

1978

1978 Program

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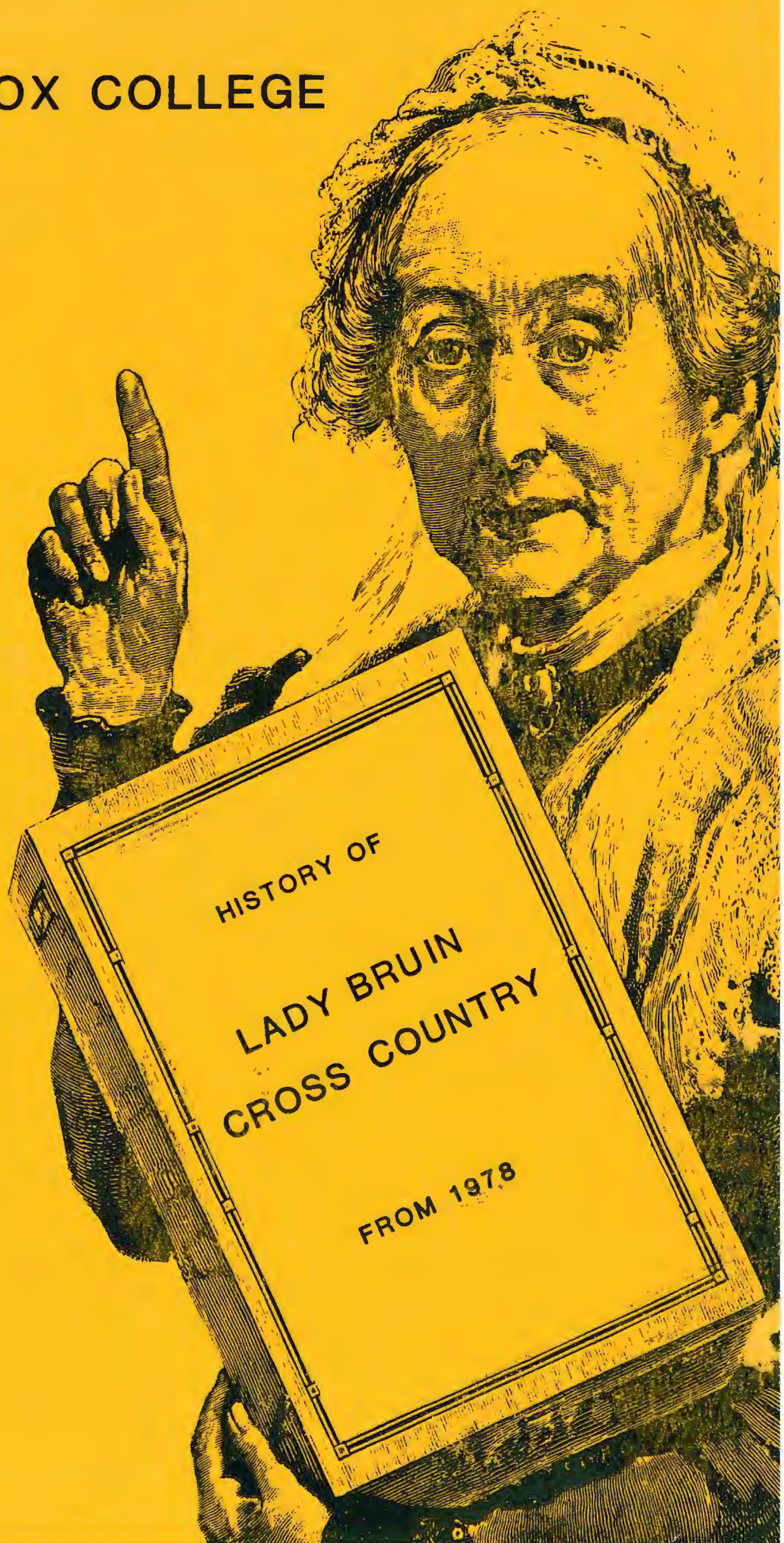
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GEORGE FOX COLLEGE





HISTORY

The first recorded competition for George Fox College women in intercollegiate cross country is identified as the 1978 season. At that time the governing body for the women's competitions was the AIAW (Association for Intercollegiate Athletics for Women). The change to NAIA (National Association for Intercollegiate Athletics) took place during the 1982 season.

Competition has taken place at a variety of distances over the years, however, the official competitive distance was three miles through the 1981 season. With the transition to NAIA and the national move to establish metric competitive distances the official designation became 5,000 meters. It continues to be a common practice for the women to compete regularly during the season at "non-official" distances with the most common being 4,000 meters.

The 1988 season was the 11th "historical year according to the calendar," however, no teams were fielded during the 1982, 1983, and 1985 seasons and in 1984 only two women competed. The first recorded team win was a 19-37 dual meet win over Lewis and Clark in 1980 with Nora Thompson and Eileen McDougal leading the Lady Bruins over a 4,000M course. As a frosh runner in the new GRC program back in 1978 McDougal, a local high school product, placed fifth in the WCIC championship race over a three mile course in Salem's Bush Park. That was the highest finish in a seasonal championship meet until the 1987 season.

Kansan Kristin Potts (Wichita) accompanied new coach Wes Cook to GFC for the 1987 season along with another quality freshman, Kristin Lesperance, from Tigard. These two teamed with holdovers from the 1986 team, Michelle Lang, Dianne Petersen, and Melanie Springer, to provide GFC with its most successful women's cross country season to that time. Potts became a consistent front runner and concluded the season with the highest championship finish ever by a Lady Bruin harrier, third, and became the first to represent Lady Bruin Cross Country in national competition. After getting knocked down with less than a quarter-mile to go in the national race Potts managed to get up and place 56 in the field of 288 runners.

The nucleus from 1987, Potts, Lesperance, Petersen, and Springer, teamed with eight "New Bruins" that comprised Coach Cook's first recruiting harvest. The 1988 season began with a record turnout of 12 and quickly blended to become one of the finest teams ever to come out of Oregon's small college ranks. The sudden rise to the NAIA District II Championship, the Christian College national title, and a commendable Top Ten finish in the NAIA placed an almost mythical aura over the Lady B's.

