

1985

1985 Media Guide

George Fox University Archives

Follow this and additional works at: http://digitalcommons.georgefox.edu/athletics_mentrack

Recommended Citation

George Fox University Archives, "1985 Media Guide" (1985). *Men's Track and Field*. 59.
http://digitalcommons.georgefox.edu/athletics_mentrack/59

This Media Guide is brought to you for free and open access by the George Fox University Athletics at Digital Commons @ George Fox University. It has been accepted for inclusion in Men's Track and Field by an authorized administrator of Digital Commons @ George Fox University. For more information, please contact arolfe@georgefox.edu.

George Fox College 1985 Bruin Track Media Guide



FINGERTIP FACTS

College Location Newberg, Ore. 97132 (11,000 pop.)
Founded 1891
Denomination Affiliation Friends (Quaker)
Enrollment 625
College President Dr. Edward F. Stevens
Athletic Director Rich Allen
Track Coach Rich Allen
Sports Information Director Barry Hubbell
Athletic Affiliations Independent-NAIA, NCCAA
Colors Old Gold, Navy Blue
Nickname Bruins

HOW TO REACH US . . .

(College Switchboard 503/538-8383)

Basketball Coach Mark Vernon ext. 254
Home 538-1755
Baseball/Soccer Coach Paul Berry ext. 255
Home 538-0915
Track/Cross Country Coach Rich Allen ext. 252
Home 538-9875
Women's Basketball/Softball Coach Craig Taylor ext. 250
Home McMinnville 472-9694
Women's Volleyball/
Assistant Men's Basketball Coach Steve Grant ext. 253
Home 363-7758
Sports Information Director Barry Hubbell ext. 220
Home 538-4332

COVERING THE BRUINS

George Fox College appreciates the cooperation it has shared with the news media. This book has been prepared as a service for area newspapers, radio and television stations, and wire services.

All requests for information, statistics, photographs, and press passes should be directed to Barry Hubbell, Sports Information Director, George Fox College, Newberg, Oregon 97132. Office phone: (503) 538-8383, ext. 220. Home phone: (503) 538-4332. Athletic Department phone: (503) 538-8383, ext. 249.

*George Fox
College*

NEWBERG, OREGON 97132



ABOUT GEORGE FOX COLLEGE

George Fox College is the outgrowth of a desire by early Willamette Valley Quaker settlers who established Pacific Academy in 1885 for the Christian education of their children. The college division was organized in 1891 to provide more advanced instruction for students. In 1949, because of the many colleges in the Northwest with Pacific in their name, the College was renamed George Fox in honor of the founder of the Friends (Quaker) Church. The College is governed by a 42-member Board of Trustees elected by Northwest Yearly Meeting of Friends Church, which comprises more than 8,000 members in 57 churches in Oregon, Washington, and Idaho.

The 60-acre rural, tree-shaded campus a half-hour drive from Portland has undergone major expansion in the last eight years with nine new buildings constructed at a total investment of nearly \$10 million. The new facilities include a \$2.7 million sports complex, an \$800,000 academic building, two residence halls in a \$1.25 million project, a \$1.3 million fine arts/religion center, a \$170,000 television center, a \$520,000 dining commons/student center expansion, a \$320,000 residence hall, and a \$2.6 million chapel/auditorium opened in the fall of 1982. A new \$100,000 all-weather track has been added, along with a new athletic field complex including baseball field, two softball diamonds and soccer field, completed in 1981.

College enrollment is 625.

Accredited by the Northwest Association of Secondary and Higher Schools, the College offers 27 majors in six divisions: Education, Fine and Applied Arts, Language Arts, Natural Science, Religion, and Social Science. George Fox is one of 13 members of the national Christian College Consortium. The College has a student-faculty ratio of 15/1.

George Fox students come from 18 states and 5 foreign countries. Nearly 40 religious denominations are represented on campus.

Alumni of George Fox are primarily in service-oriented vocations of Christian ministries, education, social work, and medical fields. The College's most prominent alumnus is the late President Herbert Hoover, who attended Pacific Academy.

THIS IS WHERE MEETS ARE HELD

George Fox College is in its fifth year on its new \$100,000 all-weather track facility.

The construction project, completed over a two-year span, converted the quarter-mile cinder-finish oval of Colcord Field to a metric distance track with rubberized surface.

