

2003

### 2003 Media Guide

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## Roster

NamePos.	Events	Ht.	Wt.	Yr./El.	Hometown (Previous School)
Brad Bates	Sprints	5-8	150	So./So.	Stayton, Ore. (Stayton HS)
Steven Beardsley	Hurdles/Sprints/Relays	6-0	180	So./So.	Banks, Ore. (Banks HS)
Doug Beatty	Jumps	5-2	120	Jr./So.	Boise, Idaho (Centennial HS)
Matt Burg	Distance	5-9	135	Jr./So.	Newberg, Ore. (Newberg HS)
Scott Burkhart	Pole Vault/Jumps	6-0	169	Jr./So.	The Dalles, Ore. (The Dalles HS)
Kris Clifton	Distance	5-4	110	So./So.	Sutherlin, Ore. (Missouri Military Academy)
Greg Cobb	Sprints	6-1	190	Jr./Jr.	Eugene, Ore. (Souhwestern Oregon CC)
Dane Coppini	Sprints/Relays	5-9	165	Fr./Fr.	Ferndale, Calif. (Ferndale HS)
Reggie Davis	Jumps	5-8	158	So./So.	Portland, Ore. (Roosevelt HS)
Ben Eichenberger	Hurdles	5-10	165	Fr./Fr.	Tualatin, Ore. (Westside Christian HS)
Phil Garrison	Distance	5-8	140	Fr./Fr.	Olympia, Wash. (Tumwater HS)
Rob Gaslin	Distance	6-2	165	So./So.	Tualatin, Ore. (Tualatin HS)
Matt Gassaway	Throws	6-3	220	So./So.	Washougal, Wash. (Washougal HS)
Andy Haehlen	Pole Vault	6-1	180	Jr./So.	Portland, Ore. (Portland Christian HS)
Nicholas Hultberg	Throws	6-3	250	Sr./Jr.	Salem, Ore. (North Salem HS)
David Malcolm	Throws	5-10	250	Sr./Jr.	Talent, Ore. (Phoenix HS)
Michael Owen	Distance	6-0	166	Sr./Jr.	Anchorage, Alaska (Grace Christian HS)
Andrew Paine	Hurdles	5-11	165	So./So.	Walla Walla, Wash. (Walla Walla HS)
Stephen Pratt	Hurdles	6-0	160	Fr./Fr.	Denver, Colo. (Academy of Charter Schools)
Adam Puckett	Jumps	6-1	152	Jr./Jr.	Bend, Ore. (Mountain View HS)
Jesse Rasmussen	Sprints/Relays	5-11	135	Jr./So.	Portland, Ore. (Rosslyn Aca., Nairobi, Kenya)
Ben Salisbury	Sprints/Relays	6-3	200	Jr./Jr.	Bellingham, Wash. (Sehome HS)
Zach Smith	Mid-Distance	6-0	170	So./So.	East Wenatchee, Wash. (Eastmont HS)
Casey Sullivan	Hurdles/Relays	6-2	185	Fr./Fr.	Jefferson, Ore. (Santiam Christian HS)
Silas Towne	Distance	5-10	150	Sr./Jr.	Springfield, Ore. (Thurston HS)
Emilio Vela	Jumps	6-1	170	Fr./Fr.	Olympia, Wash. (Olympia HS)
Bryan Wadlow	Jumps	6-4	195	Jr./Jr.	Albany, Ore. (West Albany HS)
Nick Wymore	Pole Vault	5-9	160	So./So.	Carlton, Ore. (Yamhill-Carlton HS)
Brett Yeager	High Jump	6-4	200	Jr./Jr.	Oakridge, Ore. (Oakridge HS)