Jill Jamison, Seattle Kings High School, "aged" over the first six weeks of the season and then quickly labeled herself as the lady to beat for the NAIA District II title. Shelton, Washington contributed Heather Morgan and Colville, Washington sent us Karolyn Williams. Only one of the three Oregon frosh was able to run healthy during the season, Salem Academy's Melissa Wilson. She was the only new lady to bring a past experience which included team successes into the program. All the others were dedicated, hard-working young ladies who had identified themselves individually at their respective schools.

The Lady Bruins won a first ever team trophy at the all junior college invitational hosted by Mt. Hood C.C. at Blue Lake Park. They followed that up by battling all of NAIA District I's (Washington and British Columbia) best (except for eventual national champion PLU) at the tough Western Washington Invitational at Bellingham and came away with the NAIA Division team trophy, GFC's first against four year school competition. At that point the Lady B's began to appear in the National NAIA Top 20 rankings (only the second time a GFC athletic team had done so) and eventually worked their way up to the #11 rung in the final regular season poll before nationals.

Jamison spent the season collecting individual honors which included the NAIA District II championship, District II "Athlete of the Year" (women's cross country), the NCCAA (National Christian Colleges) individual championship, and the national NAIA runner-up finish which tied the best ever place by an Oregon college representative in that competition. Both national race efforts earned her "All-America" recognition.

Jamison was joined by Potts, Petersen, Lesperance, Morgan, Wilson, and Springer for the NCCAA championship with a record low score production of 19 the week after winning the District II title (only the fifth time a GFC athletic team had done so). Potts, Petersen, Lesperance, Morgan, and Wilson all placed in the top nine and joined Jamison as National Christian College "All-America" designees. The seven national competitors occupied all but the number seven spot in the fastest eight times ever run by GFC women over the 5K distance. Only 1981 runner Lisa Slocum's 10th place WCIC finish was able to withstand the avalanche caused by the 1988 "Super Women!"

The week following the Christian College meet the Lady B's competed in the NAIA finals at Kenosha, Wisconsin. Going in ranked as the number 11 team they needed to get into the Top Ten to gain a bonus birth enabling District II to have an additional team qualify for the 1989 meet. Although six of the seven had spent part of the week prior to the meet trying to improve on "the sickies" they all rallied and were on the start line for the big showdown. Overcoming that scare the ladies ran to an 8th place team finish in a field that included 36 teams and 300 individuals. A GFC athletic team's best ever!



Coach Randy Winston



Standing: Coach Randy Winton, Sandra Burns, Karen Maxwell, Joyce Yates, Assistant Coach Curt Ankeny. Kneeling: Elizabeth Siefarth, Eileen McDougal, Mary Lou Beach.



Mary Lou Beach



Elizabeth Siefarth,



Eileen McDougal



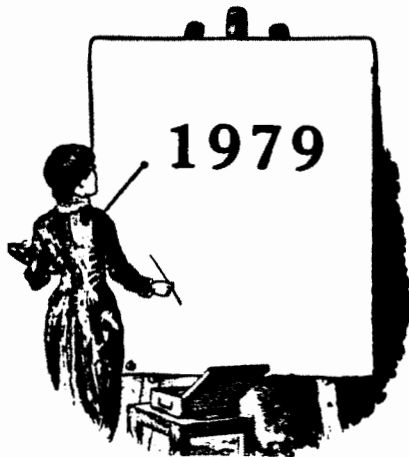
Sandra Burns



Joyce Yates, Karen Maxwell

<u>ATHLETE</u>	<u>YR.</u>		<u>10/21</u> <u>OSU INV.</u>	<u>10/28</u> <u>WCIC-Bush</u>
Mary Lou Beach	1	20:57	(29)23:14	(27)22:21
Sandra Burns	1	20:06	----	(29)22:23
Karen Maxwell	1	17:54	(19)20:39	(12)20:09
Eileen McDougal	1	18:25	(13)20:15	(5)19:17
Elizabeth Siefarth	1	20:57	(30)25:16	(31)24:00
Joyce Yates	1	22:47	dnf season	----
total runners		?	33	35
Distance		4K	3 mi.	3 mi.
Team place		?	Inc.	4/5

(two unlabeled meets were:
((a) at Linfield
((b) PSU Inv. at Gabriel



Coach Randy Winston



Beth Aldridge, Lisa Langston, Karen Maxwell, Joanie Snyder, Lynn Watton, Eileen McDougal.



Beth Aldridge



Karen Maxwell



Joanie Snyder

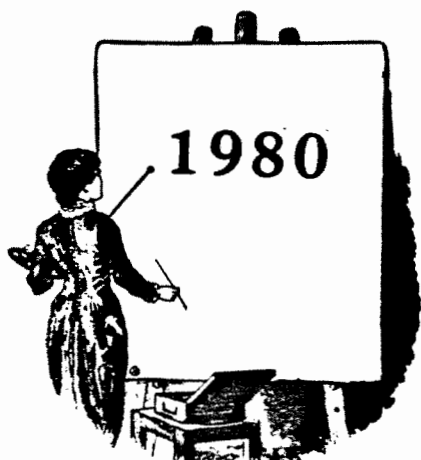


Lynn Watton



Eileen McDougal

<u>ATHLETE</u>		10/6	10/13 WILL. INV	10/20	(did not run WCIC because of injuries)
Beth Aldridge	1	(19)25:46	(90)23:08	----	
Lisa Langston	1	(7)20:49	(58)19:37	(5) 21:49	
Eileen McDougal	2	(9)21:17	----	(7) 22:17	
Karen Maxwell	2	(12)21:54	(66)20:08	(10)23:02	
Joanie Snyder	1	(5)20:13	(45)18:56	(2)20:58	
Lynn Watton	1	----	(93)24:04	(12)25:49	
total runners		?	95	?	
Distance		5K	3 Mi.	5K	
Team place		?	10/10	?	



