

1998

1998 Media Guide

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Bruins

GEORGE FOX UNIVERSITY

**1998 Cross Country
Track & Field**



GEORGE FOX FACTS

University Location Newberg, Ore.
Founded 1891
Church Affiliation Evangelical Friends (Quaker)
Enrollment 2,250
Athletic Affiliation NAIA Div. II/NCAA Div. III
Northwest Conference of Independent Colleges
Head Coach Wes Cook
Assistant Coaches Scott Brown, Dave Guzman,
John Luccio

1997 Finishes:

Women's Track & Field: 7th at NAIA National Meet
Men's Track & Field: 22nd at NAIA National Meet
Women's Cross Country: 4th at NCIC Conference Meet
Men's Cross Country: 4th at NCIC Conference Meet
Colors Old Gold and Navy Blue
President Dr. Thomas Johnson
Athletic Director Craig Taylor
Athletic Trainer Dale Isaak
Sports Information Director Rob Felton

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CLOCKWISE FROM TOP:

*1996 and 1997 NAIA high jump champion senior
Nancy Rissmiller*

Senior Josh Howery

Senior Kristin (Oelrich) Chaney

Sophomore Brandon Workman

*Junior Stacey Parker (right) and senior Rebecca
Ulmer (left)*



Men's and Women's Track and Field/Cross Country Head Coach



Wes Cook

After a highly successful career in high school coaching, Wes Cook has turned George Fox University into a small college powerhouse in cross country and track and field.

In his 11 years at the Newberg institution, his men's and women's teams have become regulars at the National Association of Intercollegiate Athletics (NAIA) national meets. All four of his squads have finished among the top 15 in the nation, and they occasionally reach up and knock off NCAA Division 1 opponents.

In 1992, following the George Fox men's fifth-place and women's second-place finishes at the national meet, *Cross Country Express* magazine declared his cross country program best in the nation at the NAIA level. In George Fox's final year in the National Christian College Athletic Association (NCCAA), his women's cross country team won the 1988 NCCAA national title with a record low score.

His athletes have won 78 NAIA All-American awards and have performed just as well in the classroom, earning 45 NAIA All-American Scholar-Athlete awards. In 1995, George Fox was the only school to put both men's and women's teams in the top five of the NAIA cross country national meet team scholastic competition.

Cook's accomplishments haven't gone unrecognized. He was named National Coach of the Year in women's cross country by the

NCCAA in 1988 and the NAIA in 1992. In the West Coast region (NAIA Area I), he won Coach of the Year honors for men's cross country in 1990 and 1992.

At the district and conference level, he's earned Coach of the Year honors 12 times, at least once in each sport he coaches. In 1992-93, he was named NAIA District 2 Coach of the Year for all women's sports.

He's involved nationally as an NAIA national rater and has served on the NAIA women's track and field games committee and is a member of the U.S. Track Coaches Association.

A Nebraska native, Cook rose to the highest rank (Eagle) in the Boy Scouts of America before going on to become a four-time conference track scorer at the University of Northern Colorado. He set the school record at the 800-meter distance and helped the mile relay team to four consecutive conference titles. He was the national winner of the Holmes Award, given to the most outstanding senior in Alpha Kappa Lambda, a national collegiate fraternity.

In 1961, he graduated with a degree in physical education and history. He earned a Master of Arts in Teaching at Lewis & Clark College in Portland in 1975.

Cook served 26 years as a head coach at five high schools in three states. During his 15 years at Gladstone High School, his track and cross country teams finished as Oregon state champion or runner-up 10 times. His boy's cross country team went undefeated for 51 straight dual meets, and he was named Oregon class 2A (now 3A) High School Coach of the Year for



Wes Cook and Sandy Taylor

all sports three times.

In 1983, his son Toby set the Oregon class 3A state record in the 1,500-meter race.

Cook has served as president of the Oregon Track and Cross Country Coaches Association and the Oregon Association of The Athletics Congress (now U.S. Track and Field). He's been active in Fellowship of Christian Athletes and summer track and basketball camps. He's led four international tour teams and has traveled to 15 countries.

Cook has spoken at clinics and seminars nationwide and authored articles in state and national publications.

In addition to his coaching duties, Cook also is associate professor of health and human performance at George Fox.

He has three adult children; Tammy, Toby and Brad.

Dave Guzman and 1997 400-meter national champion Ryan Chaney

Assistant Track Coaches



SCOTT BROWN came to George Fox as a student-athlete in 1987, the same year Wes Cook took the head coaching position.

A member of Madison High School's 1986 state championship track team, he earned first-team all-state honors in the 4x400-meter relay in 1987.

At George Fox, he was a four-year letterwinner in track and cross country and qualified for the NAIA national decathlon and 400-meter hurdles. Three of his years, he was the leading point scorer on the track team.

He earned his bachelor's degree in math teaching in 1991. After serving as an assistant coach at Clackamas Community College in 1992, he joined the George Fox coaching staff. His responsibilities are the hurdles, jumps and multi-events. In his five years, George Fox athletes coached by Brown have qualified for NAIA national competition in 57 events. Those student-athletes scored in 26 events, won 19 NAIA All-American awards and three won national titles.

This past year, he maintained the NAIA national women's track and field individual rankings. He has also written an article on hurdling titled "Hurdling 101" in "Sprinting and Hurdling" by Keeba Tolbert.

Brown currently is working on his master of education degree at George Fox and lives in Newberg.

DAVE GUZMAN became the George Fox sprints and relay coach in 1994-95 after spending a dozen



years guiding Salem Academy's sprinters to prominence at the state level.

In his eight seasons prior to joining the George Fox coaching staff, 30

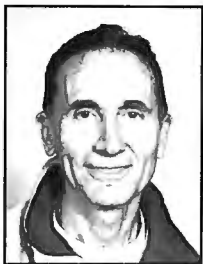
of his relay teams qualified for the Oregon Class 2A state meet, 29 scored points, and 17 took state titles. Six athletes won individual state titles.

In three seasons at George Fox, he has coached seven relay teams to NAIA national meet appearances, four finishing in the top five.

Guzman has 21 years of track and field coaching experience, including three years as co-founder and president of the Santiam Striders Track Club.

A graduate of Linfield College, he owns an insurance business in Salem.

He and his wife, Judy, live in Kaiser and have four children.



JOHN LUCCIO draws on more than 37 years of coaching experience to help George Fox student-athletes in the throwing events.

He has been an assistant coach at George Fox since 1989, mentoring his student-athletes to two individual national



titles and four other All-American finishes.

His resume includes a five-year stint as an assistant track coach at University of California-Santa Barbara where one team finished as NCAA national runners-up.

He went on to high school head coaching jobs at Sherwood (Ore.) High School and Illinois Valley (Cave Junction, Ore.) High School. His Sherwood boys and girls cross country teams both won district titles. At Illinois Valley, his girls cross country as well as boys and girls track squads all won district championships.

Luccio lettered in track and football while earning a bachelor's degree at Bowling Green State University in Ohio. He went on to earn master's degrees at Bowling Green and the University of Oregon.

He switched from George Fox's sprint and relay coach to throwing coach in 1995.

Luccio continues to be active. He competes in master's division track and field competition, ranking in the nation's top-25 in javelin, 300-meter low hurdles, and triple jump.

Currently, he is a physical education specialist at Archer Glen Elementary in Sherwood.

He and his wife, Margaret, have seven children and live in West Linn.

ROSTER

1998 George Fox University Cross Country/Track and Field Roster

MEN

Name	Year	Hometown (HS/Previous College)	Event
Adkins, Ted	1	Klamath Falls, Ore. (Mazama)	Mid-Distance/XC
Ankeny, Luke	3	Homedale, Idaho (Homedale)	Sprints
Arthur, J.J.	2	Albany, Ore. (South Albany)	Pole Vault
Autrey, Phil	3	Spokane, Wash. (University)	Distance/XC
Baugh, Jason	1	Diamond Bar, Calif. (Diamond Bar)	Distance/XC
Bentley, Shane	2	Stevenson, Wash. (Stevenson)	Throws
Brock, Justin	1	Gresham, Ore. (Sam Barlow)	Pole Vault
Conner, Matt	1	Newport, Ore. (Newport)	XC
Costa, Eric	1	Beaverton, Ore. (Aloha)	Sprints
Dahl, Mike	1	Newman Lake, Wash. (Valley Christian)	Distance/XC
Decker, Brian	2	Lake Oswego, Ore. (Lakeridge)	Jumps
Edinger, Scott	2	Colfax, Wash. (Colfax)	Decathlon/Hurdles
Gassaway, Tyler	1	Portland, Ore. (Oregon City)	Sprints/Long Jump
Haley, Jim	2	Rogue River, Ore. (Rogue River)	Sprints
Haynes, Aaron	3	Hood River, Ore. (Hood River/Eastern Oregon)	Distance/XC
Hernandez, Daron	2	Corvallis, Ore. (Santiam Christian)	Distance
Howery, Josh	4	Newberg, Ore. (Coeur d'Alene)	Sprints
Huffman, Donovan	2	Oregon City, Ore. (Tualatin/Utah State)	XC
Koch, Brennan	2	McCall, Idaho (McCall-Donnelly)	Jumps
Lee, LeRoy	1	Oregon City, Ore. (Oregon City)	Decathlon/Hurdles
Lovejoy, David	2	Portland, Ore. (Portland Christian)	Sprints
Mantalias, John	2	Gladstone, Ore. (Gladstone)	Distance/XC
Mebust, Ryan	2	Redmond, Wash. (Lake Washington)	Throws
Nichols, David	1	Brookings, Ore. (Brookings Harbor)	Mid-Distance
Oswald, Scott	2	Portland, Ore. (Portland Lutheran)	Distance/XC
Parker, David	3	Silverton, Ore. (Salem Academy)	Decathlon/Hurdles
Paulson, Lafe	1	Aumsville, Ore. (Cascade)	Mid-Distance/XC
Petersen, Nick	1	Riddle, Ore. (Canyonville Bible Academy)	Mid-Distance
Routon, Aaron	2	Newberg, Ore. (Newberg)	Pole Vault
Schrock, Matt	4	Myrtle Creek, Ore. (Canyonville Bible Academy)	XC
Stave, Andrew	3	Eugene, Ore. (South Eugene)	Jumps
Strauss, Ian	2	Medford, Ore. (North Medford)	Throws
Sweet, Shjon	2	Lake Oswego, Ore. (Lake Oswego)	XC
Taylor, Ty	2	Portland, Ore. (Wilson)	Throws
Thompson, Bryan	2	Cave Jctn., Ore. (Illinois Valley)	Distance/XC

