

1999

1999 Media Guide

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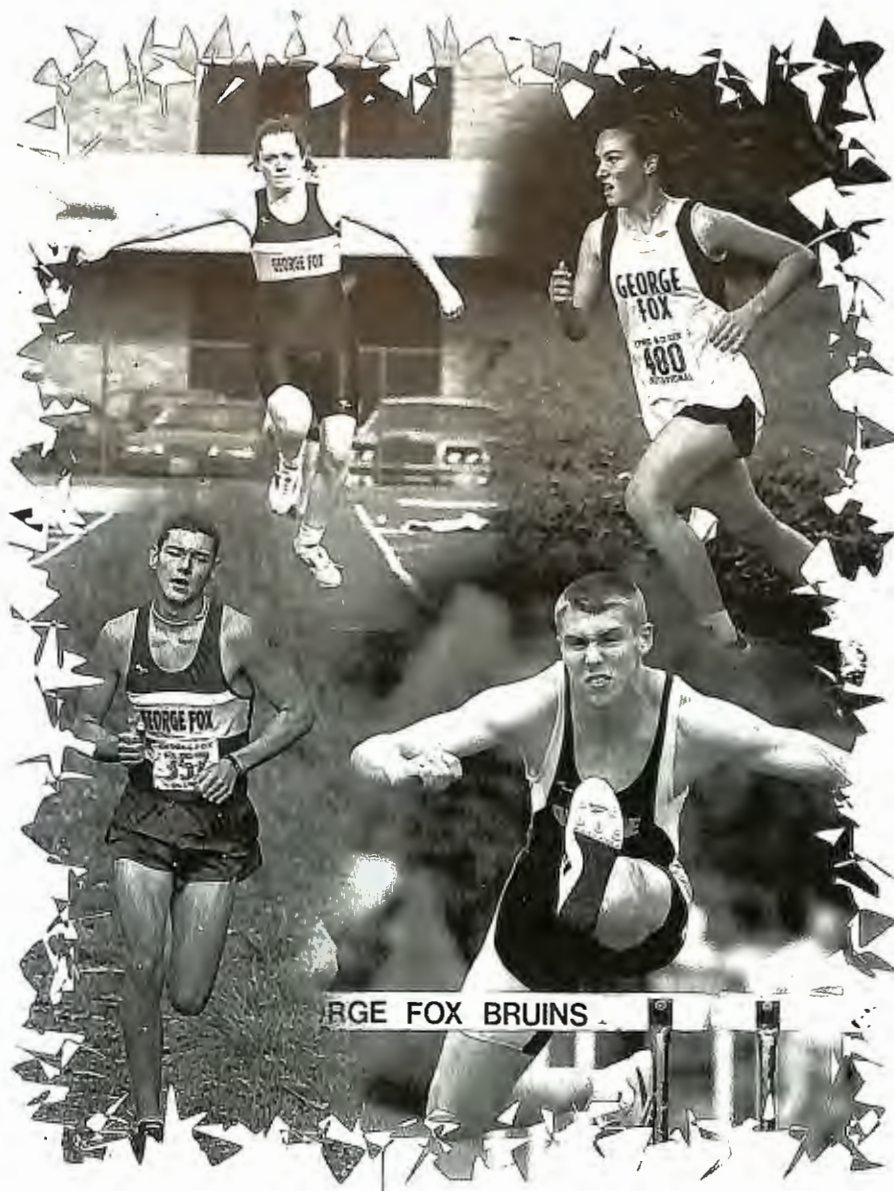
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GEORGE FOX

U N I V E R S I T Y



BRUINS

1999 CROSS COUNTRY
TRACK AND FIELD

George Fox University 1999 Track and Field/Cross Country

<u>Men's Roster</u>	<u>Yr.</u>	<u>Hometown (High School/Previous School)</u>	
J.J. Arthur	Jr.	Albany, Ore. (South Albany HS)	Pole Vault
Ryan Austin	Fr.	Eugene, Ore. (North Eugene HS)	Mid-Distance
Eric Costa	So.	Beaverton, Ore. (Aloha HS)	Sprints
Scott Edinger	Sr.	Colfax, Wash. (Colfax HS)	Hurdles/Decathlon
Jackson Esselman	Fr.	Bellevue, Idaho (Wood River HS)	Distance/XC
Andrew Fodge	Jr.	Canby, Ore. (Canby HS)	Throws
Tyler Gassaway	So.	Oregon City, Ore. (Oregon City HS)	Sprints/Long Jump
Jim Haley	Sr.	Rogue River, Ore. (Rogue River HS)	Sprints
Aaron Haynes	Sr.	Hood River, Ore. (Hood River HS/ Eastern Oregon Univ.)	XC
Daron Hernandez	Jr.	Salem, Ore. (Santiam Christian HS)	XC
Phil Jess	Jr.	Chelan, Wash. (Brewster HS)	Distance/XC
Ryan Kennedy	Fr.	Gresham, Ore. (Reynolds HS)	Throws
David Killian	Fr.	Gresham, Ore. (Sam Barlow HS)	Sprints/Hurdles
Eric Kunze	Jr.	Vancouver, Wash. (Mt. View HS)	Throws
John Mantalas	Jr.	Gladstone, Ore. (Gladstone HS)	Distance/XC
David Nichols	So.	Brookings, Ore. (Brookings-Harbor HS)	Mid-Distance
Scott Oswald	Jr.	Portland, Ore. (Portland Lutheran HS)	Distance/XC
Nathan Paisley	Fr.	Salem, Ore. (North Salem HS)	Distance/XC
David Parker	Sr.	Silverton, Ore. (Salem Academy)	Hurdles/Decathlon
Matt Parker	So.	Silverton, Ore. (Salem Academy)	Sprints/Decathlon
Lafe Paulson	So.	Aumsville, Ore. (Cascade HS)	Mid-Distance/XC
David Plotts	Jr.	Mill City, Ore. (Santiam HS/Chemeketa CC)	Sprints
Jonathan Roberts	Jr.	Portland, Ore. (Portland Christian HS)	Throws
Aaron Routon	Jr.	Newberg, Ore. (Newberg HS)	Pole Vault
Ian Strauss	Jr.	Medford, Ore. (South Medford HS)	Throws
Joel Strunk	Jr.	Salem, Ore. (Salem Academy)	Throws
Ty Taylor	Jr.	Portland, Ore. (Wilson HS)	Throws/XC
Eric Thompson	Jr.	Philomath, Ore. (Philomath HS)	Distance/XC
Forrest Towne	Fr.	Springfield HS, Ore. (Thurston HS)	Distance/XC
Jeff Votaw	Jr.	Dundee, Ore. (Newberg HS)	Throws
Beau West	So.	Klamath Falls, Ore. (Mazama HS)	Sprints
Brandon Workman	Jr.	Moscow, Idaho (Moscow HS)	Distance/XC

