLoach will look for her fourth consecutive USA Indoor Championship long jump title as well as defend her USA Outdoor Championship title. 2013 also saw DeLoach place third in the 60 meter hurdles at the USA Indoor Championships. In 2011 DeLoach was third at the USA Indoor Championships in the Pentathlon.

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





Distance | Second Year

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



Art Siemers, a 13-year coaching veteran, finished his second year as the Head Coach of the cross country program and will guide the distance runners on the track squad.

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.

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.

Siemers (pronounced SEE-mers) joins the Rams after 11 years at Colorado School of Mines. He began coaching cross country in 2002 and later took over the track & field program in 2005.

The cross country squad made impressive strides in Siemers' second year at the helm. The men's team finished 2nd at the Mountain West championship and advanced to nationals for the first time in nine years, ending the year ranked No. 26 in the country in Division I. The team was ranked as high as 15th nationally, while the women continued to show they are a strong team, finishing third in the MW.

In his first year with the cross country team, Siemers coached the women's and men's teams to 2nd and 3rd place finishes at the Mountain West Championship and 5th and 9th place NCAA Mountain Regional Championship finishes. He coached five Mountain West All-Conference athletes and one NCAA Mountain Regional All-Conference performer in cross country. In track and field, he coached seven distance and middle-distance athletes to the first round of the NCAA Outdoor Track & Field Championships and five individuals and two relays to Mountain West All-Conference status.

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

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. As a post-collegiate, he placed 8th in the 1999 USATF Indoor National Championships in the mile run and was a 2004 Olympic Trials 'A' qualifier in the marathon.

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 in Fort Collins.





Distance | 2nd Year

Contact information: scott.dahlberg@colostate.edu | (970) 491-5434

Scott Dahlberg begins his second year with the Colorado State University track and cross country program this fall after four seasons coaching

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 led 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.

at Western State college. He assists Head Cross Country 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.

Dahlberg graduated from Western State with honors in mathematics, secondary education, and exercise sports science. He received his master's degree in Health, Physical Education, and Recreation from Emporia State University.

He grew up in Peyton, Colorado and graduated from Peyton High School.





Sprints & Hurdles | Fourth Year

Contact information: (970) 213-9497 | karim.abdel_wahab@colostate.edu



Team Results

In the last three seasons with the Rams, Abdel Wahab coached multiple All-Conference and Conference finalists during the indoor and outdoor seasons, as well as multiple qualifiers to the preliminary round of the NCAA Championship. Abdel Wahab's biggest achievement so far with the Rams is coaching student athlete, Trevor Brown, to new school and conference records in the 60m hurdles indoors (7.77 sec), and 110m hurdles outdoors (13.75 sec). Brown also broke the Mountain West Conference meet records indoors and outdoors in the high hurdles. In 2012 Abdel Wahab coached Brown to 15th place and a second team All-American in the 110m hurdles at the NCAA Championship. In 2013 Brown placed 8th, receiving First Team All-American Honors in the 110m hurdles at the NCAA Championship.

World Class Coaching Experience

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. Under Abdel Wahab, Seoud managed to break two national records in the 100m (10.13 sec) and in the 200m (20.36 sec). Seoud managed to win the 200m at the 2010 African Championship, 100m at the 2011 African games, qualify to the semifinal of the 200m at the 2011 World Outdoor Championship and qualify to the semifinal at the indoor World Championship 2012 in the 60m. In 2013 Abdel Wahab coached the Egyptian 400m national champion, Anas Beshir, to a new national record in the 400m (45.79 sec) and a second place finisher at the 2013 Mediterranean Games. Abdel Wahab represented Egypt as a team coach in the 2010 African Championship, 2011 at the World Outdoor Championship, 2012 in the World Indoor Championship, and the 2012 London Olympic Games. Most recently Abdel Wahab started working with Josanne Lucas from Trinidad and Tobago, in preparation for the 2014 Commonwealth Games. Lucas was third in the 400m hurdles at the 2009 World Championship, and holds PRs of 53.2sec in the 400m hurdles, and 12.96sec in the 100m hurdles. Currently Lucas is volunteer assistant for the Rams, helping Abdel Wahab coach the hurdlers.

Previous College Coaching Experience

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. Before working with the UNC Bears, Abdel Wahab was a volunteer for two years as the assistant coach for the sprints and hurdles team at Colorado School of Mines, helping the top OreDiggers male sprinter, Michael Curl, set a school record in the indoor 60m dash.

Education

A native of Egypt, Abdel Wahab graduated from Helwan University in Cairo in 2002 with a degree in sports and exercise science. Level I USATF Coach, ISSA Fitness Trainer, and ISSA Fitness Therapist.

Publications

Abdel Wahab authored an article titled "A Methodical Approach for Developing High Hurdlers", discussing high hurdle training in depth, which was published in the November 2013 issue of the USTFCCCA Magazine, "Techniques". He also has a high hurdle instructional DVD coming out in the spring of 2014 with Championship Productions.

Karim and his wife Katie have two daughters and a son, 11-year-old Lina, 7-year-old Eman and 4-year-old Makeen.





Dir. of Operations; High Jump | 5th Year

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



Cathleen Cawley (formerly Campbell) enters her fifth season as an assistant coach at Colorado State University during the 2013-14 season. She is the Director of Operations

for the track and field programs, coaches the male and female high jumpers, and assists Coach Tim Cawley with the horizontal jumps and multi-events.

While at CSU, Cathleen Cawley has coached three NCAA national qualifiers, one honorable mention All-American, and five top-three All-Conference performances. Cawley served as a volunteer coach with the Rams during the 2008-09 season. During the 2007-08 season, Cawley worked as the high jump coach at University of Northern Colorado where she coached one conference champion and one NCAA regional qualifier. Prior to Northern Colorado, Cawley served as a volunteer coach assisting with jumpers and decathletes at Colorado School of Mines.

A graduate from the University of Richmond in 2003 with a Bachelor of Science, Cawley double majored in Computer Science and Physics. She 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 a two-time conference champion in the heptathlon.

Cawley 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 1 Instructor and has served as a USA Track & Field Official.

Cawley takes an active role in her communities. Within track and field, Cawley serves as a USATF Colorado board member, and also serves as the USATF Women's Development Chair for horizontal jumps. At Colorado State University, Cawley serves on the Administrative Professional Council and as a committee member of the Gold Team. She will complete her Master's in Business Administration in spring 2015 from Colorado State University.

Cathleen Cawley lives in Fort Collins and is married to Colorado State University track coach Tim Cawley.





Strength and Conditioning Middle Distance/Distance | 2nd Year

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

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 | 6th 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 76.

DeLoach is the third female athlete in school history to earn multiple all-America honors in the same season. She earned the award in 2008 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 2011 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 repeated as the U.S. Indoor long Jump Champion in 2012 and 2013. In 2013 she earned her first U.S. Outdoor Championship Long Jump title.

DeLoach graduated in 2008 with a double-degree in psychology and human development and family studies. In 2012, she graduated with a master's degree in occupational therapy at CSU. She continues to train while working as an occupational therapist and traveling around the country to speak.



Jason Smith

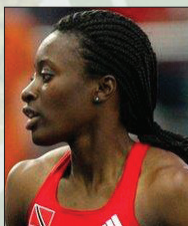
Volunteer Assistant Coach | 4th Year

Jason Smith joins the Colorado State track and field program for his fourth 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.

Jason is the Larimer County Area Director for Fellowship of Christian Athletics.



Josanne Lucas

Volunteer Assistant Coach | 1st Year

Lucas joins the Rams for her first year as a volunteer assistant coach in 2014.

A sprinter and hurdler, Lucas competed in the 2009 IAAF World Championships in Berlin, Germany. She placed third, winning a Bronze Medal, in the 400-meter hurdles, clocking a time of 53.20, a personal best.

A native of Canbee, Tobago, Lucas earned three All-American awards during her collegiate career at Auburn. In her senior season, she earned all three nods in the indoor 1600-meter relay, the outdoor 1600-meter relay in which her team set a school record, and the outdoor 400-m hurdles. Lucas was also a national qualifier in 2004 and a Pan-Am Junior Games Silver Medalist. She was named All-SEC for her performance in the 400 hurdles with a fourth-place finish.



Kelsey Hanley

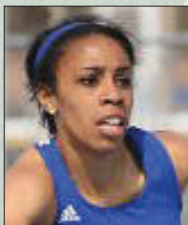
Volunteer Assistant Coach | 1st Year

Kelsey Hanley had a very impressive track & field career at Indiana State. In 2010 she won seven of nine competitions in the weight throw during season, as well as established the school record with a throw of 68 feet, 9.25 inches, in placing second at the MVC Indoor Championships, the fourth-best throw in the nation. She also placed 13th at the NCAA Indoor Championships and was named All-Conference in weight throw that year. In 2009 she qualified for the NCAA Indoor Championships by winning the weight throw at the Iowa State Classic with a throw of 64-8.5, a personal best and the third best throw in Indiana State history. That year she finished 15th at NCAA indoors with a throw of 59-3, at the MVC Championships she finished fourth.

In 2010 Hanley was named all-conference in discus and hammer throw, where she placed third in discus at the MVC Outdoor Championships with a personal best throw of 160-5. That throw is fourth best in the school history. Along with placing fourth in the discus that year, she also placed third in the hammer with a personal best of 199-9, and that is third best in school history. In 2010 she was named to the MVC Track & Field Scholar-Athlete team.

Four-year letter winner at Hamilton Heights High School ... Named team's most valuable field athlete four years in row ... Holds school discus record (141-9) which won regional title in 2007 ... Placed second at sectional and 11th at state meet in 2007 ... Placed second in sectional as junior ... Just missed state meet as sophomore with 10th place finish at sectional ... Also named MVP in volleyball sophomore through senior years.

Kelsey Leigh Hanley was born on July 23, 1988, in Houston, Texas, the daughter of Carole and Terry Hanley ... Majored in Safety Management at Indiana State... Father (Terry) played football at Purdue.



Ari Curtis

Volunteer Assistant Coach | 2nd Year

Ari Curtis begins her second 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 USTFCCCA Academic All-American Team twice.

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



Ryan Friese

Volunteer Assistant Coach | 2nd Year

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

Friese 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.

Friese 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, Friese 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., Friese 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.



*Colorado State
Student-Athletics*



ALEX BALSIGER

Distance | SR/SR | Parker, Colo. | Oklahoma

Track & Field

- First place – MW indoor championships – distance medley relay – 2013
- All-Mountain West indoor track & field team – distance medley relay – 2013
- 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: 3:49.51 *altitude converted time: 3:46.68
- Mile run: 4:05.47





TREVOR BROWN

Hurdles | SR/SR | Colorado Springs, Colo. | Wasson

Track & Field

- Eighth place – NCAA outdoor championships – 110-meter hurdles – 2013
- First Team All-American – 110-meter hurdles – 2013
- NCAA national qualifier – 110-meter hurdles – 2013
- First place – MW outdoor championships – 110-meter hurdles – 2013
- All-Mountain West outdoor track & field team – 110-meter hurdles – 2013
- Second place – MW outdoor championships – 400-meter hurdles – 2013
- All-Mountain West outdoor track & field team – 400-meter hurdles – 2013
- First place – MW indoor championships – 60-meter hurdles – 2013
- All-Mountain West indoor track & field team – 60-meter hurdles – 2013
- School record holder – indoor track & field – 60-meter hurdles – 2013
- NCAA national qualifier – 110-meter hurdles – 2012
- School record holder – outdoor track & field – 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, 2013

Top Collegiate Performances

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





SETH BUTLER

Middle Distance | SR/SR | Findlay, Ohio | Liberty Benton

Track & Field

- NCAA national qualifier – 800-meter run – 2013
- Fourth place – MW outdoor championships – 800 meter run – 2013
- Third place – MW indoor championships – 800 meter run – 2013
- All-Mountain West indoor track & field team – 800 meter run – 2013
- 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, 2013
- MW track & field Scholar Athlete – 2011, 2013
- MW cross country Scholar Athlete – 2012
- Track & field academic all-Mountain West – 2011, 2013

Top Collegiate Performances

- 800-meter run: 1:50.21
*high altitude conversion: 1:49.75
- 400-meter run: 50.33





ANDREW GOODMAN

Distance | JR/JR | Colorado Springs, Colo. | Palmer

Track & Field

- NCAA national qualifier – 3,000 meter steeplechase – 2013
- Second place – MW outdoor championships – 3,000 meter steeplechase – 2013
- All-Mountain West outdoor track & field team – 3,000 meter steeplechase – 2013
- First place – MW indoor championships – distance medley relay – 2013
- All-Mountain West indoor track & field team – distance medley relay – 2013
- Fifth place – MW indoor championships – mile run – 2013
- 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

- USTFCCCA track & field all-academic team – 2013
- MW track & field Scholar Athlete – 2012, 2013
- MW cross country Scholar Athlete – 2011, 2012
- Track & field academic all-Mountain West – 2012, 2013
- Cross country academic all-Mountain West – 2011, 2012

Top Collegiate Performances

- 3,000-meter steeplechase: 8:54.64
- 3,000-meter run: 9:05.34 *altitude converted time: 8:51.91
- 1500-meter run: 3:53.87 *altitude converted time: 3:50.48
- Mile run: 4:10.97
- 800-meter run: 1:56.07 *altitude converted time: 1:54.72