Lanes have been expanded from six to eight, race starts have been relocated to the northwest corner of the oval from the previous southeast, and a new javelin runway has been provided, along with additional drainage.

The project also gives the college its first steeplechase course. The Bruins' Steve Blikstad in 1979 won the national NAIA small college steeplechase title, giving the college its first-ever national champion—and he never ran a race at home.

Funds for the new track were raised through a "jog-a-thon" by students, faculty and staff, by direct contributions, and through the college's general budget.

The new track surface is of "C-Trak," an asphalt-bound material designed to meet an extreme of temperatures and moistures. The new track meets all NAIA, AAU and Olympic specifications.

George Fox track Coach Rich Allen calls the new finish "the fastest surface available for the cost." Existing pole vault, high jump and long jump areas, with rubberized surfaces previously, have not been changed.

The track project completed a total sports/athletic project started in 1976 and costing more than \$2.7 million. The Coleman Wheeler Sports Center adjacent to the track was opened in 1977. A new athletic field complex of two softball diamonds, baseball field, soccer field, and archery range was completed in 1981.

Colcord Field is named for the late Frank C. Colcord, a former two-term mayor of Newberg and for 35 years a member of the George Fox College Board of Trustees. He was treasurer of the college at the time of his death in 1968.

An alumnus of the college (class of 1921), Colcord was an outstanding basketball player (all-conference) on a team that in 1917 twice defeated Oregon State. He was student body treasurer, president of the Men's Athletic Association, and associate editor of the student newspaper, *The Crescent*. From 1922 to 1963 Colcord was manager of the Newberg office of Portland General Electric.



GFC ATHLETICS

Intercollegiate athletics is an integral part of the overall education program at George Fox. Men's varsity athletic teams represent the College in baseball, basketball, track, cross country, and soccer. Women students compete in volleyball, basketball, track, softball, and cross country.

George Fox College competes as an independent on the varsity level. Its schedules are coordinated with the Northwest Conference and with other independents in the Northwest. George Fox is a member of the National Association of Intercollegiate Athletics (NAIA), District 2, and the National Christian College Athletic Association, District 7.

For students not participating in the varsity program, GFC has a complete intramural program including flag football, basketball, volleyball, softball, tennis, and racquetball.

Athletic facilities include the Coleman H. Wheeler Center for Sports and Physical Education; Colcord Field, which includes a football/soccer field and new all-weather rubberized track; and tennis courts. A new athletic field complex containing baseball diamond, two softball fields, soccer field, and archery range was completed in 1981.

Wheeler Center, completed in 1977 in a \$2.7 million project, includes the James and Lila Miller Gymnasium with three basketball courts and seating for up to 2,500; multipurpose, class, and weight rooms; faculty and administrative offices; handball courts; dressing and therapy rooms.

THE BRUIN NICKNAME

George Fox College is represented by the nickname and mascot "Bruin." But it's not always been so, even though it should have been.

The nickname comes from a real bear captured in 1887 just two years after Pacific Academy (the College's predecessor) was established. The small cub was captured in the coast range foothills west of Carlton when its mother was shot. The young cub was brought to campus by a student and later lived with a faculty member. When it grew to adulthood it was kept in a pit in what is now known as Hess Creek Canyon south of the campus. It escaped one too many times and was turned into steak for the dining table and the hide preserved on a frame and displayed in an early campus museum. When it deteriorated several years later, it was taken to a campus furnace room to be destroyed, but the framework proved a problem in dismantling, so it was left sitting in a corner. Students found the old Bruin skin later and began skirmishes over ownership, a tradition that continues 98 years later. "Bruin Junior," a replica, under a set of guidelines passed down for years, is fought over periodically in class competition, with the class able to physically drag the Bruin replica off campus declared the rightful owner until next "flashed."

Even with the Bruin tradition, somewhere along the line, the "Quaker" tag to athletic teams came into popularity with sports-writers because of the College's church affiliation, and that nickname was used, along with a mascot "Foxy George," a little fox with a Quaker hat. Both gained acceptance for a period in the 1950s and 1960s until a vote of faculty, students, and administration in 1970 reinstated the Bruin nickname to its rightful place.

COACH RICH ALLEN

Rich Allen is one of the veterans in NAIA District 2 track coaching. And it's been an era of successes for the Bruins.

Allen, in his 16th season with the George Fox track program, three times has been named District Track Coach of the Year.