Coach Curt Ankeny



Karen Maxwell, Gaye McKee and Nora Thompson



Lynne Ankeny



Karen Maxwell



Gaye McKee

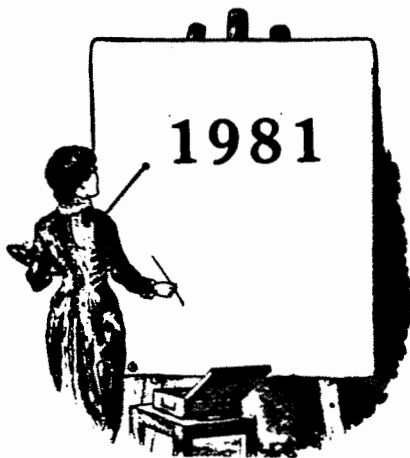


Nora Thompson



Eileen McDougal

ATHLETE		10/11	10/18	10/25
		<u>WILL. INV.</u>	<u>LC</u>	<u>WCIC-PLU</u>
Lynne Ankeny	1	(62)19:54		(22)21:20.3
Karen Maxwell	3	(69)21:03		(31)22:07.9
Eileen McDougal	3	(55)19:37	16:19	(25)21:33.0
Gaye McKee	1	(59)19:45		(26)21:36.9
Nora Thompson	1	(53)19:28	16:10	(14)20:50.5
total runners		75		41
Distance		3 Mi.	4K	5K
Team place		10/10	19 LC 37	5/5



Coach Curt Ankeny



Lisa Slocum, Coach Curt Ankeny, and
Kay Mattson



Cindy Butler, Lisa Slocum



Sarah James

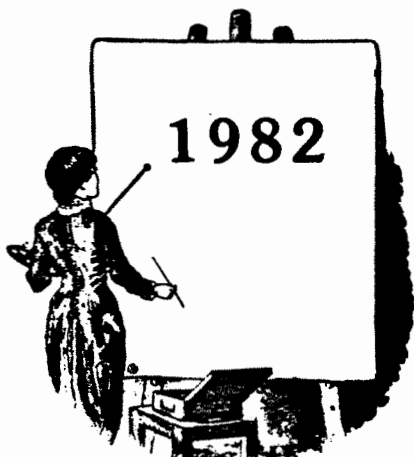


Kay Mattson

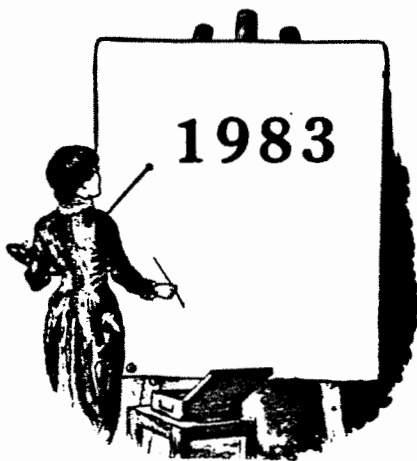


Nancy Roley

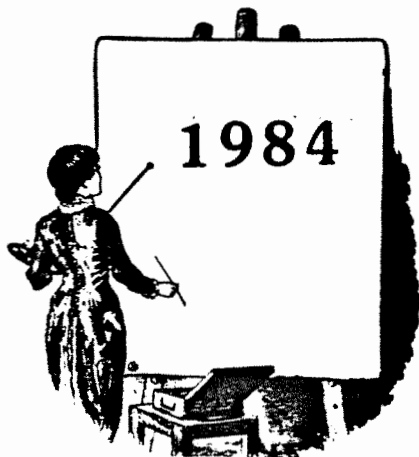
<u>ATHLETE</u>	<u>YR.</u>	<u>10/3</u> <u>LC</u>	<u>10/10</u> <u>WILL. INV.</u>	<u>10/17</u> <u>PLU INV.</u>	<u>10/24</u> <u>WCIC-Bush</u>
Cindy Butler	1		(129)23:21.4	(58)23:11	(44)22:27.8
Kay Mattson	1		(130)24:56.2	(61)24:04	(45)23:28.8
Nancy Roley	1		(76)20:42.3	(45)21:22	(27)20:43.6
Lisa Slocum	1		(44)19:31.0	(28)19:58	(10)19:18.8
Sarah James	1		(110)21:37.8	(50)22:00	(35)21:21.3
total runners			134	64	46
Distance			5K	5K	5K
Team place			10/11	7/8	5/6



NO TEAM



NO TEAM



Coach Rich Allen



Kay Mattson

Marcia Snow

<u>ATHLETE</u>		<u>9/29</u> <u>LC-PSU</u>	<u>10/6</u> <u>WILL. INV</u>	<u>10/13</u> <u>PLU INV.</u>	<u>10/20</u> <u>WOSC-PU</u>	<u>10/27</u> <u>UP</u>	<u>11/10</u> <u>NAIA-WU</u>
Kay Mattson	2	(7)14:27	(88)20:50	(42)20:53.5	(9)13:17	(9)21:38	(31)21:45
Marcia Snow	1	(11)15:31	----	(66)24:17.9	(15)	(10)25:45	----
total runners		12	124	69	15 ^{16:13}	10	33
Distance		2 Mi.	5K	5K	2 Mi.	5K-short	5K
Team place		Inc.	Inc.	Inc.	Inc.	Inc.	Inc.



NO TEAM



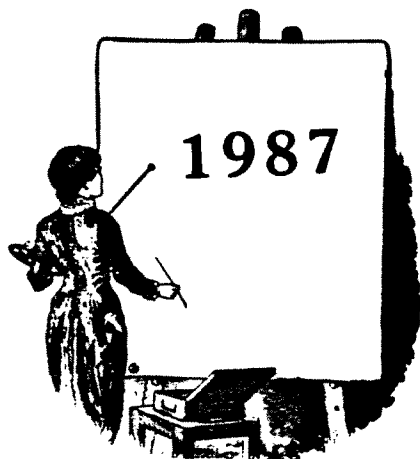
Coach Rich Allen



Melanie Springer Michelle Lang Dianne Petersen
Elaine Haworth Jennifer Dunaway Kali Haverstock Coach Rich Allen

ATHLETES

		9/20	10/4	10/11	10/24	11/8
		<u>PU INV.</u>	<u>WILL. INV.</u>	<u>PLU INV.</u>	<u>WOSC-WP</u>	<u>NAIA-Champoeg</u>
Jennifer Dunaway	1	(25)24:22	(121)21:48	(69)21:29.4	(9)22:03.6	(37)21:39.2
Kali Haverstock	1	(17)22:49	(111)21:23	(70)21:30.0	(8)21:27.0	(39)21:49.1
Elaine Haworth	1	(23)24:18	----	(88)23:06.8	(11)23:53	(42)23:17.3
Michelle Lang	1	(14)22:25	(80)20:10.8	(56)20:44.2	(5)20:37.6	(26)20:38.4
Dianne Petersen	1	----	(122)21:50	(72)21:41.8	----	(38)21:47.2
Melanie Springer	1	(12)22:17	----hardship----	----	----	----
total runners		29	139	95	13	48
Distance		5K	5K	5K	5K	5K
Team Place		4/5	Inc.	12/12	Inc.	7/8