KEN HARRIMAN

Throws | SR/- | Pueblo, Colo. | Pueblo South

Track & Field

- NCAA national qualifier – shot put – 2013
- NCAA national qualifier – hammer throw – 2013
- Fifth place – MW outdoor championships – hammer throw – 2013
- Seventh place – MW outdoor championships – shot put – 2013
- Seventh place – MW indoor championships – shot put – 2013
- 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: 198-1
[60.38 m]
- Weight throw: 63-0.075
[19.22 m]
- Shot put: 56-8.75
[17.29 m]





SAM LITTLE

Hurdles | SO/SO | Grand Lake, Colo. | Middle Park

Track & Field

- NCAA national qualifier – 400-meter hurdles – 2013
- Third place – MW outdoor championships – 400-meter hurdles – 2013
- All-Mountain West outdoor track & field team – 400-meter hurdles – 2013
- Fifth place – MW outdoor championships – 110-meter hurdles – 2013

Top Collegiate Performances

- 400-meter hurdles: 52.41
- 110-meter hurdles: 14.51





JAKE SCHNEEBERGER

Throws | JR/JR | Fort Collins, Colo. | Fossil Ridge

Track & Field

- NCAA national qualifier – discus – 2013
- Seventh place – MW outdoor championships – hammer throw – 2013
- Sixth place – MW indoor championships – weight throw – 2013
- Eighth place – MW indoor championships – shot put – 2013
- 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, 2013

Top Collegiate Performances

- Shot put: 54-7.25 [16.64 m]
- Discus: 173-3 [52.81 m]
- Hammer throw: 189-7 [57.79 m]
- Weight throw: 61-7 [18.77 m]





TYLER SCHULTZ

Jumps | SR/SR | Edgemont, S.D. | Custer

Track & Field

- USA junior championships – shot put – third place – 2013
- USA junior championships – hammer throw – 2013
- NCAA national qualifier – shot put – 2013
- First place – MW outdoor championships – shot put – 2013
- All-Mountain West outdoor track & field team – shot put – 2013
- Freshman record – hammer throw – 2013
- Third place – MW indoor championships – shot put – 2013
- All-Mountain West indoor track & field team – shot put – 2013

Academics

- USTFCCA track & field all-academic team – 2013
- MW track & field Scholar Athlete – 2013
- Track & field academic all-Mountain West – 2013

Top Collegiate Performances

- Shot put: 59-4.75 [18.10 m]
- Discus: 173-6 [52.89 m]
- Hammer throw: 187-0 [56.99 m]





EVAN TAYLOR

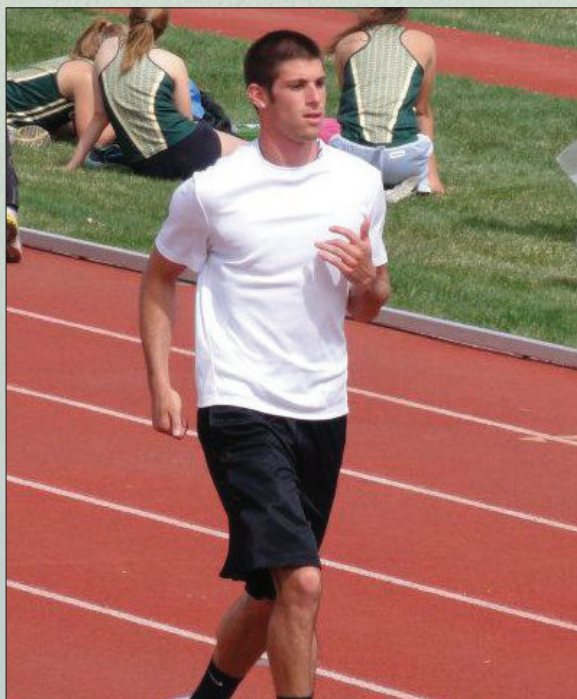
Sprints | SR/SR | Aurora, Colo. | Northern Colorado

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





JT VAN VEEN

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

Track & Field

- NCAA national qualifier – discus – 2013
- First place – MW outdoor championships – discus – 2013
- All-Mountain West outdoor track & field team – discus – 2013
- Fifth place – MW outdoor championships – shot put – 2013
- Sixth place – MW indoor championships – shot put – 2013

Top Collegiate Performances

- Discus: 177-11 [54.22 m]
- Shot put: 54-9.25 [16.69 m]





ZACH BROWNING

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

Track & Field

- Sixth place – MW outdoor championships – 400 meter dash – 2013
- First place – MW indoor championships – distance medley relay – 2013
- All-Mountain West indoor track & field team – distance medley relay – 2013

Academics

- MW track & field Scholar Athlete – 2012
- Track & field academic all-Mountain West – 2013

Top Collegiate Performances

- 400-meter dash: 48.96
- 200-meter dash: 22.90



JOSH COGDILL

Multis, Jumps | SO/SO | Longmont, Colo. | Longmont

Track & Field

- USA junior championships – decathlon – 2013
- Third place – MW outdoor championships – decathlon – 2013
- All-Mountain West outdoor track & field team – decathlon – 2013
- Sixth place – MW indoor championships – heptathlon – 2013
- Eighth place – MW indoor championships – high jump – 2013

Academics

- MW track & field Scholar Athlete – 2013
- Track & field academic all-Mountain West – 2013

Top Collegiate Performances

- Decathlon: 6,721 points
- Indoor Heptathlon: 4,733 points
- High Jump: 6-7 [2.01 m]
- Decathlon Events: 100m: 11.41, 400m: 52.31; 1500 Meter Run: 5:07.76; 110 Hurdles: 15.14; Pole Vault: 6.70m; Long Jump: 6.70m; Shot Put: 11.81m; Discus: 38.92m; Javelin: 51.59m
- Indoor Heptathlon Events: 60m: 7.34; 1000 Meter Run: 2:53.30; 60 Hurdles: 8.50



JOSH DELOACH

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

Track & Field

- Fourth place – MW indoor championships – 60-meter dash – 2013

Top Collegiate Performances

- 60-meter dash: 6.89
- 100-meter dash: 10.84



JONATHAN EDMUNDS

Jumps | JR/JR | Centennial, Colo. | Littleton

Track & Field

- Eighth place – MW outdoor championships – triple jump – 2013
- Fifth place – MW indoor championships – triple jump – 2013
- Eighth place – MW indoor championships – long jump – 2013
- Seventh place – MW indoor championships – triple jump – 2012

Academics

- MW track & field Scholar Athlete – 2013
- Track & field academic all-Mountain West – 2012, 2013

Top Collegiate Performances

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



CHRISTOPHER GANEM

Distance | JR/SO | Castle Rock, Colo. | Castle View

Track & Field

- Third place – Big Sky Indoor championships – distance medley relay – 2013
- Seventh place – Big Sky Indoor championships – mile run – 2013
- Sixth place – Big Sky Outdoor championships – 1500 meter run – 2012
- Seventh place – Big Sky Outdoor championships – 800 meter run – 2012
- First place – Big Sky Indoor championships – distance medley relay – 2012
- Fourth place – Big Sky Indoor championships – mile run – 2012
- Fourth place – Big Sky Indoor championships – 800 meter run – 2012

Academics

- Track & field academic all-Big Sky – 2013
- Cross country academic all-Big Sky – 2012

Top Collegiate Performances

- Mile run: 4:09.45 *altitude converted time: 4:08.56
- 1500-meter run: 3:48.10
- 800-meter run: 1:53.68



GRAHAM GILLILAND

Jumps | JR/JR | Fort Collins, Colo. | Rocky Mountain

Track & Field

- Sixth place – MW outdoor championships – triple jump – 2013
- Seventh place – MW outdoor championships – long jump – 2013
- Third place – MW indoor championships – triple jump – 2013
- All-Mountain West indoor track & field team – triple jump – 2013
- Sixth place – MW indoor championships – long jump – 2013
- 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, 2013

Top Collegiate Performances

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



COLTON GRANDBOUCHE

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

Track & Field

- Fifth place – MW outdoor championships – decathlon – 2013

Top Collegiate Performances

- Decathlon: 5,859 points
- High Jump: 6-7.5 [2.02 m]
- Decathlon Events – 100: 11.74; Long Jump: 5.79m; Shot Put: 10.43m; HJ: 2.02m; 400: 52.29, 110 Hurdles: 17.25; Discus: 31.89m; Pole Vault: 4.20m; Javelin: 50.49, 1500 Meter Run: 4:43.23



JUSTIN GREEN

Multis, Jumps, PV | JR/JR | Liberty Hill, Tex. | Liberty Hill

Track & Field

- Second place – MW outdoor championships – decathlon – 2013
- All-Mountain West outdoor track & field team – decathlon – 2013
- Fifth place – MW outdoor championships – high jump – 2013
- Eighth place – MW indoor championships – high jump – 2013
- Eighth place – MW outdoor championships – decathlon – 2012
- Seventh place – MW indoor championships – heptathlon – 2012

Top Collegiate Performances

- Decathlon: 6,772 points
- Heptathlon: 5,086 points
- Pole Vault: 15-3 [4.65 m]
- High Jump: 6-8.25 [2.04 m]
- Decathlon Events – 100: 11.43; Long Jump: 6.93m; Shot Put: 11.07m; HJ: 2.04m; 400: 51.87, 110 Hurdles: 14.91; Discus: 34.57m; Pole Vault: 4.65m; Javelin: 45.56, 1500 Meter Run: 5:04.66
- Heptathlon Events – 60: 7.40; 60 Hurdles: 8.31; 1000 Meter Run: 2:59.59



GUNNAR HAYNES

Jumps | JR/JR | Eaton, Colo. | Eaton

Track & Field

- Eighth place – MW indoor championships – high jump – 2013

Top Collegiate Performances

- High Jump: 6-6.75 [2.00 m]



BEN LARSON

Distance | JR/SR | Fort Collins, Colo. | Rocky Mountain

Track & Field

- Eighth place – MW outdoor championships – 10,000 meter run – 2013
- Seventh place – MW indoor championships – 5000 meter run – 2013

Academics

- Track & field academic all-Mountain West – 2013
- Cross country academic all-Mountain West – 2011, 2012

Top Collegiate Performances

- 5,000-meter run: 14:38.01
- 10,000-meter run: 30:25.52



SAM LYNASS

Hurdles | JR/JR | 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: 54.43
- 400-meter run: 49.38



CHRISTIAN MEYER

Distance | SR/SR | Albuquerque, N.M. | Sandia

Track & Field

- Fifth place – MW outdoor championships – 3,000 meter steeplechase – 2013
- 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, 2013
- MW cross country Scholar Athlete – 2010, 2011, 2012
- Track & field academic all-Mountain West – 2011, 2012, 2013
- Cross country academic all-Mountain West – 2010, 2011, 2012

Top Collegiate Performances

- 3,000-meter steeplechase: 9:03.54
- 1,500-meter run: 3:58.97
- 3,000-meter run: 8:36.18 *run at altitude: 8:30.78
- 5,000-meter run: 14:45.57 *run at altitude: 14:39.93



JACOB MORGAN

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

Track & Field

- Seventh place – MW outdoor championships – 10,000 meter run – 2013

Academics

- MW track & field Scholar Athlete – 2013
- MW cross country Scholar Athlete – 2012
- Track & field academic all-Mountain West – 2013
- Cross country academic all-Mountain West – 2012

Top Collegiate Performances

- 5,000-meter run: altitude converted time: 14:50.44
- 10,000-meter run: 30:15.79



ALEX J. MUNTEFERING

Distance | -/SR | Parkston, S.D. | Oklahoma

Track & Field

- First place – MW indoor championships – distance medley relay – 2013
- All-Mountain West indoor track & field team – distance medley relay – 2013
- Sixth place – MW indoor championships – mile run – 2013
- Eighth place – MW indoor championships – 3000 meter run – 2013
- 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, 2013
- MW cross country Scholar Athlete – 2011, 2012
- Track & field academic all-Mountain West – 2012, 2013
- Cross country academic all-Mountain West – 2011, 2012
- 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
- 5,000-meter run: 14:20.61



ALEC POTT

Throws | SR/SR | Fort Collins, Colo. | Poudre

Track & Field

- Fourth place – MW outdoor championships – shot put – 2013
- Sixth place – MW outdoor championships – hammer throw – 2013
- First place – MW indoor championships – weight throw – 2013
- All-Mountain West indoor track & field team – weight throw – 2013
- Fifth place – MW indoor championships – shot put – 2013
- 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: 189-11 [57.89 m]
- Shot put: 56-1.25 [17.10 m]



TREY RICHARDSON

Jumps | JR/JR | Denver, Colo. | George Washington

Track & Field

- Seventh place – MW outdoor championships – triple jump – 2013
- 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]



ROBERT WASINGER

Hurdles | SR/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: 4,723 points
- 400-meter run: 49.85



Trevor Brown - Two-Time All-American



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



SAM BACA

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

Track & Field

- Third place – Colorado State 4A Championships – shot put – 2013
- Fourth place – Colorado State 4A Championships – discus – 2013
- Ninth place – Colorado State 4A Championships – shot put – 2012