From his start in the 1970 season, Allen has built up a track program that is one of the best among Northwest small colleges. In his career at George Fox, Allen has produced 25 national competitors in the NAIA—ten who have won All-American designation. Two of his thinclads have been named District 2 Athlete of the Year.

Allen guided the Bruins to the District 2 track championship in 1979 and in 1980 after two years in the runner-up position. Six years ago the Bruins won by the largest margin ever for a district team, compiling 201½ points, besting the second-place finisher by 79½. In 1980 the Bruins retained their title with a 21-point margin. The Bruins fell from the top position to third in 1981, then to seventh for two seasons, before starting back up again last spring with a fifth finish.

In 1978 Allen was named District Coach of the Year for all sports, to go along with Cross Country and Track Coach of the Year designation. In 1981 he was named to the NAIA District 2 Coaches' Hall of Fame.

In cross country Allen guided the Bruins to the district title in 1977, to third-place finishes in 1978 and 1979, to sixth-place finishes for four years, and last fall to third.

In his GFC career Allen, athletic director as well as associate professor of physical education, served seven seasons as assistant basketball coach, helping Lorin Miller establish the Bruins as a strong Northwest contender in the sport—going to the district playoffs six of those seven years.

A 1960 graduate of Seattle Pacific, Allen, 46, began his teaching and coaching in Seattle public schools, where he stayed two years before moving to Salem (Ore.) Academy, where at various times he served as athletic director and head football and basketball coach. He was track coach during his seven-year span and at the same time found time to earn a master's degree from the University of Oregon, received in 1968.

Allen and his wife, Flora, a member of the George Fox home economics faculty, are members of the Newberg Free Methodist Church. They have two sons, Mike 20 and Greg 19.



ASSISTANT COACHES

George Fox head track coach Rich Allen has two assistants for the 1985 season.

Returning for a second year is Bill Houser, a former sprint competitor for Willamette University. A Newberg native, Houser now is a Newberg attorney following receipt of a law degree from Willamette University School of Law. In addition to helping Allen with sprints, hurdles, and relays, Houser also is a part-time faculty member in the Division of Social Science.

Joining the Bruin team this season is Rob Parker, the second to hold the full-time athletic trainer position at GFC. New to the GFC physical education faculty this year, Parker is the former head athletic trainer at Whitworth College, from which he received a bachelor's degree. He has a master's degree in physical education/athletic training from the University of Arizona. He is responsible for recruiting and working with women track athletes.

THE BRUINS—AS INDIVIDUALS

KEVIN BALL—Sophomore

A runner of the 800 through 5,000 distances with emphasis on the 1,500 and steeplechase. Was third in the district last spring in the 1,500 at 3:59.7, but has a best of 3:56.2. A business major.

ALLEN ADDS: "Kevin is a fine runner showing excellent improvement; he should do well at district, and possibly at the national level"



SCOTT BALL—Junior

The returning district champion in the steeplechase. Captured the title at 9:22.19 a year ago and competed in the nationals. Will run distances of 800 and up, but with concentration on the steeple. A team cocaptain. Last year named Most Inspirational by the team. A district All-Star in cross country, placing fifth at 26:32.7. A national NAIA Academic All-American in cross country with a 3.63 average in his social studies teaching major.

ALLEN ADDS: "Scott was a national competitor last year and I expect him to repeat; he gives us good leadership"



DAVE DRIESNER—Senior

One of a good group of competitors at the 400. Also will compete in the intermediate hurdles and the 4 X 400. Has a best of 50.8 in the open 400 and a 50.0 in a relay split. A biology/business major.

ALLEN ADDS: "I expect Dave to have a good year—he's stronger and running with more confidence and is ahead of where he left off"



JERRED GILDEHAUS—Freshman

An outstanding athlete who already has competed at the national level. Placed second in the district in cross country, clocking the 8,000-meter course in 26:08.5, just 12 seconds out of first. Finished in the top 14 percent in the nation in the NAIA national championships at 25:48.0, 42nd of 336 finishers. Has a 5,000 meter best of 14:53.3 and will run that distance, the 10,000 meters, and possibly the steeplechase. A liberal arts major.

ALLEN ADDS: "Jerred has got to be one of the most talented freshmen since Steve Blikstad (former NAIA All-American and national steeplechase champion who still holds three GFC records and the district's 5,000 mark); he has a good chance to compete nationally in track—even as a freshman"



STEVE GRAHAM—Junior

A competitor in the pole vault and long jump. Also may sprint and be involved in relays. Best last year of 21-1/2 in the long jump, 12-8 1/2 in the vault. A Christian ministries major.