Coach Wes Cook



(F)Marta Shields, Dianne Petersen,
Kristin Potts, Dawne Bourasa
(B)Melanie Springer, Michelle Lang,
Kristin Lesperance, Coach Wes Cook
(missing) Elaine Payne



KRISTIN POTTS

NAIA All-District I
1st National Qualifier

WOMEN

5000 M

Kristin Potts	Wichita, KS	Frosh	18:37.9	- <u>SCHOOL RECORD</u> - Nat'l Qualifier
Melanie Springer	Albany, OR	Frosh	19:33.9	#3 ALL-TIME
Kristin Lesperance	Tigard, OR	Frosh	19:39.9	#4
Michelle Lang	Westport, WA	Soph.	20:02.8	#5
Dianne Petersen	Entiat, WA	Soph.	20:05.2	#6
Marta Shields	Eugene, OR	Frosh	23:02.6	#19
Dawne Bourasa	Silverton, OR	Frosh	24:28.3	
Elaine Payne	Cave Junction, OR	Frosh	25:06	

TEAM RECORD (dual meet comparisons) W- 24 L- 15 (.615)

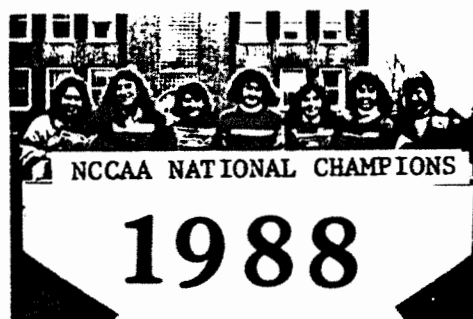
- ** First GFC woman to qualify for national cross country competition (finished 56/300)
- ** Best GFC women's team ever (10 year history)

GEORGE FOX COLLEGE
CROSS COUNTRY WOMEN (1987)
PERFORMANCE CHART

OPPONENT	9-19-87 LBCC-MHCC 2.5 Miles	9-26-87 CCC 2.5 Miles	10-3-87 Will Inv. 5K	10-10-87 MHCC Inv. 5K	10-17-87 PSU-WU 2.5 Miles	10-24-87 W. WA. I 5K	10-31-87 EOSC 5K	11-14-87 DISTRICT 5K
POTTS/pl.	3	1	27	4	3	16	1	3
TIME	15:31.8	15:44.5	18:57.6	19:08.7	15:44	18:54	19:12	18:37.9
PQA	93.	94.5	91.0	91.9	94.4	90.8	92.2	89.4
MILE VARY	45	18	26	23	13	---	31	29
BEHIND #1	#1	#1	#1	#1	#1	#1	#1	#1
SPRINGER	4	2	39	11	6	26	2	17
TIME	15:38.5	15:57.2	19:33.9	20:07.9	16:13	19:57	20:13	20:26.3
PQA	93.9	95.8	94.0	96.6	97.3	95.8	97.1	98.1
MILE VARY	53	14	47	54	30	---	55	41
BEHIND #1	07	13	36	59	29	63	61	1:48
LESPERANCE	5	3	45	9	7	27		10
TIME	16:12.7	15:57.6	19:39.9	19:44.2	16:17	20:05	D N R	19:44.7
PQA	97.3	95.8	94.4	94.8	97.7	96.4		94.8
MILE VARY	51	63	49	41	30	---		58
BEHIND #1	41	13	42	36	33	71		67
PETERSEN	7		73	20	11	38	4	16
TIME	16: 0.0	---	20:23.6	21:10.0	16:59	20:47	20:32	20:05.2
PQA	1:40.0		97.9	1:41.6	1:41.9	99.8	98.6	96.5
MILE VARY	60	---	46	54	40	---	71	37
BEHIND #1	68		86	2:01	1:15	1:53	80	87
LANG	8	8	74	15	10	32	3	14
TIME	16:42.0	16:57.5	20:23.3	20:37.2	16:53	20:29	20:21	20:02.8
PQA	1:40.2	1:41.8	97.9	99.0	1:41.3	98.4	97.7	96.3
MILE VARY	46	26	46	37	43	---	45	37
BEHIND #1	1:10	1:13	1:26	1:29	1:09	1:35	69	85
SHIELDS			116	44	14	49	5	19
TIME	---	---	23:59.9	24:32.7	18:53	23:19	23:27	23:02.6
PQA			1:55.2	1:57.8	1:53.3	1:52.8	1:52.6	1:50.6
MILE VARY			1:31	53	05	---	77	66
BEHIND #1			5:02	5:24	3:09	4:25	4:15	4:25
PAYNE		14	120	46	18	55	7	
TIME	---	20:59.0	25:55.3	25:46.4	20:23	25:08	25:24	D N R
PQA		2:05.9	2:04.3	2:03.7	2:02.3	2:00.7	2:02.0	
MILE VARY		1:31	1:48	1:26	59	---	1:53.0	
BEHIND #1		5:14	6:56	6:38	4:39	6:14	6:13	
BOURASA	10	13			17	54	6	22
TIME	19:33.2	19:30.4	---	---	20:00	24:20	24:13	24:28.3
PQA	1:57.3	1:57.1			2:00.0	1:56.8	1:56.3	1:57.5
MILE VARY	1:23	?			53	---	80	64
BEHIND #1	4:01	3:45			4:16	5:26	5:02	5:50
# Runners	10	14	121	50	18	55	7	22
TEAM TIME								
TOTAL (5)	80:45.0	84:07.2	98:58.3	100:48.0	82:06.0	100:12	113:46	98:56.9

INDIVIDUAL SCORING

Potts	316
Springer	208
Lesperance	202
Lang	144
Shields	122
Payne	121
Petersen	119
Bourasa	116



Coach Wes Cook



JILL JAMISON

District I Champion
Athlete of the Year
NCCAA National Champion
NAIA National Runner-up



