

2001

2001 Media Guide

George Fox University Archives

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GEORGE FOX UNIVERSITY

TRACK & FIELD

2001 MEDIA GUIDE



*George Fox
University*



Rosters

Men's Team	Events	Ht.	Wt.	Yr.	Hometown/Previous School
Ryan Austin	Mid-Distance	6-0	155	Jr./Jr.	Eugene, Ore. (North Eugene HS)
Matt Burg	Mid-Distance	5-10	135	Fr./Fr.	Newberg, Ore. (Newberg HS)
Kenan Butler	Javelin	6-2	195	So./So.	Shelton, Wash. (Shelton HS)
Neil Cantrall	Sprints	5-8	150	Jr./So.	Salem, Ore. (Salem Academy)
Caleb Carlson	Throws	5-11	215	Fr./Fr.	Oregon City, Ore. (N. Clackamas Chr. HS)
Jon Castillo-Miller	Sprints	5-8	160	Fr./Fr.	Nipomo, Calif. (Arroyo Grande HS)
Chris Chartier	Sprints/Relays	5-8	165	Fr./Fr.	Yucca Valley, Calif. (Joshua Springs. Chr. HS)
Keith Christiansen	Hurdles/Pole Vault	5-11	179	So./So.	Grass Valley, Ore. (Sherman HS)
Eric Costa	Sprints/Relays	6-0	165	Sr./Sr.	Beaverton, Ore. (Aloha HS)
Zach Davidson	Spr/Hur/Jumps/Relays	5-10	150	So./So.	Albany, Ore. (Santiam Christian HS)
Kyle Dixon	Javelin	6-1	191	Jr./Fr.	Springfield, Ore. (Thurston HS)
Bjorn Doskeland	Distance	5-11	145	Fr./Fr.	Boise, Idaho (Nampa Christian HS)
James Eubank	Mid-Distance	5-9	150	So./Fr.	Astoria, Ore. (Astoria HS)
Tyler Gassaway	Sprints/LJ/Relays	6-0	160	Sr./Sr.	Oregon City, Ore. (Oregon City HS)
Scott Greene	Sprints/Hurdles	5-10	165	Sr./Sr.	Beaverton, Ore. (Valley Catholic HS)
Will Howard	Distance	5-10	156	Fr./Fr.	Caldwell, Idaho (Caldwell HS)
Nicholas Hultberg	Throws	6-3	250	So./Fr.	Salem, Ore. (North Salem HS)
David Kilian	Hurdles/Relays/Decath	5-11	165	Jr./So.	Gresham, Ore. (Sam Barlow HS)
Geoff Kirkendall	Throws	6-0	220	Fr./Fr.	Roseburg, Ore. (Roseburg HS)
Darin Krueger	Throws	5-10	270	Jr./Jr.	Portland, Ore. (Mt. Hood CC)
Marty McKay	Hurdles/LJ/Relays	5-7	150	Fr./Fr.	Bremerton, Wash. (Bremerton HS)
Nathan Paisley	Mid-Distance	6-0	155	Jr./Jr.	Salem, Ore. (North Salem HS)
Adam Puckett	Jumps	6-1	152	Fr./Fr.	Freeport, Maine (Mountain View HS)
Jesse Rasmussen	Sprints	5-10	135	Fr./Fr.	Portland, Ore. (Rosslyn Aca., Nairobi, Kenya)
Jon Robinson	Sprints	5-9	150	Fr./Fr.	Cannon Beach, Ore. (Seaside HS)
Nicholas Ryland	Mid-Distance/Relays	5-11	145	So./So.	Cheyenne, Wyo. (East HS)
Ben Salisbury	Sprints	6-3	190	Fr./Fr.	Bellingham, Wash. (Sehome HS)
Ryan Sprunger	Sprints	6-0	153	Fr./Fr.	Dundee, Ore. (Chehalem Valley Academy)
Tevin Taylor	Hurdles/Javelin	5-11	175	So./Fr.	Portland, Ore. (Wilson HS)
Forrest Towne	Distance	5-11	145	Jr./Jr.	Springfield, Ore. (Thurston HS)
Will Vollstedt	Distance	5-10	140	Fr./Fr.	Portland, Ore. (Benson HS)
Bryan Wadlow	Jumps	6-4	195	Fr./Fr.	Albany, Ore. (West Albany HS)
Steve Willmer	Mid-Distance	6-4	175	Jr./So.	Fullerton, Calif. (Brea Olinda HS)
Brett Yeager	High Jump	6-3	180	Fr./Fr.	Oakridge, Ore. (Oakridge HS)

Head Coach: Wes Cook Assistant Coaches: Scott Brown, Kevin Carr, Dave Guzman, Chad Riddle, John Smith

*On the cover: senior pole vaulter Heather Hunt,
senior sprinter Eric Costa receiving the baton in the 4x400 relay.*

Women's Team	Events	Ht.	Yr.	Hometown/Previous School
Kelsey Baron	Jumps	5-9	So./So.	Nehalem, Ore. (Neah-kah-nie HS)
Amy Bender	Sprints/Relays	5-5	Fr./Fr.	North Powder, Ore. (Powder Valley HS)
Christina Davis	Sprints/Relays	5-8	Jr./Jr.	Edmonds, Wash. (Meadowdale HS)
Amy Forbes	High Jump	5-6	Gr./Sr.	Jackson, Wyo. (Jackson Hole HS)
Colleen Forbes	Mid-Dis/Relays/Jumps	5-8	Jr./Jr.	Jackson, Wyo. (Jackson Hole HS)
Janelle Goeres	Distance	5-4	Fr./Fr.	Gold Hill, Ore. (Crater HS)
Heather Hunt	PV/Sprints/Relays	5-7	Sr./Sr.	Turner, Ore. (Salem Academy)
Mona Matthews	Sprints/Relays	5-5	Fr./Fr.	Huntington, Ore. (Oakland HS)
Jamie McElwain	Mid-Distance/Relays	5-5	Sr./Sr.	Tigard, Ore. (Tigard HS)
Marisa Merritt	Distance	5-5	Sr./Sr.	Portland, Ore. (Westside Christian HS)
Lori Miller	Javelin	5-4	Sr./Jr.	Aurora, Ore. (Canby HS)
Elizabeth Moyer	Distance	5-5	So./Fr.	Camarillo, Calif. (Rio Mesa HS)
Kirsten Norgaard	Distance	5-5	Jr./Jr.	Everett, Wash. (Everett HS)
Sara Oates	Sprints/Relays	5-4	Fr./Fr.	Grover Beach, Calif. (Arroyo Grande HS)
Erin Paisley	Throws	5-10	Fr./Fr.	Salem, Ore. (North Salem HS)
Brooke Pitner	Sprints/Relays	5-8	Fr./Fr.	Vancouver, Wash. (Skyview HS)
Heidi Smith	Triple Jump/Javelin	5-10	Jr./Jr.	Lakeside, Ore. (North Bend HS)
Tori Taylor	Mid-Distance	5-7	Jr./Jr.	Portland, Ore. (Wilson HS)
Helena Telfer	Pole Vault	5-4	So./So.	Monmouth, Ore. (Willamina HS)
Deveny West	Pole Vault	5-4	Fr./Fr.	Klamath Falls, Ore. (Hosanna Christian HS)
Sarah Zempel	Throws	5-9	Fr./Fr.	Rogue River, Ore. (Rogue River HS)

Top Returning Athletes – Men

Tyler Gassaway, Sr., Oregon City, Ore.
All-NWC (2nd in 4x100, 2nd in 4x400, 2nd in long jump)
Zach Davidson, So., Albany, Ore.
All-NWC (2nd in 4x100, 2nd in 4x400, 3rd in 400 H)
Eric Costa, Sr., Beaverton, Ore.
All-NWC (2nd in 4x400), 5th in 400
Ryan Austin, Jr., Eugene, Ore.
5th in NWC 800

Top Returning Athletes – Women

Heather Hunt, Sr., Turner, Ore.
NCAA All-American (7th in pole vault), All-NWC (1st)
Amy Forbes, Sr., Jackson, Wyo.
All-NWC (1st in high jump)
Kelsey Baron, So., Nehalem, Ore.
All-NWC (2nd in long jump, 3rd in triple jump)
Tori Taylor, Jr., Portland, Ore.
All-NWC (3rd in 3000), 4th in 5000
Jamie McElwain, Sr., Tigard, Ore.
All-NWC (3rd in 4x400), 4th in 1500
Helena Telfer, So., Monmouth, Ore.
5th in NWC Pole Vault