<u>Women's Roster</u>	<u>Yr.</u>	<u>Hometown (High School/Previous School)</u>	
Jessica Adams	Jr.	Lake Oswego, Ore. (Lakeridge HS/ Texas Christian Univ.)	Sprints
Sharon Barnett	Jr.	Salem, Ore. (Salem Academy)	Hurdles/Sprints
Kasey Burke	Jr.	Culver, Ore. (Culver HS)	Mid-Distance/XC
Christina Davis	Fr.	Lynnwood, Wash. (Meadowdale HS)	Sprints
Amy Forbes	So.	Jackson, Wyo. (Jackson Hole HS)	Jumps
Colleen Forbes	Fr.	Jackson, Wyo. (Jackson Hole HS)	Jumps
Ilse Friberg	So.	Prosser, Wash. (Prosser HS)	Throws
Alisha Howery	Sr.	Greenleaf, Idaho (Greenleaf Friends Academy)	XC
Heather Hunt	So.	Turner, Ore. (Salem Academy)	Pole Vault
Tracey Hyde	Jr.	Greenleaf, Idaho (Greenleaf Friends Academy)	Mid-Distance/XC
Jocelyn Kennedy	Jr.	Gresham, Ore. (Gresham HS)	Jumps
Karrie Kiester	Jr.	Medford, Ore. (South Medford HS)	Hurdles/Heptathlon
Pamela Longman	Jr.	Kelso, Wash. (Kelso HS)	Throws
Al Manitsas	Fr.	Newberg, Ore. (Newberg HS)	Distance
Melody McCart	Jr.	Tumwater, Wash. (Tumwater HS)	XC
Jamie McElwain	So.	Tigard, Ore. (Tigard HS)	Mid-Distance/XC
Marisa Merritt	So.	Portland, Ore. (Westside Christian HS)	Distance/XC
Lori Miller	So.	Canby, Ore. (Canby HS)	Throws
Nicola Murphy	So.	Grass Valley, Calif. (Nevada Union HS)	Jumps
Jessica Nies	Jr.	Grass Valley, Calif. (Nevada Union HS)	Throws
Kirsten Norgaard	Fr.	Everett, Wash. (Everett HS)	Distance/XC
Rosey Ofsie	Fr.	Amity, Ore. (Amity HS)	Distance/XC
Paige Orton	Fr.	Hillsboro, Ore. (Glencoe HS)	Mid-distance/XC
Angela Powell	Jr.	Roseburg, Ore. (Roseburg HS)	Jumps/Throws
Rachel Powell	Sr.	Turner, Ore. (Cascade HS)	Jumps
Sarah Powell	Fr.	Turner, Ore. (Cascade HS)	Sprints
Sharla Rhoades	Sr.	Bothell, Wash. (Inglemoor HS)	Sprints/Jumps
Rebecca Rising	Fr.	Tulane, Calif. (Tulane Western HS)	Mid-Distance/XC
Heidi Smith	Fr.	Lakeside, Ore. (North Bend HS)	Jumps/Sprints
Karyn Starr	So.	Gresham, Ore. (Sam Barlow HS)	XC
Laurel Starr	Fr.	Yakima, Wash. (West Valley HS)	Distance/XC
Marian Stevens	Fr.	Anchorage, Alaska (Anchorage Christian HS)	Throws
Shannon St. Lawrence	Jr.	Yakima, Wash. (A.C. Davis HS)	XC
Tori Taylor	Fr.	Portland, Ore. (Wilson HS)	Mid-Distance/XC
Lindsay Walker	Fr.	Woodburn, Ore. (Woodburn HS)	Throws
Celeste Wallwork	Fr.	Stanfield, Ore. (Stanfield HS)	Jumps/Pole Vault
Amy Weybright	So.	Beaverton, Ore. (Aloha HS)	Mid-Distance/XC

HOW TO REACH US

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On the Cover

Sharla Rhoades, top left
 Tori Taylor, top right
 Brandon Workman, bottom left
 David Parker, bottom right

GEORGE FOX FACTS

University Location Newberg, Ore.
 Founded 1891
 Church Affiliation Evangelical Friends (Quaker)
 Enrollment 2,300
 Athletic Affiliation NCAA Div. III/
 Northwest Conference
 Head Coach Wes Cook
 Assistant Coaches Scott Brown, Kevin Carr,
 Dave Guzman, John Luccio, Chad Riddle, John Smith
 1998 Finishes:
 Women's Track & Field: 25th at NAIA National Meet
 Men's Track & Field: 3rd at NW Conference Meet
 Women's Cross Country: 29th at NAIA National Meet
 Men's Cross Country: 28th at NAIA National Meet
 Colors Old Gold and Navy Blue
 President Dr. David Brandt
 Athletic Director Craig Taylor
 Athletic Trainer Dale Isaak
 Sports Information Director Rob Felton



TOP LEFT TO RIGHT

Heather Hunt

David Parker

Jim Haley

Scott Edinger

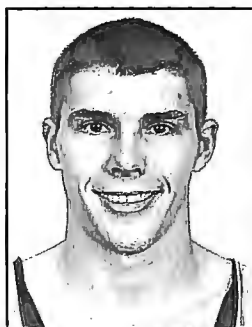
Sharon Barnett and Karrie Kiester





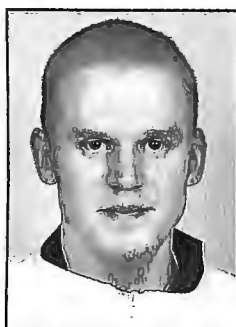
**Sharon
Barnett**

Junior
Salem Academy
Salem, Ore.
1997 100-meter
hurdles (2nd)



**David
Parker**

Senior
Salem Academy
Silverton, Ore.
1996 4x400-meter
relay (5th)
1996 400 hurdles
(4th)
1997 4x400 meter
relay (5th)
1998 All-American
Scholar-Athlete



Jim Haley

Junior
Rogue River HS
Rogue River,
Ore.
1997 4x400-meter
relay (5th)



**Rachel
Powell**

Senior
Cascade HS
Turner, Ore.
1998 All-American
Scholar-Athlete



**Alisha
(Mulkey)
Howery**

Senior
Greenleaf
Friends
Academy
Wilder, Idaho
1998 Cross
Country
All-American
Scholar-Athlete



**Melody
McCart**

Junior
Tumwater HS
Tumwater, Wash.
1998 Cross
Country
All-American
Scholar-Athlete

Wes Cook and Scott Brown

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



Wes Cook

Wes Cook has turned George Fox University into a small college powerhouse in cross country and track and field.

In his 12 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 have occasionally reached up and knocked 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 of 19.

His athletes have won 79 NAIA All-American awards and have performed just as well in the classroom, earning 50 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 been involved nationally as an NAIA national rater and served on the NAIA women's track and field games committee. He 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 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 and his Master of Education in 1998 from George Fox. After serving as an assistant coach at Clackamas Community College in 1992, he joined the George Fox coaching staff. His responsibilities are the hurdles, vertical jumps and combined-events. In his six years, he's coached 23 athletes at George Fox that have become NAIA All-Americans, and three that became NAIA national champions.