- (F) Melanie Springer, Melissa Wilson,
Debbie Kintrea (M) Kristin Potts,
Eliana Moore, Karolyn Williams,
Elaine Payne, Dianne Petersen
(B) Debbie Holman, Heather Morgan,
Jill Jamison, Kristin Lesperance

WOMEN

5K

Jill Jamison	Seattle, WA	FR	17:49	District Champion, All-American NCCAA National Champion NAIA National Runner-up NAIA District II Athlete of the Year
Kristin Potts	Wichita, KS	SO	18:20	All-American NCCAA National Runner-up Two time national qualifier
Kristin Lesperance	Tigard, OR	SO	18:56	NCCAA All-American, #3 All-Time
Dianne Petersen	Entiat, WA	JR	18:59	NCCAA All-American, #4 All-Time
Heather Morgan	Shelton, WA	FR	19:02	NCCAA All-American, #5 All-Time
Melissa Wilson	Salem, OR	FR	19:11	NCCAA All-American, #6 All-Time
Melanie Springer	Albany, OR	SO	19:42	#8 All Time
Karolyn Williams	Vancouver, WA	FR	21:24	#19 All Time
Elaine Payne	Cave Junction, OR	SO	24:07	

INJURED RED SHIRTS

Debbie Holman	Big Timber, MT	FR
Debbie Kintrea	Portland, OR	FR
Eliana Moore	Eugene, OR	FR

TEAM RECORD (dual meet comparisons) W - 83 L - 16 .838

** NATIONAL CHRISTIAN COLLEGE CHAMPIONS (NCCAA, scored 19)

** NAIA DISTRICT II CHAMPIONS

** 8th, NAIA NATIONALS (highest ever place by a GFC athletic team)

NATIONAL CHRISTIAN COLLEGE (NCCAA) CHAMPIONS / 8TH IN NAIA NATIONALS

OPPONENT	9-10-88	9-17-88	9-24-88	10-1-88	10-8-88	10-15-88	10-22-88	10-29-88	11-5-88	11-12-88	11-19-88
	PREVIEW	LC-PSU	Or-Cal In.	BEAR-FEAT	MHCC Inv.	Will. Inv.	W. WA. Inv.	All-Comers	DISTRICT	NCCAA	NAIA
	3K	Gabriel	Ashland	Champoeg	Blue Lake	Bush Park	Bellingham	Champoeg	Ashland	Cedarville	Kenosha
		5K	5K	4K	Est. 5K	Adj. 5K	Est. 5K	4K	5K	5K	5K

JAMISON (Frosh)

Pl/Time	1/11:09.3	2/20:43.9	1/19:20.5	3/15:08.3	1/18:33	2/18:15	9/18:10.9	—	1/18:01.7	1/17:49	2/17:59
PQA/Av.Mi	89.2/5:57	99.6/6:38	92.9/6:12	90.9/6:04	89.1/5:56	87.6/5:50	87.3/5:49	—	86.6/5:47	86.3/5:43	86.3/5:46
Mile vary	—	43	34	—	—	30	26	—	36	11	—
Behind #1 #1	—	#1	#1	#1	#1	#1	#1	—	#1	#1	#1

POTTS (Soph)

—	—	—	11/15:35	3/19:26	12/18:55	24/19:05	—	—	2/18:24	2/18:20	38/18:48
—	—	—	93.5/6:14	93.3/6:13	90.8/6:03	91.6/6:06	—	—	88.4/5:54	88.0/5:52	90.3/6:01
—	—	—	26	53	40	54	—	—	34	7	—
—	—	—	—	—	—	—	—	—	22	31	49

PETERSEN (Jr.)

6/11:48.0	5/21:24.1	4/20:04.8	29/16:19.3	8/19:46	32/19:45	35/19:39	—	—	11/19:21.8	5/18:59	134/20:10
94.3/6:17	1:42.8/6:51	96.4/6:26	98.0/6:32	94.9/6:20	94.8/6:19	94.3/6:17	—	—	93.0/6:12	91.2/6:05	96.8/6:27
—	57	40	—	—	50	39	—	—	45	5	—
39	40	44	71	73	90	88	—	—	70	73	2:11

LESPERANCE (Soph)

5/11:42.6	6/21:39.2	5/20:09.2	30/16:20.4	6/19:44	36/19:54	42/20:02	—	—	13/19:24.3	4/18:56	103/19:46
93.6/6:14	1:44/6:55	96.8/6:27	98.1/6:32	94.8/6:19	95.6/6:22	96.2/6:25	—	—	93.2/6:13	90.9/6:04	94.9/6:20
—	34	41	—	—	56	23	—	—	44	3	—
34	55	49	72	71	99	1:51	—	—	72	70	1:47

MORGAN (Frosh)

2/-1:26.0	4/21:18.6	2/19:51.1	21/16:00.6	4/19:38	27/19:39	40/19:56	15/15:39.5	16/19:37.0	7/19:02	117/19:58
91.3/6:05	1:42.3/6:49	95.3/6:21	96.1/6:24	94.3/6:17	94.4/6:18	95.7/6:23	94.0/6:16	94.2/6:17	91.4/6:06	95.9/6:24
—	67	46	—	—	49	41	35	60	5	—
17	35	31	52	65	84	1:45	#1	1:43	73	1:59

WILSON (Frosh)

3/11:36.3	8/22:01.2	9:20:30.8	25/16:10.6	13/20:14	33/19:48	45/20:19	16/15:40.4	15/19:25	9/19:11	91/19:36
92.7/6:11	1:45.7/7:02	98.5/6:34	97.1/6:28	97.1/6:28	95.1/6:20	97.6/6:30	94.1/6:16	93.2/6:13	92.1/6:09	94.1/6:16
—	1:20	60	—	—	54	43	36	44	13	—
27	77	71	62	1:41	93	2:08	1	73	82	97

SPRINGER (Soph)

4/11:41.3	—	11/20:42.9	42/17:03.1	17/20:44	59/20:30	51/20:30	18/15:57.9	22/20:05.7	22/19:42	146/20:23
93.3/6:13	—	99.5/6:38	1:42.4/6:50	99.5/6:38	98.4/6:34	98.4/6:34	97.8/6:31	96.5/6:26	94.6/6:19	97.9/6:32
—	—	54	—	—	59	51	38	48	12	—
32	—	83	1:55	2:11	2:15	2:19	18	2:06	1:53	2:24