Top High School Performances

- Shot put: 52-8
- Discus: 158-8



ALEX BLAHO

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

Track & Field

- Fifth place – Colorado State 5A Championships – shot put – 2013

Top High School Performances

- Shot put: 56-4
- Discus: 145-8



NICK COSTELLO

Distance | FR/FR | Franklinville, N.J. | Delsea Regional

Track & Field

- Fifth place – New Jersey Group 2 Indoor State Championships – 3200 meter run – 2013
- First place – New Jersey Group 3 Outdoor State Championships – 3200 meter run – 2012
- Second place – New Jersey Group 2 Indoor State Championships – 3200 meter run – 2012
- Ninth place – New Jersey Group 3 Outdoor State Championships – 3200 meter run – 2011
- Seventh place – New Jersey Group 2 Indoor State Championships – 3200 meter run – 2011
- Eighth place – New Jersey Group 3 Outdoor State Championships – 3200 meter run – 2010
- Fifth place – New Jersey Group 2 Indoor State Championships – 3200 meter run – 2010

Top High School Performances

- 3200-meter run: 9:19.19
- 10,000-meter run: 31:29.85



GRANT FISCHER

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

Track & Field

- Fifth place – Colorado State 5A Championships – 3200 meter run – 2013
- Sixth place – Colorado State 5A Championships – 1600 meter run – 2013

Top High School Performances

- 1600-meter run: 4:26.58 *run at altitude
- 3200-meter run: 9:30.85 *run at altitude



MARCUS HARRIS JR

Sprints | FR/FR | Denver, Colo. | Eaglecrest

Track & Field

- First place – Colorado State 5A Championships – 100 meter dash – 2013

Top High School Performances

- 100 meter dash: 10.52
- 200 meter dash: 21.33
- 60 meter dash: 6.83



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



JACE HORAK

Hurdles | FR/FR | Fort Collins, Colo. | Augustana College

Track & Field

- Third place – Colorado 5A state championships – 110 meter hurdles – 2012
- Third place – Colorado 5A state championships – 110 meter hurdles – 2011
- Ninth place – Colorado 5A state championships – 110 meter hurdles – 2010

Top High School Performances

- 110 meter hurdles: 14.71
- 60 meter hurdles: 8.33



TROY JOHNSON

Sprints | FR/FR | Berthoud, Colo. | Berthoud

Track & Field

- Fifth place – Colorado 4A state championships – 100 meter dash – 2013
- Second place – Colorado 3A state championships – 100 meter dash – 2012
- Second place – Colorado 3A state championships – 200 meter dash – 2012
- Third place – Colorado 3A state championships – 100 meter dash – 2011
- Eighth place – Colorado 3A state championships – 200 meter dash – 2011

Top High School Performances

- 100 meter dash: 10.76
- 200 meter dash: 22.04



ERIC LANZA

Jumps | FR/FR | Fort Collins, Colo. | Fossil Ridge

Track & Field

- Third place – Colorado 5A state championships – triple jump – 2013

Top High School Performances

- Triple jump: 46-1
- Long jump: 21-9.25



JERRELL MOCK

Distance | FR/FR | Providence, Utah | Logan

Track & Field

- Second place – Utah State 4A state championships – 3200 meter run – 2012
- Fifth place – Utah State 4A state championships – 1600 meter run – 2012

Top High School Performances

- 1600-meter run: 4:21.35
- 3200-meter run: 9:17.75



JOSHUA SANDIN

Jumps | FR/FR | Loveland, Colo. | Mountain View

Track & Field

- Second place – Colorado 4A state championships – long jump – 2013
- Fourth place – Colorado 4A state championships – triple jump – 2013
- Second place – Colorado 4A state championships – long jump – 2012

Top High School Performances

- Long jump: 23-7.5
- Triple jump: 45-7



COLLIN SCHEER

Jumps | FR/FR | Colorado Springs, Colo. | Classical Academy

Track & Field

- First place – Colorado 3A state championships – triple jump – 2013
- Second place – Colorado 3A state championships – long jump – 2013
- Sixth place – Colorado 3A state championships – high jump – 2013
- Third place – Colorado 3A state championships – long jump – 2012
- Third place – Colorado 3A state championships – high jump – 2012
- Fourth place – Colorado 3A state championships – triple jump – 2012
- Third place – Colorado 3A state championships – long jump – 2011
- Third place – Colorado 3A state championships – high jump – 2011
- Fourth place – Colorado 3A state championships – triple jump – 2011
- Fifth place – Colorado 3A state championships – triple jump – 2010

Top High School Performances

- High jump: 6-7
- Triple jump: 44-0.75
- Long jump: 21-8



TRAYLOR GOODNIGHT SKUDNESKI

Sprints | FR/FR | Englewood, Colo. | Cherry Creek

Track & Field

- Ninth place – Colorado 5A state championships – 200 meter dash - 2013

Top High School Performances

- 400 meter dash indoors: 49.45
- 500 meter dash indoors: 1:06.58
- Long jump: 22-0



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



JUSTIN WEINMEISTER

Distance | FR/FR | Windsor, Colo. | Windsor

Track & Field

- Fifth place – Colorado 4A state championships – 3200 meter run – 2012
- Fifth place – Colorado 4A state championships – 1600 meter run – 2013

Top High School Performances

- 1600-meter run: 4:23.76 *run at altitude
- 3200-meter run: 9:44.57 *run at altitude



DANIEL WEIRICH

Throws | FR/FR | Eads, Colo. | Eads

Track & Field

- First place – Colorado 2A state championships – shot put – 2013
- First place – Colorado 2A state championships – discus – 2013
- First place – Colorado 2A state championships – shot put – 2012
- First place – Colorado 2A state championships – discus – 2012
- First place – Colorado 2A state championships – shot put – 2011
- First place – Colorado 2A state championships – discus – 2011
- Third place – Colorado 2A state championships – shot put – 2010
- Third place – Colorado 2A state championships – discus – 2010

Top High School Performances

- Discus: 176-6
- Shot put: 61-7



BRANDON WILLIAMS

Distance | FR/FR | Lakewood, Colo. | Bear Creek

Track & Field

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

Top High School Performances

- 1600-meter run: 4:24.82 *run at altitude
- 3200-meter run: 9:35.01 *run at altitude

**Kordell Deffebaugh**

Sprints | SO/FR | Denver, Colo. | Martin Luther King Jr. EC

**Ricardo Kaempfen**

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

**Aaron Khoury**

Jumps | SO/SO | Elizabeth, Colo. | Elizabeth

**Nick Korhumel**

Distance | FR/FR | Libertyville, Ill. | Libertyville

**Riley Langdon**

Distance | FR/FR | San Antonio, Texas | Ronald Reagan

**Joe Pete Marchand**

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

**Jake Newell**

Throws | SO/SO | Albuquerque, N.M. | U.S. Military Academy

**Jeff Richmond**

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



STEPHANIE GERBER

Hurdles, Multis | JR/JR | Centennial, Colo. | Arapahoe

Track & Field

- NCAA national qualifier – 400-meter hurdles – 2013
- Sixth place – MW outdoor championships – 400-meter hurdles – 2013
- USA junior championships – 400-meter hurdles – 2012
- Eighth place – MW outdoor championships – 400-meter hurdles – 2012

Academics

- Track & field academic all-Mountain West – 2013

Top Collegiate Performances

- 400-meter hurdles: 59.49
- 100-meter hurdles: 14.36
- 60-meter hurdles: 8.75
- 400-meter dash: 57.29
- 60-meter dash: 8.08





KAITLIN HANENBURG

Distance | SR/SR | Colorado Springs, Colo. | Classical Academy

Track & Field

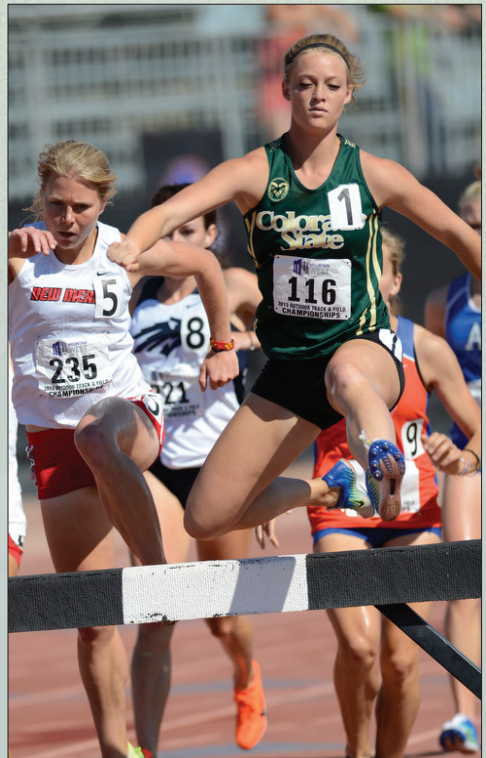
- NCAA national qualifier – 3,000 meter steeplechase – 2013
- Fifth place – MW outdoor championships – 3,000 meter steeplechase – 2013
- Third place – MW indoor championships – distance medley relay – 2013
- All-Mountain West indoor track & field team – distance medley relay – 2013
- NCAA national qualifier – 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, 2013
- Cross country academic all-Mountain West – 2010, 2011, 2012

Top Collegiate Performances

- 3,000-meter steeplechase: 10:28.51
- 5,000-meter run: 16:38.78
- 3,000-meter run: 9:48.27
- Mile run: 4:56.27
- 1500-meter run: 4:56.27





WHITNEY HENDERSON

Distance | SR/- | Hamilton, Mont. | Corvallis

Track & Field

- NCAA national qualifier – 1500 meter run – 2013
- Second place – MW outdoor championships – 5,000 meter run – 2013
- All-Mountain West outdoor track & field team – 5,000 meter run – 2013
- Fifth place – MW outdoor championships – 1500 meter run – 2012

Academics

- Track & field academic all-Mountain West – 2012, 2013
- Cross country academic all-Mountain West – 2010, 2011, 2012

Top Collegiate Performances

- 1500-meter run: 4:28.18
*run at altitude:
4:24.62
- Mile run: 5:02.76
- 800-meter run: 2:15.30
*altitude converted time:
2:14.51
- 3,000-meter run: 10:32.07
*altitude converted time:
10:16.50
- 5,000-meter run:
16:38.78





KIAH HICKS

Throws | JR/JR | Colorado Springs, Colo. | Falcon

Track & Field

- NCAA national qualifier – shot put – 2013
- NCAA national qualifier – discus – 2013
- Second place – MW outdoor championships – hammer throw – 2013
- All-Mountain West outdoor track & field team – hammer throw – 2013
- Second place – MW outdoor championships – discus – 2013
- All-Mountain West outdoor track & field team – discus – 2013
- Third place – MW outdoor championships – shot put – 2013
- All-Mountain West outdoor track & field team – shot put – 2013
- Second place – MW indoor championships – weight throw – 2013
- All-Mountain West indoor track & field team – weight throw – 2013
- 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

- USTFCCA track & field all-academic team – 2012, 2013
- Track & field academic all-Mountain West – 2012, 2013

Top Collegiate Performances

- Discus: 180-10 [55.13 m]
- Shot put: 51-9.25 [15.78 m]
- Hammer throw: 194-7 [59.31 m]
- Weight throw: 64-2.25 [19.56 m]





HOLLY KEEPER

Distance | SR/SR | Rifle, Colo. | Augustana State University

Track & Field

- NCAA national qualifier – 1500-meter run – 2013
- Third place – MW indoor championships – distance medley relay – 2013
- All-Mountain West indoor track & field team – distance medley relay – 2013
- Sixth place – MW indoor championships – mile run – 2013
- 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, 2013
- Cross country academic all-Mountain West – 2011

Top Collegiate Performances

- 1500-meter run: 4:28.07
*run at altitude:
4:26.26
- Mile run: 4:56.59
- 800-meter run: 2:14.70





MONET JACKSON

Throws | JR/JR | Blue Springs, Missouri | Johnson County CC

Track & Field

- First team NJCAA All-America honors – hammer throw – 2013
- First place – NJCAA outdoor championships – hammer throw – 2013
- Seventh place – NJCAA outdoor championships – discus – 2013
- First place – Region VI outdoor championships – hammer throw – 2013
- Second place – Region VI outdoor championships – discus – 2013
- First team NJCAA All-America honors – weight throw – 2013
- First place – NJCAA indoor championships – weight throw – 2013
- First place – Region VI indoor championships – weight throw – 2013
- Sixth place – Region VI indoor championships – shot put – 2013
- Fourth place – NJCAA outdoor championships – hammer throw – 2012
- Seventh place – NJCAA indoor championships – weight throw – 2012

Top Collegiate Performances

- Shot put: 45-11.75 [14.01 m]
- Discus: 153-9 [46.86 m]
- Hammer: 169-3 [51.61 m]
- Weight: 60-11.5 [18.58 m]





CHLOE PHILLIPS

Distance | SR/SR | Flagstaff, Ariz. | Mississippi State

Track & Field

- NCAA national qualifier – 1500 meter run – 2013

Academics

- Track & field academic all-Southeastern – 2010, 2011, 2013
- Cross country academic all-Southeastern – 2009, 2010, 2012