Key Losses – Men

Ian Strauss, Sr., Medford, Ore.
NCAA All-American (7th in discus), All-NWC (1st in discus, 1st in shot)
Brandon Workman, Sr., Moscow, Idaho
NCAA All-American (6th in steeple), All-NWC (1st in steeple, 3rd in 1500)
Jon Roberts, Sr., Portland, Ore., All-NWC (2nd in javelin)
David Plotts, Sr., Mill City, Ore.
All-NWC (2nd in 4x100, 2nd in 4x400, 3rd in 100, 3rd in 200)
Steve Martin, Sr., Clackamas, Ore., All-NWC (2nd in 4x100)
Joel Strunk, Sr., Salem, Ore., 5th in NWC hammer
John Mantalas, Sr., Gladstone, Ore., 5th in NWC 1500
Michael Owen, So., Anchorage, Alaska, 6th in NWC 1500

Key Losses – Women

Sharon Barnett, Sr., Salem, Ore.
NCAA Nationals (100 H), All-NWC (2nd in 100 H, 3rd in 4x400)
Karrie Nelson, Sr., Medford, Ore.
All-NWC (2nd in 400 H, 3rd in 100 H)
Marian Stevens, Jr., Anchorage, Alaska, All-NWC (2nd in discus)
Ember Brosius, Sr., Winthrop, Maine
All-NWC (2nd in 3000, 3rd in 1500, 3rd in 5000)
Megan Hueberger, So., Yamhill, Ore., All-NWC (3rd in 400 H)
Angie Powell, Sr., Roseburg, Ore., All-NWC (3rd in high jump)
Jessica Adams, Sr., Lake Oswego, Ore., All-NWC (3rd in 400, 3rd in 4x400)

Quick Facts

George Fox Track & Field Quick Facts

University Information

Location:	Newberg, Oregon (17,355)
Mailing Address:	414 N. Meridian St., Newberg, OR 97132
Founded:	1891
Denominational Affiliation:	Evangelical Friends (Quaker)
Enrollment:	2,636
President:	Dr. David Brandt
Faculty Athletics Rep:	Diane Wood
Switchboard Phone:	503-538-8383
Web site:	www.georgefox.edu

Athletics Information

Nickname:	Bruins
Colors:	Navy Blue and Old Gold
Affiliation (yrs):	NCAA Division III (2nd)
Region:	West
Conference (yrs):	Northwest Conference (6th)
Director of Athletics:	Craig Taylor
Office Phone:	503-554-2911
Assoc. Director of Athletics:	Pat Bailey
Office Phone:	503-554-2914
Athletics Secretary:	Patty Findley
Office Phone:	503-554-2910
Athletics Trainer:	Dale Isaak
Office Phone:	503-554-2916
Asst. Athletics Trainer:	Karen Hostetter
Office Phone:	503-554-2922
Athletics Fax:	503-554-3864

Sports Information Office

Sports Information Director:	Blair Cash
Office Phone:	503-554-2127
Home Phone:	503-554-8067
E-mail:	bcash@georgefox.edu
Fax:	503-554-3830
Student Assistants:	Brian Durick, John Felton, Ernie Sturzinger
Office Phone:	503-554-2139
Marketing and Promotions:	Michelle Becker
Office Phone:	503-554-8246

Coaching Staff

Head Coach:	Wes Cook
Alma Mater:	Northern Colorado, 1961
Years at GFU:	14 (1987-2001)
Office Phone:	503-554-2915
Assistant Coach:	Scott Brown
Alma Mater:	George Fox, 1991
Volunteer Coach:	Kevin Carr
Alma Mater:	University of Oregon, 1986
Assistant Coach:	Dave Guzman
Alma Mater:	Linfield
Assistant Coach:	Chad Riddle
Alma Mater:	Linfield, 1998
Assistant Coach:	John Smith
Alma Mater:	George Fox, 1996

Team Information

Home Field:	Colcord Memorial Field
2000 Results (Men):	4th in Northwest Conference 49th in NCAA Nationals
2000 Results (Women):	1st in Northwest Conference 64th in NCAA Nationals
Letter winners Returning/Lost:	Men 13/21 Women 11/18

Outlook

Quantity and Quality

The Bruin men will rely on many new contributors as they attempt to move up in the conference, while the women's team looks to defend its conference title with a team that is short on numbers but long on talent.

Men

If the Bruin men are to improve upon last year's fourth-place finish in the Northwest Conference and challenge for the conference men's track and field championship, replacements will have to be found for athletes who produced almost 75 percent of the team's point total in the 2000 meet hosted by the Bruins.

"Only 37 of our 127 points are back," notes coach Wes Cook, who is now in his 14th season directing the Bruins, "so we've got 90 points, at least, to replace — more if we want to move up."

The Bruins have 23 letter winners back while losing 13, including NCAA Division III All-Americans Brandon Workman, who was sixth in the national meet in the steeplechase, and Ian Strauss, who placed seventh in the discus. Both were conference champions. Other key losses included All-Conference performers Jon Roberts, who was second in the javelin, and David Plotts, who placed second in the 4x100 and 4x400.

Three All-Conference sprinters return to anchor the team, led by **Tyler Gassaway** (Sr., Oregon City, Ore.), who was second in the NWC in the 4x100,

4x400, and the long jump. **Zach Davidson** (So., Albany, Ore.) posted a second place in the 4x100 and 4x400, and **Eric Costa** (Sr., Beaverton, Ore.) was second in the 4x400. **Ryan Austin** (Jr., Eugene, Ore.) made a good showing with a fifth-place finish in the 800.

"Obviously, we have a very strong relay team," says Cook, "with Gassaway, Costa, and Davidson returning. **Marty McKay** (Fr., Bremerton, Wash.) is a newcomer who makes us strong in places, as does sprinter **Ben Salisbury** (Fr., Bellingham, Wash.). I also like 3A All-State sprinter **Jon Robinson** (Fr., Cannon Beach, Ore.), who tied Gassaway for points in our

intra-squad meet, and who was also an All-State long jumper.

"**Tevin Taylor** (Fr., Portland, Ore.), who took a medical redshirt year last spring, has run very well with a 50.3 split in his leg of the relays, and also gives us help in the intermediate hurdles. With Davidson and **Keith Christiansen** (So., Grass Valley, Ore.) returning, we should be strong in the hurdles, although we have no high hurdler this year.

"**Ryan Sprunger** (Fr., Dundee, Ore.) will also help us on our sprints, as should **Jon Castillo-Miller** (Fr., Nipomo, Calif.).

"A couple of athletes who will help us after basketball season are **Brett Yeager** (Fr., Oakridge, Ore.) in the high jump and **Bryan Wadlow** (Fr., Albany, Ore.) in the triple jump. We also have a talented thrower in **Darin Krueger** (Jr., Portland, Ore.), who is especially strong in the hammer."

In the distance events, one element critical to the team's success will be the availability of **Steve Willmer** (So., Fullerton, Calif.), who won the NWC 800 two years ago but missed all of last season with a back problem. "Steve struggled with that back during cross country season, too," Cook recalls, "and it is still a day-to-day thing, but if he's healthy, he's someone we can rely on."

Providing new strength in the distance events are newcomers **Will Howard** (Fr., Caldwell, Idaho), **Will Vollstedt** (Fr., Portland, Ore.), **Bjorn Doskeland** (Fr., Boise, Idaho) and **Matt Burg** (Fr., Newberg, Ore.), although Burg has been injured since cross country in the fall.



Sophomore sprinter/hurdler Zach Davidson

Outlook

Women

With only 21 athletes out for women's track and field at George Fox University this spring, one might think the Bruins will have a hard time successfully defending their 2000 Northwest Conference championship.

Think again. "We have 92 of our 168 points from last year's conference meet returning," points out 13-year veteran coach Wes Cook, who was named the 2000 NWC Women's Coach of the Year for guiding his team to an upset of perennial league favorite Pacific Lutheran University. "Lori Miller (Jr., Aurora, Ore.), who missed last year's conference meet while participating in the Juniors Abroad study program, is back throwing the javelin. And we have some talented newcomers who should step right in to make an impact."

NCAA Division III All-American (7th in the nationals) and NWC champion pole vaulter **Heather Hunt** (Sr., Turner, Ore.) and defending NWC high jump champion **Amy Forbes** (Sr., Jackson, Wyo.) head a list of 11 returning athletes, five of them All-Conference performers. Also making All-NWC were **Kelsey Baron** (So., Nehalem, Ore.), who was second in the long jump and third in the triple jump; **Tori Taylor** (Jr., Portland, Ore.), who was third in the 3,000 and fourth in the 5,000; and **Jamie McElwain** (Sr., Tigard, Ore.), who was third with the 4x400 relay team and fourth in the 1,500. **Helena Telfer** (So., Monmouth, Ore.) made a



Freshman thrower Sarah Zempel

strong showing with a fifth-place finish in the pole vault.