WILLIAMS (Frosh)

7/13:07.8	9/22:57.1	15/21:56.7	51/17:46.2	33/21:46	75/21:24	78/21:50	24/17:29.2	—	—	—
1:45/7:00	1:50.2/7:21	1:45.4/7:02	1:46.7/7:07	1:44.5/6:58	99.6/6:38	1:44.8/6:59	1:44.9/7:00	—	—	—
—	54	45	—	—	65	39	48	—	—	—
1:59	2:11	2:36	2:38	3:13	3:09	3:39	1:50	—	—	—

PAYNE (Soph)

8/14:10.7	14/26:50.6	21/24:33.9	61/19:35.7	49/24:00	116/24:32	85/24:07	26/18:44.2	—	—	—
1:53.4/7:33.	2:16.9/9:08	1:58/7:52	1:57.6/7:50	1:55.3/7:42	1:57.8/7:51	1:55.8/7:43	1:52.4/7:30	—	—	—
—	2:17	1:46	—	—	1:45	1:14	70	—	—	—
3:01	6:07	5:13	4:27	5:27	6:17	5:46	3:05	—	—	—

TOTAL RUNNERS IN RACE

14	21	66	54	119	85	26	39	93	300

TEAM TIMES

5 Women	107:07.0	99:51.3	77:13.3	96:07	96:22	96:44.9	83:31.2	94:36.8	93:06	96:07
6	130:04.1	120:40.1	—	116:21	116:06	117:03.9	—	114:13.8	112:17	116:17
7	154:54.7	142:36.8	—	137:05	136:46	137:33.9	—	134:19.5	131:59	136:40
8	181:45.3	167:10.7	—	158:51	158:10	160:23.9	—	—	—	—
9	—	—	—	—	182:42	184:30.9	—	—	—	—

TEAM PLACE

1/3	1/3	3/10	1/9	3/21	4/13	3/6	1/7	1/11	8/36

DUAL COMPARISONS

2-0	2-0	7-2	8-0	18-2	9-3	3-2	6-0	10-0	28-7

TOTAL W-83 L-16 .838

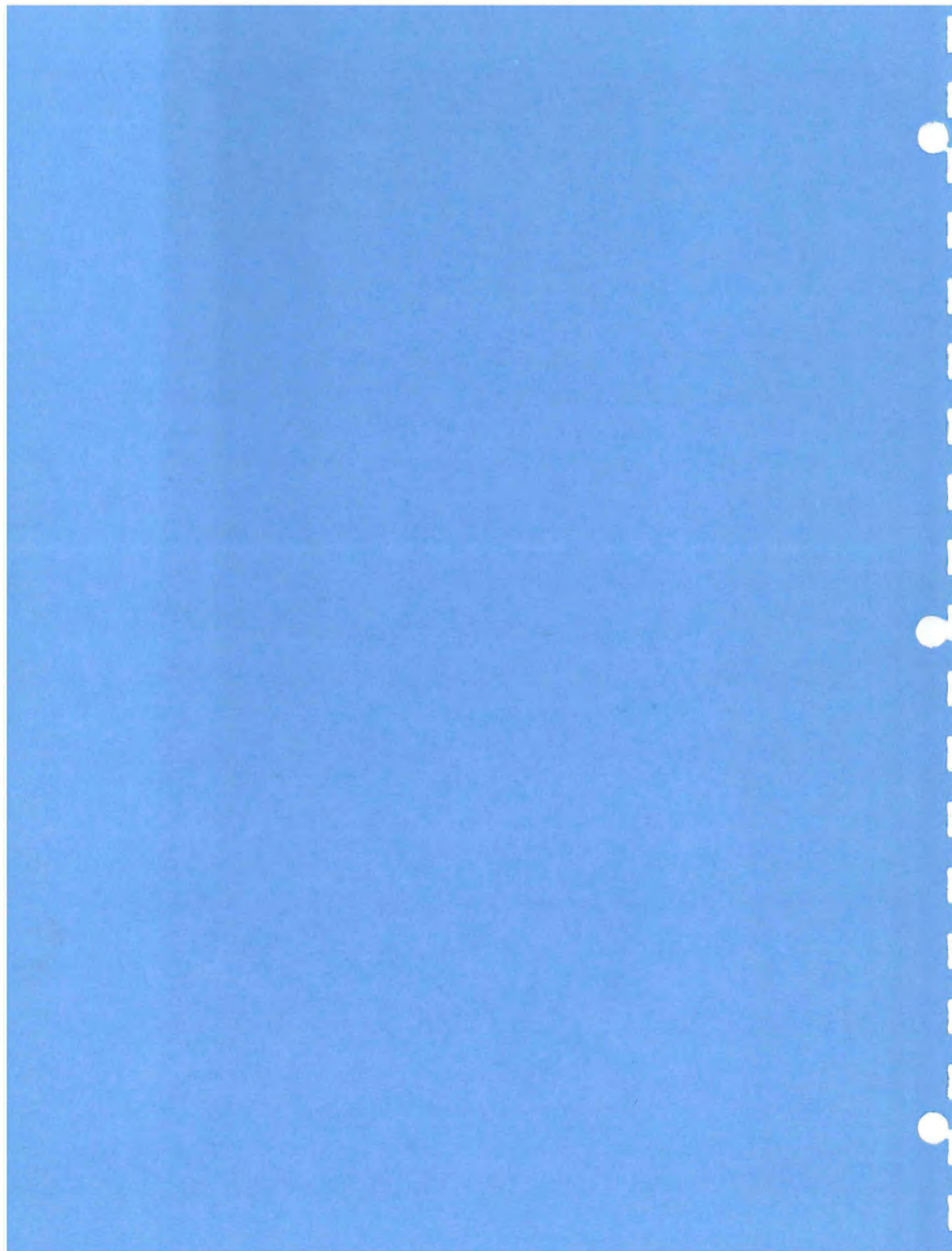
NAIA Champ

INDIVIDUAL SCORING

		BEST 5K		BEST 4K
Jamison	757	17:49	SCHOOL RECORD	15:08.3
Potts	443	18:20	#2 ALL TIME	15:34.5
Petersen	440	18:59	#4 ALL TIME	16:19.3
Morgan	403	19:02	#5 ALL TIME	15:39.5
Wilson	350	19:11	#6 ALL TIME	15:40.4
Lesperance	339	18:56	#3 ALL TIME	15:57.6
Springer	250	19:33.9	#8 ALL TIME	15:38.5
Payne	145	24:07	—	18:44.2
Williams	143	21:24.0	#19 ALL TIME	17:29.2