WOMEN

Name	Year	Hometown (HS/Previous College)	Event
Thompson, Eric	2	Philomath, Ore. (Philomath)	Distance/XC
Votaw, Jeff	2	Dundee, Ore. (Newberg)	Throws
West, Beau	1	Klamath Falls, Ore. (Mazama)	Sprints
Workman, Brandon	2	Moscow, Idaho (Moscow)	Distance/XC
Adams, Jennifer	1	Tigard, Ore. (Tigard)	Throws
Anderson, Demetria	1	Algona, Wash. (Auburn)	Hurdles
Barnett, Sharon	2	Salem, Ore. (Salem Academy)	Hurdles/Sprints
Bonnell, Jenny	2	Mulino, Ore. (Molalla)	Throws
Boyd, Ramie	1	Bandon, Ore. (Bandon)	Jumps
Butler, Rima	4	Shelton, Wash. (Shelton)	Distance/XC
Chaney (Oelrich), Kristin	4	Newberg, Ore. (Salem Academy)	Sprints
Erickson, Kara	4	Chehalis, Wash. (W.F. West)	Jumps
Forbes, Amy	1	Jackson, Wyo. (Jackson Hole)	Jumps
Friberg, Ilse	1	Prosser, Wash. (Prosser)	Throws
Fromdahl, Olivia	1	Roseburg, Ore. (Roseburg)	Sprints
Gibson, Meghan	1	Klamath Falls, Ore. (Henley)	Throws
Harris, Marla	2	Anchor Point, Alaska (Homer)	XC
Howery (Mulkey), Alisha	2	Wilder, Idaho (Greenleaf Friends Academy)	XC
Hunt, Heather	1	Turner, Ore. (Salem Academy)	Vault
Kennedy, Jocelyn	2	Gresham, Ore. (Gresham)	Jumps
Kiester, Karrie	2	Medford, Ore. (South Medford)	Hurdles/Heptathlon
Kielepinski, Marina	1	Stevenson, Wash. (Stevenson)	Throws
McCart, Melody	2	Chehalis, Wash. (Tumwater)	Distance/XC
McElwain, Jamie	1	Tigard, Ore. (Tigard)	Distance/XC
Merritt, Marisa	1	Portland, Ore. (Westside Christian)	Distance/XC
Norum, Sarah	1	Central Point, Ore. (Crater)	Throws
Parker, Stacey	3	Richland, Wash. (Richland)	XC
Peterson, Heather	2	Rogue River, Ore. (Rogue River)	Mid-Distance/XC
Powell, Rachel	2	Turner, Ore. (Cascade)	High Jump
Rathka, Trisha	1	Banks, Ore. (Banks)	Throws
Redenius, Amy	3	Tenmile, Ore. (Douglas)	Sprints
Rhoades, Sharla	3	Bothell, Wash. (Inglemoor)	Jumps/Sprints
Rissmiller, Nancy	4	Tigard, Ore. (Tigard)	Jumps/Sprints
Starr, Karyn	1	Gresham, Ore. (Sam Barlow)	XC
Ulmer, Rebekah	4	Seattle, Wash. (Shorewood)	XC



Sharon Barnett

Sophomore
Salem Academy
Salem, Ore.
1997 All-American
100-Meter hurdles
(2nd)



Jim Haley

Sophomore
Rogue River HS
Rogue River, Ore.
1997 4x400-Meter
Relay (5th)



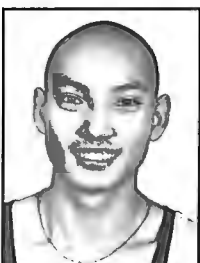
Heather Peterson

Junior
Rogue River HS
Rogue River, Ore.
1997 Cross Country
All-American Scholar-
Athlete



Rima Butler

Senior
Shelton HS
Shelton, Wash.
1997 Cross Country
All-American
Scholar-Athlete



Josh Howery

Senior
Coeur d'Alene HS
Coeur d'Alene, Idaho
1996 4x400-Meter
Relay (4th)



Amy Redenius

Junior
Douglas HS
Tenmile, Ore.
1996 4x400-Meter
Relay (4th)
1997 4x400-Meter
Relay (5th)



**Kristin
(Oelrich)
Chaney**

Senior
Salem Academy
Salem, Ore.
1996 4x400-Meter
Relay (4th)
1997 4x400-Meter
Relay (5th)



David Parker

Junior
Salem Academy
Salem, Ore.
1996 4x400-Meter
Relay (5th)
1996 400 Hurdles
(4th)
1997 4x400-Meter
Relay (5th)



Nancy Rissmiller

Senior
Tigard HS
Tigard, Ore.
1995 High Jump (2nd)
1996 High Jump
(Champion)
1997 NAIA High Jump
(Champion)
1996 4x400-Meter
Relay (4th)
1997 4x400-Meter
Relay (5th)



Stacey Parker

Junior
Pasco HS
Pasco, Wash.
1997 Cross Country
All-American
Scholar-Athlete

RIGHT: Bob Hadlock, George Fox's first men's track All-American

BELOW: Janet (Johnson) McClurg, 1964 USTFF 100- and 220-yard champion

Looking Back at Significant Bruins in History

Although George Fox's track and cross country programs have achieved most of their national success in the last few decades, they follow an impressive tradition. George Fox student-athletes have been earning distinction since the late 1800s.

Roy Heater (1898-1902)

Roy Heater may have been the finest athlete in the Pacific Northwest at the beginning of the 1900s. In 1902, the Oregonian newspaper wrote that Heater was "recognized as the best all-around athlete ever turned out in the Northwest."

He beat the world record holder at the 1905 National Amateur Athletic Union (AAU) Track and Field Championships to win the pole vault competition. Using a wood pole, he cleared 11-feet, 6 inches. At track meets attended by colleges of all sizes, he would win multiple events, in one meet finishing first in seven events.

In 1902, the Oregonian listed him as the owner of four Pacific Northwest track records.



Roy Heater

He became one of the leading track mentors in the Northwest, coaching at George Fox, Willamette University, Pacific University and Oregon State. Among his students were Slat Gill and A.C. Gilbert, who went on to break the world pole vault record at Yale University.

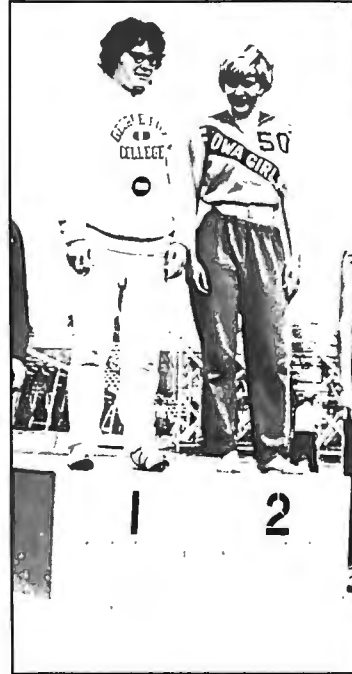
Janet (Johnson) McClurg (1961-65)

was a world-class athlete, winning the 1964 U.S. Track and Field Federation 100- and 220-yard national championships.

She finished sixth in the pentathlon at the 1967 Pan Am Games and her 1967 400-yard time of 53.6 ranked ninth in the world.

Bob Hadlock (1965-70) was George Fox's first NAIA track All-American and the first to be selected in a professional draft. Hadlock made it to the NAIA national meet three times, finishing third in the 1968 shot put. After being named a football All-American in 1970, the 6-foot-6 defensive tackle and center was drafted by the Detroit Lions of the National Football League.

Curt Ankeny (1970-74) was one of the Northwest's top athletes in the early '70s. He was named 1973 NAIA District 2 Athlete of the Year



1974 marathon All-American Curt Ankeny

for all sports. He was a three-time track and field NAIA national meet competitor, finishing third in the 1974 marathon. He twice finished 17th at the national cross country meet. Ankeny set NAIA District 2 records in winning the district marathon and six-mile races. He also captured the three-mile title and the cross country championship twice. He was inducted into the NAIA District 2 Players Hall of Fame in 1984.

Steve Blikstad (1975-79) was George Fox's first NAIA national champion. He won NAIA All-American awards three times in track and once in cross country. After taking second as a sophomore and third as a junior, he took the steeplechase national title his senior season. In track, Blikstad broke five school records and helped

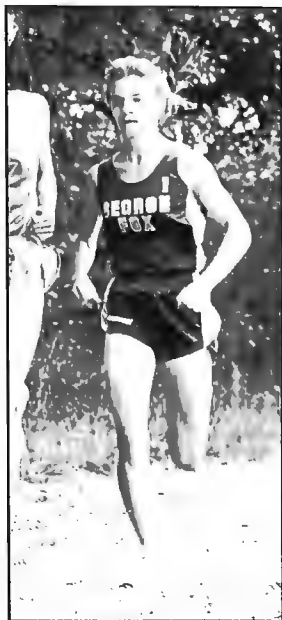


LEFT: Steve Blikstad, George Fox's first NAIA national champion

BELOW: Aaron Young, 1996 triple jump national champion



set two school relay records. He competed at the NAIA national cross country meet four times, earning All-American honors for his 19th place finish in 1976.