Marisa Merritt (Sr., Portland, Ore.) and **Kirsten Norgaard** (Jr., Everett, Wash.) give the Bruins a pair of top-notch distance runners, although Norgaard will probably miss the conference meet during her absence with the Juniors Abroad program. **Christina Davis** (Jr., Edmonds, Wash.) is a quality sprinter who has scored in the 400. **Heidi Smith** (Jr., Lakeside, Ore.) gives the Bruins strength in both the triple jump and the javelin, but her work has been very limited recently due to a sore knee.

"Almost everyone who is back is capable of scoring at the conference meet," says Cook with satisfaction, "and I am very impressed with several of our new-

comers as well."

Expected to have an immediate impact is **Sarah Zempel** (Fr., Rogue River, Ore.), a double 3A state champion in both the shot put (40-7) and the discus (140-7). **Deveny West** (Fr., Klamath Falls, Ore.) gives the Bruins yet another budding pole vault threat, having finished second in the state last year and with a personal best vault of 10-4. Soccer players **Sara Oates** (Fr., Grover Beach, Calif.) and **Brooke Pitner** (Fr., Vancouver, Wash.) are outstanding sprinters, Oates typically running a sub-60-second time in her leg of the relays, and Pitner having placed in the Washington state

meet in the 4x200.

"We don't have any true hurdlers this year like we had last year," Cook admits, pointing to the loss of key hurdlers Sharon Barnett, who ran in the NCAA national meet in the 100 hurdles, and All-NWC racer Karrie Nelson. "We have a good pool of jumpers and sprinters, though, almost every one of them capable of scoring at the conference meet. We are a relatively young squad that is working hard and has a very positive attitude, and that is encouraging — they are all very coachable.

"Will all this translate into another conference title? I have no idea, but I'm eager to find out."

The rest of the conference might not be so eager.

Men's Team

**Ryan Austin**

Junior, 6-0, 155
Eugene, Oregon
North Eugene HS
Mid-Distance

**Matt Burg**

Freshman, 5-10, 135
Newberg, Oregon
Newberg HS
Mid-Distance

**Kenan Butler**

Sophomore, 6-2, 195
Shelton, Washington
Shelton HS
Javelin

**Neil Cantrall**

Sophomore, 5-8, 150
Salem, Oregon
Salem Academy
Sprints

**Caleb Carlson**

Freshman, 5-11, 215
Oregon City, Oregon
North Clackamas
Christian HS
Throws

**Jon Castillo-Miller**

Freshman, 5-8, 160
Nipomo, California
Arroyo Grande HS
Sprints

**Chris Chartier**

Freshman, 5-8, 165
Yucca Valley,
California
Joshua Springs
Christian HS
Sprints/Relays

**Keith Christiansen**

Sophomore, 5-11, 179
Grass Valley, Oregon
Sherman HS
Hurdles/Pole Vault

**Eric Costa**

Senior, 6-0, 165
Beaverton, Oregon
Aloha HS
Sprints/Relays
2000 All-Conference
(2nd, 4x400)

**Zach Davidson**

Sophomore, 5-10, 150
Albany, Oregon
Santiam Christian HS
Sprints/ Hurdles/
Jumps/ Relays
2000 All-Conference
(2nd, 4x100), (2nd, 4x400)
(3rd, 400 Hurdles)

**Kyle Dixon**

Freshman, 6-1, 191
Springfield, Oregon
Thurston HS
Javelin

**Bjorn Dorskland**

Freshman, 5-11, 145
Boise, Idaho
Nampa Christian HS
Distance

**James Eubank**

Freshman, 5-9, 150
Astoria, Oregon
Astoria HS
Mid-Distance

**Tyler Gassaway**

Senior, 6-0, 160
Oregon City, Oregon
Oregon City HS
Sprints/LJ/Relays
2000 All-Conference
(2nd, 4x100), (2nd, 4x400)
(2nd, Long Jump)

**Scott Greene**

Senior, 5-10, 165
Beaverton, Oregon
Valley Catholic HS
Sprints/Hurdles

**Will Howard**

Freshman, 5-10, 156
Caldwell, Idaho
Caldwell HS
Distance

**Nicholas Hultberg**

Freshman, 6-3, 250
Salem, Oregon
North Salem HS
Throws

Men's Team



David Kilian
Sophomore, 5-11, 165
Gresham, Oregon
Sam Barlow HS
Hurdles/Relays/
Decathlon



Adam Puckett
Freshman, 6-1, 152
Freeport, Maine
Mountain View HS
Jumps



Tevin Taylor
Freshman, 5-11, 175
Portland, Oregon
Wilson HS
Hurdles/Javelin



Geoff Kirkendall
Freshman, 6-0, 220
Roseburg, Oregon
Roseburg HS
Throws



Jesse Rasmussen
Freshman, 5-10, 135
Portland, Oregon
Rosslyn Academy
(Nairobi, Kenya)
Sprints



Forrest Towne
Junior, 5-11, 145
Springfield, Oregon
Thurston HS
Distance



Darin Krueger
Junior, 5-10, 270
Portland, Oregon
Benson HS
Mt. Hood CC
Throws



Jon Robinson
Freshman, 5-9, 150
Cannon Beach,
Oregon
Seaside HS
Sprints



Will Vollstedt
Freshman, 5-10, 140
Portland, Oregon
Benson HS
Distance



Marty McKay
Freshman, 5-7, 150
Bremerton,
Washington
Bremerton HS
Hurdles/Long
Jump/Relays



Nicholas Ryland
Sophomore, 5-11, 145
Cheyenne, Wyoming
East HS
Mid-Distance/Relays



Bryan Wadlow
Freshman, 6-4, 195
Albany, Oregon
West Albany HS
Jumps



Nathan Paisley
Junior, 6-0, 155
Salem, Oregon
North Salem HS
Mid-Distance



Ben Salisbury
Freshman, 6-3, 190
Bellingham,
Washington
Sehome HS
Sprints



Steve Willmer
Sophomore, 6-4, 175
Fullerton, California
Brea Olinda HS
Mid-Distance



Ryan Sprunger
Freshman, 6-0, 153
Dundee, Oregon
Chehalem Valley
Academy
Sprints



Brett Yeager
Freshman, 6-3, 180
Oakridge, Oregon
Oakridge HS
High Jump

Women's Team



Kelsey Baron
Sophomore, 5-9
Nehalem, Oregon
Neah-kah-nie HS
Jumps
2000 All-Conference
(2nd, Long Jump)
(3rd, Triple Jump)



Christina Davis
Junior, 5-8
Edmonds,
Washington
Meadowdale HS
Sprints/Relays



Amy Forbes
Senior, 5-6
Jackson, Wyoming
Jackson Hole HS
High Jump
2000 All-Conference
(1st, High Jump)



Colleen Forbes
Junior, 5-8
Jackson, Wyoming
Jackson Hole HS
Mid-distance/
Relays/Jumps



Janelle Goeres
Freshman, 5-4
Gold Hill, Oregon
Crater HS
Distance



Heather Hunt
Senior, 5-7
Turner, Oregon
Salem Academy
PV/Sprints/Relays
2000 NCAA All-American
(7th, Pole Vault) 2000 All-
Conference (1st, Pole Vault)



Mona Matthews
Freshman, 5-5
Huntington, Oregon
Oakland HS
Sprints/Relays



Jamie McElwain
Senior, 5-5
Tigard, Oregon
Tigard HS
Mid-distance/Relays
2000 All-Conference
(3rd, 4x400)



Marisa Merritt
Senior, 5-5
Portland, Oregon
Westside Christian HS
Distance



Lori Miller
Junior, 5-4
Aurora, Oregon
Canby HS
Javelin



Elizabeth Moyer
Freshman, 5-5
Camarillo, California
Rio Mesa HS
Distance



Kirsten Norgaard
Junior, 5-5
Everett, Washington
Everett HS
Distance



Sara Oates
Freshman, 5-4
Grover Beach,
California
Arroyo Grande HS
Sprints/Relays



Erin Paisley
Freshman, 5-10
Salem, Oregon
North Salem HS
Throws

Women's Team


Brooke Pitner

Freshman, 5-8
Vancouver,
Washington
Skyview HS
Sprints/Relays


Tori Taylor

Junior, 5-7
Portland, Oregon
Wilson HS
Mid-distance
2000 All-Conference
(3rd -300)


Deveny West

Freshman, 5-4
Klamath Falls,
Oregon
Hosanna Christian HS
Pole Vault


Heidi Smith

Junior, 5-10
Lakeside, Oregon
North Bend HS
Triple Jump/Javelin


Helena Telfer

Sophomore, 5-4
Monmouth, Oregon
Willamina HS
Pole Vault

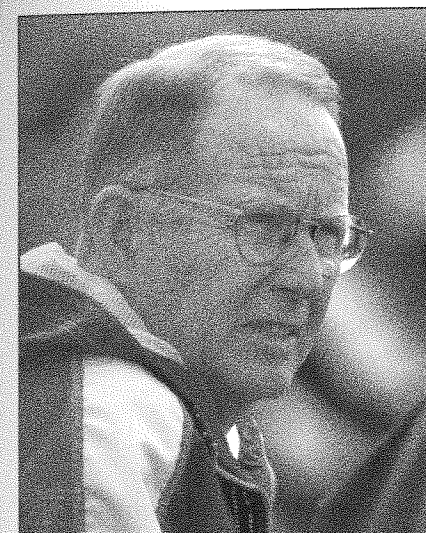

Sarah Zempel

Freshman, 5-9
Rogue River, Oregon
Rogue River HS
Throws



Wes Cook Head Coach

Wes Cook, a veteran of 13 track and field seasons at George Fox University, returns for a 14th year with a new title to defend — Northwest



Conference Women's Coach of the Year for leading the 2000 Bruins women's team to the conference title in a stunning upset of heavily-favored Pacific Lutheran University.