During the last two years, he served as the NAIA national women's track and field ranker. He performed the same task for the Northwest Conference in 1998. He also has written an article on hurdling titled "Hurdling 101" in "Sprinting and Hurdling" by Keeba Tolbert. He

currently is collaborating on a book aimed at helping middle school coaches organize their track and field programs.

Brown currently is a math and science teacher at Fred Patton Middle School in the McMinnville School District. He 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 four seasons at George Fox, he has coached nine relay teams to NAIA national meet appearances, five 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, he owns an insurance business in Salem.

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

JOHN LUCCIO draws on 41 years of coaching experience to help George Fox 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.



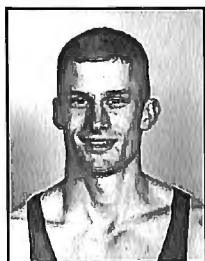
His resume includes a five-year stint as assistant track coach at University of California-Santa Barbara, where one team finished as the NCAA national runner-up.

He went on to high school head coaching jobs at Illinois Valley (Cave Junction, Ore.) High School and Sherwood (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. The girls cross country team took third in the state.

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.

Luccio continues to be active. He competes in master's division track and field competition, ranking in the nation's top-15 in javelin, 300-meter low hurdles and triple jump.

He recently retired after 39 years of teaching health and physical education in Oregon and California. He and his wife, Margaret, have seven children and live in Wilsonville.



First-year assistant coach **JOHN SMITH** is one of the top decathletes in the U.S.

He ranked 34th in the nation after scoring a personal-record 7,311 in 1997. Smith competes for Oregon International and won the University of Oregon Invitational decathlon and took second at the Rocky Mountain Invitational Decathlon.

Smith graduated from George Fox in 1996 after twice winning NAIA All-American titles in the decathlon. Smith holds top-10 marks in eight events at George Fox including the second-best mark in the pole vault.

Smith is a graduate of North Bend (Ore.) High School, where he earned all-state honors and set the 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 in Portland, Ore., 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 George Fox track and cross country All-American Dawn (Hartwig), live in Newberg.

Volunteer assistant coach **KEVIN CARR** was the ninth-ranked discus thrower in the United States in 1997. His personal best is 61.38 meters (201-4).

Carr was a 1986 NCAA Div. I All-American for University of Oregon and competed at the 1988 Olympic Trials. He currently throws for Oregon International.

He has qualified for the U.S. Track and Field Championships five times.

Carr has a background in athletics and Christian ministry. He led a Fellowship of Christian Athletes group in Roseburg and traveled to Scandinavia with an Athletes In Action European Ministry Team in 1990.

After earning his bachelor's degree in physics at Oregon, he went on to earn his a master's degree in physics and Ph.D. in science education at University of Idaho

Carr has a full-time position at George Fox as assistant professor of education.

Carr and his wife, Lisa, have a newborn daughter, Anna, and live in Woodburn.

First-year volunteer assistant **CHAD RIDDLE** is a two-time national qualifier in the hammer event at the NAIA national track meet.

His personal best in the hammer is 177-8. He also threw the discus (P.R. 153-4) and shot put (P.R. 48-10).

Riddle competed for Linfield College and earned his bachelor's degree in exercise science in 1998. He currently works for 24-Hour Fitness in Beaverton as a personal trainer.

Riddle is a graduate of Molalla High School.

His wife, Jenny (Bonnell), is a junior at George Fox. They live in Newberg.

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.

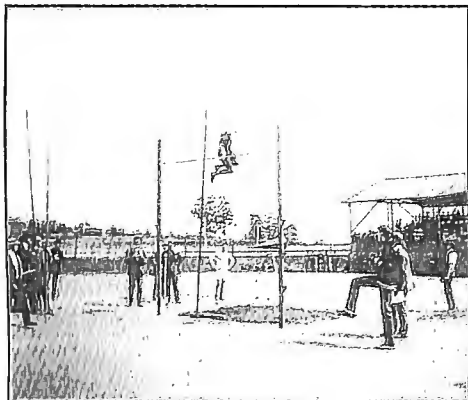
Roy Heater (1898-1902)

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.

He became one of the leading track mentors in the Northwest, coaching at George Fox, Willamette



Roy Heater

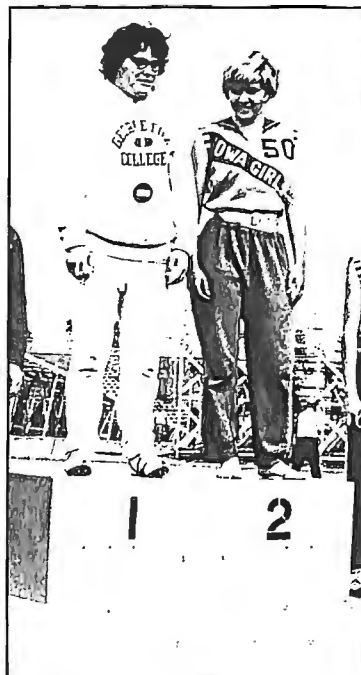
University, Pacific University and Oregon State. Among his students were Slat Gill and A.C. Gilbert, who went on to break the world pole vault record at Yale University.

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 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



1974 marathon All-American Curt Ankeny

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.

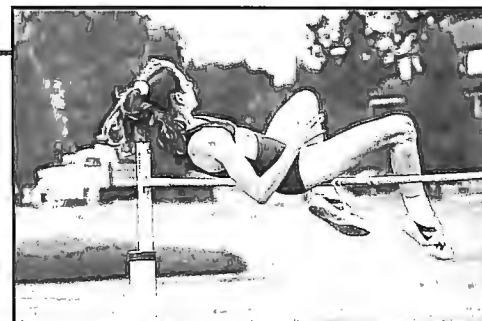


LEFT: Steve Blikstad, George Fox's first NAIA national champion

BELOW: Aaron Young, 1996 triple jump national champion



RIGHT: Two-time national high jump champion Nancy Rissmiller



six events.

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

on to compete in the 1997 USA Track and Field Championships.

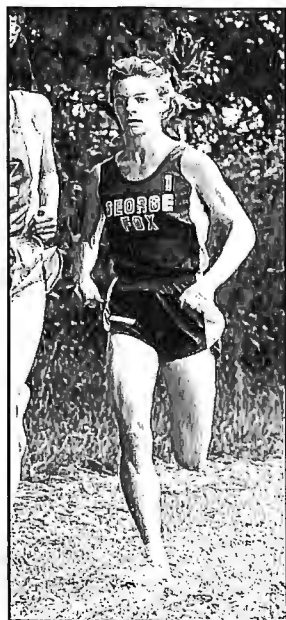
Nancy Rissmiller (1994-98) was named the 1996 NAIA Female Athlete of the Year for all sports by College Sports magazine. During her four-year career, she won two NAIA national high jump titles and earned 11 All-American awards as a track and basketball athlete. She earned four high jump NAIA All-American 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.