Jill (Jamison) Beals (1988-92) was George Fox's first student-athlete to be inducted into the NAIA Hall of Fame. She was a three-time 10,000-meter national NAIA champion and set the national meet record. She also ran to NAIA national runner-up finishes in the 5,000-meter race and the cross country

Jill (Jamison) Beals 13-time All-American, Seattle Marathon winner and NAIA 10,000 meter national meet record holder.

race. She helped George Fox's women's cross country team to its first-ever No. 1 national ranking.

In her track and cross country career, she won a dozen NAIA All-

American awards and also made the GTE Academic All-American At-Large First Team. She was twice named NAIA District 2

Female Athlete of the Year and went on to win the 1992 Seattle Marathon in her first try. At George Fox, she set records in six events.

In 1992, she was a finalist for the Hayward Award, given to the top amateur athlete in Oregon.

Aaron Young (1991-92; 93-96) saved his best for last, winning the NAIA national triple jump with a career-best and school record 48-11 effort his senior season. Young, as a junior, had finished sixth in the triple jump. He also was a national high jump competitor, an event he had won at the Oregon Class 4A school meet.

Becci Harper (1995-97) won back-to-back NAIA national javelin titles and was an all-conference basketball player at George Fox.

She set the school record with a javelin throw of 156-11 as a junior.

Jen Christiansen (1993-97) was a pioneer in women's pole vault, earning NAIA All-American honors in 1997. She cleared 9-6.25 to place fifth in the inaugural year of the event.

Ryan Chaney (1993-97) won the 1997 indoor and outdoor NAIA 400-meter titles and was named the spring at-large GTE Academic All-American of the Year.

Chaney's best 400-meter time of 45.98 was the fastest by an Oregon college athlete—at all levels.

He finished his track career with eight NAIA All-American awards and seven school records. He was named co-athlete of the meet at the 1997 NAIA Northwest Regional Meet. Chaney qualified and went on to compete in the 1997 USA Track and Field Championships.



ABOVE LEFT: Becci Harper, two-time javelin national champion

BELOW LEFT: Jen Christiansen, pole vault All-American
LEFT: Ryan Chaney, two-time 400-meter national champion



WOMEN'S CROSS COUNTRY/ALL AMERICANS



George Fox's 1992 NAIA national runner-up women's cross country team

WOMEN'S CROSS COUNTRY TEAM FINISHES

Year	Team Finishes	Coach
	National Conf./Dist.	
1978	= 4th	Randy Winston
1979		Randy Winston
1980	= 5th	Curt Ankeny
1981	= 5th	Curt Ankeny
1982	No Team	
1983	No Team	
1984	# inc.	Randy Renfro
1985	No Team	
1986	# 7th	Wendell Otto
1987	# 3rd	Wes Cook
1988	+ 8th/% 1st	Wes Cook
1989	+ 10th	Wes Cook
1990	+ 6th	Wes Cook
1991	+ 5th	Wes Cook
1992	+ 2nd	Wes Cook
1993	+ 11th	Wes Cook
1994	+ 7th	Wes Cook
1995	+ 14th	Wes Cook
1996	* 6th	Wes Cook
1997	* 4th	Wes Cook

= Women's Conference of Independent Colleges Meet

+ National Association of Intercollegiate Athletics (NAIA) National Meet

% National Christian College Athletic Association (NCCAA) National Meet

NAIA District 2 Meet

¢ Cascade Collegiate Conference Meet

* Northwest Conference of Independent Colleges Meet

WOMEN'S CROSS COUNTRY ALL-AMERICANS

Kristin Lesperance	1988	NCCAA (4th)
Heather Morgan	1988	NCCAA (7th)
Diane Petersen	1988	NCCAA (5th)
Kristin Potts	1988	NCCAA (2nd)
	1989	NAIA Scholar-Athlete
	1990	NAIA Scholar-Athlete
Melanie Springer	1989	NAIA Scholar-Athlete
Jill (Jamison) Beals	1988	NCCAA (Champion)
	1988	NAIA (2nd)
	1990	NAIA Scholar-Athlete
	1990	NAIA (19th)
	1991	NAIA Scholar-Athlete
	1991	NAIA (6th)
Melissa (Wilson) Conley		
	1988	NCCAA (9th)
	1991	NAIA Scholar-Athlete
Debbie Kintrea	1992	NAIA (30th)
Michelle Brown	1991	NAIA (11th)
	1992	NAIA (14th)
Phaydra Newport	1991	NAIA (18th)
	1992	NAIA (7th)
Marne VanSise	1992	NAIA Scholar-Athlete
Brooke Barton	1993	NAIA (30th)
Emily Bergman	1994	NAIA Scholar-Athlete
	1995	NAIA Scholar-Athlete
Sandy Taylor	1994	NAIA Scholar-Athlete
	1995	NAIA Scholar-Athlete
Stephanie (Rosen) Morrow		
	1994	NAIA (23th)
Rebekah Ulmer	1994	NAIA (25th)
Jarae Kauffman	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Angela Linder	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Dawn Hartwig	1995	NAIA (7th)
Brooke Barton	1996	NAIA Scholar-Athlete
Rima Butler	1997	NAIA Scholar-Athlete
Heather Peterson	1997	NAIA Scholar-Athlete
Stacey Parker	1997	NAIA Scholar-Athlete



1995 All-American Dawn Hartwig



1995 All-American Eli Lane



1994 All-American Erik Gibson

MEN'S CROSS COUNTRY

TEAM FINISHES

Year	Team	Finishes <i>National Conf./Dist.</i>	Coach
1967		# 7th	Dale Orkney
1968	No Team		
1969		# 6th	Burton Lamb
1970		# 7th	Burton Lamb
1971		# 4th	Don Lakin
1972		# 7th	Gayle Buckley
1973		# 8th	Gayle Buckley
1974		# 5th	Curt Ankeny
1975		# 4th	Rich Allen
1976		# 5th	Rich Allen
1977	22nd	# 1st	Rich Allen
1978		# 3rd	Rich Allen
1979		# 3rd	Rich Allen
1980		# 6th	Rich Allen
1981		# 6th	Rich Allen
1982		# 6th	Rich Allen
1983		# 6th	Rich Allen
1984		# 3rd	Rich Allen
1985		# 5th	Rich Allen
1986		# 8th	Rich Allen
1987		# 4th	Wes Cook
1988		# 5th	Wes Cook
1989	+ 9th	# 1st	Wes Cook
1990	+ 5th	# 1st	Wes Cook
1991	+ 8th	# 1st	Wes Cook
1992	+ 5th	# 1st	Wes Cook
1993	+ 17th	# 2nd	Wes Cook
1994		¢ 2nd	Wes Cook
1995	+ 9th	* 2nd	Wes Cook
1996		* 4th	Wes Cook
1997		* 4th	Wes Cook

+National Association of Intercollegiate Athletics (NAIA) National Meet

NAIA District 2

¢ Cascade Collegiate Conference Meet

* Northwest Conference of Independent Colleges Meet

MEN'S CROSS COUNTRY

ALL-AMERICANS

Steve Blikstad	1976	NAIA (19th)
Scott Ball	1984	NAIA Scholar-Athlete
	1985	NAIA Scholar-Athlete
Todd Bos	1990	NAIA Scholar-Athlete
Jonathan Morse	1991	NAIA (21st)
	1992	NAIA (19th)
Jon Wright	1992	NAIA (13th)
Rolf Potts	1992	NAIA Scholar-Athlete
Matt Kirkpatrick	1991	NAIA Scholar-Athlete
	1992	NAIA Scholar-Athlete
Josh Kneeshaw	1993	NAIA Scholar-Athlete
Jon Ulmer	1994	NAIA Scholar-Athlete
	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Erik Gibson	1994	NAIA (25th)
Sean Beebe	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Dave Dixon	1995	NAIA Scholar-Athlete
	1996	NAIA Scholar-Athlete
Eli Lane	1995	NAIA (29th))

W O M E N ' S T R A C K

WOMEN'S TRACK TEAM FINISHES

Year	Team Finishes	Coach
	National	Conf./Dist.
1964	\$ 3rd	Marge Weesner
1977	= 3rd	Randy Winston
1978	= 4th	Randy Winston
1979	= 1st	Randy Winston
1980	= 1st	Randy Winston
1981	! 18th	= 2nd Randy Winston
1982	= 4th	Harry Selby
1983	# 4th	Eb Buck
1984	+ 23rd	# 6th Randy Renfro
1985	+ 23rd	# 7th Rob Parker
1986		# 7th Wendell Otto
1987		# 6th Wendell Otto
1988	+ 41st	# 5th Wes Cook
1989	+ 17th	# 3rd Wes Cook
1990	+ 40th	# 2nd Wes Cook
1991	+ 12th	# 2nd Wes Cook
1992	+ 10th	# 1st Wes Cook
1993	+ 9th	# 2nd Wes Cook
1994	+ 21st	# 3rd Wes Cook
1995	+ 14th	¢ 1st Wes Cook
1996	+ 8th	* 3rd Wes Cook
1997	+ 7th	* 4th Wes Cook