**Head Coach:** Wes Cook

**Assistant Coaches:** Dave Guzman, John Smith, Chad Riddle, John Mantalas, Liz Thompson, Ty Taylor, Josh Howery

## Roster

NamePos.	Events	Ht.	Wt.	Hometown (Previous School)
Sarah Anderson	Distance	5-4	Jr./So.	Canby, Ore. (Clackamas CC)
Kelsey Baron	Jumps	5-9	Sr./Sr.	Nehalem, Ore. (Neah-Kah-Nie HS)
Jo Boatright	Jumps/Hurdles	5-5	So./So.	Coos Bay, Ore. (Marshfield HS)
Arlene Burnham	Throws	5-11	So./So.	Adrian, Ore. (Adrian HS)
Carmen Charleston	Sprints/Jumps	5-8	Jr./Jr.	Bellingham, Wash. (Squalicum HS)
Gina Coolen	Throws	5-4	So./So.	North Bend, Ore. (North Bend HS)
Ashley Crisell	Distance	5-6	So./So.	Woodburn, Ore. (Willamette Valley Chr. HS)
Michelle Forbes	Sprints	5-9	So./So.	Jackson, Wyo. (Jackson Hole HS)
Janelle Goeres	Distance	5-4	Jr./Jr.	Gold Hill, Ore. (Crater HS)
Gloria Gomez	Distance	5-6	Jr./So.	Victorville, Calif. (Victor Valley CC)
Josey Hilton	Sprints	5-5	Fr./Fr.	Baker City, Ore. (Baker City HS)
Jessica Howard	Sprints	5-8	Sr./Sr.	Portland, Ore. (Faith Bible HS)
Beth Jertberg	Distance	5-5	Fr./Fr.	Klamath Falls, Ore. (Henley HS)
Mona Matthews	Sprints/Relays	5-5	Jr./Jr.	Huntington, Ore. (Oakland HS)
Beth Moyer	Distance	5-5	Sr./Jr.	Camarillo, Calif. (Rio Mesa HS)
Erin Paisley	Hammer	5-10	Sr./Jr.	Salem, Ore. (North Salem HS)
Emily Ruggles	Jumps/Hurdles	5-11	Sr./Sr.	Eugene, Ore. (South Eugene HS)
Jillian Shaw	Pole Vault	5-5	Fr./Fr.	Beaverton, Ore. (Westside Christian HS)
Helena Telfer	Pole Vault	5-4	Sr./Sr.	Grand Ronde, Ore. (Willamina HS)
Amy Watson	Throws	5-10	So./So.	Aloha, Ore. (Aloha HS)
Chelsi Williamson	Jumps/Hurdles	5-8	Fr./Fr.	McMinnville, Ore. (McMinnville HS)

**Head Coach:** Wes Cook

**Assistant Coaches:** Dave Guzman, John Smith, Chad Riddle, John Mantalas, Liz Thompson, Ty Taylor, Josh Howery

## George Fox University Track and Field Quick Facts

## University Information

Location: Newberg, Oregon (18,280)  
 Mailing Address: 414 N. Meridian St.  
 Newberg, OR 97132  
 Founded: 1891  
 Denomination: Evangelical Friends (Quaker)  
 Enrollment: 2,792  
 President: H. David Brandt  
 Faculty Athletics Rep: Becky Ankeny  
 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 (4th)  
 Region: West Region  
 Conference (yrs): Northwest Conference (8th)  
 Director of Athletics: Craig Taylor • 503-554-2911  
 Assoc. Dir. of Athletics: Pat Bailey • 503-554-2914  
 Athletics Secretary: Patty Findley • 503-554-2910  
 Ath. Training Ed. Dir.: Dale Isaak • 503-554-2916  
 Head Athletic Trainer: Karen Hostetter • 503-554-2922  
 Asst. Athletic Trainer: Byron Shenk • 503-554-2912  
 Athletics Fax: 503-554-3864