Top Collegiate Performances

- 800-meter run: 2:11.13
- 1500-meter run: 4:24.11
- Mile run: 4:44.44
- 5000 meter run: 16:48.24





ASHLEY REID

Jumps | SR/SR | Olathe, Kan. | Johnson County CC

Track & Field

- Honorable Mention All-American – high jump – 2013
- NCAA national qualifier – high jump – 2013
- NCAA national qualifier – triple jump – 2013
- Third place – MW outdoor championships – high jump – 2013
- All-Mountain West outdoor track & field team – high jump – 2013
- Eighth place – MW outdoor championships – triple jump – 2013
- Fifth place – MW indoor championships – high jump – 2013
- 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

Academics

- USTFCCA track & field all-academic team – 2013
- Track & field academic all-Mountain West – 2013

Top Collegiate Performances

- High jump: 5-10.5 [1.79 m]
- Triple jump: 40-4.75 [12.31 m]
- Long Jump: 19-0 [5.79 m]





JESSICA SHARBONO

Throws | SR/SR | Billings, Mont. | Billings West

Track & Field

- Second Team All-American – discus – 2013
- NCAA national qualifier – discus – 2013
- Sixth place – MW outdoor championships – discus – 2013
- Seventh place – MW outdoor championships – shot put – 2013
- Seventh place – MW indoor championships – weight throw – 2013
- 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: 174-7 [53.21 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]





JAZMYN WEBSTER

Jumps | SR/SR | Cheyenne, Wyo. | Chadron

Track & Field

- NCAA national qualifier – high jump – 2013
- Second place – MW outdoor championships – high jump – 2013
- All-Mountain West outdoor track & field team – high jump – 2013
- Second place – MW indoor championships – high jump – 2013
- All-Mountain West indoor track & field team – high jump – 2013
- 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: 38-10.25 [11.84 m]
- Long jump: 18-10.25 [5.75 m]





JOSEPHINE BUSH

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

Track & Field

- Third place – MW indoor championships – distance medley relay – 2013
- All-Mountain West indoor track & field team – distance medley relay – 2013

Academics

- Track & field academic all-Mountain West – 2013
- MW track & field Scholar Athlete – 2013



ALISON FORRESTER

Jumps | SR/SR | Highlands Ranch, Colo. | Rock Canyon

Track & Field

- Seventh place – MW outdoor championships – high jump – 2013
- Third place – MW indoor championships – high jump – 2013
- All-Mountain West indoor track & field team – high jump – 2013
- 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

- MW track & field Scholar Athlete – 2013
- Track & field academic all-Mountain West – 2011, 2012, 2013

Top Collegiate Performances

- High jump: 5-7.75 [1.72 m]



MONICA FRANCO

Jumps, Multis | SO/SO | Fort Collins, Colo. | Fort Collins

Track & Field

- Eighth place – MW indoor championships – high jump – 2013

Academics

- MW track & field Scholar Athlete – 2013
- Track & field academic all-Mountain West – 2013

Top Collegiate Performances

- Pentathlon: 3305 points
- High Jump: 5-8 [1.73 m]
- Pentathlon Events –60 Hurdles: 9.28; Long Jump: 5.42m; Shot Put: 9.98m; 800 Meter Run; 2:35.57



JESSICA GREEN

Jumps, Multis | SO/SO | Liberty Hill, Texas | Liberty Hill

Track & Field

- USA junior championships – heptathlon – 2013
- Eighth place – MW outdoor championships – heptathlon – 2013

Academics

- MW track & field Scholar Athlete – 2013
- Track & field academic all-Mountain West – 2013

Top Collegiate Performances

- Heptathlon: 4,667 points
- Indoor Pentathlon: 3,243 points
- Heptathlon Events – 100 Hurdles: 15.13; High Jump: 1.64m; Shot Put: 10.31m; 200 Meter Dash: 27.16; Long Jump: 5.17m; Javelin: 31.92m; 800 Meter Run; 2:25.88
- Pentathlon Events - 60 Hurdles: 9.11



CHEYENNE HALL

Jumps | JR/JR | 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]



JESSI MACEDO

Multis, Javelin | SO/SO | Montrose, Colo. | Sand Creek

Track & Field

- USA junior championships – javelin – eighth place – 2013
- Fourth place – MW outdoor championships – javelin – 2013

Top Collegiate Performances

- Javelin: 143-3 [43.66 m]
- Indoor Pentathlon: 3,226 points
- Pentathlon Events – 60 Hurdles: 9.50; High Jump: 1.60m; Shot Put: 9.19m; Long Jump: 5.30m; 800 Meter Run: 2:36.61



AMY MEDINA

Jumps | SR/SR | 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: 38-1.5 [11.62 m]
- Long jump: 16-8.75 [5.10 m]



MARIAH WITT

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

Track & Field

- USA junior championships – 400-meter hurdles – 2013
- Eighth place – MW outdoor championships – 400-meter hurdles – 2013

Academics

- MW track & field Scholar Athlete – 2013
- Track & field academic all-Mountain West – 2013

Top Collegiate Performances

- 400-meter hurdles: 61.42



ISOBEL BROWN

Jumps, Multis | FR/FR | West Sussex, England | Chichester Girls

Track & Field

Top High School Performances

- High jump: 5-8 [1.7 3m]
- Heptathlon: 4,362 points
- Indoor Pentathlon: 3,196 points
- Heptathlon Events – 100 Hurdles: 15.50; High Jump: 1.73m; Shot Put: 10.10m; 200 Meter Dash: 27.28; Long Jump: 5.25m; 800 Meter Run: 2:36.6
- Pentathlon Events - 60 Hurdles: 9.71



AMANDA CLEMENTS

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

Track & Field

- Ninth place – Colorado 5A state championships – long jump – 2013

Top High School Performances

- Long jump: 18-0.75
- 200 meter dash: 26.77



SARAH CLOUGH

Sprints | FR/FR | Englewood, Colo. | Cherry Creek

Track & Field

- Seventh place – Colorado 5A state championships – 400 meters – 2012

Top High School Performances

- 400 meter dash: 56.39
- 200 meter dash: 25.83



AUTUMN GARDNER

Jumps | FR/FR | Thornton, Colo. | Mountain Range

Track & Field

- Third place – Colorado 5A state championships – high jump – 2013
- Second place – Colorado 5A state championships – high jump - 2012
- Fifth place – Colorado 5A state championships – high jump - 2011
- Fifth place – Colorado 5A state championships – high jump - 2010

Top High School Performances

- High jump: 5-7
- 200 meter dash: 26.72



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



SANNE HOLLAND

Distance | FR/FR | Cheney, Wash. | Cheney

Track & Field

- Third place – Washington State 2A Championships – 3200 Meters – 2013
- Fourth place – Washington State 2A Championships – 1600 Meters – 2013
- First place – Washington State 2A Championships – 3200 Meters – 2012
- Fifth place – Washington State 2A Championships – 1600 Meters – 2012
- First place – Washington State 2A Championships – 3200 Meters – 2011
- Third place – Washington State 2A Championships – 1600 Meters – 2011
- Fifth place – Washington State 2A Championships – 3200 Meters – 2010
- Fifth place – Washington State 2A Championships – 1600 Meters – 2010

Top High School Performances

- 800-meter run: 2:17.70
- 1500-meter run: 4:38.81
- 3200-meter run: 10:48.40
- Mile run: 5:04.81



LORENDA HOLSTON

Sprints | FR/FR | Fayetteville, Ga. | North Clayton

Track & Field

- Second place – Georgia 4A state championships – 100 meter dash – 2013
- Fifth place – Georgia 4A state championships – high jump – 2013
- Second place – Georgia 4A state championships – 100 meter dash – 2012
- Eighth place – Georgia 4A state championships – 100 meter dash – 2011

Top High School Performances

- 100 meter dash: 11.86



KENDALL HORAN

Sprints | FR/FR | Castle Rock, Colo. | Lutheran

Track & Field

- First place – Colorado 2A state championships – 100 meter dash – 2013
- First place – Colorado 2A state championships – 200 meter dash – 2013
- First place – Colorado 2A state championships – 200 meter dash – 2012
- Eighth place – Colorado 2A state championships – 400 meter dash – 2012
- Seventh place – Colorado 2A state championships – 200 meter dash – 2011
- Sixth place – Colorado 2A state championships – 200 meter dash – 2011
- Ninth place – Colorado 2A state championships – 400 meter dash – 2011

Top High School Performances

- 100 meter dash: 12.19
- 200 meter dash: 24.73



AIMEE LARRABEE

Throws | FR/FR | Centennial, Colo. | Valor Christian

Track & Field

- Sixth place – Colorado 4A state championships – shot put – 2013
- Ninth place – Colorado 4A state championships – shot put – 2012

Top High School Performances

- Shot put: 39-10.5
- Discus: 121-3.91



AMANDA LARK

Sprints | SO/FR | Parker, Colo. | Oklahoma State

Track & Field

- Third place – Colorado 5A state championships – 400 meter dash – 2012
- Seventh place – Colorado 5A state championships – 200 meter dash – 2011
- Third place – Colorado 5A state championships – 400 meter dash – 2011
- Fifth place – Colorado 5A state championships – 400 meter dash – 2010

Top High School Performances

- 200 meter dash: 25.16
- 400 meter dash: 55.73



GABRIELLE PAJAK

Hurdles | FR/FR | Pagosa Springs, Colo. | Pagosa Springs

Track & Field

- Second place – Colorado 3A state championships – 100 meter hurdles – 2013
- Second place – Colorado 3A state championships – 300 meter hurdles – 2013
- Second place – Colorado 3A state championships – long jump – 2013
- Third place – Colorado 3A state championships – triple jump – 2013
- Second place – Colorado 3A state championships – 100 meter hurdles – 2012
- Seventh place – Colorado 3A state championships – long jump – 2012
- Eighth place – Colorado 3A state championships – triple jump – 2012
- Second place – Colorado 3A state championships – 100 meter hurdles – 2011
- Third place – Colorado 3A state championships – long jump – 2011
- Fifth place – Colorado 3A state championships – triple jump – 2011
- Fifth place – Colorado 3A state championships – long jump – 2010
- Fifth place – Colorado 3A state championships – triple jump – 2010

Top High School Performances

- 300 meter hurdles: 43.89



AALIYAH PETE

Throws | FR/FR | Elkhorn, Neb. | Elkhorn

Track & Field

- First place – Nebraska B state championships – discus – 2013
- First place – Nebraska B state championships – shot put – 2013
- Second place – Nebraska A state championships – discus – 2010
- Third place – Nebraska A state championships – shot put – 2010

Top High School Performances

- Shot put: 52-3
- Discus: 144-7



EMILY ROMO

Sprints | FR/FR | Centennial, Colo. | Cherry Creek

Track & Field

- Third place – Colorado 5A state championships – 200 meter dash – 2013
- Fourth place – Colorado 5A state championships – 100 meter dash – 2013
- Fourth place – Colorado 5A state championships – 200 meter dash – 2012
- Fourth place – Colorado 5A state championships – 100 meter dash – 2012
- Sixth place – Colorado 5A state championships – 200 meter dash – 2011
- Sixth place – Colorado 5A state championships – 100 meter dash – 2011

Top High School Performances

- 100 meter dash: 12.00
- 200 meter dash: 24.21
- 60 meter dash: 7.68



KARLEE SCHWARTZKOPF

Distance | FR/FR | Highlands Ranch, Colo. | Mountain Vista

Track & Field

- Ninth place – Colorado State 5A Championships – 3200 meter run – 2012

Top High School Performances

- 1600-meter run: 5:10.67 *run at altitude
- 3200-meter run: 11:03.61 *run at altitude



ABBY SIMPSON

Sprints | FR/FR | Pueblo, Colo. | Pueblo County

Track & Field

- Second place – Colorado State 4A championships – 400 meter dash – 2013
- Second place – Colorado State 4A championships – 200 meter dash – 2013
- Second place – Colorado State 4A championships – 100 meter dash – 2013
- First place – Colorado State 4A championships – 400 meter dash – 2012
- Second place – Colorado State 4A championships – 100 meter dash – 2012
- Third place – Colorado State 4A championships – 200 meter dash – 2012
- Fifth place – Colorado State 4A championships – 200 meter dash – 2011
- Sixth place – Colorado State 4A championships – 100 meter dash – 2011
- Seventh place – Colorado State 4A championships – 400 meter dash – 2010

Top High School Performances

- 400 meter dash: 54.82
- 200 meter dash: 24.49
- 100 meter dash: 12.10



MCKENNA SPILLAR

Distance | FR/FR | Littleton, Colo. | Dakota Ridge

Track & Field

- First place – Colorado State 5A Championships – 3200 meter run – 2013

Top High School Performances

- 1600-meter run: 5:04.10 *run at altitude
- 3200-meter run: 10:58.46 *run at altitude



LAURA YARROW

Distance | FR/FR | Colorado Springs, Colo. | Tampa

Track & Field

- Third place – Colorado state 5A championships – 1600 meter run – 2012
- Sixth place – Colorado state 5A championships – 800 meter run – 2012

Top High School Performances

- 800-meter run: 2:14.80
- 1500-meter run: 4:36.87
- 1600-meter run: 5:02.55 *high altitude time



Emmy Briggs

Distance | SO/SO | Longmont, Colo. | Niwot



Lydia Fahrenkrug

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



Morgan D. Griffin

Pole Vault | SR/SR | Colo. Springs, Colo. | Lewis-Palmer



Kara Hyde

Hurdles | SO/SO | Forney, Texas | Colorado



Elle Killingsworth

Distance | JR/SR | Lakewood, Colo. | Green Mountain



Pauline Mandel

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



Marina Roberts

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



Marissa Smith

Sprints | SR/SR | Holyoke, Colo. | Holyoke



Jessica Spray

Distance | FR/FR | Bellevue, Wash. | Newport-Bellvue



Stefanie Tuder

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



Marissa Wagner

Throws | JR/SO | Hawthorn Woods, Ill. | Lake Zurich



Ali Will

Distance | SO/SO | Castle Rock, Colo. | Rock Canyon



*Colorado State
Track & Field
History*



LOREE SMITH: Hammer (2006)

Loree Smith is one of the most well-known names in Colorado State track & field history. She has six All-American awards in her career as a Ram. Smith has two awards in each of the following events: hammer, shot put, and the weight throw. She competed in the 2008 Olympics in Beijing in weight throw competition and still holds many school and conference records.