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 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



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

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

(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.

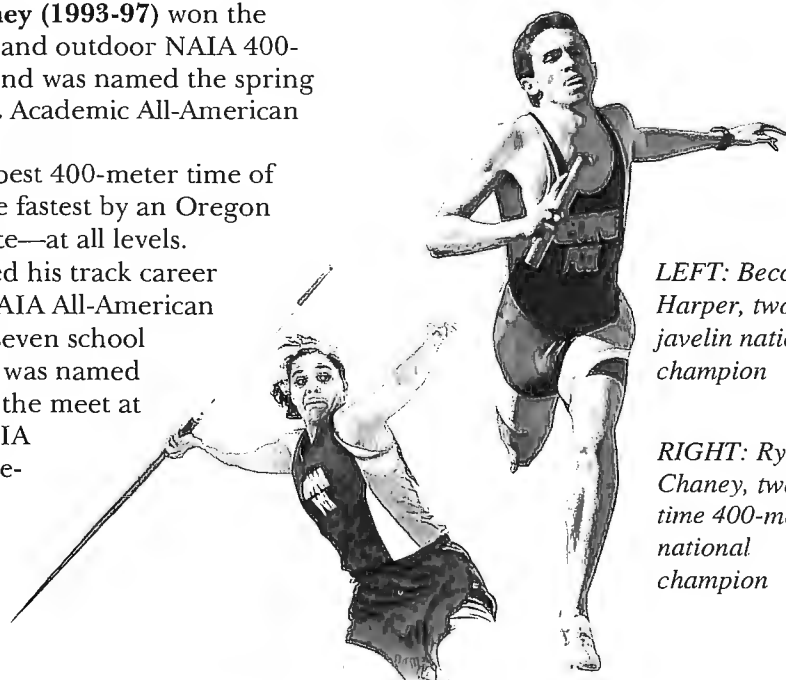
Becci Harper (1995-97) won back-to-back NAIA national javelin titles and was an all-conference basketball player at George Fox. She set the school record with a javelin throw of 156-11 as a junior.

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 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



LEFT: Becci Harper, two-time javelin national champion

RIGHT: 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	# 1st Wes Cook
1989	+ 10th	# 1st Wes Cook
1990	+ 6th	# 1st Wes Cook
1991	+ 5th	# 1st Wes Cook
1992	+ 2nd	# 1st Wes Cook
1993	+ 11th	# 1st Wes Cook
1994	+ 7th	¢ 1st Wes Cook
1995	+ 14th	* 2nd Wes Cook
1996		* 6th Wes Cook
1997		* 4th Wes Cook
1998	29	* 7th 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

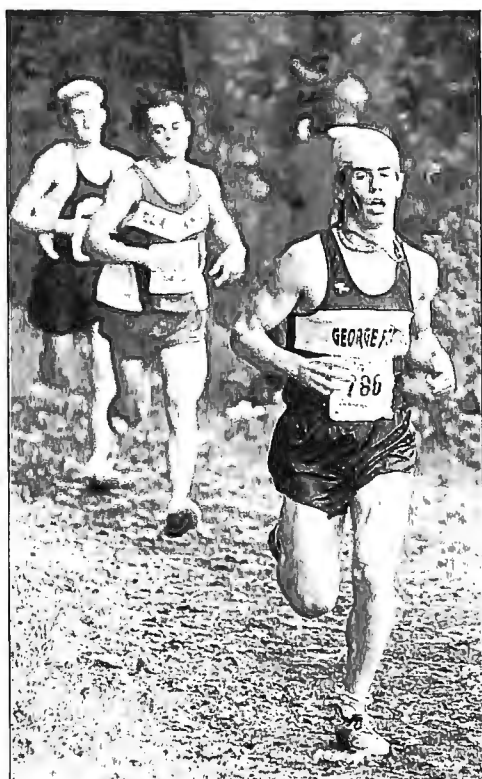
* Northwest Conference Meet

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
Melody McCart	1998	NAIA Scholar-Athlete
Alisha Howery	1998	NAIA Scholar-Athlete



All-Americans Dawn Hartwig (left) and Rebekah Ulmer



1995 All-American Eli Lane

MEN'S CROSS COUNTRY TEAM FINISHES

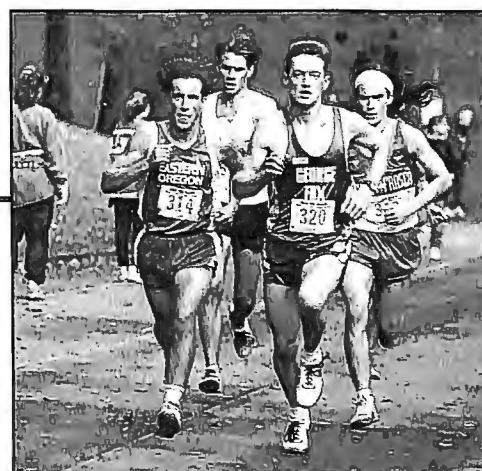
Year	Team Finishes	Coach
	National Conf./Dist.	
1967	# 7th	Dale Orkney
1968	No Team	
1969	# 6th	Burton Lamb
1970	# 7th	Burton Lamb
1971	# 4th	Don Lakin
1972	# 7th	Gayle Buckley
1973	# 8th	Gayle Buckley
1974	# 5th	Curt Ankeny
1975	# 4th	Rich Allen
1976	# 5th	Rich Allen
1977	22nd	Rich Allen
1978	# 3rd	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
1998	+28	* 5th Wes Cook

+ National Association of Intercollegiate
Athletics (NAIA) National Meet

NAIA District 2

¢ Cascade Collegiate Conference Meet

* Northwest Conference Meet



1994 All-American Erik Gibson

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))

GEORGE FOX CROSS COUNTRY RECORDS



Jill (Jamison) Beals and Juli Cyrus

WOMEN'S TOP 25 (5,000 Meters)

Rank	Time	Name	Location	Date
1.	17:13.6	Juli Cyrus	Salem, Ore.	10-03-92
2.	17:16.0	Jill (Jamison) 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.	19:10.0	Marisa Merritt	Tacoma, Wash. (Wright)	11-07-98
18.	19:11.0	Melissa Conley	Cedarville, Ohio	11-12-88
19.	19:11.3	Melanie Springer	Salem, Ore.	10-07-89
20.	19:14.47	Tori Taylor	Salem, Ore.	10-03-98
21.	19:15.8	Emily Bergman	Spokane, Wash.	11-04-95
22.	19:17.9	Heather Gilbert	Seattle, Wash. (Lincoln)	10-01-94
23.	19:18.8	Lisa Slocum	Salem, Ore.	10-18-81
24.	19:19.4	Sandy Taylor	Seattle, Wash. (Lincoln)	10-07-95
25.	19:22.8	Melody McCart	Salem, Ore.	10-11-97

TEAM TIME RECORD

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



Jonathan Wright

MEN'S TOP 25 (8,000 Meters)