\$ U.S. Track and Field Federation

National Meet

! Association of Intercollegiate Athletics for Women National Meet

+National Association of Intercollegiate Athletics (NAIA) National Meet

= Women's Conference of Independent Colleges Meet

NAIA District 2 Meet

¢ Cascade Collegiate Conference Meet

* Northwest Conference of Independent Colleges (NCIC) Meet

WOMEN'S TRACK AND FIELD

ALL-AMERICANS

Janet (Johnson) McClurg

	1964	USTFF 100-yard (Champion)
	1964	USTFF 220-yard (Champion)
Karen Gurske	1981	NAIA Shot Put (6th)
Jackie Jackson	1981	NAIA 100 (3rd)
	1981	NAIA 200 (4th)
Paula (Wittenberg) Dunham		
	1984	NAIA Discus (2nd)
	1985	NAIA Discus (2nd)
Nancy Katus	1989	NAIA Discus (6th)
	1990	NAIA Discus (6th)
Jill (Jamison) Beals	1989	NAIA 10,000 (Champion)
	1991	NAIA 10,000 (Champion)
	1991	NAIA 5,000 (3rd)
	1991	NAIA Scholar-Athlete
	1992	NAIA 10,000 (Champion)
	1992	NAIA 5,000 (2nd)
	1992	NAIA Scholar-Athlete
	1992	GTE-CoSIDA Academic All-American Women's At-Large First Team, College Division
Juli Cyrus	1992	NAIA 1,000-yard (indoor, 6th)
	1993	NAIA 3,000 (2nd)
	1993	NAIA 5,000 (2nd)
	1994	NAIA 3,000 (4th)
	1994	NAIA Scholar-Athlete
Cheryl Shepherd	1993	NAIA Javelin (4th)
	1993	NAIA Scholar-Athlete
Kristin Thomas	1993	NAIA Scholar-Athlete
Leah Johanson	1994	NAIA Javelin (5th)
	1995	NAIA Javelin (2nd)
	1995	NAIA Scholar-Athlete
	1996	NAIA Javelin (6th)
	1996	NAIA Scholar-Athlete
Dawn Hartwig	1996	NAIA 3,000 (6th)
Nancy Rissmiller	1995	NAIA High Jump (2nd)
	1996	NAIA High Jump (Champion)
	1996	NAIA 4x400 Relay (4th)
	1997	NAIA High Jump (Champion)
	1997	NAIA Scholar-Athlete
	1997	4x400 Relay (5th)



Two-time discus national runner-up
Paula Wittenburg

Becci Harper	1996	NAIA Javelin (Champion)
	1997	NAIA Javelin (Champion)
Liz Stephens	1996	NAIA 400 Hurdles (4th)
	1996	NAIA 4x400 Relay (4th)
Kristin (Oelrich) Chaney		
	1996	NAIA 4x400 Relay (4th)
	1997	NAIA 4x400 Relay (5th)
Amy Redenius	1996	NAIA 4x400 Relay (4th)
	1997	NAIA 4x400 Relay (5th)
Sharon Barnett	1997	NAIA 100 Hurdles (2nd)
Jennifer Christiansen		
	1997	NAIA Pole Vault (5th)
Heidi Haley	1997	NAIA 4x400 Relay (5th)



1995 Cascade Conference champions

MEN'S TRACK

MEN'S TRACK TEAM FINISHES

Year	Team Finishes	Coach
	National Conf./Dist.	
1964	# 9th	Frank Furtado
1965	# 9th	Earl Craven
1966	# 6th	Earl Craven
1967	# 5th	Earl Craven
1968	# 5th	Jerry Louthan
1969	# 9th	Jerry Louthan
1970	# 9th	Rich Allen
1971 + 34th	# 4th	Rich Allen
1972	# 3rd	Rich Allen
1973	# 5th	Rich Allen
1974 + 40th	# 4th	Rich Allen
1975 + 17th	# 5th	Rich Allen
1976	# 6th	Rich Allen
1977 + 22nd	# 2nd	Rich Allen
1978 + 16th	# 2nd	Rich Allen
1979 + 15th	# 1st	Rich Allen
1980	# 1st	Rich Allen
1981	# 3rd	Rich Allen
1982	# 7th	Rich Allen
1983 + 47th	# 7th	Rich Allen
1984	# 5th	Rich Allen
1985	# 6th	Rich Allen
1986	# 6th	Rich Allen
1987 + 41st/% 8th	# 5th	Rich Allen
1988	# 5th	Wes Cook
1989	# 4th	Wes Cook
1990	# 2nd	Wes Cook
1991 + 27th	# 2nd	Wes Cook
1992 + 26th	# 4th	Wes Cook
1993 + 14th	# 2nd	Wes Cook
1994 + 25th	# 4th	Wes Cook
1995 + 13th	¢ 1st	Wes Cook
1996 + 10th	* 3rd	Wes Cook
1997 + 22nd	* 2nd	Wes Cook

+ National Association of Intercollegiate Athletics (NAIA) National Meet

% National Christian College Athletic Association (NCCAA) National Meet

NAA District 2 Meet

¢ Cascade Collegiate Conference Meet

* Northwest Conference of Independent Colleges (NCIC) Meet



1990 All-American Tim Hagen

MEN'S TRACK AND FIELD ALL-AMERICANS

Bob Hadlock	1968	NAIA Shot Put (3rd)		
Cal Ferguson	1968	NAIA Triple Jump (3rd)		
Dave McDonald	1969	NAIA Pole Vault (3rd)		
	1970	NAIA Pole Vault (indoor, 3rd)	Jonathan Morse	1992 NAIA Scholar-Athlete
	1971	NAIA Pole Vault (3rd)	Rob Rising	1993 NAIA Scholar-Athlete
Curt Ankeny	1974	NAIA Marathon (3rd)	Ed Sloan	1993 NAIA 5,000 Walk (6th)
Eb Buck	1975	NAIA Decathlon (2nd)	Erik Gibson	1993 NAIA 5,000 (3rd)
Steve Blikstad	1977	NAIA Steeplechase (2nd)		1993 NAIA Long Jump (3rd)
	1978	NAIA Steeplechase (3rd)		1993 NAIA Steeplechase (5th)
	1979	NAIA Steeplechase (Champion)		1994 NAIA Steeplechase (4th)
Chad Neeley	1978	NAIA Hurdles (2nd)	John Smith	1995 NAIA Steeplechase (3rd)
Mike Watts	1983	NAIA Javelin (5th)		1994 NAIA Decathlon (5th)
	1987	NCCAA Discus (Champion)	Aaron Young	1995 NAIA Decathlon (5th)
	1987	NCCAA Hammer (2nd)		1996 NAIA Triple Jump (Champion)
	1987	NCCAA Javelin (3rd)		1996 NAIA Triple Jump (Champion)
Scott Ball	1984	NAIA Scholar-Athlete	Ryan Chaney	1995 NAIA 400 (4th)
Dwight Larabee	1985	NAIA Scholar-Athlete		1996 NAIA 400 (2nd)
Adolphus Onua	1987	NAIA 110 Hurdles (3rd)		1996 NAIA 4x400 Relay (5th)
Tim Hagen	1989	NAIA Scholar-Athlete		1996 NAIA Scholar-Athlete
	1990	NAIA High Jump (indoor, 5th)		1997 NAIA Indoor 400 (Champion)
	1990	NAIA High Jump (3rd)		1997 NAIA 400 (Champion)
Todd Bos	1991	NAIA 800 (5th)	Josh Howerv	1997 NAIA Scholar-Athlete
	1991	NAIA Scholar-Athlete	Peter Carmack	1997 GTE Academic All-American of the Year – Spring At-Large Team College Division
Vance Godfrey	1991	NAIA 10,000 Walk (5th)		1997 4x400 Relay (5th)
Brian Hartenstein	1992	NAIA 400 Hurdles (6th)	David Parker	1996 NAIA 4x400 Relay (5th)
David Thomas	1992	NAIA 10,000 Walk (4th)		1997 NAIA 4x400 Relay (5th)
				1997 NAIA 4x400 Relay (5th)
			Jim Haley	1997 NAIA 4x400 Relay (5th)



1987 All-American Adolphus Onua

GEORGE FOX CROSS COUNTRY RECORDS



Jill (Jamison) Beals and Juli Cyrus

WOMEN'S TOP 25 (5,000 Meters)

1.	17:13.6	Juli Cyrus	Salem, Ore.	10-03-92
2.	17:16.0	Jill Beals	Salem, Ore.	10-05-91
3.	17:55.2	Phaydra Newport	Salem, Ore.	10-06-91
4.	18:04.8	Michelle Brown	Seattle, Wash. (Woodland)	9-21-91
5.	18:06.5	Dianne Petersen	Salem, Ore.	10-06-90
6.	18:08.8	Dawn Hartwig	Seattle, Wash. (Lincoln)	10-07-95
7.	18:20.0	Kristin Potts	Cedarville, Ohio	11-12-88
8.	18:27.0	Debbie Kintrea	Salem, Ore.	10-03-92
9.	18:28.5	Jenny Campbell	Estacada, Ore.	9-18-93
10.	18:35.2	Brooke Barton	Salem, Ore.	9-02-96
11.	18:36.0	Stephanie Morrow	Kenosha, Wis.	11-19-94
12.	18:37.0	Rebekah Ulmer	Kenosha, Wis.	11-19-94
13.	18:53.7	Heather Morgan	Walla Walla, Wash.	9-16-89
14.	18:54.5	Angela Murrell	Salem, Ore.	10-06-91
15.	18:56.0	Kristin Lesperance	Cedarville, Ohio	11-12-88
16.	18:57.4	Marne VanSise	Salem, Ore.	10-05-91
17.	19:11.0	Melissa Conley	Cedarville, Ohio	11-12-88
18.	19:11.3	Melanie Springer	Salem, Ore.	10-07-89
19.	19:15.8	Emily Bergman	Spokane, Wash.	11-04-95
20.	19:17.9	Heather Gilbert	Seattle, Wash. (Lincoln)	10-01-94
21.	19:18.8	Lisa Slocum	Salem, Ore.	10-18-81
22.	19:19.4	Sandy Taylor	Seattle, Wash. (Lincoln)	10-07-95
23.	19:22.8	Melody McCart	Salem, Ore.	10-11-97
24.	19:27.8	Alisha Mulkey	Spokane, Wash.	11-04-95
25.	19:32.2	Stacey Parker	Walla Walla, Wash.	9-6-97