ALLEN ADDS: "Steve has some of the best athletic ability on the team (a vertical leap of more than 30 inches); with improved confidence and consistency, he should have a fine year"



KENT MCGOWAN—Junior

A newcomer to track who will compete in the high hurdles and high jump. A transfer from Eastern Washington University, where he did not compete. A religion major.

ALLEN ADDS: "Kent is showing promise; he works hard, but has been hampered with shin splints"



JEFF GUZMAN—Freshman

A runner in the 800 through 5,000 distances. Named Most Improved in cross country and is expected to improve in track. In high school (Salem Academy) was three times district champion in the 3,000 (8:52 best) and undefeated in district in 1,500 (4:11 best). A liberal arts major.

ALLEN ADDS: "Jeff's techniques are improving and he is capable of performing well at the district level"



KEN MEINES—Freshman

A pole vaulter with a 13-3 best that established the school record at Battle Ground (Wash.) High. A liberal arts major.

ALLEN ADDS: "Ken has had a few back problems, but when that is straightened out I expect him to be a fine vaulter with steady improvement"



TOM HEATON—Freshman

A newcomer who is expected to gain experience as he becomes comfortable with college track. Experimenting with the 400, where he has a high school best of 52.0. A business/economics major.

ALLEN ADDS: "Tom should see marked improvement this year as he gains experience"



ADOLPHUS ONUA—Junior

A national-level competitor in the high hurdles. Comes to the Bruins from Nigeria via Texas. His 14.2 best in the 110 high hurdles tops the existing GFC mark of 14.6. In indoor meet to open season set new GFC marks in the 40-yard high hurdles (5.2), 60-yard high hurdles (7.5), and 40-yard dash (4.7). Will help in relays and sprints. A communication major.

ALLEN ADDS: "Adolphus is an outstanding hurdler and gifted athlete; he should compete successfully at the national level; with his ability he really helps the relay teams"



DWIGHT LARABEE—Junior

The 1985 district marathon champion, winning the title at 2:37.26 in February in Seaside. Was third at that distance last spring at 2:40.8. He had a best last year of 33:02.7 in the 10,000, seventh best in the district. Will run that distance, an occasional 5,000, and possibly the walk. A business major.

ALLEN ADDS: "Dwight is an extremely hard worker with very good endurance; a very dependable young man for us and constantly improving"



DAN PRICE—Junior

A distance runner who earned the Bruins district championship points with a fourth place finish in the district marathon in February when he timed a 2:51.7. Also will compete in the 10,000 and the walk. A biology major.

ALLEN ADDS: "Dan's intelligence is a very valuable asset; he's able to learn quickly; very good pace judgment for someone new to distance running; a pleasant surprise to us"



PAUL MADDOX—Sophomore

A transfer who will throw the discus mainly, also the hammer (his first year), and possibly the javelin. Has a high school best of 152 in the discus and had a 146-8 mark (not scored) in the district meet last spring while attending Western Baptist. A business major.

ALLEN ADDS: "Paul is a good athlete with good attitude; with his strength and techniques improving considerably, I expect his marks to improve likewise"



GEORGE FOX COLLEGE 1985 TRACK ROSTER



(Back row, left to right) Trainer-assistant coach Rob Parker, Dwight Larabee, Paul Maddox, Dave Driesner, Nathan Whitham, Kent McGowan, Keith Wigley, Mike Watts, Dean Raan.

(Middle Row) Assistant Coach Bill Houser, Scott Ball, Tom Heaton, Jeff Guzman, Adolphus Onua, Scott Ragan, Kevin Ball, Mark Young, Coach Rich Allen.

(Front Row) Dan Price, Ron Roley, Jerred Gildehaus, Steve Graham, Dave Elkins (redshirt), Ken Meines.