Such accolades are nothing new for Cook. In his first 13 years as head coach of the George Fox University men's and women's cross country and track and field teams, the Bruins became a nationally-recognized powerhouse in the National Association of Intercollegiate Athletics (NAIA). Now, with a year under their belts as full-time members of the National Collegiate Athletic Association (NCAA), there is every reason to expect such success to continue with Cook at the helm.

All four programs under Cook's leadership regularly participated in NAIA national meets and often finished among the top 15 teams in the nation. In 1992, following the men's fifth-place and women's second-place finishes at the national meet, *Cross Country Express* mag-

azine 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 national title with a record low score of 19.

Cook's athletes won 80 NAIA All-American awards and 53 NAIA All-American Scholar-Athlete awards. In 1995, George Fox was the only school to put men's *and* women's teams in the top five of the NAIA cross country national meet team scholastic competition.

Cook 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 has 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 was involved as an NAIA national rater and served on the NAIA women's track and field games committee.

A Nebraska native, Cook rose to the rank of Eagle in the Boy Scouts of America before becoming a four-time conference track scorer at the University of Northern Colorado. He set the UNC record in the 800 meters 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 from UNC with a degree in physical education and history, and earned a master of arts in teaching at Lewis & Clark College in 1975.

Cook served 26 years as a head coach at five high schools in three states. In 15 years at Gladstone (Ore.) High School, his track and cross country teams finished as state champion or runner-up 10

Coaches

times. His boys' cross country team went undefeated for 51 straight dual meets, and he was named Oregon 2A (now 3A) High School Coach of the Year for all sports three times. In 1983, his son Toby set the Oregon 3A state record in the 1,500-meter race.

Cook, a member of the U.S. Track Coaches Association, 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). Active in Fellowship of Christian Athletes and summer track and basketball camps, he has led four international tour teams and traveled to 15 countries. A frequent speaker at national clinics and seminars, he has also authored articles in various state and national publications.

Cook is associate professor of health and human performance at George Fox, and has three adult children: Tammy, Toby, and Brad.

Scott Brown

Assistant Coach

Scott Brown came to George Fox in 1987, the same year Wes Cook took the head coaching position. He was a



four-year letter winner in track and cross country, qualified for the NAIA national decathlon and 400-meter hurdles, and three times was the leading point scorer

on the track team.

Brown earned his bachelor's degree in math teaching in 1991 and his master of education in 1998 from George Fox. After serving as an assistant at Clackamas Community College in 1992, he joined the George Fox coaching staff. His responsibilities are the hurdles, vertical jumps, and combined

Coaches

events. In eight years, he has coached 24 athletes who became NAIA All-Americans, including three national champions.

In 1998-99, Brown served as the NAIA national women's track and field ranker, and was the same for the Northwest Conference in 1998. He has written an article on hurdling titled *Hurdling 101* in *Sprinting and Hurdling* by Keeba Tolbert. He has also collaborated on a book for middle school coaches on organizing their track and field programs.

The Portland, Ore., native was a member of Madison High School's 1986 state championship track team, and earned first-team all-state honors in the 4x400-meter relay in 1987. He lives in Newberg, Ore., and is a math and science teacher at Fred Patton Middle School in the McMinnville School District.

Kevin Carr

Assistant Coach

Kevin Carr begins his second season as a volunteer assistant for the Bruins. He was the ninth-ranked U.S. discus



thrower in 1997 with a personal best of 61.38 meters (201-4). A 1986 NCAA Division I All-American for the University of Oregon, he competed in the

Olympic Trials. After earning his bachelor's degree in physics at Oregon, he earned his master's degree in physics and a Ph.D. in science education at the University of Idaho. He continues to throw for Oregon International, and has qualified for the U.S. Track and Field Championships five times.

Carr, with a background in athletics and Christian ministry, has led a Fellowship of Christian Athletes group in Roseburg, Ore., and traveled to

Scandinavia with an Athletes In Action European Ministry Team in 1990. He is an assistant professor of education at George Fox, and he and his wife, Lisa, have a two-year-old daughter, Anna, all living in Woodburn, Ore.

Dave Guzman

Assistant Coach

Dave Guzman became the George Fox sprints and relay coach in 1994 after a dozen years guiding Salem Academy's



sprinters to state prominence. In his eight seasons prior to joining the George Fox 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 six seasons at George Fox, Guzman has coached 11 relay teams to NAIA national meets, five of them scoring points with top-eight finishes.

Guzman has 22 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, Guzman owns an insurance business in Salem, Ore. He and his wife, Judy, live in Keizer, Ore., and have four children.

Chad Riddle

Assistant Coach

Chad Riddle begins his second year as a full-time assistant coach after serving as a volunteer assistant in 1999, with primary responsibilities to the athletes who compete in the various throwing events. A two-time national qualifier for Linfield College in the hammer at the NAIA national track meet, he has a personal best of 177-8. He also threw the discus 153-4 and shot put (P.R. 48-10).



He earned his bachelor's degree in exercise science in 1998.

Riddle, a graduate of Molalla (Ore.) High School, works for 24-Hour Fitness in Beaverton, Ore., as

a personal trainer. His wife, Jenny (Bonnell), is a George Fox graduate. They live in Canby, Ore.

John Smith

Assistant Coach

Now in his third year of coaching at George Fox, John Smith is one of the top decathletes in the country, with a



No. 34 ranking after scoring a personal-record 7,311 in 1997. Smith competes for Oregon International, and has won the University of Oregon Invitational decathlon

and took second at the Rocky Mountain Invitational-Decathlon.

Smith, a 1996 graduate of George Fox, twice won NAIA All-American titles in the decathlon. He holds top-10 marks in eight events at George Fox, including second-best in the pole vault.

A graduate of North Bend (Ore.) High School, where he earned all-state honors and set a school record in the triple jump, he earned his bachelor's degree in health and human performance (fitness management emphasis). He has been an assistant track coach at Cascade College, and a personal trainer at Gold's Gym. He currently is a special education assistant for Newberg Public Schools and is pursuing a master of arts degree in teaching from George Fox.

He and his wife, former track and cross country All-American Dawn Hartwig, live in Newberg, Ore. They have a son, Davis, and are expecting their second child this August.

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) 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.

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



Steve Blikstad (1975-79)

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.

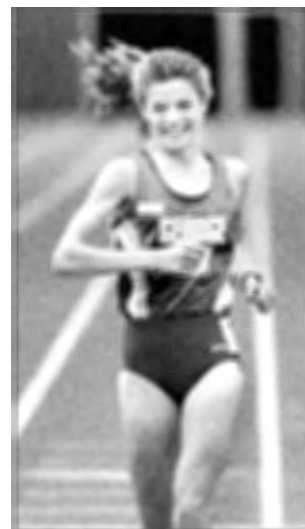
Curt Ankeny (1970-74) was one of the Northwest's top athletes in the early '70s. He was named 1973 NAIA District 2 Athlete of the Year for all sports. He was a three-time track and field NAIA national meet competitor, finishing third in the 1974 marathon. He twice finished 17th at the national cross

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 1984 NAIA District 2 Players Hall of Fame.

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 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 race. She helped George Fox's women's cross country team to its



Jill (Jamison) Beals (1988-92)

History

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 high 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.

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 col-



Aaron Young (1991-92; 93-96)

lege athlete — at all levels.

He finished his collegiate 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.

Nancy Rissmiller (1994-98) was named the 1996 NAIA Female Athlete of the Year for all sports by *College Sports* magazine. During her four-year career, she won two NAIA national high jump titles and earned 11 All-American awards as a track and basketball athlete. She earned four high jump NAIA All-American honors, two 4x400 relay NAIA All-American awards, three NAIA All-American Scholar-Athlete honors, one NAIA Div. II basketball All-American listing, and a place on the GTE Academic All-American Spring At-Large Team.