Rank	Time	Name	Location	Date
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.	25:43.3	Brandon Workman	Tacoma, Wash. (Steilacoom)	10-31-98
17.	25:47.2	Todd Bos	Salem, Ore.	11-03-90
18.	25:47.8	Dwight Larabee	Salem, Ore.	10-08-85
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

CROSS COUNTRY CLASS RECORDS

MEN

SENIORS

24:33.3	Ron Marsh	1991
25:06.8	Mark Mohnen	1990
25:08.7	Jon Wright	1992
25:16.4	Jonathan Morse	1992
25:33.3	Erik Gibson	1995
25:33.7	Sean Beebe	1996
25:43.2	Jeff Larson	1991
25:47.8	Dwight Larabee	1985
25:53.2	Vanni Tilzey	1990
25:55.2	Doug McLucaas	1991
25:59.6	Aaron Howard	1991
25:59.6	Larry Mock	1988
26:00.0	Scott Celley	1981
26:08.6	Jonathan Ulmer	1996
26:13.0	Mike Murphy	1992

SOPHOMORES

25:14.5	Jonathan Morse	1990
25:23.1	Jerred Gildehaus	1985
25:23.8	Matt Kirkpatrick Clemons	1990
25:24.1	Jon Wright	1990
25:41.4	Aaron Howard	1989
25:48.2	Brandon Workman	1997
25:48.5	Eli Lane	1995
25:58.4	Erik Gibson	1992
25:58.9	Josh Kneeshaw	1993
26:04.8	Chuy Rome	1993
26:05.7	Vanni Tilzey	1988
26:14.0	Sean Beebe	1994
26:21.3	Geoff Olson	1993
26:30.0	Doug McLucas	1989
26:37.0	Curt Rosen	1994

JUNIORS

24:22.0	Jon Wright	1991
24:27.6	Jonathan Morse	1991
24:57.9	Matt Kirkpatrick Clemons	1991
25:01.0	Mark Mohnen	1989
25:11.3	Vanni Tilzey	1989
25:23.0	Erik Gibson	1994
25:26.1	Rolf Potts	1991
25:31.6	Ed Sloan	1991
25:31.7	Aaron Howard	1990
25:33.2	Scott Ball	1984
25:42.8	Sean Beebe	1994
25:43.3	Brandon Workman	1998
25:47.2	Todd Bos	1990
25:59.1	Mike Murphy	1991
26:05.6	Brandon Workman	1998

FRESHMEN

25:08.6	Jerred Gildehaus	1984
25:16.7	Aaron Howard	1987
25:43.0	Kevin Ball	1983
25:43.6	Erik Gibson	1991
25:52.4	Jonathan Ulmer	1993
26:02.3	Jonathan Morse	1989
26:02.8	John Aday	1982
26:15.2	Sean Beebe	1993
26:16.7	Eli Lane	1993
26:22.0	Jerry Street	1982
26:31.4	Geoff Olson	1992
26:33.4	Mike Murphy	1989
26:35.5	Phil Hughes	1991
26:36.5	Vanni Tilzey	1987
26:40.0	Scott Ball	1981

WOMEN

SENIORS

17:16.0	Jill (Jamison) Beals	1991
17:34.3	Juli Cyrus	1993
18:04.6	Phaydra Newport	1992
18:06.5	Dianne Petersen	1990
18:08.8	Dawn Hartwig	1995
18:27.0	Debbie Kintrea	1992
18:36.0	Stephanie (Rosen) Morrow	1994
18:45.5	Kristin Potts	1990
18:59.5	Angela Murrell	1992
19:03.2	Bekah Ulmer	1997
19:07.9	Michelle Brown	1993
19:14.6	Marne VanSise	1992
19:15.8	Emily Bergman	1995
19:17.8	Melissa Wilson Conley	1991
19:19.4	Sandy Taylor	1995

SOPHOMORES

17:38.2	Juli Cyrus	1991
17:47.9	Jill (Jamison) Beals	1989
18:04.8	Michelle Brown	1991
18:15.0	Phaydra Newport	1990
18:20.0	Kristin Potts	1988
18:28.5	Jenny Campbell	1993
18:49.3	Bekah Ulmer	1995
18:51.9	Dawn Hartwig	1993
18:53.7	Heather Morgan	1989
18:56.0	Kristin Lesperance	1988
19:09.0	Debbie Kintrea	1990
19:10.0	Marisa Merritt	1998
19:12.8	Marne VanSise	1990
19:14.5	Tori Taylor	1998

JUNIORS

17:13.6	Juli Cyrus	1992
17:42.0	Jill (Jamison) Beals	1990
17:55.2	Phaydra Newport	1991
18:26.8	Kristin Potts	1989
18:30.2	Michelle Brown	1992
18:35.2	Brooke Barton	1996
18:54.4	Angela Murrell	1991
18:57.4	Marne VanSise	1991
18:59.0	Dianne Petersen	1988
19:05.1	Stephanie (Rosen) Morrow	1993
19:09.0	Debbie Kintrea	1990
19:09.8	Kristin Lesperance	1989
19:11.3	Melanie Springer	1989
19:17.6	Heather Gilbert	1994
19:17.9	Dawn Hartwig	1994

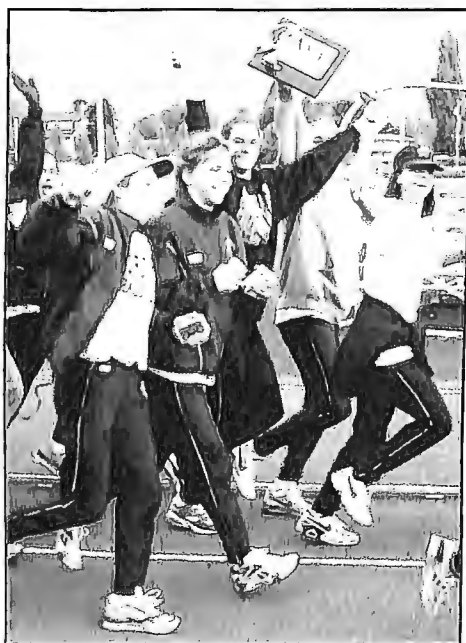
FRESHMEN

17:49.0	Jill (Jamison) Beals	1988
18:06.0	Michelle Brown	1990
18:08.6	Phaydra Newport	1989
18:28.6	Jenny Campbell	1992
18:37.0	Bekah Ulmer	1994
18:37.9	Kristin Potts	1987
18:42.0	Brooke Barton	1993
19:02.0	Heather Morgan	1988
19:11.0	Melissa (Wilson) Conley	1988
19:14.5	Tori Taylor	1998
19:18.8	Lisa Slocum	1981
19:27.8	Alisha Mulkey	1995
19:32.5	Mindy Fox	1991
19:33.9	Melanie Springer	1987