RECORDS
AND
HONORS

TEAM
INDIVIDUAL



NATIONAL CHRISTIAN COLLEGE CHAMPIONS

NCCAA

CROSS COUNTRY CHAMPIONSHIP

1988



Jill Jamison, Melanie Springer, Melissa Wilson, Coach Wes Cook,
Dianne Petersen, Kristin Lesperance, Heather Morgan, Kristin Potts

REGIONAL / DISTRICT ALL-STARS

1978 Eileen McDougal, 5th/35 WCIC
1981 Lisa Slocum, 10th/46 WCIC
1987 Kristin Potts, 3rd/22 NAIA District II
1988 Jill Jamison, NAIA District II Champion /39
Kristin Potts, NAIA District II Runner-up /39

ALL-AMERICANS

1988 Jill Jamison, NCCAA National Champion /93
Jill Jamison, NAIA National Runner-up /300

Kristin Potts, NCCAA National Runner-up /93
Kristin Lesperance, NCCAA 4th/93
Dianne Petersen, NCCAA 5th/93
Heather Morgan, 7th/93
Melissa Wilson, 9th/93

TOP TEN

17:49



JILL JAMISON (1988)

18:20



KRISTIN POTTS (1988)

18:56



KRISTIN LESPERANCE (1989)

18:59



DIANNE PETERSEN (1988)

19:02



HEATHER MORGAN (1988)

19:11



MELISSA WILSON (1988)

19:18.8



LISA SLOCUM (1981)

19:33.9



MELANIE SPRINGER (1987)

20:02.8



MICHELLE LANG (1987)

20:13.0



JOANIE SNYDER (1979)

ALL-TIME INDIVIDUALS

5,000 METERS

	<u>TIME</u>	<u>ATHLETE</u>	<u>PARTICIPATION</u> <u>YEAR</u>	<u>DATE</u>	<u>LOCATION</u>
*CR	17:49	Jill Jamison	1	11-12-88	Cedarville, OH
*CR	18:20	Kristin Potts	2	11-12-88	Cedarville, OH
	18:56	Kristin Lesperance	2	11-12-88	Cedarville, OH
*CR	18:59	Dianne Petersen	3	11-12-88	Cedarville, OH
	19:02	Heather Morgan	1	11-12-88	Cedarville, OH
	19:11	Melissa Wilson	1	11-12-88	Cedarville, OH
	19:18.8	Lisa Slocum	1	10-24-81	Bush Park, Salem
	19:33.9	Melanie Springer	1	10-03-87	Bush Park, Salem
	20:02.8	Michelle Lang	2	11-04-87	Bush Park, Salem
	20:13.0	Joni Snyder	1	10-06-79	
	20:42.3	Nancy Roley	1	10-10-81	Bush Park, Salem
	20:49.0	Lisa Langston	1	10-06-79	
	20:50.0	Kay Mattson	2	10-06-84	Bush Park, Salem
	20:50.5	Nora Thompson	1	10-25-80	PLU
	21:17.0	Eileen McDougal	2	10-06-79	
	21:20.3	Lynne Ankeny	1	10-25-80	PLU
	21:21.3	Sarah James	1	10-24-81	Bush Park, Salem
	21:22.8	Kali Haverstock	1	10-04-86	Bush Park, Salem
	21:24.0	Karolyn Williams	1	10-15-88	Bush Park, Salem
	21:29.4	Jennifer Dunaway	1	10-11-86	PLU
	21:36.9	Gaye McKee	1	10-25-80	PLU
	21:54.0	Karen Maxwell	2	10-06-79	
	22:27.8	Cindy Butler	1	10-24-81	Bush Park, Salem
	23:02.6	Marta Shields	1	11-14-87	Bush Park, Salem
	23:06.8	Elaine Haworth	1	10-11-86	PLU
	24:07.0	Elaine Payne	2	10-22-88	Lake Padden, Bellingham
	24:13.0	Dawne Bourasa	1	10-31-87	EOSC
	24:17.9	Marcia Snow	1	10-13-84	PLU
	25:46.0	Beth Aldridge	1	10-06-79	
	25:49.0	Lynn Watton	1	10-20-79	

**CR = CLASS RECORD

ALL TIME WOMEN'S LIST, 4,000 METERS

15:08.3	Jill Jamison	Frosh	10-1-88
15:31.8	Kristin Potts	Frosh	9-19-87
15:38.5	Melanie Springer	Frosh	9-19-87
15:39.5	Heather Morgan	Frosh	10-29-88
15:40.4	Melissa Wilson	Frosh	10-29-88
15:57.6	Kristin Lesperance	Frosh	9-26-87
16:10.0	Nora Thompson	Frosh	10-18-80
16:19.0	Eileen McDougal	Junior	10-18-80
16:19.3	Dianne Petersen	Junior	10-1-88
16:42.0	Michelle Lang	Sophomore	9-19-87
17:29.2	Karolyn Williams	Frosh	10-29-88
17:54.0	Karen Maxwell	Frosh	1978
18:44.2	Elaine Payne	Soph	10-29-88
18:53.0	Marta Shields	Frosh	10-17-87
19:30.4	Dawne Bourasa	Frosh	9-26-87
20:06.0	Saundra Burns	Frosh	1978
20:57.0	MaryLou Beach	Frosh	1978
20:57.0	Elizabeth Siefarth	Frosh	1978
22:27.0	Laurie Sparks	Frosh	1978
22:47.0	Joyce Yates	Frosh	1978

<u>JUNIOR CLASS RECORD</u>	16:19.0	Eileen McDougal	1980
<u>SOPHOMORE CLASS RECORD</u>	15:34.5	Kristin Potts	10-1-88
<u>FRESHMAN CLASS RECORD</u>	15:08.3	Jill Jamison	10-1-88

TEAM TIME

77:13.3	Champoeg State Park	10-1-88
80:45.0	Linn-Benton CC	9-19-87
82:06.0	Pier Park	10-17-87
83:31.2	Champoeg State Park	10-29-88