Nancy Rissmiller (1994-98)

Records

Men's Team Finishes

Year	Nat'l Rank	Conf./Dist. Rank	Coach
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	c 1st	Wes Cook
1996	+ 10th	* 3rd	Wes Cook
1997	+ 22nd	* 2nd	Wes Cook
1998		* 3rd	Wes Cook
1999	+ 21st	* 2nd	Wes Cook
2000	\$ 49th	* 4th	Wes Cook

+ National Association of Intercollegiate Athletics (NAIA) National Meet
% National Christian College Athletic Association (NCCAA) National Meet
\$ National Collegiate Athletic Association (NCAA), Div. III, National Meet
NAIA District 2 Meet
c Cascade Collegiate Conference Meet
* Northwest Conference Meet

Men's 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)
	1971	NAIA Pole Vault (3rd)
Curt Ankeny	1974	NAIA Marathon (3rd)
Eb Buck	1975	NAIA Decathlon (2nd)
Steve Blikstad	1977	NAIA Steeplechase (2nd)
	1978	NAIA Steeplechase (3rd)
	1979	NAIA Steeplechase (Champion)
Chad Neeley	1978	NAIA Hurdles (2nd)
Mike Watts	1983	NAIA Javelin (5th)
	1987	NCCAA Discus (Champion)
	1987	NCCAA Hammer (2nd)
	1987	NCCAA Javelin (3rd)



Thrower Ian Strauss (1997-2000)

Scott Ball	1984	NAIA Scholar-Athlete
Dwight Larabee	1985	NAIA Scholar-Athlete
Adolphus Onua	1987	NAIA 110 Hurdles (3rd)
Tim Hagen	1989	NAIA Scholar-Athlete
	1990	NAIA High Jump (indoor, 5th)
	1990	NAIA High Jump (3rd)
Todd Bos	1991	NAIA 800 (5th)
	1991	NAIA Scholar-Athlete
Vance Godfrey	1991	NAIA 10,000 Walk (5th)
Brian Hartenstein	1992	NAIA 400 Hurdles (6th)
David Thomas	1992	NAIA 10,000 Walk (4th)
	1992	NAIA Scholar-Athlete
	1993	NAIA Scholar-Athlete
	1993	NAIA 5,000 Walk (6th)
Jonathan Morse	1993	NAIA 5,000 (3rd)
Rob Rising	1993	NAIA Long Jump (3rd)
Ed Sloan	1993	NAIA Steeplechase (5th)
Erik Gibson	1994	NAIA Steeplechase (4th)
	1995	NAIA Steeplechase (3rd)
John Smith	1994	NAIA Decathlon (5th)
	1995	NAIA Decathlon (5th)
Aaron Young	1995	NAIA Triple Jump (6th)
	1996	NAIA Triple Jump (Champion)
Ryan Chaney	1995	NAIA 400 (4th)
	1996	NAIA 400 (2nd)
	1996	NAIA 4x400 Relay (5th)
	1996	NAIA Scholar-Athlete
	1997	NAIA Indoor 400 (Champion)
	1997	NAIA 400 (Champion)
	1997	NAIA Scholar-Athlete
	1997	GTE Academic All-American of the Year - Spring
		At-Large Team College Division
	1997	4x400 Relay (5th)
Josh Howery	1996	NAIA 4x400 Relay (5th)
Peter Carmack	1996	NAIA 4x400 Relay (5th)
	1997	NAIA 4x400 Relay (5th)
David Parker	1996	NAIA 400 Hurdles (4th)
	1996	NAIA 4x400 Relay (5th)
	1997	NAIA 4x400 Relay (5th)
	1998	NAIA Scholar-Athlete
	1999	NAIA 400 Hurdles (3rd)
Jim Haley	1997	NAIA 4x400 Relay (5th)
Ian Strauss	2000	NCAA Discus (7th)
Brandon Workman	2000	NCAA Steeplechase (6th)

Women's Team Finishes

Year	Nat'l Rank	Conf./Dist. Rank	Coach
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	c 1st	Wes Cook
1996	+ 8th	* 3rd	Wes Cook
1997	+ 7th	* 4th	Wes Cook
1998	+ 25th	* 4th	Wes Cook
1999	+ 53rd	* 3rd	Wes Cook
2000	& 64th	* 1st	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
& National Collegiate Athletic Association (NCAA), Div. III, National Meet
= Women's Conference of Independent Colleges Meet
NAIA District 2 Meet
c Cascade Collegiate Conference Meet
* Northwest Conference Meet

Women's 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

Records

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)
	1998	NAIA Scholar-Athlete
	1998	GTE Academic All-American
		Third Team Women's At-
		Large College Division



Senior sprinter/long jumper Tyler Gassaway

	1998	NAIA High Jump (3rd)
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)
Rachel Powell	1998	NAIA Scholar-Athlete
Heather Hunt	2000	NCAA Pole Vault (7th)

Men's Records

100m				
10.25	Gregg Griffin	SR	5-18-79	
10.65	Ryan Chaney	JR	5-04-96	
10.75	David Plotts	JR	5-01-99	
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	
200m				
21.31	Ryan Chaney	SR	5-11-97	
21.44	Gregg Griffin	SR	4-27-79	
21.63	David Plotts	JR	5-01-99	
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 Siebert	SR	3-17-79	
22.05	Jim Haley	SR	5-01-99	
22.34	Mark Reynolds	SO	4-27-79	
22.34	Tony Nagle	SO	4-15-89	
400m				
45.98	Ryan Chaney	SR	5-23-97	
48.15	Tim Conley	SR	5-12-90	
48.34	Werner Siebert	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	
48.74	Jim Haley	SR	5-08-99	
48.94	Eric Costa	SO	5-01-99	
48.97	Jason Lewis	JR	5-08-93	
49.34	Josh Howery	SR	4-19-98	
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	Bruce Greene	FR	5-14-76	
3:52.74	Todd Bos	SR	4-20-91	
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	
8:40.68	Steve Willmer	SO	2000	
8:40.74	Erik Gibson	JR	1995	
8:42.34	Brandon Workman	SO	1998	
8:44.64	Mark Mohnen	JR	1990	

8:45.04	Ken Ball	SO	1972	
8:45.14	Steve Stuart	FR	1977	
8:45.74	Curt Ankeny	SR	1974	
8:47.04	Jon Wright	SO	1991	
5,000m				
14:22.64	Steve Blikstad	SR	5-12-79	
14:28.44	Jonathan Morse	SO	4-16-82	
14:45.64	Steve Stuart	SR	5-02-80	
14:46.24	Brandon Workman	SR	4-14-00	
14:53.14	Mark Mohnen	JR	4-28-90	
14:53.39	Erik Gibson	JR	3-24-95	
14:53.54	Jerrad 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	
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	Jerrad 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	
14.47	Oavid Parker	SR	5-25-99	
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	
15.19	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	
52.75	Scott Edinger	JR	5-25-99	
53.24	Rick Frisk	SO	4-24-81	
54.24	Duane Swafford	JR	4-26-80	
54.54	Scott Brown	SR	4-20-91	
54.80	Zach Davidson	FR	4-22-00	
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	
9:05.40	Brandon Workman	SR	5-26-00	
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	
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	Gary Oemain	JR	5-12-79	
6-6	Jared Gallop	FR	3-11-95	
6-6	Scott Edinger	SO	2-22-97	
6-6	Matt Reynolds	SO	3-29-97	
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	
14-1.75	David Parker	JR	4-25-98	
14-0.5	J.J. Arthur	JR	4-10-99	
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	
Long Jump				
23-9	Amadu Koroma	SR	5-20-78	
23-7.25	Rob Rising	SO	5-20-93	
23-0.25	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	
22-3.75	Tyler Gassaway	JR	5-05-00	
22-3	Aaron Young	SR	3-30-96	
22-1.5	Randy Winston	SR	4-28-73	
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	
48-10.75	Ian Strauss	SR	5-05-00	
48-2	Allan Morrow	SO	3-05-77	
48-0	Larry Benson	FR	1967	

46-5.5	Jeff Votaw	JR	4-24-99	
46-0.75	Joel Strunk	SR	3-25-00	
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	
45-0.5	Shane Bentley	FR	5-01-98	
Discus				
168-6	Charlie Keeran	SR	5-23-80	
165-7	Ian Strauss	SR	5-06-00	
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	
144-9	Jeff Votaw	JR	5-01-99	
144-6	Steve Curtis	SR	5-08-82	
144-6	John Smith	SR	5-03-96	
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	
158-7	Joel Strunk	SR	3-25-00	
152-2	Mike Watts	SR	4-26-86	
151-4	Nate Grandle	SR	3-02-90	
149-6	Eric Kunze	SR	5-13-00	
147-0	Dave Elkins	JR	3-14-86	
144-11	Nolan Smith	SR	4-16-82	
144-8	Sam Morrow	SR	3-18-95	
Javelin				
204-10	David Nickell	SO	5-14-88	
196-1	Ty Taylor	SO	4-11-98	
192-2	Jon Roberts	SR	3-25-00	
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	