Name	Class	Ht.	Wt.	Age	Hometown						
Kevin Ball	So.	6-0	152	20	Portland, Ore.	Ken Meines	Fr.	5-10	168	19	Battle Ground, Wash.
Scott Ball	Jr.	5-10	147	22	Portland, Ore.	Adolphus Onua	Jr.	5-11	145	21	Enugu, Nigeria
Dave Driesner	Sr.	6-2	170	23	Tigard, Ore.	Dan Price	Jr.	5-9	142	21	Boise, Idaho
Jerred Gildehaus	Fr.	5-6	125	19	Gold Hill, Ore.	Dean Raan	Sr.	6-0	172	27	Troy, Mont.
Steve Graham	Jr.	5-6	122	21	Central Point, Ore.	Scott Ragan	Fr.	-	-	18	Edmonds, Wash.
Jeff Guzman	Fr.	5-10	135	18	Salem, Ore.	Ron Roley	Fr.	5-8	140	18	Madras, Ore.
Tom Heaton	Fr.	6-0	165	20	Oakland, Ore.	Mike Watts	So.	6-2	195	21	Woodland, Wash.
Dwight Larabee	Jr.	6-0	149	21	Jefferson, Ore.	Nathan Whitham	Sr.	6-6	220	22	Newberg, Ore.
Paul Maddox	So.	6-4	216	20	Commerce, Calif.	Keith Wigley	Jr.	6-2	155	20	Rogue River, Ore.
Kent McGowan	Jr.	6-2	177	20	Spokane, Wash.	Mark Young	Sr.	6-0	175	22	Nampa, Idaho

DEAN RAAN—Senior

The second highest finisher for the Bruins last spring as he earned second in the district in the 400 at 49.9, two-tenths of a second out of first. Has a 49.3 best at that distance last spring, but has recorded a 48.3 relay split. In the 200 has a 22.6 best. Will help in both relays, but emphasis is on the 400 dash. A team cocaptain. A Christian ministries major.

ALLEN ADDS: "Dean is a super person and a very hard worker; he's a steadying influence for us and a clutch performer"



SCOTT RAGAN—Freshman

A javelin competitor in high school (Kings, Seattle) where he had a best of 150, and a shot put of 41-0. Will emphasize the javelin. A communication arts major.

ALLEN ADDS: "Scott's fairly inexperienced, but we hope he's able to place later in the season"



RON ROLEY—Freshman

A distance runner from the 800 up. Competed for the Bruins in cross country. In high school (Madras, Ore.) a member of state championship (AA) cross country team. A telecommunication major.

ALLEN ADDS: "We'll find out how much he can help us this season when he recovers from knee surgery following a skiing accident Christmas break"



MIKE WATTS—Sophomore

A returning NAIA All-American, who finished fifth in the nation in the javelin two years ago with a 207-11 toss, the same distance that won him the district title. The same year he also won the district in the discus, with a 138-5 throw, but had a season best of 148-11. He led the Bruins in the shot at 44-3 and paced the Bruins in season points with 86 in six meets—all as a freshman. Did not compete a year ago while attending Clackamas Community. A physical education major.

ALLEN ADDS: "Mike is a hard-working, talented young man who performs best in pressure situations; we expect much from him"



NATHAN WHITHAM—Senior

A year ago the district's third best in the discus (148-7) and in the hammer (155-3). Also will toss the javelin (a best of 170) and occasionally the shot (41-10½). In high school had a discus best of 157-5, and a shot distance of 46-½. A business major.

ALLEN ADDS: "Nathan is a very steady performer for us; he's about ready to have a breakthrough in throwing events and be a possible national competitor"



KEITH WIGLEY—Junior

A decathlete who was third in the district last spring with 5,897 points. Called upon to do whatever the Bruins needed in regular meets. Has high jumped 6-6 and is flirting with 6-8. Has a long jump of 21-2½ and high hurdle time of 15.7. A physical education major.

ALLEN ADDS: "Keith has really gained confidence and is making marked improvement; he's always a hard worker and I expect him to do very well this year"



MARK YOUNG—Senior

A sprint man who last year was named MVP for the Bruins. Will emphasize the 400, where he has a 50.2 open time and a 48.9 relay split. He has a 22.3 time in the 200 and a 10.8 in the 100. Also will run the relays. A business major.