BRYAN BERRYHILL: Indoor Mile/Outdoor 1,500 M (2001)

A 10-time All-American, Berryhill is the only two-time national champion in school history. As a freshman in 1998, he won his first All-American award in the 1,500-meter outdoor event and continued his All-American status in the event all four years. He also received an All-American honor in the indoor mile three times. Berryhill won the individual NCCA national championship in 2001 for the indoor mile and outdoor 1,500-meter competitions.



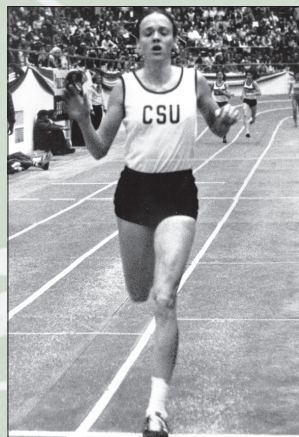
CASEY MALONE: Discus (1998)

Malone won four All-American awards in discus during his tenure competing at Colorado State. Following graduation he competed in the 2004 and 2008 Olympics, placing as high as sixth in the Athens Games in discus.

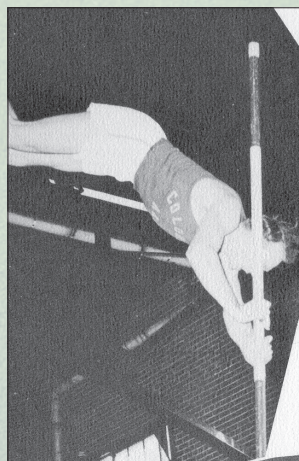


**WENDY KOEING KNUDSON:****800 Meters (1975 & 1976)**

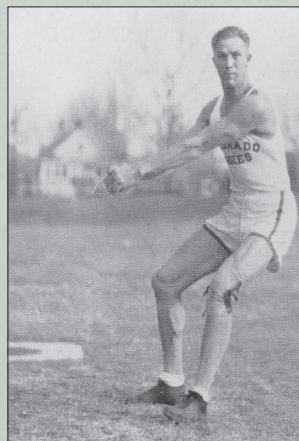
Koeing Knudson had a great career at CSU in the 1970s, which included national championships and school records that to this day haven't been broken. She was also a member of the USA Olympic team in 1972 and 1976.

**GORDON RIDDEL:****Pole Vault (1951)**

Gordon Riddel was an All-American in the pole vault in 1952 under legendary coach Harry Hughes.

**IVAN DYKMAN:****Hammer (1931)**

Ivan Dykman participated in both football and track & field during his time at Colorado State. He was an All-American in 1931 in the hammer event. He was introduced into the CSU Athletic Hall of Fame in 2006.



**JANAY DeLOACH**

Long Jump (2012 - London)

Janay DeLoach became the third Ram to win an Olympic medal, bringing home bronze in the 2012 summer games. She earned four All-American honors while at Colorado State: three in the long jump and one in the 100 meters.

Bronze medal jump: 6.89 (22-7.25), Wind: +0.2, Fifth attempt

**CASEY MALONE**

Discus (2004 - Athens, 2008 - Beijing)

Casey Malone competed in the 2004 and 2008 Olympic games, placing as high as sixth in the Athens Games in the discus throw.

**LOREE SMITH**

Hammer (2008 - Beijing)

At the 2008 U.S. Olympic Team Trials, Loree Smith qualified for the Team USA roster in her first Olympic Games in 2008.

**LIBBY HICKMAN**

10,000 Meters (2000 - Sydney)

Libby Hickman represented the United States and Colorado State in the 2000 Summer Olympics in the 10,000 meters placing third at the trials.

**SCOTT STOLL**

Bobsled (1994 - Lillehammer)

After graduating from Colorado State, Scott Stoll was selected to participate as a member of the 1993 World Cup Bobsled Team. He earned a spot on the 1994 United States Olympic Bobsled Team at the Winter Games in Lillehammer, Norway.

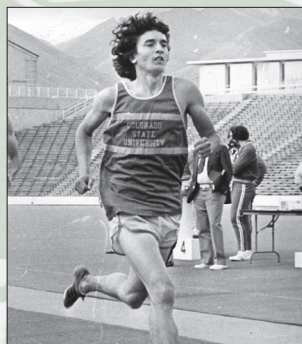




GREG DUHAIME

3,000 M Steeplechase (1984 - Los Angeles)

Greg Duhaime won a bronze medal in the 3,000-meter steeplechase at the 1983 Pan American Games after finishing fifth in the same event in 1979. At the 1984 summer games in L.A., he placed 16th in the 3,000-meter steeplechase.



PAM GREENE

200 Meters (1972 - Munich, 1980 - Moscow)

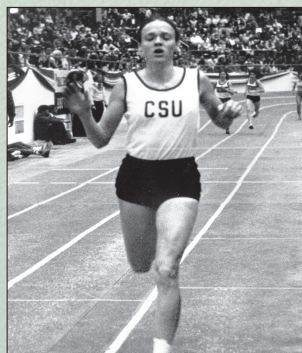
Pam Greene competed in the 1972 Munich Olympics while still a student at Denver Manual High School before attending CSU. She was also a part of the 1980 United States Olympic team.



WENDY KNUDSON

800 Meters (1972 - Munich, 1976 - Montreal)

In 1972 Wendy Koeing Knudson qualified for her first Olympic games, running the 800 meters, where she finished fifth in the preliminary round. She enrolled in CSU and qualified for the 1976 Montreal Games. In 1976 she fell one spot shy of making the Olympic team, until one member withdrew, moving her onto the roster. Koeing Knudson finished third in her preliminary round and advanced to the semifinals with a personal-best 1:59.91, becoming the second American to break the 2-minute mark. Her time to this day stands as the all-time best Colorado collegiate time in the 800 meters. In the semifinals though, she finished seventh and did not qualify for the finals.



GLENN MORRIS

Decathlon (1936 - Berlin)

While training under Harry Hughes, Glenn Morris worked for a spot at the 1936 Olympics, and was chosen to represent the USA in Berlin. Morris ended up stunning the world with his performance in the Decathlon, winning the event and taking home gold, earning the title "World's Greatest Athlete." In 2011 his Olympic gold medal was donated to Colorado State.

Gold medal score: 7,900




WOMEN'S INDOOR ALL-AMERICANS

1 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
Shot Put	2001	Liz Toman	4th/53-6.25
	2003	Loree Smith	9th/53-2.25
	2005	Loree Smith	8th/53-7.75
Weight Throw	1998	Grettel Miller	8th/63-10.5
	2003	Loree Smith	8th/63-7
	2005	Loree Smith	2nd/74-3.75
Pentathlon	2006	Jill McCormick	9th/65-11.5
	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
	1975	Wendy Koenig-Knudson	1st/2:05.97
800 Meters	1976	Wendy Koenig-Knudson	1st/2:01.54
	1976	Wendy Koenig-Knudson	1st/4:24.09
1,500 Meters	1976	Wendy Koenig-Knudson	1st/4:24.09
3,000 Meters	1988	Elizabeth Johnson	
Steeplechase	2002	Meg Larson	10th/10:20.92
	2012	Nicole Peters	12th/10:46.1
	2010	Kristen Hemphill	7th/10:07.4
5,000 Meters	1992	Sandy Ham	2nd/16:24.26
	1998	Marne Findlay	12th/16:36.99
10,000 Meters	1997	Amy Lafoon	3rd/34:24.0
Long Jump	2007	Janay DeLoach	6th/21-0.75
	2008	Janay DeLoach	6th/21-3.75
Discus	1995	Shelly Greathouse-Borman	8th/172-2
	1996	Shelly Greathouse-Borman	5th/180-2
	1998	Shelly Greathouse-Borman	3rd/190-5
	1999	Shelly Greathouse-Borman	2nd/192-0
	2000	Liz Toman	5th/169-3
	2001	Liz Toman	2nd/184-5
	2005	Katie Hansen	8th/172-11
	2013	Jessica Sharbono	15th/169-10
	1998	Shelly Greathouse-Borman	6th/193-10
	2004	Loree Smith	6th/208-4
Hammer	2005	Loree Smith	1st/224-8
	2008	Emily Pearson	10th/5,553
Heptathlon	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	
1 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
Shot Put	2005	Magnus Lohse	4th/63-11.5

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
1,500 Meters	2004	John Woods	8th/20.85
	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
3,000 Meters	2000	Bryan Berryhill	3rd/3:40.37
	2001	Bryan Berryhill	12th/8:18.3
Shot Put	2011	Tyson Williams	12th/59-5
Weight Throw	2002	Drew Loftin	7th/68-4.5
	2003	Drew Loftin	2nd/71-1.5
	2008	Jason Schutz	9th/68-10.0
Steeplechase	2001	Bryan Berryhill	1st/3:37.05
	1959	Gary Eliassen	3rd
5,000 Meters	1976	Mike Lohman	
	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
	2013	Trevor Brown	8th/13.69
400 Hurdles	1973	Chris Adsit	5th/50.78
Pole Vault	1952	Gordon Riddell	1st/13-9
	1953	Gordon Riddell	5th/13-5.5
Discus	1929	Dan Beattie	5th
	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
Hammer		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
	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
Decathlon	1979	Mike Duffala	8th/197-8
	2003	Drew Loftin	2nd/222-6
	2005	Adam Trainor	8th/207-5
	1982	John Harrell	10th/7,360


WOMEN'S INDOOR CHAMPIONS
55/60 Meters

1999	Brandi Bernert	7.46
1991	Kelly Delph	7.05

800 Meters

2005	Becky Hammitt	2:14.19
2003	Becky Hammitt	2:11.88
2002	Mary Ridder	2:11.25

Mile

2002	Katie Yemm	4:55.49
1994	Debbie Maass	5:04.69
1993	Debbie Maass	5:00.01
1992	Debbie Maass	5:06.48

3,000 Meters

2008	Kristen Hemphill	10:22.04
2006	Nicole Feest	9:47.68
1992	Sandy Ham	10:10.16

5,000 Meters

2012	Hannah Pensack-Rinehart	16:52.35
2008	Allison Gohl	17:41.41
2006	Nicole Feest	17:08.61
1997	Sarah Piccolo	17:37.27
1992	Sandy Ham	17:43.65

High Jump

2006	Rae Backes	5-10
------	------------	------

Long Jump

2006	Janay DeLoach	20-0.5
2007	Janay DeLoach	20-9.25

Shot Put

2005	Loree Smith	56-3
2004	Keela Niemeyer	51-3
2003	Loree Smith	52-2.75
2002	Hannah Metzler	53-4.25
2001	Liz Toman	53-8.5