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	4-13-95	
22:23.5	Oavid Thomas	SR	5-21-95	
24:46.1	Travis Johnson	SO	4-07-95	
25:35.7	Alin Ifrim	FR	5-08-95	
10,000m Racewalk				
45:40.5	Vance Godfrey	SR	3-15-95	
47:10.2	David Thomas	JR	4-18-95	
51:27.2	Travis Johnson	SO	4-21-95	
59:40.8	Dan Price	FR	5-11-95	
59:49.0	Jack Winter	JR	5-10-95	
60:37.0	Dave Wilkinson	SO	5-10-95	

Records

400m			
56.22	Shavon Dennis	FR	1980
57.51	Heidi Haley	SR	1997
57.70	Kristin Oelrich	SO	1996
57.97	Nancy Rissmiller	SR	1998
58.21	Amy Redenius	FR	1996
58.23	Ginean Lewis	JR	1992
58.41	Liz Stephens	SR	1996
58.87	Stephanie Castillo	FR	1995
59.46	Kelly Scrutton	FR	1994
59.48	Jessica Adams	SR	2000

800m			
2:13.44	Debbie Kintrea	JR	1992
2:14.56	Nancy Rissmiller	SO	1996
2:16.00	Jamie McElwain	JR	2000
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
2:18.99	Ember Brosius	JR	2000
2:20.34	Kay Mattson	SO	1983

1,500m			
4:36.24	Juli Cyrus	JR	1993
4:40.92	Jill (Jamison) Beals	FR	1989
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
4:44.19	Ember Brosius	JR	2000
4:45.92	Phaydra Newport	SO	1991
4:47.54	Jamie McElwain	JR	2000
4:48.14	Brooke Barton	FR	1994

3,000m			
9:46.30	Juli Cyrus	SO	1992
9:53.94	Jill (Jamison) Beals	JR	1991
10:05.03	Oawn Hartwig	SR	1996
10:09.94	Michelle Brown	JR	1992
10:11.06	Brooke Barton	FR	1994
10:12.45	Phaydra Newport	JR	1992
10:13.75	Ember Brosius	JR	2000
10:19.34	Rebekah Ulmer	SO	1996
10:26.07	Tori Taylor	SO	2000
10:26.44	Dianne Petersen	SR	1991

5,000m			
16:45.75	Jill (Jamison) 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
18:04.64	Ember Brosius	JR	2000
18:19.10	Tori Taylor	SO	2000
18:20.00	Angela Murrell	JR	1992

10,000m			
34:25.74	Jill (Jamison) 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



Sprinter/hurdler Sharon Barnett (1997-2000)

38:41.54	Phaydra Newport	SO	1991
40:01.72	Angela Linder	SR	1996
40:03.84	Mindy Fox	FR	1992
40:29.14	Melody McCart	SO	1998
40:33.94	Nancy Roley	SR	1986

Half Marathon			
1:23:25	Jill (Jamison) Beals	JR	1991
1:39:44	Anita Linhart	FR	1991

Marathon			
3:51:07	Kali Haverstock	FR	1987

Heptathlon			
4556	Marlyss Stenberg	SR	1993
4362	Liz Stephens	SR	1996
3834	Tina Stauffer	SO	1993
3631	Cheryl Shepherd	JR	1992
3562	Tori Taylor	FR	1999
3528	Karrie Kiester	FR	1997
3454	Keelie Keown	FR	1994
3445	Heidi Smith	FR	1999
3445	Jennifer Christiansen	JR	1996
3323	Kelli Hagen	JR	1988

100m High Hurdles			
14.57	Sharon Barnett	JR	1999
14.87	Karrie (Kiester) Nelson	SR	2000
14.88	Liz Stephens	JR	1995
15.17	Karen Maxwell	JR	1980
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

400m Low Hurdles			
61.29	Liz Stephens	SR	1996
62.78	Marlyss Stenberg	SR	1993
63.86	Karrie (Kiester) Nelson	SR	2000
64.02	Megan Heuberger	FR	2000
65.24	Karen Maxwell	JR	1980
65.41	Sharon Barnett	JR	1999
65.84	Nora Thompson	SR	1984
66.07	Holly Irvine	FR	1994
67.07	Eva Crawford	SO	1993
67.34	Saundra Burns	SO	1980

3,000m Steeplechase			
11:39:20	Tori Taylor	SO	2000

High Jump			
5-10	Nancy Rissmiller	FR	1995
5-7	Kathy Brown	JR	1994
5-5	Tina Golden	FR	1991
5-4.5	Amy Forbes	JR	2000
5-4	Sue Woolsey	SR	1987
5-4	Rachel Powell	FR	1996
5-3.75	Melody Groeneveld	SO	1983
5-3	Maryann Mason	JR	1979
5-3	Keelie Keown	FR	1994
5-3	Angie Powell	FR	1997

Long Jump			
17-11.25	Marlyss Stenberg	JR	1992
17-5	Jacquie Williams	FR	1980
17-2.25	Kara Erickson	JR	1998
16-11.75	Julie Lang	SO	1977
16-10	Sue Banta	FR	1977
16-9.75	Celeste Wallwork	FR	1999
16-9.75	Sharla Rhoades	SO	1997
16-9.5	Jocelyn Kennedy	SO	1998
16-9.5	Kelsey Baron	FR	2000
16-3.25	Liz Stephens	SR	1996

Triple Jump			
37-8	Jocelyn Kennedy	SR	2000
37-3	Sharla Rhoades	SR	1999
36-5	Heidi Smith	FR	1999
36-2.75	Kelsey Baron	FR	2000
35-4.5	Kara Erickson	JR	1998
34-6.25	Celeste Wallwork	FR	1999
34-5.75	Colleen Forbes	FR	1999
34-4.5	Kelli Hagen	SR	1991
33-6	Tina Stauffer	FR	1992
33-2	Debbie Sitz	FR	1990

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
37-11.25	Marian Stevens	FR	1999

Discus			
151-1	Paula Wittenburg	SR	1986
143-7.5	Nancy Katus	JR	1989
131-7	Marian Stevens	FR	1999
126-3	Leah Johanson	JR	1995
125-1	Sarah Norum	FR	1998
124-7	Paige Lewis	FR	2000
121-11	Danielle Wilson	FR	1988
121-7	Cheryl Funk	SO	1986
120-1	Rachel Lewis	JR	1995
119-9	Karen Gurske	FR	1981

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
131-3	Lori Miller	JR	2000
122-1	Eva Pattee	FR	1991
117-3	Tonya Smith	FR	1989
114-11	Marina Kielpinski	FR	1998

4x100m Relay			
48.56	Bentley, Butler, Burrus, Scrutton		5-25-94
48.86	Baltz, Oelrich, Rissmiller, Redenius		4-27-96
49.08	Oelrich, Burrus, Rissmiller, Scrutton		5-26-95
49.23	Oelrich, Haley, Rissmiller, Redenius		5-04-96
49.42	Chaney, Fromdahl, Rhoades, Barnett		4-25-98
49.44	Bentley, Stenberg, Ti. Golden, Gortler		4-24-93
49.54	Davis, Maxwell, Williams, Dennis		4-19-80
49.54	Baltz, Oelrich, Haley, Redenius		4-13-96
49.60	Chaney, Fromdahl, Rhoades, Barnett		1998
49.61	C. Forbes, Heuberger, Baron, Barnett		2000

4x400m Relay			
3:46.06	Oelrich, Stephens, Rissmiller, Redenius		5-28-96
3:47.50	Oelrich, Haley, Rissmiller, Redenius		5-24-96
3:49.04	Oelrich, Haley, Rissmiller, Redenius		5-22-97
3:51.62	Oelrich, Scrutton, Stephens, Rissmiller		4-29-95
3:52.80	Baltz, Oelrich, Rissmiller, Haley		5-10-97
3:53.55	Rhoades, Chaney, Barnett, Rissmiller		4-25-98

3:53.73	Rhoades, Barnett, Chaney, Rissmiller		1998
3:53.93	Oelrich, Scrutton, Castillo, Rissmiller		1995
3:54.04	Oelrich, Haley, Rissmiller, Redenius		1997
3:54.19	Baltz, Oelrich, Rissmiller, Haley		1997