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
1998	+ 25th	* 4th Wes Cook

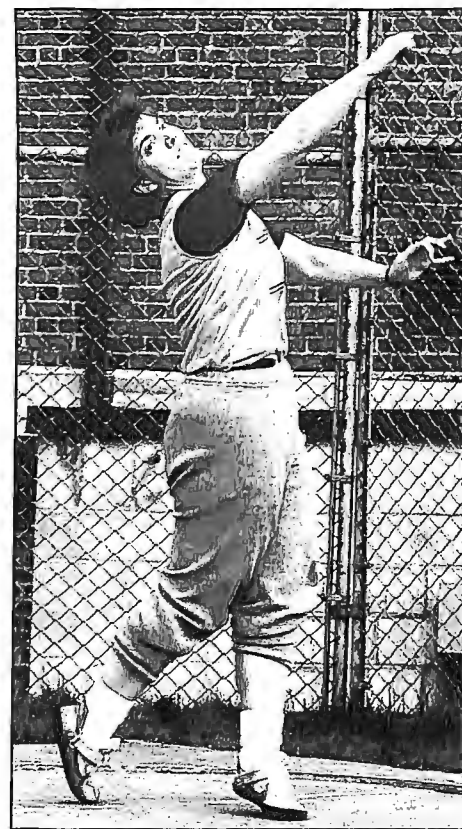
\$ U.S. Track and Field Federation
National Meet
! Association of Intercollegiate Athletics for
Women National Meet
+ National Association of Intercollegiate
Athletics (NAIA) National Meet
= Women's Conference of Independent
Colleges Meet
NAIA District 2 Meet
¢ Cascade Collegiate Conference Meet
* Northwest Conference Meet



1995 Cascade Conference champions

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)
	1998	NAIA Scholar-Athlete
	1998	GTE Academic All-American Third Team Women's At-Large College Division
	1998	NAIA High Jump (3rd)



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)
Rachel Powell	1998	NAIA Scholar-Athlete

ALL - AMERICANS / TEAM FINISHES

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
1998	* 3rd	Wes Cook

+ 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 Meet



1994/1995 All-American Erik Gibson



1990 All-American Tim Hagen

MEN'S TRACK AND FIELD ALL-AMERICANS

Bob Hadlock	1968	NAIA Shot Put (3rd)	Jonathan Morse	1993	NAIA 5,000 (3rd)
Cal Ferguson	1968	NAIA Triple Jump (3rd)	Rob Rising	1993	NAIA Long Jump (3rd)
			Ed Sloan	1993	NAIA Steeplechase (5th)
Dave McDonald	1969	NAIA Pole Vault (3rd)	Erik Gibson	1994	NAIA Steeplechase (4th)
	1970	NAIA Pole Vault (indoor, 3rd)		1995	NAIA Steeplechase (3rd)
	1971	NAIA Pole Vault (3rd)	John Smith	1994	NAIA Decathlon (5th)
Curt Ankeny	1974	NAIA Marathon (3rd)		1995	NAIA Decathlon (5th)
Eb Buck	1975	NAIA Decathlon (2nd)	Aaron Young	1995	NAIA Triple Jump (6th)
Steve Blikstad	1977	NAIA Steeplechase (2nd)		1996	NAIA Triple Jump (Champion)
	1978	NAIA Steeplechase (3rd)	Ryan Chaney	1995	NAIA 400 (4th)
	1979	NAIA Steeplechase (Champion)		1996	NAIA 400 (2nd)
Chad Neeley	1978	NAIA Hurdles (2nd)		1996	NAIA 4x400 Relay (5th)
Mike Watts	1983	NAIA Javelin (5th)		1996	NAIA Scholar-Athlete
	1987	NCCAA Discus (Champion)		1997	NAIA Indoor 400 (Champion)
	1987	NCCAA Hammer (2nd)		1997	NAIA 400 (Champion)
	1987	NCCAA Javelin (3rd)		1997	NAIA Scholar-Athlete
Scott Ball	1984	NAIA Scholar-Athlete		1997	GTE Academic All-American of the Year – Spring At-Large Team College Division
Dwight Larabee	1985	NAIA Scholar-Athlete		1997	4x400 Relay (5th)
Adolphus Onua	1987	NAIA 110 Hurdles (3rd)	Josh Howery	1996	NAIA 4x400 Relay (5th)
Tim Hagen	1989	NAIA Scholar-Athlete	Peter Carmack	1996	NAIA 4x400 Relay (5th)
	1990	NAIA High Jump (indoor, 5th)		1997	NAIA 4x400 Relay (5th)
	1990	NAIA High Jump (3rd)	David Parker	1996	NAIA 400 Hurdles (4th)
Todd Bos	1991	NAIA 800 (5th)		1996	NAIA 4x400 Relay (5th)
	1991	NAIA Scholar-Athlete		1997	NAIA 4x400 Relay (5th)
Vance Godfrey	1991	NAIA 10,000 Walk (5th)	Jim Haley	1998	NAIA Scholar-Athlete
Brian Hartenstein	1992	NAIA 400 Hurdles (6th)		1997	NAIA 4x400 Relay (5th)
David Thomas	1992	NAIA 10,000 Walk (4th)		1998	NAIA Scholar-Athlete
	1992	NAIA Scholar-Athlete		1997	NAIA 4x400 Relay (5th)
	1993	NAIA Scholar-Athlete			
	1993	NAIA 5,000 Walk (6th)			

TRACK AND FIELD RECORDS

MEN

100m

10.25	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
49.24	Jim Haley	SO	4-18-98
49.34	Josh Howery	SR	4-18-98
49.42	Eric Costa	FR	3-14-98

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	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
8:42.35	Brandon Workman	SO	1998
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

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



100-meter record holder Gregg Griffin

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
53.62	Scott Edinger	JR	4-25-98
54.24	Duane Swafford	JR	4-26-80
54.54	Scott Brown	SR	4-20-91
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
9:18.35	Brandon Workman	SO	5-09-98
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	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
14-1.75	David Parker	JR	4-25-98
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
13-6	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
47-11.5	Ian Strauss	SO	5-01-98
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
43-9.5	Jonathan Huwe	SR	5-17-94
43-3	Jeff Votaw	SO	4-25-98

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

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



1987 All-American Adolphus Onua

Javelin

204-10	David Nickell	SO	5-14-88
196-1	Ty Taylor	SO	4-11-98
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

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

41.24	Koroma, Neeley Reynolds, Griffin	4-22-78
41.84	Reynolds, Seibert Anders, Griffin	5-19-79
41.94	Karoma, Seibert Griffin, Mitchell	4-01-77
42.34	A. Koroma, Neeley Ponder, J. Koroma	5-17-75
42.44	A. Koroma, Neeley Mitchell, Griffin	5-1977
42.44	Howery, Carmack Ankeny, Chaney	4-27-96
42.96	Parker, Howery Edinger, Chaney	5-03-97
43.94	Heathco, Keele Ponder, Koroma	4-24-74
43.01	Howery, Carmack Lindbo, Chaney	4-15-95
43.04	Sherman, Frank Reynolds, Van Winkle	5-09-81