Weight Throw

2006	Jill McCormick	64-2.25
2005	Loree Smith	72-11.25
2003	Loree Smith	67-5.5
2001	Marlaina Corbett	60-1.25

Pentathlon

2007	Katie Lloyd	4047
2006	Katie Lloyd	3898

4x400 Meter Relay

2005	Thomas, Hammitt, Pearson, Fox	3:49.54
------	----------------------------------	---------

Distance Medley Relay

2001	Roodell, Addy, Smith, Bockel	12:12.22
------	---------------------------------	----------

WOMEN'S OUTDOOR CHAMPIONS
100 Meters

2001	Brandi Bernert	11.95
------	----------------	-------

100 Hurdles

1984	Konnie Mackey	14.23
1983	Konnie Mackey	13.96

200 Meters

1989	Andrea Bush	23.84
------	-------------	-------

400 Meters

1990	Andrea Bush	54.46
------	-------------	-------

400 Hurdles

2001	Megan Addy	58.39
1995	Kristi Morrison	59.42
1992	Mary Norwesh	57.70
1983	Konnie Mackey	59.27

800 Meters

2002	Mary Ridder	2:07.84
1986	Lori Wente	2:09.67

3,000 Meters

1992	Sandy Ham	9:57.94
1990	Cathy Hatrick	10:24.19
1987	Libbie Johnson	9:56.00

3,000-Meter Steeplechase

2012	Nicole Peters	10:56.13
2010	Kristen Hemphill	10:35.85

5,000 Meters

2008	Kristen Hemphill	17:32.14
1997	Marne Findlay	16:45.69
1992	Sandy Ham	17:41.37
1991	Sandy Ham	16:42.77

10,000 Meters

2012	Hannah Pensack-Rinehart	36:07.81
2002	Kim Leal	37:03.51
1996	Sarah Piccolo	38:00.95

High Jump

2012	Amy Medina	5-7.25
2006	Rae Backes	5-7.75
2000	Liz Toman	5-10.75

Long Jump

2008	Janay DeLoach	21-0.00
2007	Janay DeLoach	20-9.25

Triple Jump

2006	Amanda Miller	41-6
------	---------------	------

Shot Put

2005	Loree Smith	54-9.5
2001	Liz Toman	52-1

Discus

2009	Missy Faubus	166-57
2008	Missy Faubus	168-5
2006	Katie Hansen	175-10
2005	Loree Smith	177-1
2004	Loree Smith	172-2
2002	Loree Smith	165-5
2001	Liz Toman	174-4
2000	Liz Toman	173-5
1999	S. Greathouse-Borrman	198-8
1998	S. Greathouse-Borrman	193-1
1996	S. Greathouse-Borrman	179-5

Hammer

2005	Loree Smith	229-9
2004	Loree Smith	198-8
2002	Loree Smith	192-6

Heptathlon

2006	Katie Lloyd	5418
2005	Katie Lloyd	5141

4x400 Meter Relay

1992	Team	3:45.32
------	------	---------

MEN'S INDOOR CHAMPIONS
55/60 Meters

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

55/60 Hurdles

2013	Trevor Brown	7.77
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

200 Meters

2004	John Woods	21.16
2003	Chris Riggs	21.74
2002	John Woods	21.27



400 Meters

2008	Drew Morano	46.80
2007	Drew Morano	46.74

800 Meters

2009	Ryan Frieze	1:51.17
2000	Ben Marvin	1:53.78
1999	Rob Vermillion	1:53.83
1988	Greg White	1:53.9

Mile

2001	Bryan Berryhill	4:10.61
1999	Bryan Berryhill	4:10.79
1980	Richie Harris	4:05.52
1976	Greg Duhaime	4:09.87

3000 Meters

2004	Austin Vigil	8:33.29
2002	Dylan Olchin	8:39.28

Two Miles

1986	Ed Cordova	9:15.25
1974	Louis Groarke	8:48.9
1972	Louis Groarke	9:05.7

5000 Meters

2006	Rob Watson	14:44.83
2004	Austin Vigil	14:43.20
2003	Dylan Olchin	15:09.21

High Jump

2004	Jacob Benson	6-9.5
2003	Tim Merz	6-8.75
1974	Ray Lisbee	7-0

Pole Vault

2010	Kirk Cooper	16-6.75
1981	John Harrell	16-0

Shot Put

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

Weight Throw

2013	Alec Pott	61-3
2006	Nate Heyrman	63-9.75
2005	Adam Trainor	69-5.25
2003	Drew Loftin	67-9
2002	Drew Loftin	70-9

Heptathlon

2007	Kevin Johnson	5569
------	---------------	------

Distance Medley Relay

2013	Muntefering, Browning Goodman, Balsiger	9:58.34
2001	Vermillion, Smith	10:16.44

Alzola, Berryhill

2000	Vermillion, Smith	10:24.54
	Alzola, Berryhill	
1998	Sobolik, Taylor, Berryhill, DiPrince	10:19.36
1997	Sobolik, Taylor, Berryhill, DiPrince	10:21.44

MEN'S OUTDOOR CHAMPIONS

100 Meters

2004	John Woods	10.55
2002	John Woods	10.41

110 Hurdles

2013	Trevor Brown	13.78
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

200 Meters

2004	John Woods	20.99
2003	Chris Riggs	20.82
2002	John Woods	20.69

400 Hurdles

2012	Trevor Brown	51.08
1982	Lorenzo Zackery	51.10
1981	Lorenzo Zackery	50.73

440-Yard Hurdles

1974	Bruce Ginther	50.8
1973	Chris Adsit	50.7
1972	Chris Adsit	51.8

400 Meters

2008	Drew Morano	45.98
------	-------------	-------

800 Meters

2009	Ryan Frieze	1:51.34
2001	Bryan Berryhill	1:46.03
2000	Bryan Berryhill	1:49.03
1999	Bryan Berryhill	1:49.96

1500 Meters

2002	Rob Vermillion	3:49.06
2001	Rob Vermillion	3:44.63
2000	Bryan Berryhill	3:47.42
1999	Bryan Berryhill	3:45.66
1998	Bryan Berryhill	3:40.53
1997	Dave Sobolik	3:46.08
1996	Rodolfo Gomez	3:50.3

Steeplechase

2011	Spenser Lynass	9:06.03
2007	Rob Watson	8:38.92
2003	Mike Nicks	9:13.27

5000 Meters

2000	Mike Klass	14:51.42
1987	Ed Cordova	14:30.33

Three-Mile Run

1969	Tarry Harrison	13:29.7
------	----------------	---------

High Jump

2009	Caston Mabin	6-10.75
2003	Jacob Benson	6-9.5

Long Jump

2006	Kevin Johnson	24-3.5
2005	Jacob Benson	24-0.75

Triple Jump

2010	Ryan Billups	50-8.75
------	--------------	---------

Shot Put

2013	Tyler Schultz	59-4
2007	Magnus Lohse	57-2.00
2006	Matt McKinney	59-9.75
2003	Drew Loftin	57-7
2002	Jeremy Graff	58-8.5

Discus

2013	JT Van Veen	177-11
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

Hammer

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

Javelin

1987	Joe Palic	209-1.5
------	-----------	---------

Decathlon

2013	Josh McMillin	6873
2006	Kevin Johnson	7151
2001	Doug Crumb	6782
1993	Matt Smoldt	6762
1982	John Harrel	7556

4x100 Meter Relay

2004	Pope, Majerus, Kent, Woods	40.41
2002	Campbell, Riggs, Ingram, Woods	40.18

**55 Meters**

6.84	Janay DeLoach	12-9-05
6.86	Brandi Bernert	2-14-98
6.93	Andrea Bush	2-10-89
7.04	Kelly Delph	3-1-91
7.07	Tanesha Johnson	12-5-09
7.08	Carissa Wherry	2-11-95
7.12	Kadeisha Hilliard	2-24-96
7.14	Amber Johnson	1-20-01
7.15	Christine Reaux	1-14-94
7.20	Katrice Thomas	1-29-05

60 Meters

7.31	Janay DeLoach	2-24-06
7.35	Brandi Bernert	1-30-99
7.55	Tanesha Johnson	2-28-08
7.63	Amber Johnson	1-23-99
7.67	Learsha Jones	2-28-08
7.67	Megan Fox	2-04-06
7.67	Candace Lelo	2-28-03
7.71	Shanetria Thomas	2-17-12
7.76	Folami Gaither	1-23-99
7.80	Shanetria Thomas	1-28-12
7.80	Bethany DeLong	2-24-12

55-Meter Hurdles

7.85	Angie Polk	2-28-98
7.97	Felicia Dixon	2-24-96
8.00	Stacy Dickson	1-21-94
8.10	Katie Lloyd	12-9-06
8.17	Emily Pearson	12-9-06
8.22	Andrea Adam	2-11-95
8.30	Learsha Jones	12-5-07
8.30	Kandi Brown	1-20-01
8.38	Enioma Haynes	1-16-99
8.41	Kristi Morrison	2-25-94

60-Meter Hurdles

8.28	Angie Polk	1-30-99
8.45	Andrea Adam	1-29-94
8.49	Emily Pearson	2-16-08
8.56	Kalie Kirk	2-24-11
8.57	Lindsey Keller	2-17-12
8.67	Katie Lloyd	2-23-07
8.67	Kandi Brown	2-24-01
8.68	Learsha Jones	2-28-08
8.75	Stephanie Gerber	2-09-13
8.87	Niomi Ridge	2-28-08

200 Meters

24.17	Brandi Bernert	1-30-99
24.40	Tanesha Johnson	2-28-08
24.46	Katrice Thomas	1-22-05
24.53	Amber Johnson	2-24-01
24.57	Christine Reaux	2-24-95

24.67	Janay DeLoach	2-23-07
24.77	Megan Fox	2-24-06
24.88	Mary Norwesh	2-20-93
24.95	Megan Addy	2-14-98
25.00	Kelly Delph	2-23-91

400 Meters

55.30	Katrice Thomas	2-5-05
55.46	Megan Fox	2-12-05
55.89	Mary Norwesh	2-27-93
55.97	Megan Addy	2-28-98
56.20	Siobhan Everson-Stewart	2-9-02
56.23	Christine Reaux	2-24-95
57.09	Tisha Slade	2-1-97
57.29	Stephanie Gerber	2-21-13
57.30	Eileen Amador	2-24-95
57.32	Becky Hammitt	2-16-02

800 Meters

2:06.54c	Wendy Koenig Knudson	3-3-77
2:09.27	Mary Ridder	2-9-02
2:10.23	Jeanie Crist	2-26-99
2:11.26	Becky Hammitt	2-15-03
2:12.44	Chantelle Dron	1-21-06
2:13.00	Jenny Hodsdon	2-12-94
2:14.31	Rebekah Yetzer	3-4-06
2:14.68	Kim Watson	2-9-02
2:15.20	Marissa Suanders	1-24-08
2:15.56	Katie Yemm	2-12-00

1,000 Meters

2:37.84c	Wendy Koenig Knudson	1977
2:58.11	Ashlee Velez	1-28-06
2:58.22	Shannon Meredith	2-13-93
2:58.31	Rebekah Yetzer	2-14-04
2:58.46	Danielle Korb	2-14-04
2:58.67	Alison Taylor	1-20-07
3:00.24	Missy Spysers-Duran	2-9-90
3:00.63	Kirsten Anthony	1-20-07
3:01.09	Cara Wyndham	1-30-88
3:07.04	Robyn Jokumsen	2-5-94

Mile

4:44.14	Katie Yemm	3-9-02
4:46.06	Debbie Maass	3-11-94
4:46.73	Chantelle Dron	2-11-06
4:47.59	Danielle Korb	2-11-06
4:47.94c	Wendy Koenig Knudson	2-14-76
4:51.74	Libbie Johnson	1-30-88
4:53.04	Kirsten Anthony	2-10-07
4:53.47	Heather Loseke	1-27-07
4:54.99	Holly Keeper	2-08-13
4:56.27	Kaitlin Hanenburg	2-1-13

**3,000 Meters**

9:27.18	Nicole Peters	2-10-12
9:30.34	Kristen Hemphill	2-16-08
9:33.58	Karen Bockel	2-12-00
9:35.55	Meg Larson	2-10-01
9:37.47	Elizabeth Roodell	2-9-02
9:39.06	Kirsten Anthony	2-16-08
9:39.30	Hannah Pensack-Rinehart	2-4-12
9:43.09	Nicole Feest	1-27-07
9:45.46	April Thomas	1-27-07
9:46.60	Nicole Boes	1-28-89

5,000 Meters

16:26.16	Nicole Feest	2-11-06
16:31.81	Sarah Piccolo	3-7-97
16:38.78	Hannah Pensack-Rinehart	2-10-12
16:44.11	April Thomas	2-10-07
16:46.44	Nicole Peters	2-10-12
16:49.75	Marne Findlay	2-5-99
16:50.28	Sandy Ham	2-8-92
17:03.07	Ellie Keyser	2-11-11
17:05.25	Sarah Heuer	2-08-13
17:06.37	Kristen Hemphill	2-6-09

High Jump

5-11.25	Liz Toman	2-26-00
5-10.5	Ashley Reid	2-09-13
5-10	Rheannon Backes	2-25-06
5-8.75	Jazmyn Webster	2-21-13
5-8.75	Sonni Russell	2-24-07
5-8.5	Lindsey Malmgren	1-22-99
5-8	Monica Franco	2-9-13
5-8	Katie Lloyd	2-26-05
5-8	Anne McLaughlin	2-28-05
5-8	Nancy Malloy	1-15-77

Long Jump

21-0.75	Janay DeLoach	12-9-06
19-11	Katie Lloyd	12-9-06
19-9	Cristin Napier	2-1-97
19-2.75	Bethany DeLong	2-10-12
19-1	Kelly Delph	3-1-91
19-0.75	Kadeshia Hilliard	2-22-97
18-10.25	Amanda Miller	1-29-05
18-10	Cindi Lapp	2-2-80
18-8.5	Mary Harrington	2-11-77
18-6.5	Emily Pearson	2-28-08
18-6.5	Nancy Malloy	1-15-77

Triple Jump

41-6.5	Amanda Huddleston-Miller	2-28-05
40-9	Tanesha Johnson	2-28-09
41-2.5	Meaghann Peak	2-10-12
39-8.5	Cheyenne Hall	2-09-13