4x800m Relay			
9:24.26	Cyrus, VanSise, Conley, Kintrea		3-27-92
9:28.21	Rissmiller, McElwain, Butler, Peterson		5-21-98
9:29.9	Rissmiller, Butler, McElwain, Peterson		4-18-98
9:30.44	Butler, Hartwig, Morrow, Rissmiller		3-18-95
9:30.83	Heuberger, Taylor, McElwain, Brosius		3-18-00
9:35.87	Van Tassel, Campbell, Smith, Kintrea		3-20-93
9:51.98	Burk, Merritt, Taylor, McElwain		5-08-99
9:51.99	Butler, Merritt, McElwain, Peterson		5-09-98
9:55.7	Newport, Jamison, Morgan, Kintrea		3-10-93
9:59.70	McElwain, Burk, Hyde, Taylor		1999

Pole Vault			
12-1.5	Heather Hunt	JR	2000
9-6.5	Helena Telfer	FR	2000
9-6.25	Jen Christiansen	SR	1997
7-6	Sarah Bain	FR	1996
7-0	Cherish Carroll	FR	1996

Hammer			
115-0	Erin Simon	FR	2000
109-8	Lindsay Walker	FR	1999
107-1	Leah Johanson	SR	1996
100-5	Marian Stevens	FR	1999
98-7	Jenny Bonnell	FR	1997
97-11.5	Jennifer Adams	FR	1998
94-5	Trisha Rathka	FR	1998
76-10	Becci Harper	JR	1996
67-8.75	Sarah Norum	FR	1998
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 Oriesner	JR	1982

Men's Colcord Field Records

100m	10.82	Micheal Chapin	Western Oregon	4/17/99
200m	21.64	Ryan Chaney	George Fox	4/13/96
400m	47.89	Ryan Chaney	George Fox	2/22/97
800m	1:52.45	Jon Swanson	Unattached	4/26/97
1,500m	3:50.5	Wes Tilgner	Western Oregon	4/04/87
3,000m	8:33.6	Sean Messiter	Nike	3/31/90
5,000m	14:33.3	Don Stearns	Eastern Oregon	5/09/81
10,000m	30:25.3	Oon Stearns	Eastern Oregon	4/08/81

5,000 Racewalk	21:51.2	Vance Godfrey	George Fox	4/13/91
10,000 Racewalk	43:47.5	Vance Godfrey	Athletes in Action	4/02/94

20,000 Racewalk	1:28:32.3	Vance Godfrey	Athletes in Action	4/02/94
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110m HH	13.7	Adolphus Onua	George Fox	4/13/85
400m IH	52.70	David Parker	George Fox	4/17/99

3,000 Steeple	9:13.4	Brandon Workman	George Fox	5/05/00
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2,000 Steeple	5:50.08	Todd Davis	Portland	3/06/99
H. Jump	6-11.25	Tim Hagen	George Fox	4/14/90
Pole Vault	16-0	Curt Heywood	Unattached	2/24/96
		Greg Jordan	Linfield	2/24/96

Lg. Jump	23-6.75	Gareth Pooleon	Willamette	5/09/87
Tr. Jump	50-8	Jim McCann	Oregon International	2/21/98

Shot Put	59-8.5	Randy Settell	Southern Oregon	5/10/87
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Discus	186-1	Kevin Carr	Bruin TC	4/17/99
Hammer	220-3	Travis Nutter	Unattached	6/15/00
Javelin	216-6	Tony Alvarez	Linfield	4/26/97

4x100	41.34	Portland State		3/06/99
4x400	3:17.03	Edinger, Haley, Parker, Chaney	George Fox	4/26/97

4x800	7:55.5	Mantallas, Autrey, Nichols, Edinger	George Fox	4/18/98
Decathlon	6,368	Ross Kennedy	Southern Oregon	4/17-18/95

Women's Colcord Field Records

100m	12.33	Melody Sherman	Linfield	5/06/00
200m	25.06	Melody Sherman	Linfield	5/06/00
400m	56.68	Amber Larsen	Linfield	5/06/00
800m	2:09.48	Beth Fitzgerald	Willamette	4/17/99
1,500m	4:28.00	Claire Taylor	Unattached	4/17/99
3,000m	9:29.84	Annette Peters	Nike	4/26/96
5,000m	17:34.34	Jill Jamison Beals	George Fox	4/01/89
10,000m	37:41.34	Molly Ostlund	U. Portland	5/10/85
100 H	14.87	Sarah LeVellar	Seattle	

Records

Men's Track & Field Class Records

Seniors	Juniors	Sophomores	Freshmen
100m 10.43Gregg Griffin’79	10.25wGregg Griffin’78	10.58Gregg Griffin’77	10.84Gregg Griffin’76
200m 21.31Ryan Chaney’97	21.48Ryan Chaney’96	21.64Gregg Griffin’77	21.64Gregg Griffin’76
400m 45.98Ryan Chaney’97	46.58Ryan Chaney’96	47.14Ryan Chaney’95	47.63Ryan Chaney’94
800m 1:50.00Todd Bos’91	1:53.45Todd Bos’90	1:52.94Wendell Otto’79	1:52.82Jonathan Morse’91
1,500m 3:50.97Steve Stuart’80	3:51.44Jonathan Morse’93	3:46.25Jonathan Morse’92	3:50.54Jonathan Morse’91
3,000m 8:39.14Steve Blikstad’79	8:25.34Jonathan Morse’93	8:33.74Steve Blikstad’77	8:45.14Steve Stuart’77
5,000m 14:22.64 ...Steve Blikstad’79	14:31.17Jonathan Morse’93	14:28.44Jonathan Morse’92	14:53.54Jerred 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 14.28Adolphus Onua’87	13.94Adolphus Onua’85	14.84Rick Frisk’81	14.84Mark Reynolds’78 14.84Scott Cummins’87
400 Hurdles 52.34Chad Neeley’78	53.25David Parker’98	52.30David Parker’97	53.43David Parker’96
Steeplechase 8:50.04Steve Blikstad’79	9:03.88Erik Gibson’95	8:50.16Steve Blikstad’77	9:13.51Erik Gibson’92
Marathon 2:27.27Curt Ankeny’74	2:25:19Curt Ankeny’72	2:30:51Curt Ankeny’73	2:30:28Curt Ankeny’71
High Jump 7-0.5Tim Hagen’90	6-10.75Tim Hagen’89	6-10.75Tim Hagen’88	6-10.25Aaron Young’92
Long Jump 23-9Amadu Koroma’78	22-10.5Andrew Stave’97	23-7.25Rob Rising’93	23-5.25Shane Covelli’90
Triple Jump 48-7.5Aaron Young’96	48-5.5Mark Halland’72	47-7Aaron Young’93	47-10.5Aaron Young’92
Pole Vault 15-8Dave McDonald’71	15-7John Smith’95	15-8Dave McDonald’69	15-0John Smith’93
Shot Put 54-10Bob Hadlock’69	55-3Bob Hadlock’68	53-9Bob Hadlock’67	52-1.5Bob Hadlock’66
Discus 168-6Charlie Keeran’80	155-6Jonathan Huwe’93	158-5Jonathan Huwe’92	148-11Mike Watts’83
Javelin 192-2Jon Roberts’00	180-4John Smith’95	204-10David Nickell’88	190-6David Nickell’87
Hammer 170-3Allan Morrow’79	159-0Steve Curtis’81	156-11Steve Curtis’79	141-4Steve Curtis’78
Decathlon 6,451Keith Wigley’86	7,138John Smith’95	6,800David Parker’97	6,176David Parker’96
5,000 Walk 21:51.2Vance Godfrey’91	22:23.5David Thomas’93	23:43.2David Thomas’91	24:47.1David Thomas’90
10,000 Walk 45:40.5Vance Godfrey’91	47:10.24 ...David Thomas’92	49:10.6Vance Godfrey’89	51:13.3David Thomas’90
1,500 Walk 6:07.0Vance Godfrey’90			
3,000 Walk 12:42.1Vance Godfrey’91			