## Coaching Staff

Head Coach: Wes Cook (16th yr) • 503-554-2915  
 Alma Mater: Northern Colorado '61  
 Assistant Coaches: Dave Guzman (9th yr), Linfield '61  
 Chad Riddle (5th yr), Linfield '98  
 John Smith (5th yr), George Fox '96  
 John Mantalas (1st yr), George Fox '00  
 Liz Thompson (1st yr), George Fox '96  
 Ty Taylor (1st yr), George Fox '00  
 Josh Howery (2nd yr), George Fox '98

## Team Information

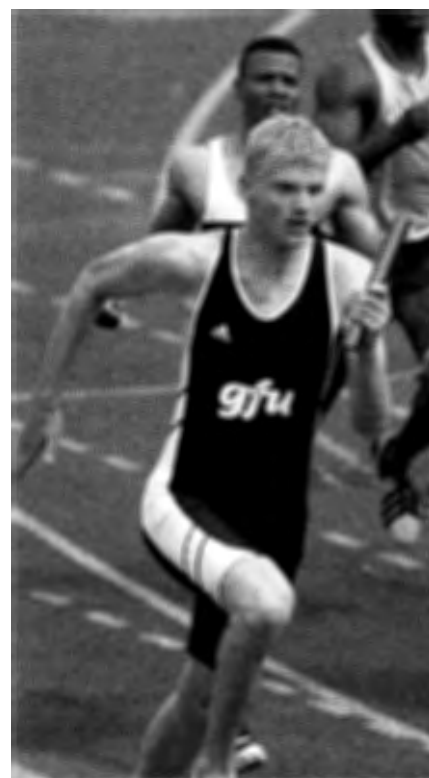
Home Field (capacity): Morse Field (100)  
 Home Field: Colcord Memorial Field  
 2002 NWC Results (M): 5th  
 2002 NWC Results (W): 4th  
 2002 NCAA Results (W): 75th (tie)  
 2002 NCAA Results (M): 65th (tie)  
 Letterwinners Back/Lost: Men 21/8, Women 13/13

## Sports Information Office

Sports Info Director: Blair Cash • 503-554-2926  
 Home Phone: 503-554-8067  
 E-mail: bcash@georgefox.edu  
 Student Assistant SIDs: John Felton  
 Sarah Troyer, Amber Wentworth  
 Sports Info Fax: 503-554-3864  
 Sports Hotline: 503-554-3868  
 Sports Web site: www.georgefox.edu/athletics

## 2002 Athletes Returning/Leaving

Key Returnees (M)	Cl., Hometown	Honors, Events
Matt Gassaway	So., Washougal, Wash.	NCAAs, All-NWC (Javelin 2nd)
Ben Salisbury	Jr., Bellingham, Wash.	NCAAs, All-NWC (200 1st, 400 3rd, 4x100 2nd)
Steve Beardsley	So., Banks, Ore.	All-NWC (4x100 2nd)
Brad Bates	So., Stayton, Ore.	All-NWC (4x100 2nd)
Key Losses (M)	Cl., Hometown	Honors, Events
Jon Robinson	Jr., Cannon Beach, Ore.	All-NWC (Long Jump 1st, 4x100 2nd)
Darin Krueger	Sr., Portland, Ore.	NWC Hammer 5th
Key Returnees (W)	Cl., Hometown	Honors, Events
Jo Boatright	So., Coos Bay, Ore.	NCAAs, NWC Athlete of the Year, All-NWC (100 1st, HJ 1st, TJ 2nd, LJ 2nd, Hept 3rd)
Kelsey Baron	Sr., Nehalem, Ore.	NCAA All-America (LJ 7th), All-NWC (LJ 1st, TJ 1st, 4x100 3rd)
Gina Coolen	So., North Bend, Ore.	All-NWC (Javelin 2nd)
Michelle Forbes	So., Jackson, Wyo.	All-NWC (4x100 3rd)
Key Losses (W)	Cl., Hometown	Honors, Events
Tori Taylor	Sr., Portland, Ore.	All-NWC (Steeplechase 2nd)
Nicole Bostic	Jr., Spokane, Wash.	All-NWC (Triple Jump 3rd)
Melissa Matthews	So., Keizer, Ore.	All-NWC (4x100 3rd)
Brooke Pitner	Jr., Vancouver, Wash.	All-NWC (4x100 3rd)