39-7.25	Missy Hanlen	2-28-92
38-8.25	Ashley Reid	2-21-13
38-4.25	Michelle Brown	2-25-95
38-1.25	Kat Cirone	2-28-04
38-0.25	Enioma Haynes	2-20-99
37-10.75	Leslie Banks	2-23-02

Pole Vault

12-6.25	Christine Ahn	2-22-03
12-5.5	Ashleigh Morton	2-28-08
12-1.5	Kate Colvin	2-28-08
12-1.25	Rachel Saunders	1-30-10
12-1.25	Kate Yee	2-22-02
11-11.75	Morgan Griffin	1-25-13
11-11.75	Jamie Davies	2-26-00
11-6.25	Ashley Nance	2-1-03
11-6	Shay Horak	2-7-02
11.5.75	Valentina Pauna	1-24-13

Shot Put

56-3	Loree Smith	2-28-05
53-8.5	Liz Toman	2-24-01
53-4.25	Hannah Metzler	2-23-02
51-9.25	Kiah Hicks	2-02-13
51-3	Keela Niemeyer	2-28-04
50-8	Missy Faubus	2-6-09
49-11.75	Jennifer Ugochukwu	2-26-09
49-7.75	Liz Johnson	2-23-13
47-10	Jill McCormick	1-22-05
47-1.5	Jaimee Troth	2-25-06

Weight Throw

74-3.75	Loree Smith	3-12-05
66-8.5	Jill McCormick	1-28-06
64-2.25	Kiah Hicks	2-22-13
63-10.5	Grettel Miller	3-14-98
60-5.75	Jaimee Troth	2-24-06
60-3.25	Shelly Greathouse-Borrman	1-23-99
60-1.25	Marlaina Corbett	2-23-01
59-7.5	Jenna Sliwinski	1-25-13
59-3.5	Hannah Metzler	2-22-02
58-10.75	Jessica Sharbono	1-24-13

Pentathlon

4,084	Katie Lloyd	3-04-07
3,855	Nancy Malloy	1979
3,820	Emily Pearson	2-28-08
3,804	Mary Harrington	3-9-79
3,796	Kristen Kugler	2-25-10
3,688	Cristina Gourdin	2-27-04
3,674	Lindsey Malmgren	2-22-01
3,589	Ashleigh Morton	2-28-08
3,499	Liz Toman	2-26-98
3,469	Tonya Cure	2-22-07

**100 Meters**

11.45	Janay DeLoach	5-14-08
11.51	Andrea Bush	5-20-89
11.68	Brandi Bernert	5-21-99
11.70	Tanisha Johnson	4-19-08
11.93	Amber Johnson	4-29-00
11.94	Kelly Delph	4-20-91
11.96	LaSandra Smith	5-20-89
11.99	Shanetria Thomas	3-31-12
12.05	Kadeshia Hilliard	5-19-95
12.08	Katrice Thomas	3-26-05

100-Meter Hurdles

13.58	Felicia Dixon	5-23-97
13.68	Emily Pearson	5-14-08
13.80	Angela Polk	5-8-98
13.83	Kandi Brown	5-20-00
13.95	Lindsey Keller	5-4-12
13.96	Konnie Mackey	5-7-83
14.04	Rachelle Mims	4-9-05
14.03	Kara Hyde	5-03-13
14.06	Niomi Ridge	5-14-08
14.09	Katie Lloyd	5-3-08

200 Meters

23.84	Andrea Bush	5-20-89
23.88	Becky Sorensen	4-10-93
23.94	Brandi Bernert	3-27-99
24.03	Katrice Thomas	4-17-04
24.17	Megan Fox	4-17-04
24.26	Janay DeLoach	4-25-08
24.30	Tanisha Johnson	5-14-08
24.48	Emily Pearson	5-14-08
24.52	Kadeshia Hilliard	3-25-95
24.57	Amber Johnson	4-22-01

400 Meters

53.64	Katrice Thomas	5-17-03
54.41	Megan Fox	4-24-04
54.46	Andrea Bush	5-16-90
54.62	Megan Addy	5-2-98
54.64	Eileen Amador	5-18-96
54.69	Becky Sorensen	5-21-93
55.14	Christine Reaux	4-1-95
55.18	Tisha Slade	5-18-96
55.69	Tanisha Johnson	5-2-08
56.04	Becky Hammitt	4-23-05

400-Meter Hurdles

57.70	Mary Norwesh	5-23-92
58.25	Megan Addy	4-26-01
58.93	Konnie Mackey	5-12-84
59.09	Kristi Morrison	3-18-95
59.49	Stephanie Gerber	5-11-13
59.84	Jeanette Watson	5-3-97
1:00.60	Nancy May	5-9-87
1:00.82	Stacey Dickson	4-17-94
1:00.85	Niomi Ridge	5-14-08
1:01.27	Cristina Gourdin	4-30-05

800 Meters

1:59.91	Wendy Knudson	7-23-76
2:06.80	Mary Ridder	5-3-02
2:09.20	Michelle Wertz	5-11-85
2:09.40	Charlene Delventhal	5-12-79
2:10.03	Jeanie Crist	5-20-00
2:10.04	Becky Hammitt	4-9-05
2:10.52	Katie Yemm	4-24-04
2:11.83	Kendra Woodruff	5-19-01
2:11.86	Jenny Hodsdon	4-29-94
2:13.14	Danielle Korb	4-29-06

1,500 Meters

4:21.80	Wendy Knudson	4-24-76
4:23.80	Barb Lawson	6-10-71
4:24.19	Debbie Maass	5-25-94
4:25.63	Katie Yemm	5-4-01
4:25.90	Kirsten Anthony	4-10-09
4:26.25	Marissa Saunders	5-3-08
4:26.33	Libby Johnson	5-9-87
4:26.67	Kim Watson	4-13-02
4:27.29	Danielle Korb	4-20-07
4:27.40	Cara Wyndham	4-18-87

Steepchase

10:02.59	Kristen Hemphill	4-15-10
10:10.16	Meg Larson	5-18-01
10:12.61	Nicole Peters	6-6-12
10:28.51	Kaitlin Hanenburg	5-24-13
11:02.24	Erin Cunningham	5-18-01
11:04.82	Linnea Pudwill	5-13-05
11:15.71	Rebekah Yetzer	5-14-04
11:17.89	Ashlee Velez	5-12-06
11:27.72	Danielle Rawlings	5-14-08
11:36.20	Erin Weber	4-29-06

5,000 Meters

16:12.02	Nicole Peters	4-19-12
16:20.18	Sandy Ham	6-6-92
16:27.00	Karen Bockel	5-5-00
16:29.82	Elizabeth Roodell	5-3-02
16:30.91	Sarah Piccolo	4-18-97
16:35.91	Michelle Carman	3-25-05
16:36.99	Marne Findlay	6-5-98
16:38.78	Whitney Henderson	4-19-13
16:40.10	Nicole Boes	4-25-87
16:41.58	Hannah Pensack-Rinehart	4-19-12

10,000 Meters

33:47.49	Hannah Pensack-Rinehart	4-6-12
34:00.73	Nicole Feest	4-20-07
34:08.94	Sarah Piccolo	4-25-97
34:24.00	Amy Laffoon	6-5-79
34:30.60	Julie Benzel	4-30-84
34:51.70	Sarah Heuer	4-18-13
34:55.03	Kim Leal	4-22-02
35:01.60	Kendra Gerk	4-6-12
35:03.50	Ellie Rastall	4-15-10
35:06.56	Jennifer Kintzley	4-20-01

**High Jump**

5-10.75	Niomi Ridge	5-3-08
5-10.75	Liz Toman	5-19-00
5-9.25	Rheannon Backes	5-15-04
5-8.75	Ashley Reid	4-06-13
5-8.75	Katie Lloyd	4-12-06
5-8.5	Jazmyn Webster	5-11-13
5-8	Cate Brus	5-4-12
5-8	Amy Medina	3-16-12
5-8	Sonni Russell	5-8-10
5-8	Cristina Gourdin	4-1-04

Long Jump

21-3.25	Janay DeLoach	5-14-08
19-11	Kelly Delph	3-31-90
19-10.75	Katie Lloyd	5-26-06
19-5	Mary Harrington	4-8-78
19-4.75	Cristin Napier	4-11-98
19-2.25	Becky Sorensen	5-21-93
19-1	Nancy Malloy	4-15-78
19-0	Bethany DeLong	3-23-12
18-10	Kadeshia Hilliard	5-23-97
18-9.25	Tonya Cure	5-14-04

Triple Jump

41-6	Amanda Huddleston-Miller	4-1-05
41-2.25	Tanisha Johnson	4-5-08
40-4.75	Ashley Reid	4-27-13
40-4.75	Meaghann Peak	5-9-12
39-6	Cheyenne Hall	5-10-13
39-2.5	Michelle Brown	5-18-96
39-2.25	Missy Hanlen	5-4-91
38-10.75	Jazmyn Webster	5-11-13
38-7.5	Aubree Dietrich	3-31-12
38-5.25	Diane Schneider	5-16-90

Pole Vault

12-9.5	Christine Ahn	5-7-04
12-6.25	Ashleigh Morton	4-19-08
12-4	Jamie Davies	3-25-00
12-0	Kate Colvin	5-3-08
11-11.75	Morgan Griffin	4-13-13
11-9.75	Rachel Saunders	4-10-10
11-6	Kate Yee	3-30-02
11-2.5	Sara Page	4-2-11
11-1.75	Shay Horak	5-10-02
10-8.75	Valentina Pauna	4-26-13

Shot Put

54-9.5	Loree Smith	5-14-05
53-0.25	Missy Faubus	4-10-09
52-1.25	Liz Toman	4-7-01
51-2.75	Keela Niemeyer	4-30-04
51-0	Jennifer Ugochukwu	5-9-09
50-6	Hannah Metzler	5-17-02
50-2.5	Kiah Hicks	5-9-12
49-3.5	Liz Johnson	4-26-13
49-3.5	Amy Thiel	5-21-99
48-11.5	Jill McCormick	5-1-04

Discus

198-8	Shelly Greathouse-Borrman	5-22-99
187-4	Loree Smith	4-17-04
184-5	Liz Toman	5-30-01
180-10	Kiah Hicks	5-3-13
178-5	Liz Johnson	4-26-13
177-10	Katie Hansen	4-14-06
175-1	Missy Faubus	4-5-08
174-6	Jessica Sharbono	5-3-13
173-7	Julie Gunzel	4-6-02
169-7	Keela Niemeyer	4-17-04

Hammer

229-9	Loree Smith	5-13-05
197-2	Jaimee Troth	5-27-06
195-5	Haley Hunt	5-28-04
194-7	Kiah Hicks	3-22-13
194-6	Stacey Poulos	5-12-06
193-10	Shelly Greathouse-Borrman	6-6-98
192-6	Grettel Miller	5-2-98
191-10	Jenna Sliwinski	5-9-12
191-7	Megan Berg	4-8-10
188-3	Kenisha Throughsingh	4-5-12

Javelin

163-2	Liz Toman	4-24-98
153-3.5	Emily Pearson	5-14-08
151-1.5	Francine Kaylor	4-10-82
144-7	Aimee Ainsworth	5-21-93
143-3	Jessi Macedo	6-23-13
139-11	Kenisha Throughsingh	5-9-12
139-9	Shannon Mack	4-1-00
139-7	Ashleigh Morton	5-14-08
135-7	Kristen Kugler	5-12-10
135-4	Katie Lloyd	6-14-08

Heptathlon

5,605	Emily Pearson	5-13-08
5,445	Katie Lloyd	6-14-08
5,251	Cristina Gourdin	4-22-05
5,160	Lindsey Malmgren	4-27-01
4,997	Kristen Kugler	5-13-09
4,994	Tonya Cure	5-11-06
4,915	Liz Toman	4-24-98
4,841	Sophia Wagner	5-11-11
4,788	Cate Brus	5-9-12
4,772	Zuzana Krajciová	4-3-03

**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'Sharon 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'Sharon 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

7.77	Trevor Brown	2-22-13
7.94	Kelby Dias	2-9-13
7.96	Justin Hazzard	2-28-04
7.98	Mike Horton	3-3-06
8.00	JT Walker	2-24-01
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	Trevor Brown	2-22-13
21.75	Thad Woods	2-26-00

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 Frieese	3-7-09
1:51.30	Joey Alzola	2-10-01
1:51.32	Mike Nicks	3-7-04
1:51.36	Seth Butler	2-23-13
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
4:08.24	Alex Muntefering	2-02-13
4:08.53	Jon Sinclair	3-9-79

**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
8:12.38	Alex Muntefering	2-09-13
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

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
14:38.01	Ben Larson	2-22-13

High Jump

7-0.5	Matt Hoskins	2-27-88
7-0	Randy Morgan	1-24-76
7-0	Ray Lisby	3-1-74
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
48-10.75	Graham Gilliland	1-23-13
48-8.25	Jonathan Edmunds	2-09-13

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
58-10.75	Tyler Schultz	2-23-13
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 Borrman	3-1-96
57-8.5	Nate Heyrman	2-25-06

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 Godell	2-20-09
67-5.5	Mattias Borrman	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
5114	Josh McMillin	1-25-13
5086	Justin Green	1-25-13
4993	Josh Cogdill	2-21-13
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