ALLEN ADDS: "Mark is a real leader and asset to the team; I expect him to have his best year ever"



BRUIN OUTDOOR RECORDS

Event	Mark	Name	Year
100 m	10.4	Gregg Griffin	1979
	10.25w	Gregg Griffin	1978
200 m	21.2	Gregg Griffin	1979
400 m	48.1	Werner Seibert	1979
800 m	1:52.7	Wendell Otto	1979
1,500 m	3:49.7	Wendell Otto	1979
5,000 m	14:22.4	Steve Blikstad	1979
10,000 m	*30:22.8	Steve Blikstad	1977
3,000 m Steeplechase	8:49.8	Steve Blikstad	1979
110 m High Hurdles	14.6	Mark Reynolds	1978
		Rick Frisk	1981
400 m Inter. Hurdles	52.34	Chad Neeley	1978
Long Jump	23-2¾	Amadu Koroma	1978
	23-9w	Amadu Koroma	1978
Triple Jump	48-5	Mark Halland	1972
High Jump	6-9	Owen James	1981
Pole Vault	15-8	Dave McDonald	1969,
			1971
Shot	55-3	Bob Hadlock	1968
Discus	168-6	Charlie Keeran	1980
Javelin	230-6	Eb Buck	1975
Hammer	170-3	Allan Morrow	1979
Decathlon	7,054	Eb Buck	1975
Marathon	2:25.19	Curt Ankeny	1973
10k walk	59:49.0	Jack Winter	1980
400 m Relay	41.4	Amadu Koroma	1978
		Chad Neeley	
		Mark Reynolds	
		Gregg Griffin	
1,600 m Relay	3:18.8*	Tim Olds	1980
		Tom VanWinkle	
		Rick Frisk	
800 m Relay	1:27.5	Monte Anders	1978
		Gregg Griffin	
		Chad Neeley	
		Mark Reynolds	
		Werner Seibert	
Sprint Medley	1:33.3	Chad Neeley (220)	1978
		Mark Reynolds (110)	
		Tim Sherman (110)	
		Werner Seibert (440)	
Sprint Medley (mile)	3:30.4	Gregg Griffin (220)	1977
		Chad Neeley (220)	
		Werner Seibert (440)	
		Larry Bales (880)	
3,200 m Relay	7:42.0	Chris Mwaura	1978
		Larry Bales	
		Wendell Otto	
		Randy Ware	
Distance Medley	10:17.8	Bruce Greene (1320)	1976
		Chad Neeley (440)	
		Randy Ware (880)	
		Steve Blikstad (mile)	
4 Mile Relay	17:27.6	Wendell Otto	1978
		Dave Molstad	
		Chris Mwaura	
		Steve Blikstad	
6,400 m Relay	17:25.62	Steve Stuart	1978
		Dave Molstad	
		Chris Mwaura	
		Steve Blikstad	
Long Jump Relay	61-6	Amadu Koroma	1975
		Eb Buck	
		John Koroma	

* Converted from yards

Event	Mark	Name	Year
Javelin Relay	548-5	Eb Buck Del Dittus Lon Austin	1975
High Jump Relay	18-5	Bob Quiring Lon Austin	1979
Hammer Relay	382-9	Duane Swafford Steve Curtis Nolan Smith	1981
Discus Relay	410-10	Steve Huisenga Charlie Keeran Alan Morrow	1979
Pole Vault Relay	36-0	Steve Curtis Steve Graham Ron Hanson	1984
High Hurdle Relay	49.7	Dave Elkins Rick Frisk Keith Wigley	1984
Shot Relay	123-9½	Mike Watkins Allan Morrow Steve Curtis Charlie Keeran	1979

BRUIN INDOOR RECORDS

Event	Mark	Name	Year
Yards			
40 yard HH	5.2	Adolphus Onua	1985
60 yard HH	7.5	Adolphus Onua	1985
40 yard	4.7	Matt Heathco	1974
		Adolphus Onua	1985
50 yard	5.8	Keith Wigley	1985
60 yard	6.5	Amadu Koroma	1975
300 yard	34.1	Les Keele	1974
440 yard	55.6	Cliff McCurdy	1973
500 yard	62.0	Cliff McCurdy	1973
600 yard	1:19.2	Chad Neeley	1976
880 yard	1:59.6	Wendell Otto	1978
1,000 yard	2:23.4	Scott Ball	1983
Mile	4:17.7	Wendell Otto	1980
2 Mile	9:13.5	Steve Blikstad	1979
Mile Relay	3:30.8	Jim Moody Keith Wigley Dave Driesner Mark Young	1984
Meters			
60 m HH	8.5	Mark Reynolds	1978
300 m IH	39.7	Chad Neeley	1979
60 m Dash	6.9	Amadu Koroma	1976
300 m	36.6	Dave Driesner Mark Young	1985
400 m	53.9	Chad Neeley	1976
500 m	68.3	Chad Neeley	1977
800 m	1:59.5	Kevin Ball	1985
1,000 m	2:39.0	Randy Ware	1977
1,500 m	4:00.2	Bruce Greene	1976
2,000 m	5:34.5	Scott Ball	1985
1,600 m Relay	3:37.8	Steve Stuart Randy Ware Werner Seibert Chad Neeley	1977
Field Events			
Long Jump	22-11	Eb Buck	1976
Triple Jump	47-11	Mark Halland	1973
High Jump	6-6	Owen James	1984
Pole Vault	15-4	Dave McDonald	1970
Shot Put	46-10	Allan Morrow	1979