TEAM TIME RECORD

90:41.3 Salem, Ore. 10-05-91



Jonathan Wright

MEN'S TOP 25 (8,000 Meters)

1.	24:22.0	Jonathan Wright	Salem, Ore.	10-05-91
2.	24:27.6	Jonathan Morse	Salem, Ore.	10-05-91
3.	24:33.3	Ron Marsh	Salem, Ore.	10-05-91
4.	24:57.9	Matt Kirkpatrick	Salem, Ore.	10-05-91
5.	25:01.0	Mark Mohnen	Salem, Ore.	10-07-89
6.	25:08.6	Jerred Gildehaus	Tacoma, Wash.	10-13-84
7.	25:11.3	Vanni Tilzey	Salem, Ore.	10-07-89
8.	25:16.7	Aaron Howard	Salem, Ore.	10-03-87
9.	25:23.0	Erik Gibson	Salem, Ore.	11-05-94
10.	25:26.1	Rolf Potts	Salem, Ore.	10-05-91
11.	25:31.6	Ed Sloan	Salem, Ore.	10-05-91
12.	25:33.2	Scott Ball	Salem, Ore.	10-06-84
13.	25:33.7	Sean Beebe	Salem, Ore.	9-02-96
14.	25:43.0	Kevin Ball	Tacoma, Wash.	10-15-83
15.	25:43.2	Jeff Larson	Salem, Ore.	10-05-91
16.	25:47.2	Todd Bos	Salem, Ore.	11-03-90
17.	25:47.8	Dwight Larabee	Salem, Ore.	10-08-85
18.	25:48.2	Brandon Workman	Salem, Ore.	10-04-97
19.	25:48.5	Eli Lane	Spokane, Wash.	11-04-95
20.	25:52.4	Jonathan Ulmer	Estacada, Ore.	11-06-93
21.	25:55.2	Doug McLucas	Salem, Ore.	10-05-91
22.	25:58.9	Josh Kneeshaw	Estacada, Ore.	11-06-93
23.	25:59.1	Mike Murphy	Salem, Ore.	10-05-91
24.	25:59.6	Larry Mock	Salem, Ore.	10-15-88
25.	26:00.0	Scott Celley	Tacoma, Wash.	10-17-81

TEAM TIME RECORD

123:46.9 Salem, Ore. 10-05-91

GEORGE FOX TRACK AND FIELD RECORDS



100-meter record holder Gregg Griffin

MEN

100m

10.43	Gregg Griffin	SR	5-18-79
10.65	Ryan Chaney	JR	5-04-96
10.84	John Koroma	SO	3-30-74
10.84	Tony Nagle	SO	4-22-89
10.94	Amadu Koroma	FR	4-23-75
11.04	Werner Siebert	SO	3-12-77
11.04	Mark Reynolds	JR	5-10-80
11.04	Mark Young	JR	4-14-84
11.04	Adolphus Onua	SO	4-13-85
11.13	Luke Ankeny	FR	4-20-96

200m

21.31	Ryan Chaney	SR	5-11-97
21.44	Gregg Griffin	SR	4-27-79
22.04	John Koroma	SO	3-16-74
22.04	Bruce Ponder	JR	4-12-75
22.04	Tim Conley	SR	4-14-90
22.04	Werner Seibert	SR	3-17-79
22.34	Mark Reynolds	SO	4-27-79
22.34	Tony Nagle	SO	4-15-89
22.54	Mark Young	JR	4-14-84
22.54	Shane Covelli	FR	3-31-90

400m

45.98	Ryan Chaney	SR	5-23-97
48.15	Tim Conley	SR	5-12-90
48.34	Werner Seibert	SR	5-12-79
48.44	Chad Neeley	SR	5-13-78
48.64	Monte Anders	SR	5-10-80
48.74	Bruce Ponder	JR	4-28-75
48.97	Jason Lewis	JR	5-08-93
49.54	Dean Raan	SO	5-11-84
49.54	Peter Carmack	JR	4-06-96
49.74	Tom Van Winkle	SR	4-10-82

800m

1:50.00	Todd Bos	SR	5-25-91
1:52.51	Ron Marsh	SR	5-16-92
1:52.82	Jonathan Morse	FR	5-04-91
1:52.94	Wendell Otto	SO	4-14-79
1:53.69	Curt Rosen	SR	4-26-97
1:53.94	Randy Ware	JR	3-05-77
1:54.73	Torrey Lindbo	SO	5-15-93
1:54.74	Keith Pearson	SO	5-10-80
1:54.84	John Cole	FR	4-26-80
1:54.84	Cliff McCurdy	SR	4-10-77

1,500m

3:46.25	Jonathan Morse	SO	4-25-92
3:49.94	Wendell Otto	SO	4-14-79
3:50.97	Steve Stuart	SR	5-22-80
3:52.74	Todd Bos	SR	4-20-91
3:52.74	Bruce Greene	FR	5-14-76
3:53.36	Ron Marsh	SR	5-09-92
3:53.94	Steve Blikstad	SO	4-30-77
3:54.86	Rolf Potts	JR	4-25-92
3:55.94	Vanni Tilzey	SO	5-13-89
3:56.19	Kevin Ball	FR	5-05-84

3,000m

8:25.34	Jonathan Morse	JR	1993
8:33.74	Steve Blikstad	SO	1977
8:40.74	Erik Gibson	JR	1995
8:44.64	Mark Mohnen	JR	1990
8:45.04	Ken Bell	SO	1972
8:45.14	Steve Stuart	FR	1977
8:45.74	Curt Ankeny	SR	1974
8:47.04	Jon Wright	SO	1991
8:47.94	Vanni Tilzey	JR	1990
8:48.44	Aaron Howard	JR	1991

5,000m

14:22.64	Steve Blikstad	SR	5-12-79
14:28.44	Jonathan Morse	SO	4-16-92
14:45.64	Steve Stuart	SR	5-02-80
14:53.14	Mark Mohnen	JR	4-28-90
14:53.39	Erik Gibson	JR	3-24-95
14:53.54	Jerred Gildehaus	FR	3-02-85
14:56.04	Lyndel Smith	JR	5-12-79
14:57.14	Aaron Howard	JR	3-23-91
14:58.24	Jon Wright	SR	11-14-92
15:01.44	Tim Rochholz	SR	1980

10,000m

30:42.74	Mark Mohnen	SR	4-27-91
30:46.84	Jon Wright	SO	4-05-91
30:58.44	Dave Molstad	JR	5-12-78
31:41.04	Matt Kirkpatrick	SO	4-05-91
31:51.79	Jerred Gildehaus	SO	5-09-86
31:57.24	Tim Rochholz	SR	5-09-80
32:04.02	Aaron Howard	JR	5-10-91
32:06.54	Lyndal Smith	JR	4-07-79
32:09.71	Jim Brewer	FR	5-07-93
32:16.54	Mike Murphy	JR	3-07-92

Marathon

2:25:19	Curt Ankeny	JR	2-24-73
2:31:26	Larry Mock	SO	11-26-88
2:31:36	Mark Adamson	SO	2-28-76
2:32:29	Jim Bright	JR	2-27-82
2:34:24	Tim Rochholz	JR	2-24-79
2:37:26	Dwight Larabee	JR	2-23-85
2:41:55	Jack Winter	SR	2-28-81
2:46:55	Dave Hamilton	SO	2-21-74
2:51:17	Dan Price	FR	2-23-85
2:52:56	Dean Gadd	FR	2-25-78

110m High Hurdles

13.94	Adolphus Onua	SO	4-13-85
14.84	Mark Reynolds	FR	4-22-78
14.84	Rick Frisk	SO	5-09-81
14.84	Scott Cummins	FR	4-25-87
14.94	Duane Swafford	JR	4-27-79
15.02	David Parker	SO	4-05-97
15.19	Aaron Young	JR	4-01-95
15.33	John Smith	JR	4-01-95
15.34	Keith Wigley	SR	4-10-86
15.34	Steve Shattuck	FR	4-07-90

400m Intermediate Hurdles

52.30	David Parker	SO	5-03-97
52.34	Chad Neeley	SR	5-20-78
52.75	Brian Hartenstein	SR	4-25-92
53.24	Rick Frisk	SO	4-24-81
54.24	Duane Swafford	JR	4-26-80
54.54	Scott Brown	SR	4-20-91
54.54	Scott Edinger	SO	5-21-97
55.14	James Oshiro	SO	4-20-91
55.24	Tim Weaver	FR	5-05-73
55.24	Bruce Ponder	JR	5-18-74

3,000m Steeplechase

8:50.14	Steve Blikstad	SR	4-27-79
9:03.88	Erik Gibson	JR	5-27-95
9:10.34	Mike Murphy	JR	5-21-92
9:11.54	Ed Sloan	SO	4-25-92
9:22.44	Scott Ball	SO	5-11-84
9:22.63	Phil Hughes	FR	5-08-92
9:22.74	Wendell Otto	JR	5-09-80
9:24.09	Eli Lane	SO	5-25-95
9:24.94	Lyndal Smith	JR	5-11-79
9:27.04	Scott Celley	FR	5-11-79

High Jump

7-0.25	Tim Hagen	SR	6-01-90
6-10.25	Aaron Young	FR	5-16-92
6-9	Owen James	FR	5-09-81
6-7	Bob Quiring	FR	5-12-79
6-6.75	Scott Murphy	JR	4-25-92
6-6.75	John Smith	JR	5-06-95
6-6.25	Keith Wigley	SR	3-28-86
6-6	Lon Austin	SO	3-26-77
6-6	Four others		

Pole Vault

15-8	Dave McDonald	SO	6-07-69
15-7	John Smith	JR	5-06-95
15-1	Jason Strait	JR	5-08-93
15-0	Brent Heydel	FR	3-18-80
14-0	Bruce Oberst	SR	5-10-80
14-0	Keith Wigley	SR	4-26-86
14-0	Rod Eakin	FR	3-07-87
13-9	Ken Lillis	JR	5-04-74
13-7.25	David Parker	SO	3-07-97
13-6	Dan Weidman	FR	3-19-54