**100 Meters**

10.30	Deontrey Taylor	4-19-96
10.30	Sean Ingram	4-29-00
10.32	Drew Smith	4-7-01
10.38	John Woods	5-28-04
10.49	Eric Gray	5-19-00
10.53	Don Hill	4-28-79
10.54	Chris Riggs	5-30-03
10.57	Sulaiman Sayyid	5-3-08
10.57	Duan Ruff	5-2-98
10.58	Drew Morano	4-28-07

110-Meter Hurdles

13.75	Trevor Brown	4-19-12
13.85	Jeremy Kendall	4-11-98
14.01	Justin Hazzard	4-1-06
14.02	Lorenzo Zackery	4-14-84
14.13	Kelby Dias	5-24-12
14.16	Mike Horton	5-17-03
14.31	Tom Waido	4-18-02
14.35	Josh Proctor	5-19-95
14.37	Robert Wasinger	5-9-12
14.41	Marcus Turner	4-22-95

200 Meters

20.55	John Woods	6-10-04
20.82	Chris Riggs	5-17-03
20.92	Deontrey Taylor	5-7-99
21.02	Drew Smith	4-14-01
21.06	Daniel Ward	4-14-00
21.11	Drew Morano	4-28-07
21.30	James Lawrence	4-22-95
21.38	J'Sharon Jones	5-19-00
21.41	Carlos Jones	5-2-98
21.42	Lee Macklin	3-26-94

400 Meters

45.65	Drew Morano	5-2-08
46.34	Deontrey Taylor	3-27-99
47.09	Pedro Lopez	5-3-97
47.11	Mike Lippold	5-18-96
47.18	Seth Monson	5-11-11
47.34	Mark Glen	4-14-84
47.48	Terrence Garrett	4-30-94
47.57	Sherown Campbell	5-18-02
47.65	Lee Macklin	5-21-93
47.69	Dave Dornan	5-23-92

400-Meter Hurdles

50.66	Tom Waido	5-18-02
50.73	Lorenzo Zackery	5-9-81
51.04	Justin Hazzard	4-1-06
51.08	Trevor Brown	5-9-12
51.53	Rick Steele	1976
51.63	Nigel Joseph	4-17-10
51.79	Doug King	5-20-89
51.89	Marcus Turner	5-18-94

51.99	Brian Williams	5-17-02
52.41	Sam Little	5-10-13

800 Meters

1:46.03	Bryan Berryhill	5-19-01
1:47.88	Don Frichtel	5-7-77
1:48.28	Bill Roth	4-6-85
1:49.70	Ryan Friese	5-14-08
1:49.92	Brian Kelly	5-17-03
1:50.13	Greg White	3-19-88
1:50.16	Alex Balsiger	4-20-12
1:50.21	Seth Butler	5-10-13
1:50.45	Rob Vermillion	4-12-02
1:50.48	Paul Michel	4-15-06

1,500 Meters

3:37.05	Bryan Berryhill	6-2-01
3:38.46	Richie Harris	1979
3:44.63	Rob Vermillion	5-19-01
3:45.12	Paul Michel	4-30-06
3:45.89	Will Buchanan	5-29-09
3:45.77	Dave Sobolik	3-27-97
3:46.30	Randy Sigley	3-16-74
3:46.87	Chad DiPrince	3-27-97
3:48.10	Mike Nicks	5-3-03
3:48.83	Steve Swartz	4-20-07

Steeplechase

8:38.92	Rob Watson	4-20-07
8:42.98	Mike Nicks	4-15-05
8:49.7	Elliott Drumwright	1979
8:51.10	Spencer Lynass	5-1-11
8:54.64	Andrew Goodman	4-20-13
8:56.29	Raegan Robb	5-31-03
8:59.3	Sven Severin	4-16-99
9:00.07	Jake Keyser	3-25-11
9:01.58	Andres Urbina	4-25-08
9:02.40	Mike Lohman	4-20-74

5000 Meters

13:41.58	Mike Klass	5-5-00
14:01.63	Jon Sinclair	5-10-80
14:05.43	Bill Michel	4-30-04
14:09.63	Austin Vigil	4-18-03
14:11.20	Dan Wallis	4-15-10
14:15.33	Matt Cianciulli	4-28-05
14:20.61	Alex Muntefering	3-29-13
14:22.59	Ed Cordova	4-19-86
14:24.48	Spenser Lynass	4-18-13
14:24.70	Stan Emery	4-21-91

10,000 Meters

29:03.13	Ed Cordova	4-25-87
29:05.10	Jon Sinclair	4-26-80
29:13.97	Austin Vigil	3-26-04
29:24.70	Dylan Olchin	3-29-03
29:32.77	Josh Glaab	3-26-04



29:32.77	Josh Glaab	3-26-04
29:45.47	Daniel Wallis	3-7-12
29:54.76	Chuck DeGarmo	5-6-83
29:56.80	Terry Harrison	6-14-68
29:57.24	Andrew Roberts	4-14-11
30:03.10	Andrew Lesser	4-14-11

High Jump

7-0.75	Matt Hoskins	5-20-89
7-0	Randy Morgan	1975
6-11	Norm Biar	1976
6-10.75	Caston Mabin	5-13-09
6-10	Jacob Benson	3-29-03
6-9.75	Dave Eckhardt	5-21-93
6-8.75	Jon Uher	4-17-04
6-8.75	Rob Blakney	5-7-99
6-8.75	Mike Buchanan	5-9-85
6-8.25	Matt Smoldt	4-17-96

Long Jump

25-4.25	Phil Webb	1971
24-5.5	Warren Franz	1971
24-5.25	Kay McFarland	1959
24-5	Ken Blair	1964
24-3.5	Kevin Johnson	5-12-06
24-2	Mike Lippold	5-9-92
24-0.75	Jacob Benson	5-13-05
24-0.25	Byron Mallory	1971
23-11	Graham Gilliland	5-1-11
23-10.75	Scott Stoll	5-17-91

Triple Jump

50-8.75	Ryan Billups	5-12-10
49-10.75	Mike Clark	1970
49-9	Jarelle Johnson	5-14-05
49-8	DeJean Harden	3-28-98
49-5.75	Nnamdi Agwu	5-16-09
49-4.5	Jonathan Edmunds	4-5-12
49-3	Greg Johnson	5-10-80
49-2.50	Travis Smith	5-12-10
49-1	Jason Smith	4-28-07
48-11	Graham Gilliland	4-22-11

Pole Vault

16-9.25	Kirk Cooper	4-23-10
16-8.75	Matt Smoldt	5-16-96
16-7	Jack Cunningham	4-26-75
16-6.75	Doug Dieker	4-24-09
16-6.75	Josh Horak	4-12-03
16-6	Scott Hall	4-8-88
16-3	Kurt Davies	3-28-98
16-2	Andrew Schall	4-2-11
16-1	Dave Hoffman	1969
16-0.75	Josh McMillin	5-11-13

Shot Put

62-11.25	Magnus Lohse	3-25-06
----------	--------------	---------

59-10.25	Tyson Williams	5-11-11
59-9.75	Matt McKinney	5-13-06
59-4.75	Tyler Schultz	4-27-13
58-10.5	Nate Heyrman	4-15-06
58-8.5	Jeremy Graff	5-17-02
58-7	Brian Trainor	4-22-00
58-4	Tony Sotelo	5-7-99
58-0	Steve Wolllelrman	1979
57-7.5	Casey Malone	5-6-00

Discus

211-6	Casey Malone	4-29-00
199-10	Brian Trainor	5-30-03
199-2	Jason Schutz	3-29-08
198-7	Marshall Smith	4-6-74
197-0	Drew Loftin	5-16-03
192-2	Mattias Borrman	5-18-96
188-1	Matt McKinney	5-26-06
185-3	Cameron Carter	4-19-08
184-6	Mike Medjo	5-18-96
183	Kevin Carr	5-4-84

Hammer

233-0	Drew Loftin	5-16-03
225-2	Mattias Borrman	5-3-96
221-0	Alex Godell	5-13-09
220-6	Adam Trainor	4-2-05
211-0	Jace Rivera	5-29-05
207-4	Nate Heyrman	5-5-07
205-2	Jason Schutz	4-5-08
204-1	Mike Duffala	5-30-79
200-7	James Cale	5-16-03
198-1.25	Ken Harriman	5-03-13

Javelin (Since 1986)

223-11	Mattias Borrman	5-18-94
219-2.5	Gary Falsem	4-24-69
216-8.5	Curtis Vagneur	5-6-72
215-4	Chris Ahlgrim	5-17-02
210-6.25	Jerry Morgan	1959
209-10	Joe Palic	5-2-87
203-6	Dave Dotson	5-15-90
203-6	John Harrel	5-8-82
202-7.5	x Christiansen	3-19-86
201-9	Gene Spencer	1948

Decathlon

7,556	John Harrel	5-6-82
7,332	Kevin Johnson	4-24-08
7,183	Matt Smoldt	5-15-96
7,105	Doug Crumb	4-27-00
7,086	Mike Pettit	5-4-83
7,012	Josh McMillin	4-26-13
6,958	Mark Cooper	4-17-74
6,849	Jim Steigerwald	5-3-84
6,772	Justin Green	5-9-13
6,721	Josh Cogdill	5-9-13



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 Utte	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 - 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
400 meter hurdles	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 Elgama	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 Bergvist	SMU	6-6.00	1.98m	1999
Long Jump	Whitney Gipson	TCU	21-8.50	6.61m	2011
Triple Jump	Toni Smith	Unattached	43-11.75	13.40m	2013
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 Borrman	Colorado State	198-8.00	60.55m	1999
Hammer	Loree Smith	Colorado State	229-9	70.03m	2005
Javelin	Dana Pounds	Air Force	183-9	56.00m	2005
Heptathlon	Emily Pearson	Unattached	5,498 points		2011



Colorado State University athletics will welcome six new inductees in November as part of its 2013 Hall of Fame class, the athletic department announced in conjunction with the Ram Alumni Athletes Association.

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 152 members.



All-American Marne Findlay highlights Hall of Fame Class of 2013

Marne Findlay, who ran for Colorado State from 1994-99, is arguably one of the most courageous athletes to adorn the Green and Gold.

A former swimmer, Findlay made the switch to running after suffering a torn rotator cuff in high school. She quickly turned heads, becoming just the second CSU runner ever to earn a spot at the NCAA cross country championships her sophomore year.

She later earned two All-American awards in cross country in 1996 and 1997, with a best finish of 13th place in 1996. The Parker, Colo., native also won a WAC title in the 5,000-meter run in 1997, just one of her numerous all-conference accolades.

The Ponderosa High School product was named first-team all-region in cross country three times in her illustrious CSU career. She is a three-time academic All-American and four-time academic all-conference award winner.

Findlay is still ranked among the top 10 in CSU history in the 5,000 meters.

The CSU great was named the Colorado Sportswoman of the Year in 1998 for her bravery in overcoming a brain tumor and returning to competition in 1997. That year she led the Rams to their highest ever ranking, No. 12 in the nation.



Marne Findlay
1996 & 1997



PAST INDUCTEES

Class of 2012

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

Class of 2011

- Gerry Glide- Cross Country, 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 1997

- 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)



2014 SCHEDULE

2014 INDOOR TRACK

DATE	MEET	HOST/LOCATION
Jan. 11, 2014	Air Force All-Comers Meet	Air Force Academy
Jan. 18, 2014	CSU vs. Wyoming Dual	Gillette, Wyoming
Jan. 23-25, 2014	AFA Combined Events Meet & AF Invitational	Air Force Academy
Jan. 31-Feb. 1, 2014	CSM Twilight Collegiate Open	Colorado Mines
Feb. 7-8, 2014	Husker Invitational	Lincoln, Nebraska
Feb. 14 - 15, 2014	MWC AF Open	Air Force Academy
	Husky Classic	Washington
Feb. 21	Robert Shine Invitational	Wyoming
Feb. 21-23, 2014	USA Championships	TBD
Feb. 27-March 1, 2014	Mountain West Conference	Air Force Academy
March 14-15, 2014	NCAA Championships	New Mexico

2014 OUTDOOR TRACK

DATE	MEET	HOST/LOCATION
March 20-22, 2014	UNC-Tom Benich Classic	Northern Colorado
	Potts Invitational	CU Boulder
March 29, 2014	Fum McGraw Quadrangular	Colorado State University
April 3-5, 2014	Air Force Relays + AF Multi	Air Force Academy
	Stanford Invitational	Palo Alto, Calif.
April 11-12, 2014	CU Invitational	CU Boulder
April 17-20, 2014	Mt. SAC Relays	Walnut, Calif.
April 24-25, 2014	Glenn Morris Multi-Event	Colorado State University
April 25-26, 2014	Jack Christiansen Invite	Colorado State University
May 2-3, 2014	Don Kirby Tailwind	New Mexico
May 9, 2014	AFA Twilight Meet	Air Force Academy
May 14-17, 2014	Mountain West Conference	Wyoming
May 28-31, 2014	NCAA Preliminary Round	Fayetteville, Ark.
June 9-14, 2014	NCAA Championships	Eugene, Ore.
TBD	USA Junior Nationals	TBD
TBD	USA Championships	TBD