Women's Track & Field Class Records

Seniors	Juniors	Sophomores	Freshmen
100m 12.70Kristin Chaney’98	12.34Janet Johnson’65	12.25Jacque Davis’81	12.05Jackie Jackson’81
200m 26.39Kristin Chaney’98	25.64Janet Johnson’65	26.02Kelly Scrutton’95	24.84Joyce Yates’79
400m 57.51Heidi Haley’97	58.23Ginean Lewis’92	57.70Kristin Delrich’96	56.22Shavon Davis’80
800m 2:14.74Debbie Kintrea’93	2:13.44Debbie Kintrea’92	2:14.54Debbie Kintrea’90	2:19.12Nancy Rissmiller ...’95
1,500m 4:41.28Dawn Hartwig’96	4:36.24Juli Cyrus’93	4:38.78Juli Cyrus’92	4:40.92Jill Jamison’89
3,000m 9:59.39Jill (Jamison) Beals ’92	9:46.42Juli Cyrus’93	9:46.30Juli Cyrus’92	9:54.24Jill 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 14.63Sharon Barnett’00	14.57Sharon Barnett’99	14.73Sharon Barnett’98	14.68Sharon Barnett’97
Low Hurdles 61.29Liz Stephens’96	63.11Liz Stephens’95	63.07Liz Stephens’94	64.02Meghan Heuberger ...’00
Heptathlon 4,556Maryss Stenberg’93	4,318Maryss Stenberg’92	4,179Maryss Stenberg’91	3,937Maryss Stenberg’90
Pole Vault 9-6.25Jen Christiansen ...’97	12-1.5Heather Hunt’00	11-6Heather Hunt’99	11-9.75Heather Hunt’98
High Jump 5-8.75Nancy Rissmiller ...’98	5-9Nancy Rissmiller’97	5-9.75Nancy Rissmiller’96	5-10Nancy Rissmiller’95
Long Jump 17-11Maryss Stenberg ...’93	17-11.25 ...Maryss Stenberg ...’92	17-5Maryss Stenberg’91	17-5Jacquie Williams ...’80
Triple Jump 37-8Jocelyn Kennedy ...’00	36-2.25Jocelyn Kenndy ...’99	36-2.25Sharla Rhodes’97	36-5.75Jocelyn Kennedy ...’97
Shot Put 38-10Paula Wittenburg ...’86	39-10.5Paula Wittenburg ...’85	42-1Karen Gurske’82	42-3.5Karen Gurske’81
Discus 151-1Paula Wittenburg ...’86	145-3Paula Wittenburg ...’85	146-9Paula Wittenburg ...’84	138-7Paula Wittenburg ...’83
Javelin 155-0Denise Fox’89	156-11Becci Harper’96	142-9Leah Johanson’94	154-10Sue Banta’77
Hammer 107-1Leah Johanson’96	76-10Becci Harper’96		115-0Erin Simon’00
1,500 Walk 8:37.9Liz Evon’94	8:37.9Liz Evon’94	8:59.2Liz Evon’93	
3,000 Walk 19:13.5Debbie Driesner ...’82	16:50.0Kristin Thomas’93	17:42.64Liz Evon’92	

About the University

George Fox is growing in size and reputation. Enrollment has more than quadrupled in the last 15 years, increasing from 549 in 1986 to 2,636 in the fall of 2000.

In the same time span, George Fox has been named one of "America's Best Colleges" 13 times by *U.S. News & World Report*. In 2000, George Fox ranked second overall and first in acad-

emic reputation among Western regional liberal arts colleges. The magazine also named the University one of the region's best values among schools in its category.

George Fox offers unique programs to its students. Every incoming freshman is given a computer to use and keep upon graduation. When students reach their third year, they are eligible for the

Juniors Abroad program, in which the University pays transportation costs for an overseas study tour.

Early Willamette Valley Quaker settlers established Pacific Academy in 1885. The college division was organized in 1891 to provide more advanced instruction. In 1949, because of the many colleges in the Northwest with "Pacific" in their name, Pacific College was renamed George Fox College in honor of the founder of the Friends (Quaker) Church.

In 1996, with the addition of Western Evangelical Seminary, George Fox became a university, offering students a Christ-centered education and the choice of 35 undergraduate majors and nine graduate degrees. On Jan. 1, 2000, the seminary name was changed to George Fox Evangelical Seminary.

George Fox's most prominent alumnus is the late President Herbert Hoover, who attended the school while it was known as Pacific Academy.



Background on the Bruin Nickname

George Fox's Bruin nickname comes from a real bear captured in 1887 just two years after Pacific Academy (the University's predecessor) was established. The small cub was found 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 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 the hide 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 today. "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 for athletic teams came into popularity with sportswriters because of the University's church affiliation, and that nickname was used, along with the 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.



George Fox University Bruin Athletics

Intercollegiate athletics are an important part of George Fox University, home to one of the Northwest's most successful small-college sports programs. Winning programs, however, are accompanied by a proper balance between academics and athletics: George Fox teams are members of the Northwest Conference and compete in Division III of the National Collegiate Athletic Association, in which need and academic ability, not athleticism, determine scholarships and financial aid.

At George Fox University, intercollegiate athletic competition provides a practical application of what is learned in classrooms and practices. Student-athletes compete for conference and national titles at a Christ-centered university where professors and coaches help them grow in mind, body and spirit. The values of athletics are integrated with the goals of Christian higher education in a process that includes

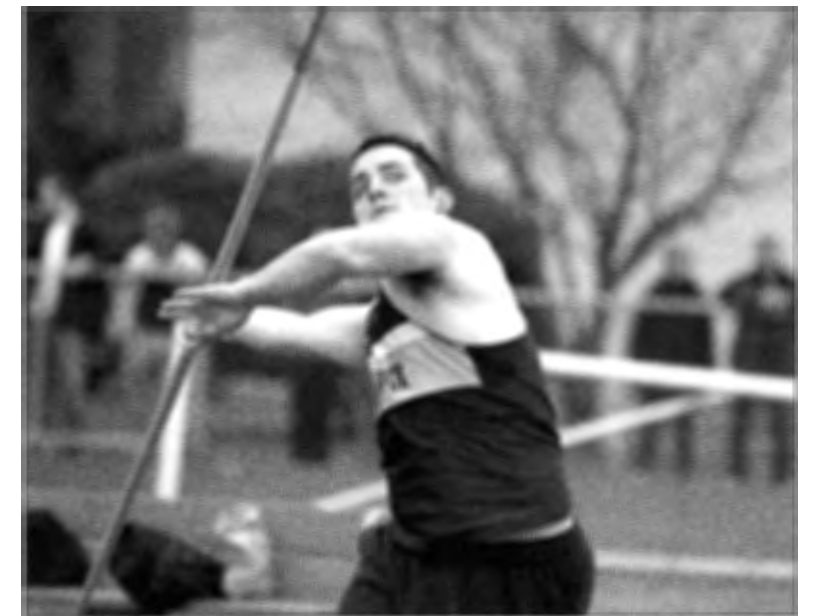
- physical conditioning
- managing emotions
- courage
- teamwork
- cooperation
- being gracious in winning and losing

More than 15 percent of George Fox's traditional undergraduate students participate in the school's 13 varsity sports, seven for women and six for men. Their records over the years serve as shining testimonies to the administration's conviction that an institution can play for the glory of God, follow the rules and ethics of its governing organizations, and be successful on the fields and courts of competition.

Consider that:

- George Fox has earned district or conference titles in nine sports during the 1990s.

- George Fox athletes have earned more than 250 All-American and All-American Scholar-Athlete honors.
- Nine of the 11 coaches on staff have been named district or conference Coach of the Year at least once.
- George Fox coaches have held their positions for an average of nearly eight years, and together have accumulated more than 1,000 collegiate wins.



The 2001 George Fox University Track & Field Guide was produced by the Office of Sports Information in the Department of University Relations, Barry Hubbell, director. Writer and editor: Blair Cash, sports information director. Writing and editing assistants: sports information student assistants Brian Durick, John Felton, Ernie Sturzinger. Proofreading: Connie Ganz. Design and layout: Colin Miller. Photography: Anita Cirulis, Kirk Hirota. Printing: Michaels Printing, Portland, Oregon.



2001 Track & Field

March

3	Saturday	Linfield Icebreaker	McMinnville, Ore.	10:00 a.m.
10	Saturday	NWC Focus Meet	Salem, Ore.	TBA
17	Saturday	NWC Focus Meet	McMinnville, Ore.	TBA
23-24	Fri.-Sat.	California State-Northridge Invitational	Northridge, Calif.	TBA
26-27	Mon.-Tue.	Linfield Combined Events	McMinnville, Ore.	TBA
31	Saturday	NCAA Division III Challenge	Claremont, Calif.	TBA

April

7	Saturday	Willamette Open (limited)	Salem, Ore.	TBA
13	Friday	Distance Carnival	Newberg, Ore.	6:00 p.m.
14	Saturday	Linfield All-Comers	McMinnville, Ore.	TBA
16-17	Mon.-Tue.	NWC Combined Events	Newberg, Ore.	10:00 a.m.
21	Saturday	Clackamas Open	Oregon City, Ore.	10:00 a.m.
28	Saturday	Western Oregon Open	Monmouth, Ore.	TBA
28	Saturday	Oregon Invitational	Eugene, Ore.	TBA

May

4-5	Fri.-Sat.	Northwest Conference Championships	Salem, Ore.	TBA
12	Saturday	Northwest Regional Open	Salem, Ore.	10:00 a.m.
		or Seattle Pacific Invitational	Seattle, Wash.	TBA
19	Saturday	NCAA Division III Last Chance	Spokane, Wash.	TBA
24-26	Thur.-Sat.	NCAA Division III Championships	Decatur, Ill.	TBA

Home events in bold Home meets at Colcord Memorial Field

All times Pacific and subject to change