Long Jump

23-9	Amadu Koroma	SR	5-20-78
23-7.25	Rob Rising	SO	5-20-93
23-5.25	Shane Covelli	FR	5-05-90
22-10.5	Andrew Stave	JR	5-02-97
22-9.5	David Parker	SO	5-02-97
22-4.5	Mark Halland	SR	4-28-73
22-4.5	John Smith	JR	2-25-95
22-3	Aaron Young	SR	3-30-96
22-1.5	Randy Winston	SR	4-28-73
22-1	Dave Varnon	FR	4-29-78

Triple Jump

48-7.5	Aaron Young	SR	5-24-96
48-5.5	Mark Halland	JR	6-02-72
47-11.5	Cal Ferguson	SR	1968
47-6.25	Randy Winston	SR	3-24-73
46-6	Andrew Stave	SO	5-11-96
45-11.25	John Smith	FR	3-06-93
45-8.75	Fred Cummings	FR	3-12-77
45-4.5	David Parker	FR	3-30-96
45-3.5	Dave Varnon	FR	4-29-78
44-11.5	Wendell Otto	FR	4-08-78
44-11.5	Rob Rising	SO	5-08-93

Shot Put

55-3	Bob Hadlock	JR	1968
48-2	Allan Morrow	SO	3-05-77
48-0	Larry Benson	FR	1967
47-10	Ian Strauss	FR	5-10-97
45-11	Matt Marlow	SR	4-25-70
45-10.5	Mike Watts	SR	3-21-87
45-6.5	Steve Curtis	SR	4-24-82
43-9.5	Jonathan Huwe	SR	5-17-94
43-2	Nathan Whitham	SR	4-01-85
42-11.5	Joel Schmeltzer	JR	1990

Discus

168-6	Charlie Keeran	SR	5-23-80
158-5	Jonathan Huwe	SO	3-27-92
155-3	Nathan Whitham	SR	4-11-85
153-1	Mike Watts	SR	4-25-87
152-10	Paul Maddox	JR	4-10-86
151-6	Dell Dittus	SR	4-19-75
144-6	Steve Curtis	SR	5-08-82
144-6	John Smith	SR	5-03-96
144-3	Matt Marlow	SR	1970
143-3	Allan Morrow	SR	5-11-79



*Intermediate hurdle record-holder
David Parker*

Hammer

170-3	Allan Morrow	SR	4-14-79
165-6	Nathan Whitham	SR	4-25-85
164-10	Steve Curtis	SR	4-16-82
152-2	Mike Watts	SR	4-26-86
151-4	Nate Grandle	SR	3-02-90
147-0	Dave Elkins	JR	3-14-86
144-11	Nolan Smith	SR	4-16-82
144-8	Sam Morrow	SR	3-18-95
132-2	Steve Huisenga	SR	4-24-82
131-3	Paul Maddox	JR	3-01-86

Javelin

204-10	David Nickell	SO	5-14-88
187-5	Trevor Lewis	FR	3-31-90
185-8	Mike Watts	SR	5-02-87
182-5	John Smith	SR	4-13-96
179-0	Rob Flanagan	JR	3-15-91
177-10	Rich Blanchette	FR	3-01-86
175-2	Jason Bingham	SR	3-19-94
173-7	David Mueller	SO	4-10-86
171-5	Keith Wigley	SR	5-23-86
168-11	Ty Taylor	FR	2-22-97

Decathlon

7138	John Smith	JR	5/25-26/95
6800	David Parker	SO	4/14-15/97
6451	Keith Wigley	SR	5/22-23/86
6226	David Nickell	SO	4/18-19/88
6203	Aaron Young	JR	4/17-18/95
6138	Jon Hirota	FR	5/04-05/94
6112	Scott Brown	JR	4/26-27/90
5853	Scott Edinger	FR	4/15-16/96
5789	Rob Flanagan	FR	4/17-18/89
5693	Shane Covelli	FR	4/16-17/90

5,000m Racewalk

21:51.2	Vance Godfrey	SR	4-13-91
22:23.5	David Thomas	SR	5-21-93
24:46.1	Travis Johnson	SO	4-07-90
25:35.7	Alin Ifrim	FR	5-08-93

10,000m Racewalk

45:40.5	Vance Godfrey	SR	3-15-91
47:10.2	David Thomas	JR	4-18-92
51:27.2	Travis Johnson	SO	4-21-90
59:40.8	Dan Price	FR	5-11-85
59:49.0	Jack Winter	JR	5-10-80
60:37.0	Dave Wilkinson	SO	5-10-80
61:09.2	Dwight Larabee	FR	5-08-82
62:03.5	Duane Smiley	SO	5-09-81
63:28.2	Kevin Ball	SO	5-11-85
66:56.4	Nolan Smith	FR	5-12-79

4x100m Relay

41.34	Koroma, Neeley Reynolds, Griffin	1978
41.84	Reynolds, Seibert Anders, Griffin	1979
41.94	Karoma, Seibert Griffin, Mitchell	1977
42.44	A. Koroma, Neeley Ponder, J. Koroma	1975
42.54	A. Koroma, Neeley Mitchell, Griffin	1977
42.44	Howery, Carmack Ankeny, Chaney	1996
42.96	Parker, Howery Edinger, Chaney	1997
43.04	Heathco, Keele Ponder, Koroma	1974
43.01	Howery, Carmack Lindbo, Chaney	1995
43.04	Sherman, Frank Reynolds, Van Winkle	1981

4x400m Relay

3:11.10	Carmack, Chaney Haley, Parker	1997
3:13.05	Howery, Chaney Parker, Carmack	1996
3:17.56	Carmack, Schaffeld Lindbo, Chaney	1995
3:18.17	Lewis, Robinson Rising, Lindbo	1993
3:18.32	Oshiro, Marsh Hartenstein, Bos	1991
3:18.34	Olds, Van Winkle Frisk, Anders	1980
3:18.71	Howery, Edinger Carmack, Chaney	1996
3:19.04	Stuart, Van Winkle Seibert, Anders	1979
3:19.24	Stuart, Driesner Neeley, Seibert	1978
3:19.44	Neeley, Bales Heathco, Ponder	1975

GEORGE FOX TRACK & FIELD RECORDS

WOMEN

100m

12.05	Jackie Jackson	FR	1981
12.25	Jacque Davis	SO	1981
12.34	Janet Johnson	SR	1965
12.50	Amy Redenius	FR	1996
12.54	Joyce Yates	FR	1979
12.54	Tiffani Coston	FR	1988
12.56	Kristin Oelrich	SO	1996
12.64	Denise Carlson	JR	1990
12.64	Billie Bentley	FR	1993
12.64	Marta Shields	FR	1987
12.64	Joy Butler	FR	1994

200m

24.84	Joyce Yates	FR	1979
24.98	Jackie Jackson	FR	1981
25.04	Janet Johnson	SR	1965
25.31	Amy Redenius	FR	1996
25.46	Shavon Dennis	FR	1980
25.94	Laurie Sparks	FR	1979
26.02	Kelly Scrutton	SO	1995
26.10	Stephanie Castillo	FR	1995
26.11	Kristin Oelrich	SO	1996
26.22	Ginean Lewis	JR	1992

400m

56.22	Shavon Dennis	FR	1980
57.51	Heidi Haley	SR	1997
57.70	Kristin Oelrich	SO	1996
58.21	Amy Redenius	FR	1996
58.23	Ginean Lewis	JR	1992
58.34	Nancy Rissmiller	SO	1996
58.41	Liz Stephens	SR	1996
58.87	Stephanie Castillo	FR	1995
59.46	Kelly Scrutton	FR	1994
60.11	Karen Baltz	SO	1995

800m

2:13.44	Debbie Kintrea	JR	1992
2:14.56	Nancy Rissmiller	SO	1996
2:17.44	Liz Stephens	SR	1996
2:17.63	Melanie Springer	JR	1989
2:18.14	Marne VanSise	SO	1991
2:18.65	Melissa Conley	SR	1992
2:18.99	Karen Baltz	SR	1997
2:20.34	Kay Mattson	SO	1983
2:20.34	Hannah Smith	JR	1993
2:20.34	Rebekah Ulmer	FR	1995

1,500m

4:36.24	Juli Cyrus	JR	1993
4:40.92	Jill Jamison Beals	FR	1991
4:41.28	Dawn Hartwig	SR	1996
4:42.29	Debbie Kintrea	JR	1992
4:42.58	Melissa Conley	SR	1992
4:43.66	Rebekah Ulmer	SO	1996
4:45.92	Phaydra Newport	SO	1991
4:48.14	Brooke Barton	FR	1994
4:49.12	Jenny Campbell	SO	1994
4:49.34	Stephanie Morrow	SR	1995



Low hurdle record holder Liz Stephens

3,000m

9:46.30	Juli Cyrus	SO	1992
9:53.94	Jill Beals	JR	1991
10:05.03	Dawn Hartwig	SR	1996
10:09.94	Michelle Brown	JR	1992
10:11.06	Brooke Barton	FR	1994
10:12.45	Phaydra Newport	JR	1992
10:19.34	Rebekah Ulmer	SO	1996
10:26.44	Dianne Petersen	SR	1991
10:29.77	Kristin Potts	FR	1988
10:34.49	Jenny Campbell	SO	1994

5,000m

16:45.75	Jill Beals	SR	1992
17:01.87	Juli Cyrus	JR	1993
17:24.84	Michelle Brown	SO	1992
17:31.84	Phaydra Newport	JR	1992
17:40.91	Dawn Hartwig	SR	1996
17:46.44	Brooke Barton	FR	1994
17:59.24	Dianne Petersen	SR	1991
18:20.00	Angela Murrell	JR	1992
18:28.44	Kristin Potts	FR	1988
18:34.04	Nancy Roley	SR	1986