TEAM TIME RECORDS

(combined time totals for 5,6,7,8, and 9 runners)

5 LADY TOTALS

93:06	NCCAA, Cedarville, Ohio	11-12-88
94:36	NAIA District II, Ashland	11-5-88
96:07	NAIA Nationals, Kenosha, Wis.	11-19-88
96:22	Willamette Invitational	10-15-88
96:52.9	Western Washington Inv.	10-22-88
98:56.9	NAIA District II, Willamette	11-14-87
99:57.3	OR-CAL Inv., Ashland	9-24-88
100:12.0	Western Washington Inv.	10-24-87
100:48.0	MHCC Inv, Blue Lake	10-10-87
107:07.0	LC/PSU at Gabriel Park	9-17-88

6 LADY TOTALS

112:17	NCCAA, Cedarville, Ohio	11-12-88
114:13.8	NAIA District II, Ashland	11-5-88
116:16	Willamette Invitational	10-15-88
116:17	NAIA Nationals, Kenosha, Wis.	11-19-88
117:11.9	Western Washington Inv.	10-22-88
120:40.1	OR-CAL Inv., Ashland	9-24-88
121:58.9	NAIA District II, Willamette	11-14-87
122:58.2	Willamette Invitational	10-3-87
123:31.0	Western Washington Inv.	10-24-87
125:20.7	MHCC Inv, Blue Lake	10-10-87

7 LADY TOTALS

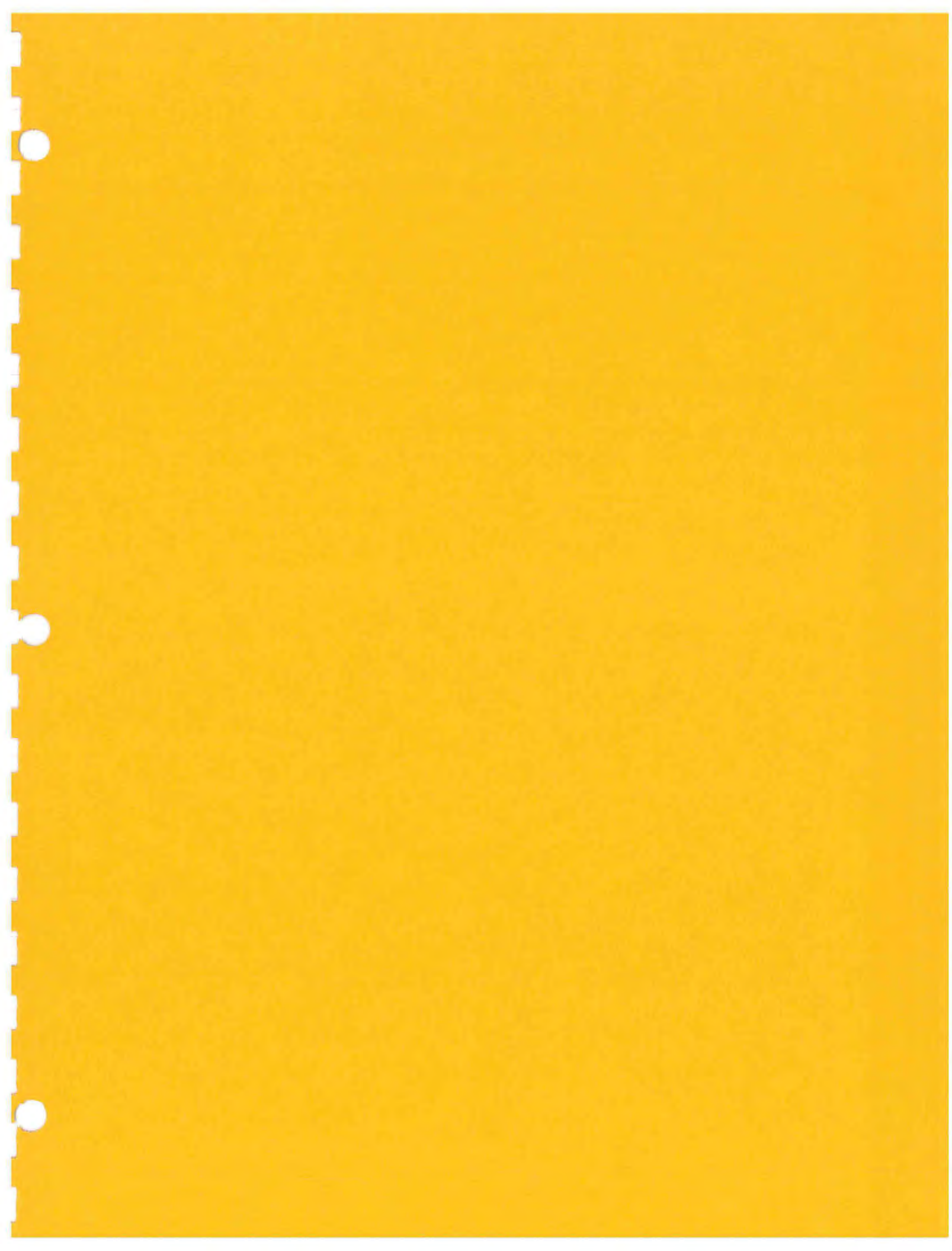
131:59	NCCAA, Cedarville, Ohio	11-12-88
134:19.5	NAIA District II, Ashland	11-5-88
136:40	NAIA Nationals, Kenosha, Wis.	11-19-88
136:46	Willamette Invitational	10-15-88
137:41.9	Western Washington Inv.	10-22-88
142:36.8	OR-CAL Inv., Ashland	9-24-88
146:27.2	NAIA District II, Willamette	11-1-87
147:51.0	Western Washington Inv.	10-24-87
148:53.5	Willamette Invitational	10-3-87
151:07.1	MHCC Inv, Blue Lake	10-10-87

8 LADY TOTALS

158:10	Willamette Invitational	10-15-88
159:31.9	Western Washington Inv.	10-22-88
167:10.7	OR-CAL Inv., Ashland	9-24-88
172:57.0	Western Washington Inv.	10-24-87
181:45.3	LC/PSU, Gabriel Park	9-17-88

9 LADY TOTALS

182:42	Willamette Invitational	10-15-88
183:38.9	Western Washington Inv.	10-22-88



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