4x400m Relay

3:11.10	Carmack, Chaney Haley, Parker	5-23-97
3:13.05	Howery, Chaney Parker, Carmack	5-25-96
3:17.03	Edinger, Haley Parker, Chaney	4-26-97
3:17.56	Carmack, Schaffeld Lindbo, Chaney	5-13-95
3:18.16	Reynolds, Chaney Parker, Haley	3-29-97
3:18.17	Lewis, Robinson Rising, Lindbo	5-08-93
3:18.32	Oshiro, Marsh Hartenstein, Bos	4-27-91
3:18.34	Olds, Van Winkle Frisk, Anders	5-10-80
3:18.62	Howery, Haley Gassaway, Parker	5-09-98
3:18.71	Howery, Edinger Carmack, Chaney	4-20-96

4x100m Relay

7:42.0	Mwaura, Bales Otto, Ware	4-22-78
7:46.4	Mwaura, Bales McCurdy, Stuart	4-26-77
7:49.32	Marsh, Potts Kneeshaw, Morse	3-27-92
7:50.4	Potts, Bos, Marsh, Morse	3-09-91
7:51.18	Autrey, Workman Mantalas, Edinger	5-09-98
7:52.90	Mantalas, Autrey Nichols, Edinger	4-05-98
7:55.2	McCurdy, Bales Ware, Greene	4-24-76
7:55.5	Mantalas, Autrey Nichols, Edinger	4-18-95
7:56.44	Chaney, Olson Kneeshaw, Lindbo	3-19-94
7:57.8	Cole, Stuart Olds, Anders	3-08-80

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

24.60	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
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
59.76	Karen Baltz	SR	1997

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	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
4:45.92	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 (Jamison) 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 (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
18:20.00	Angela Murrell	JR	1992
18:28.44	Kristin Potts	FR	1988
18:34.04	Nancy Roley	SR	1986

10,000m

34:25.74	Jill (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
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
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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
15.15	Karrie Kiester	FR	1997
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
65.24	Karen Maxwell	JR	1980
65.77	Karrie Kiester	SO	1998
65.84	Nora Thompson	SR	1984
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

TRACK & FIELD RECORDS

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
5-3.75	Melody Groeneveld	SO	1983
5-3	Maryann Mason	JR	1979
5-3	Keelie Keown	FR	1994
5-3	Angie Powell	FR	1997
5-2.25	Amy Forbes	FR	1998

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	Sharla Rhoades	SO	1997
16-9.5	Jocelyn Kennedy	SO	1998
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

Triple Jump

36-5.75	Jocelyn Kennedy	FR	1997
36-2.25	Sharla Rhoades	SO	1997
35-4.5	Kara Erickson	JR	1998
34-04.5	Kelli Hagen	SR	1991
33-06	Tina Stauffer	FR	1992
33-02	Debbie Sitz	FR	1990
32-11	Amy Forbes	FR	1998
32-10.5	Amy Gail	FR	1991
32-07.5	Cheryl Shepherd	JR	1992
32-05	Bobbi Sloan	FR	1991

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
37-10.75	Sarah Norum	FR	1998

Discus

151-1	Paula Wittenburg	SR	1986
143-7.5	Nancy Katus	JR	1989
126-3	Leah Johanson	JR	1995
125-1	Sarah Norum	FR	1998
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

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
114-11	Marina Kielpinski	FR	1998
113-6	Melanie Johnson	FR	1982
113-5	Danielle Wilson	FR	1988

4x100m Relay

48.56	Bentley, Butler	5-25-94
	Burrus, Scrutton	
48.86	Baltz, Oelrich	4-27-96
	Rissmiller, Redenius	
49.08	Oelrich, Burrus	5-26-95
	Rissmiller, Scrutton	
49.23	Oelrich, Haley	5-04-96
	Rissmiller, Redenius	
49.42	Chaney, Fromdahl	4-25-98
	Rhoades, Barnett	
49.44	Bentley, Stenberg	4-24-93
	Ti. Golden, Gortler	
49.54	Davis, Maxwell	4-19-80
	Williams, Dennis	
49.54	Baltz, Oelrich	4-13-96
	Haley, Redenius	
49.63	Castillo, Rissmiller	4-08-95
	Burrus, Scrutton	
49.63	Baltz, Haley	3-22-97
	Barnett, Redenius	

4x400m Relay

3:46.06	Oelrich, Stephens	5-28-96
	Rissmiller, Redenius	
3:47.50	Oelrich, Haley	5-24-96
	Rissmiller, Redenius	
3:49.04	Oelrich, Haley	5-22-97
	Rissmiller, Redenius	
3:51.62	Oelrich, Scrutton	4-29-95
	Stephens, Rissmiller	
3:52.80	Baltz, Oelrich	5-10-97
	Rissmiller, Haley	
3:53.55	Rhoades, Chaney	4-25-98
	Barnett, Rissmiller	
3:53.93	Oelrich, Scrutton	1995
	Castillo, Rissmiller	
3:55.41	Oelrich, Castillo	5-15-95
	Stephens, Rissmiller	
3:57.33	Baltz, Stephens	4-15-95
	Castillo, Scrutton	
3:58.98	Baltz, Castillo	4-08-95
	Stephens, Rissmiller	



Heptathlon record holder
Marlyss Stenberg

4x800m Relay

9:24.26	Cyrus, VanSise	3-27-92
	Conley, Kintrea	
9:28.21	Rissmiller, McElwain	5-21-98
	Butler, Peterson	
9:29.9	Rissmiller, Butler	4-18-98
	McElwain, Peterson	
9:30.44	Butler, Hartwig	3-18-95
	Morrow, Rissmiller	
9:35.87	Van Tassel, Campbell	3-20-93
	Smith, Kintrea	
9:51.99	Butler, Merritt	5-09-98
	McElwain, Peterson	
9:55.7	Newport, Jamison	3-10-93
	Morgan, Kintrea	
10:00.3	Devries, Hurliman	1983
	Peters, Mattson	
10:13.9	Smith Brown	3-09-91
	Beals, Wilson	
10:28.8	Thompson, McClellan	3-10-84
	McKee, Mattson	

Pole Vault

11-9.75	Heather Hunt	FR	1998
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
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 Driesner	JR	1982

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	53.25 David Parker '98	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			
12.70 Kristin Chaney '98	12.34 Janet Johnson '65	12.25 Jacque Davis '81	12.05 Jackie Jackson '81
200m			
26.39 Kristin Chaney '98	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	14.73 Sharon Barnett '98	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		11-9.75 Heather Hunt '98
High Jump			
5-8.75 Nancy Rissmiller '98	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	35-9.25 Sharla Rhoades '98	36-2.25 Sharla Rhoades '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