10,000m

34:25.74	Jill Beals	SR	1992
36:59.24	Dianne Petersen	SR	1991
37:55.87	Stephanie Morrow	SR	1995
38:15.14	Michelle Brown	FR	1991
38:34.34	Kristin Potts	FR	1988
38:41.54	Phaydra Newport	SO	1991
40:01.72	Angela Linder	SR	1996
40:03.84	Mindy Fox	FR	1992
40:33.94	Nancy Roley	SR	1986
40:35.14	Brooke Barton	JR	1997

Half Marathon

1:23:25	Jill Beals	JR	1991
1:39:44	Anita Linhart	FR	1991

Marathon

3:51:07	Kali Haverstock	FR	1987
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Heptathlon

4556	Marlyss Stenberg	SR	1993
4362	Liz Stephens	SR	1996
3834	Tina Stauffer	SO	1993
3631	Cheryl Shepherd	JR	1992
3528	Karrie Kiester	FR	1997
3454	Keelie Keown	FR	1994
3445	Jennifer Christiansen	JR	1996
3323	Kelli Hagen	JR	1988
3265	Karen Baltz	JR	1996
3224	Marne VanSise	FR	1990

100m High Hurdles

14.68	Sharon Barnett	FR	1997
14.88	Liz Stephens	JR	1995
15.17	Karen Maxwell	JR	1980
15.15	Karrie Kiester	FR	1997
15.29	Marlyss Stenberg	SR	1993
15.54	Jacquie Williams	SR	1983
15.54	Holly Irvine	FR	1994
15.64	Saundra Burns	SO	1980
15.80	Julie Puckett	FR	1996
16.14	Karen Wilkinson	FR	1986

GEORGE FOX TRACK & FIELD RECORDS

400m Low Hurdles

61.29	Liz Stephens	SR	1996
62.78	Marlyss Stenberg	SR	1993
65.24	Karen Maxwell	JR	1980
65.84	Nora Thompson	SR	1984
65.92	Karrie Kiester	FR	1997
66.07	Holly Irvine	FR	1994
67.07	Eva Crawford	SO	1993
67.34	Saundra Burns	SO	1980
67.54	Lois Thomas	SR	1982
67.76	Tina Stauffer	FR	1992

High Jump

5-10	Nancy Rissmiller	FR	1995
5-7	Kathy Brown	JR	1994
5-5	Tina Golden	FR	1991
5-4	Sue Woolsey	SR	1987
5-4	Rachel Powell	FR	1996
5-3.25	Melody Groeneveld	SO	1983
5-3	Marvann Mason	JR	1979
5-3	Keelie Keown	FR	1994
5-3	Angie Powell	FR	1997
5-2	Kristin Lesperance	FR	1988
5-2	Shelly Walton	FR	1992
5-2	Sara Luckensmeyer	FR	1993
5-2	Celeste Beringer	JR	1996

Long Jump

17-11.25	Marlyss Stenberg	JR	1992
17-5	Jacquie Williams	FR	1980
16-11.75	Julie Lang	SO	1977
16-10	Sue Banta	FR	1977
16-9.75	Sharla Rhoades	SO	1997
16-3.25	Liz Stephens	SR	1996
16-3	Bobbi Sloan	FR	1991
16-3	Karen Maxwell	JR	1980
16-3	Tina Stauffer	SO	1993
16-2	Sue Woolsey	SO	1985
16-2	Karen Baltz	JR	1996

Triple Jump

36-5.75	Jocelyn Kennedy	FR	1997
36-2.25	Sharla Rhoades	SO	1997
35-1.25	Kara Erickson	SO	1996
34-04.5	Kelli Hagen	SR	1991
33-06	Tina Stauffer	FR	1992
33-02	Debbie Sitz	FR	1990
32-10.5	Amy Gail	FR	1991
32-07.5	Cheryl Shepherd	JR	1992
32-05	Bobbi Sloan	FR	1991
32-04	Cheryl Hanna	SO	1995

Shot Put

42-3.5	Karen Gurske	FR	1981
40-4	Danielle Wilson	FR	1988
39-10.5	Paula Wittenburg	JR	1985
39-10	Nancy Katus	JR	1989
39-4.5	Leah Johanson	SO	1994
39-1.5	Gina Cross	FR	1989
38-7	Cheryl Funk	SO	1986
38-5	Melanie Johnson	FR	1982
38-0	Cheryl Shepherd	JR	1992
36-10.25	Becci Harper	JR	1996

Discus

151-1	Paula Wittenburg	SR	1986
143-7.5	Nancy Katus	JR	1989
126-3	Leah Johanson	JR	1995
121-11	Danielle Wilson	FR	1988
121-7	Cheryl Funk	SO	1986
120-1	Rachel Lewis	JR	1995
119-9	Karen Gurske	FR	1981
114-11	Rachel Hampton	FR	1984
113-10	Erin Allen	FR	1997
109-6	Kathy Alexander	FR	1997

Javelin

156-11	Becci Harper	JR	1996
155-0	Denise Fox	SR	1989
154-10	Sue Banta	FR	1977
149-4	Leah Johanson	JR	1995
145-7	Cheryl Shepherd	JR	1992
136-4	Kristy Fleming	SO	1993
122-1	Eva Pattee	FR	1991
117-3	Tonya Smith	FR	1989
113-6	Melanie Johnson	FR	1982
113-5	Danielle Wilson	FR	1988

4x100m Relay

48.56	Bentley, Butler	1994
	Burrus, Scrutton	
48.86	Baltz, Oelrich	1996
	Rissmiller, Redenius	
49.08	Oelrich, Burrus	1995
	Rissmiller, Scrutton	
49.23	Oelrich, Haley	1996
	Rissmiller, Redenius	
49.44	Bentley, Stenberg	1993
	Ti. Golden, Gortler	



Heptathlon record holder
Marlyss Stenberg

49.54	Davis, Maxwell	1980
	Williams, Dennis	
49.54	Baltz, Oelrich	1996
	Haley, Redenius	
49.63	Castillo, Rissmiller	1995
	Burrus, Scrutton	
49.63	Baltz, Haley	1997
	Barnett, Redenius	
49.73	Bailey, Coston	1989
	Carlson, Lewis	

4x400m Relay

3:46.06	Oelrich, Stephens	1996
	Rissmiller, Redenius	
3:47.50	Oelrich, Haley	1996
	Rissmiller, Redenius	
3:49.04	Oelrich, Haley	1997
	Rissmiller, Redenius	
3:51.62	Oelrich, Scrutton	1995
	Stephens, Rissmiller	
3:53.93	Oelrich, Scrutton	1995
	Castillo, Rissmiller	
3:54.19	Baltz, Oelrich	1997
	Rissmiller, Haley	
3:55.41	Oelrich, Castillo	1995
	Stephens, Rissmiller	
3:57.33	Baltz, Stephens	1996
	Castillo, Scrutton	
4:00.69	Crawford, Stenberg	1992
	Lewis, Kintrea	
4:01.96	Carlson, Lewis	1990
	Stenberg, Kintrea	

Pole Vault

9-6.25	Jen Christiansen	SR	1997
7-6	Sarah Bain	FR	1996
7-0	Cherish Carroll	FR	1996

Hammer

107-1	Leah Johanson	SR	1996
98-7	Jenny Bonnell	FR	1997
76-10	Becci Harper	JR	1996
53-11	Rachel Lewis	SR	1996

1,500m Racewalk

8:38.14	Liz Evon	SO	1994
9:30.34	Liz Hunt	FR	1994
9:39.54	Jennifer Knutson	FR	1994

3,000m Racewalk

16:50.00	Kristin Thomas	JR	1993
17:42.64	Liz Evon	FR	1993
19:13.74	Debbie Driesner	JR	1982



THE UNIVERSITY

Founded in 1885 as Friends Pacific Academy, George Fox University is a Christian liberal arts university growing in size and reputation. In the last 10 years enrollment has quadrupled to more than 2,200 students and *U.S. News and World*

Report in 1997 ranked the school second in academic reputation in its western regional liberal arts colleges category.

The magazine also has listed the university in its "Top Teaching Schools" and "Most Efficient" categories.

George Fox offers innovative programs. Each freshman undergraduate is provided a computer to use and keep upon graduating. Students reaching their junior year are eligible for an international study trip for which the university pays transportation costs.

George Fox offers 36 undergraduate and nine graduate degree programs, as well as a degree-completion program for working

adults. Classes also are offered in Portland, Salem, Eugene and Boise, Idaho. George Fox became a university in 1996 when it merged with Western Evangelical Seminary in Portland.

The school is named in honor of the founder of the Friends (Quaker) Church.

The University's most prominent alumnus is the late President Herbert Hoover, who attended Friends Pacific Academy.

ATHLETIC AFFILIATION

The landscape of small-college athletics in the Pacific Northwest is undergoing sweeping changes, and George Fox University is in the midst of the transformation.

In the fall of 1994, the University joined the Northwest Conference of Independent Colleges (NCIC), a league of 10 strong academic institutions in Oregon and Washington. That winter, the NCIC applied for membership in the National Collegiate Athletic Association (NCAA) Division III. The move meant leaving the National Association of Intercollegiate Athletics (NAIA), an association George Fox had held membership in since 1965.

George Fox and the NCIC members have provisional membership in the NCAA but continue to compete

in NAIA national championships. George Fox expects to be eligible for NCAA national championships by 1999-2000.

George Fox's men's and women's basketball teams compete in NAIA Division II, while the 11 other sports the University competes in are not divided into divisions by the NAIA.

The NAIA is an autonomous association administering programs leading to 13 men's and 11 women's championships. The NAIA includes about 350 four-year colleges and universities in 49 states and Canada. They are grouped in nine regions and 44 conferences.