NAIA DISTRICT #2 RECORDS

Event	Mark	Name, College	Year
100 m	10.4	Gregg Griffin, George Fox	1977
		Terry Hendrix, Southern Oregon	1983
200 m	21.1*	Keith Shriver, Linfield	1969
		Mark Burt, Pacific	1976
400 m	47.2*	Carl Shaw, Linfield	1976
800 m	1:50.8*	Bruce Vogel, Oregon College of Education	1972
1,500 m	3:49.7*	Steve Hills, Northwest Nazarene	1975
Steeplechase	8:53.9	Kelly Jensen, Southern Oregon	1978
5,000 m	14:22.4	Steve Blikstad, George Fox	1979
10,000 m	30:25.3	Don Stearns, Eastern Oregon	1981
10 k Walk	46:46.5	Sam Shick, Lewis & Clark	1981
High Hurdles	14.0	Rick Fergesen, Lewis & Clark	1977
400 m Intermediate Hurdles	52.1	Tim Gilbert, Northwest Nazarene	1978
Shot Put	56-5½	Ken Patera, Portland State	1963
Javelin	249-6	Tony Grant, Oregon Tech.	1972
Discus	170-11	Harland Yriate, Southern Oregon	1969
Hammer Throw	173-11	Todd Goergen, Willamette	1984
Pole Vault	15-7¾	Mark Unicume, NNC	1984
High Jump	6-10¼	Scott Wallace, Willamette	1980
Long Jump	24-¾	Ron Mobley, Western Oregon	1984
Triple Jump	48-10¼	Randy Jones, Pacific	1979
Decathlon	7,154	Mark Burt, Pacific	1976
400 m Relay	41.7*	Gary Smith, Linfield	1976
		Randy Carter Keith Lazell Gerald King also: Amadu Koroma, GFC	1978
		Chad Neeley Mark Reynolds Greg Griffin	
1,600 m Relay	3:13.7*	Keith Lazell, Linfield	1976
		Stew Minors Randy Carter Carl Shaw	
Marathon	2:22.06	Larry Miller, Southern Oregon	1974

*Converted from yards

1984 SEASON'S BESTS

100 m	10.8	Mark Young
200 m	22.3	Mark Young
400 m	49.3	Dean Raan
800 m	1:57.4	Kevin Ball
1,500 m	3:56.19	Kevin Ball
5,000 m	15:53.1	Kevin Ball
10,000 m	33:02.7	Dwight Larabee
Steeplechase	9:22.2	Scott Ball
400 m IH	55.5	Rick Frisk
110 HH	15.1	Rick Frisk
400 m Relay	43.6	Mark Young Rick Frisk Jim Moody Dean Raan
1600 m Relay	3:22.0	Dave Driesner Rick Frisk Dean Raan Mark Young Dave Elkins
Pole Vault	13-0	Owen James
High Jump	6-6½	Keith Wigley
Long Jump	21-2	Ken Stewart
Triple Jump	43-2¾	Nathan Whitham
Shot	41-10½	Nathan Whitham
Discus	148-7	Owen James
Javelin	199-1	Nathan Whitham
Hammer	155-3	Keith Wigley
Decathlon	5893	Dwight Larabee
Marathon	2:40.08	