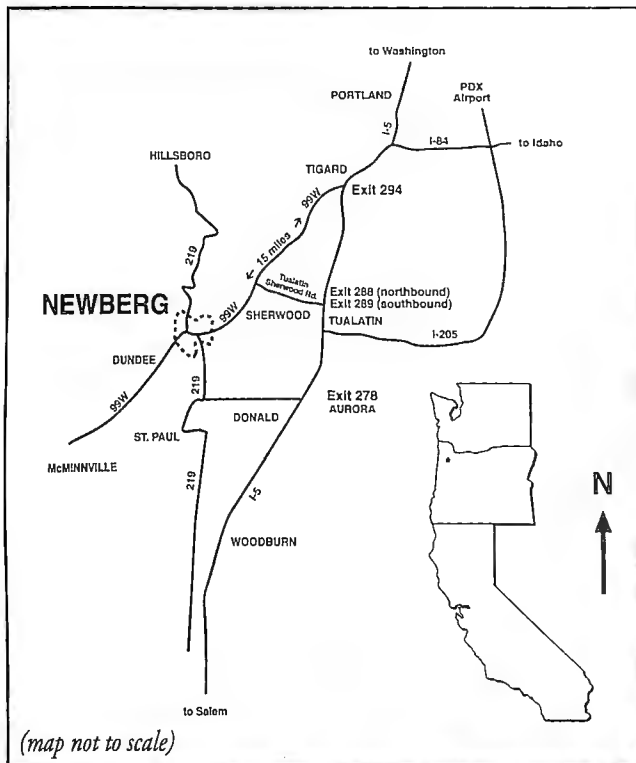
COLCORD FIELD RECORDS

Colcord Field Records—Women

100m	12.33	Melody Sherman	Linfield	4/25/98
200m	25.34	Alicia Marshall	Western Oregon	4/02/94
400m	57.24	Petra Johnson	Linfield	4/01/85
800m	2:16.13	Carrie Morales	Unattached	4/18/98
1,500m	4:35.99	Gina Dewitt	Oregon International	2/22/97
3,000m	9:33.84	Ann Manning	U. Portland	5/11/85
5,000m	17:34.34	Jill Jamison Beals	George Fox	4/01/89
10,000m	37:41.34	Moly Ostlund	U. Portland	5/10/85
100 H	15.14	Jill Carrier	Southern Oregon	4/17/95
		Sara Strom	Pacific Lutheran	4/13/96
400 H	1:02.04	Liz Stephens	George Fox	4/13/96
4x100	48.13	Grimes, Andrade Metzger, Lukenbill	Pacific Lutheran	4/08/95
4x400	3:53.44	Larson, Warnecke, Sherman, Baker	Linfield	4/25/98
4x800	9:29.9	Rissmiller, Butler, McElwain, Peterson	George Fox	4/18/98
High Jump	5-8.75	Nancy Rissmiller	George Fox	4/18/98
Long Jump	18-08.25	Linnea Jarvits	Seattle Pacific	2/21/98
Triple Jump	38-07	Tiffany Duff	Linfield	4/25/98
Shot Put	45-1.5	Carrie Pietig	Willamette	3/31/90
Discus	145-3	Paula Wittenberg	George Fox	4/01/85
Javelin	154-6	Regina Norris	Pacific	5/09/87
Hammer	150-2	Molly Dugan	Western Oregon	4/01/95
Pole Vault	10-07.5	Heather Hunt	George Fox	4/18/98
Heptathlon	4,818	Jill Carrier	Southern Oregon	4/17-18/95

Colcord Field Records—Men

100m	10.84	John Koroma	George Fox	3/30/74
		Gregg Griffin	George Fox	5/07/77
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	Don 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
110m HH	13.7	Adolphus Onua	George Fox	4/13/85
400m IH	52.8	Chad Neeley	George Fox Alum	4/19/80
Steeplechase	9:16.4	Steve Blikstad	George Fox Alum	4/18/81
High 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
Long Jump	23-6.75	Gareth Pooleon	Willamette	5/09/87
Triple Jump	50-8	Jim McCann	Oregon International	2/21/98
Shot Put	59-8.5	Randy Settell	Southern Oregon	5/10/87
Discus	170-5	John Bakkensen	Portland TC	4/01/72
Hammer	190-10	Dan Nelson	Western Oregon	2/22/97
Javelin	216-6	Tony Alvarez	Linfield	4/26/97
4x100 relay	41.9	Biamont, Harry, Findling, Conaway	Western Oregon	5/11/85
4x400 relay	3:17.03	Edinger, Haley, Parker, Chaney	George Fox	4/26/97
4x800 relay	7:55.5	Mantallas, Autrey, Nichols, Edinger	George Fox	4/18/98
Decathlon	6,368	Ross Kennedy	Southern Oregon	4/17-18/95



ROUTES TO THE CAMPUS

DIRECTIONS FROM I-5

From the south, take the Donald/Aurora exit (278) north of Salem. Follow the signs to Newberg.

From the north, take the Tigard/Newberg exit (294) shortly after leaving Portland city limits. Stay on 99W until reaching Newberg.

Follow 99W into Newberg, and turn north on Villa Street. Turn west on Fulton Street. Athletic Offices are located in Wheeler Sports Center, adjacent to the track.



1999 TRACK & FIELD SCHEDULE

January

Saturday, 30 at McDonald's Idaho Indoor Meet

February

Saturday, 13 at Winter All-Comers Meet (Lewis & Clark)

Saturday, 20 POLAR BEAR ALL-COMERS MEET

Saturday, 27 Northwest Conference Relays (PLU)

March

Saturday, 6 GEORGE FOX SUN-SEEKER MEET

Saturday, 13 NORTHWEST CONFERENCE QUAD MEET

Saturday, 20 at Santa Barbara Easter Relays

Saturday-Sunday, 27-28 at Stanford Invitational

April

Saturday, 3 at Willamette Open

Saturday, 10 at Northwest Conference Quad Meet (Whitworth)

Monday-Tuesday, 12-13 at NWC Combined Events Meet (Whitworth)

Friday, 16 GEORGE FOX DISTANCE CARNIVAL

Saturday, 17 GEORGE FOX ALL-COMERS MEET

Saturday, 24 at Lewis & Clark Open

Friday-Saturday, 30-1 Northwest Conference Championships (PLU)

May

Saturday, 8 Northwest Regional Small College Invitational (PLU)

Monday-Wednesday, 24-26 NAIA National Championships (West Palm Beach, Fla.)

1999 CROSS COUNTRY SCHEDULE

(TENTATIVE)

September

Saturday, 11 Lewis & Clark Invitational

Saturday, 18 BEAR FETE INVITATIONAL

Saturday, 25 University of California-Riverside Invitational

October

Saturday, 2 Willamette Invitational

Saturday, 9 Pacific Lutheran Invitational

Saturday, 16 Willamette Open/Lewis & Clark Open

Saturday, 30 Northwest Conference Championship Meet
(McIver State Park)

November

Saturday, 6 GEORGE FOX FALL TRACK RACE

Saturday, 13 NCAA III Western Regional Meet (McIver State Park)

Saturday, 20 NCAA III National Championship Meet
(Oshkosh, Wisc.)