The NCAA administers 80 championships in 21 sports for its 1,201 member institutions, involving nearly 21,000 men and women scholar-athletes. There are more than 350 schools in Division III.



GEORGE FOX TRACK & FIELD RECORDS

George Fox Men's Class Records

SENIORS				JUNIORS				SOPHOMORES				FRESHMEN			
100m															
10.43	Gregg Griffin	'79		10.25w	Gregg Griffin	'78		10.58	Gregg Griffin	'77		10.84	Gregg Griffin	'76	
200m															
21.31	Ryan Chaney	'97		21.48	Ryan Chaney	'96		21.64	Gregg Griffin	'77		21.64	Gregg Griffin	'76	
400m															
45.98	Ryan Chaney	'97		46.58	Ryan Chaney	'96		47.14	Ryan Chaney	'95		47.63	Ryan Chaney	'94	
800m															
1:50.00	Todd Bos	'91		1:53.45	Todd Bos	'90		1:52.94	Wendell Otto	'79		1:52.82	Jonathan Morse	'91	
1,500m															
3:50.97	Steve Stuart	'80		3:51.44	Jonathan Morse	'93		3:46.25	Jonathan Morse	'92		3:50.54	Jonathan Morse	'91	
3,000m															
8:39.14	Steve Blikstad	'79		8:25.34	Jonathan Morse	'93		8:33.74	Steve Blikstad	'77		8:45.14	Steve Stuart	'77	
5,000m															
14:22.64	Steve Blikstad	'79		14:31.17	Jonathan Morse	'93		14:28.44	Jonathan Morse	'92		14:53.54	Jerred Gildehaus	'85	
10,000m															
30:42.74	Mark Mohnen	'91		30:58.44	Dave Molstad	'78		30:46.84	Jon Wright	'91		32:09.71	Jim Brewer	'93	
110 Hurdles															
14.28	Adolphus Onua	'87		13.94	Adolphus Onua	'85		14.84	Rick Frisk	'81		14.84	Mark Reynolds	'78	
												14.84	Scott Cummins	'87	
400 Hurdles															
52.34	Chad Neeley	'78		53.59	Brian Hartenstein	'91		52.30	David Parker	'97		53.43	David Parker	'96	
Steeplechase															
8:50.04	Steve Blikstad	'79		9:03.88	Erik Gibson	'95		8:50.16	Steve Blikstad	'77		9:13.51	Erik Gibson	'92	
Marathon															
2:27:27	Curt Ankeny	'74		2:25:19	Curt Ankeny	'72		2:30:51	Curt Ankeny	'73		2:30:28	Curt Ankeny	'71	
High Jump															
7-0.5	Tim Hagen	'90		6-10.75	Tim Hagen	'89		6-10.75	Tim Hagen	'88		6-10.25	Aaron Young	'92	
Long Jump															
23-9	Amadu Koroma	'78		22-10.5	Andrew Stave	'97		23-7.25	Rob Rising	'93		23-5.25	Shane Covelli	'90	
Triple Jump															
48-7.5	Aaron Young	'96		48-5.5	Mark Halland	'72		47-7	Aaron Young	'93		47-10.5	Aaron Young	'92	
Pole Vault															
15-8	Dave McDonald	'71		15-7	John Smith	'95		15-8	Dave McDonald	'69		15-0	John Smith	'93	
Shot Put															
54-10	Bob Hadlock	'69		55-3	Bob Hadlock	'68		53-9	Bob Hadlock	'67		52-1.5	Bob Hadlock	'66	
Discus															
168-6	Charlie Keeran	'80		155-6	Jonathan Huwe	'93		158-5	Jonathan Huwe	'92		148-11	Mike Watts	'83	
Javelin															
185-8	Mike Watts	'87		180-4	John Smith	'95		204-10	David Nickell	'88		190-6	David Nickell	'87	
Hammer															
170-3	Allan Morrow	'79		159-0	Steve Curtis	'81		156-11	Steve Curtis	'79		141-4	Steve Curtis	'78	
Decathlon															
6,451	Keith Wigley	'86		7,138	John Smith	'95		6,800	David Parker	'97		6,176	David Parker	'96	
5,000 Walk															
21:51.2	Vance Godfrey	'91		22:23.5	David Thomas	'93		23:43.2	David Thomas	'91		24:47.1	David Thomas	'90	
10,000 Walk															
45:40.5	Vance Godfrey	'91		47:10.24	David Thomas	'92		49:10.6	Vance Godfrey	'89		51:13.3	David Thomas	'90	
1,500 Walk															
6:07.0	Vance Godfrey	'90													
3,000 Walk															
12:42.1	Vance Godfrey	'91													

GEORGE FOX TRACK & FIELD RECORDS

George Fox Women's Class Records

SENIORS			JUNIORS			SOPHOMORES			FRESHMEN		
100m											
12.94	Denise Carlson	'91	12.34	Janet Johnson	'65	12.25	Jacque Davis	'81	12.05	Jackie Jackson	'81
200m											
26.45	Heidi Haley	'97	25.64	Janet Johnson	'65	26.02	Kelly Scrutton	'95	24.84	Joyce Yates	'79
400m											
57.51	Heidi Haley	'97	58.23	Ginean Lewis	'92	57.70	Kristin Oelrich	'96	56.22	Shavon Davis	'80
800m											
2:14.74	Debbie Kintrea	'93	2:13.44	Debbie Kintrea	'92	2:14.54	Debbie Kintrea	'90	2:19.12	Nancy Rissmiller	'95
1,500m											
4:41.28	Dawn Hartwig	'96	4:36.24	Juli Cyrus	'93	4:38.78	Juli Cyrus	'92	4:40.92	Jill Jamison	'89
3,000m											
9:59.39	Jill Jamison Beals	'92	9:46.42	Juli Cyrus	'93	9:46.30	Juli Cyrus	'92	9:54.24	Jill Jamison	'89
5,000m											
16:45.75	Jill Jamison Beals	'92	16:53.39	Jill Jamison Beals	'91	17:06.64	Juli Cyrus	'92	17:12.42	Jill Jamison	'89
10,000m											
34:25.74	Jill Jamison Beals	'92	35:13.54	Jill Jamison Beals	'91	36:21.04	Jill Jamison	'90	36:08.71	Jill Jamison	'89
High Hurdles											
15.13	Liz Stephens	'96	14.88	Liz Stephens	'95	15.24	Liz Stephens	'94	14.68	Sharon Barnett	'97
Low Hurdles											
61.29	Liz Stephens	'96	63.11	Liz Stephens	'95	63.07	Liz Stephens	'94	65.63	Liz Stephens	'93
Heptathlon											
4,556	Marlyss Stenberg	'93	4,318	Marlyss Stenberg	'92	4,179	Marlyss Stenberg	'91	3,937	Marlyss Stenberg	'90
Pole Vault											
9-6.25	Jen Christiansen	'97	7-8	Jen Christiansen	'96				7-6	Sarah Bain	'96
High Jump											
5-7	Kathie Muck Brown	'94	5-9	Nancy Rissmiller	'97	5-9.75	Nancy Rissmiller	'96	5-10	Nancy Rissmiller	'95
Long Jump											
17-11	Marlyss Stenberg	'93	17-11.25	Marlyss Stenberg	'92	17-5	Marlyss Stenberg	'91	17-5	Jacquie Williams	'80
Triple Jump											
34-4.5	Kelli Hagen	'90	33-1	Kelli Hagen	'88	36-2.25	Sharla Rhodes	'97	36-5.75	Jocelyn Kennedy	'97
Shot Put											
38-10	Paula Wittenburg	'86	39-10.5	Paula Wittenburg	'85	42-1	Karen Gurske	'82	42-3.5	Karen Gurske	'81
Discus											
151-1	Paula Wittenburg	'86	145-3	Paula Wittenburg	'85	146-9	Paula Wittenburg	'84	138-7	Paula Wittenburg	'83
Javelin											
155-0	Denise Fox	'89	156-11	Becci Harper	'96	142-9	Leah Johanson	'94	154-10	Sue Banta	'77
Hammer											
107-1	Leah Johanson	'96	76-10	Becci Harper	'96				98-7	Jenny Bonnell	'97
1,500 Walk											
						8:37.9	Liz Evon	'94	8:59.2	Liz Evon	'93
3,000 Walk											
			19:13.5	Debbie Driesner	'82	16:50.0	Kristin Thomas	'93	17:42.64	Liz Evon	'92

1998 TRACK & FIELD SCHEDULE

JANUARY

Sat. 31 at McDonald's University of Idaho
Indoor Meet

FEBRUARY

Sat. 14 at Lewis & Clark Winter All-Comers Meet

Sat. 21 **GEORGE FOX WINTER
ALL-COMERS MEET**

Sat. 28 NCIC QUAD MEET with Linfield, PLU,
Whitworth

MARCH

Sat. 7 at Linfield Icebreaker Meet

Sat. 14 at Lewis & Clark NCIC 5-Way Meet with
Whitworth, Puget Sound, PLU

Sat. 21 at Santa Barbara Easter Relays

Sat.-Sun 28-29 at Stanford Invitational

APRIL

Sat. 4 at Willamette Open

Sat. 11 at Whitworth NCIC Quad Meet with Whitman,
Willamette

Mon.-Tues. 13-14 NCIC Multi-Events Championships at PLU

Fri. 17 **GEORGE FOX DISTANCE CARNIVAL** (Twilight)

Sat. 18 **GEORGE FOX ALL-COMERS MEET**

Sat. 25 **GEORGE FOX OPEN**

MAY

Fri-Sat. 1-2 NCIC Championships at Linfield

Sat. 9 NAIA Northwest Regional Championships at
Western Oregon

Thur-Sat. 21-23 NAIA National Championships at Tulsa, Okla.

Home meets in bold caps. Home meets held at George Fox University
Colcord Memorial Field, Newberg, Oregon