TRACK AND FIELD STANDARDS

Event	GFC	District	National
100 m	11.5	11.3	10.5
200 m	23.5	22.9	21.4
400 m	52.5	50.9	47.8
800 m	2:00	1:57.8	1:51.3
1,500 m	4:10	4:02.6	3:51.0
Steeplechase	10:30	9:52.1	9:20.5
5,000	16:35	15:23.7	14:39.0
10,000	34:30	33:21.7	30:30.0
110/110 m Hurdles	16.5	15.9	14.3
IH/400H	60.0	57.2	52.6
High Jump	5-8	6-2	6-10½ (open at 6-10)
Long Jump	20-0	21-5	23-8
Triple Jump	39-6	42-11	48-11
Pole Vault	10-6	13-0	15-6¼ (open at 15-0)
Shot	39-0	47-4	54-9½
Discus	110	128-8	160-0
Javelin	150	181-4	215-0
Hammer	100	141-5	170-9
10 k Walk	none	60:58.5	49:37.8
Decathlon	none	5678	6777 (top 15)
Marathon	none	none	2:31
4 x 100	none	Top 8	41.6
4 x 400	none	Top 8	3:14.7

GFC NATIONAL COMPETITORS

- 1970 Dave McDonald Pole Vault
- 1971 Dave McDonald Pole Vault (indoor)
 Dave McDonald* Pole Vault (outdoor) (3rd)
 Ken Bell Six Mile
- 1972 Ken Bell Two Mile (indoor)
 Mark Halland Triple Jump
 Curt Ankeny Marathon
- 1973 Randy Winston Triple Jump
 Curt Ankeny* Marathon (3rd)
- 1974 Eb Buck Decathlon
 Curt Ankeny* Marathon (3rd)
- 1975 Eb Buck* Decathlon (2nd), Javelin (4th)
 Mark Adamson Marathon (9th)
 Team Finish: 17th (12 points)
- 1976 Mark Adamson Marathon
 Chad Neeley Decathlon
 Steve Blikstad 5,000 m
- 1977 Steve Blikstad* Steeplechase (2nd)
 Gregg Griffin 100 m (4th)
 Chad Neeley Decathlon (24th)
 Team Finish: 19th (12 points)
- 1978 Steve Blikstad* Steeplechase (3rd)
 Gregg Griffin 100 m, 400 m Relay
 Amadu Koroma Long Jump, 400 m Relay
 Dave Molstad 10,000 m (12th)
 Allan Morrow Hammer, Shot
 Chad Neeley* Inter. Hurdles (2nd), 400 m Relay
 Mark Reynolds High Hurdles, 400 m Relay
 Team Finish: 16th (14 points)
- 1979 Steve Blikstad* Steeplechase (1st)
 Wendell Otto 1,500 m (8th)
 Lyndal Smith 5,000 m (10th)
 Tim Rochholz Marathon
 Gregg Griffin 100 m, 200 m
 Allan Morrow Hammer, Shot
 Team Finish: 15th (10 points)
- 1980 Rick Frisk Inter. Hurdles (semifinal)
 Steve Stuart 1,500 m (9th)
 Steve Curtis Hammer (11th)
 Charlie Keeran Discus (9th)
- 1981 Rick Frisk Inter. Hurdles (semifinal)
 Steve Curtis Hammer (12th)
 Owen James High Jump
 Wendell Otto 1,500 m
- 1982 None
- 1983 Mike Watts* Javelin (fifth)
- 1984 Scott Ball Steeplechase

* Named NAIA All-American



GEORGE FOX COLLEGE TRACK SCHEDULE

SPRING 1985

JANUARY	
26	Eugene Indoor, 10:30 Eugene
FEBRUARY	
9	University of Portland & Lewis & Clark, 9:00 Portland
16	Oregon Indoor 9:30 & 6:00 Portland
23	Trails End Marathon, 11:30 Seaside
MARCH	
2	Linfield College Icebreaker, 10:30 McMinnville
9	Oregon Small College Relays, 1:00 Portland
16	University of Puget Sound Invitational, 12:00 Tacoma
29-30	Willamette University Decathlon, 12:00 Salem
APRIL	
1	Linfield College & Pacific University, 3:00 Newberg
6	Lewis & Clark College & Whitman College, 1:00 Portland
8-9	Lewis & Clark College Decathlon, 12:00 Portland
13	Western Oregon State, 1:00 Newberg
20	University of Puget Sound & Bruin Alums, 1:00 Newberg
22-23	NAIA District 2 Decathlon/Heptathlon Championships, 12:00 Nampa, Idaho
25	Willamette University, 3:00 Salem
MAY	
10-11	NAIA District 2 Championships, 12:00 Newberg
23-25	NAIA National Championships, TBA Hillsdale, Mich.