Junior Ben Salisbury

## Short on Numbers

Bruins must rely on strong frontliners in '03 track season

If the George Fox University Bruins are to make any waves in the Northwest Conference men's and women's track and field seasons this spring, they will have to rely on strong performances from their frontliners, led by a quartet of athletes who participated in the 2002 NCAA National Championships. Depthwise, the numbers just aren't there.

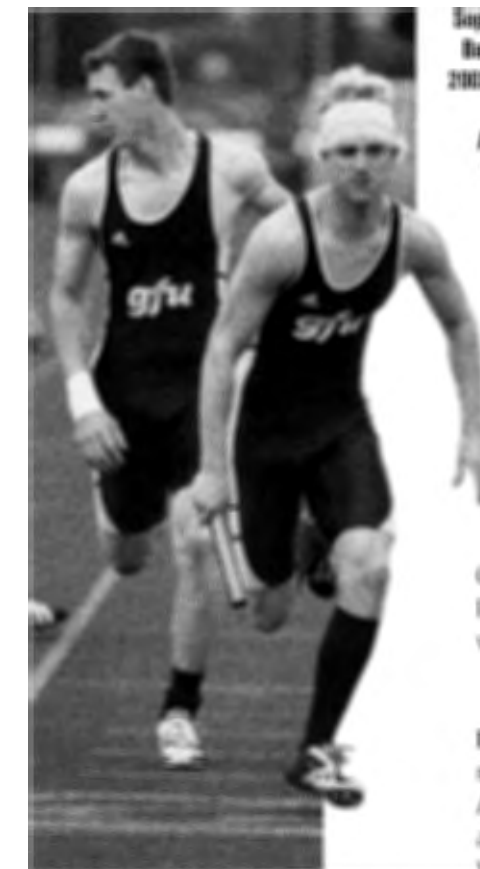
"This is the smallest roster I've had since my 2nd year here," admits veteran coach Wes Cook, who is in his 16th season with the George Fox track and field programs. "We have quality athletes in several events, but we just don't have the numbers to compete with the top programs in the conference. We can win any number of events, but to win a team title, you need depth, and we just can't go as deep as some others."

## Women's Program

Any discussion of the George Fox women's program this year has to begin with 2 of the most talented athletes ever to perform for the Bruins: **Kelsey Baron** (Sr., Nehalem, Ore.) and **Jo Boatright** (So., Coos Bay, Ore.). Baron earned NCAA Division III All-America status last spring with a 7th-place performance in the long jump, participated in the national triple jump, and won All-NWC honors with 1sts in the long jump and triple jump and a 3rd in the 4x100 relays. Boatright won the NWC Women's Athlete of the Year award with 1sts in the 100 and high jump, a 2nd in the triple jump and long jump, and a 3rd in the heptathlon. She also participated in the NCAA championships in the high jump.

Other returning Bruins who captured All-Conference honors are **Gina Coolen** (So., North Bend, Ore.), who was 2nd in the javelin and **Michelle Forbes** (So., Jackson, Wyo.), 3rd in the 4x100 relay.

"Baron and Boatright give us a 1-2 punch that may be unparalleled in the conference,"



Sophomore **Brad Bates**, All-NWC 2002 (front) and sophomore **Andrew Paine** (back) in the 4x400 relay

Another newcomer whom Cook expects to help immediately is **Chelsi Williamson** (Fr., McMinnville, Ore.) in jumps and hurdles, pointing out that "she had a good high school career, although she has been out of competition for a year due to overseas mission work."

**Mona Matthews** (Jr., Huntington, Ore.) and **Jessica Howard** (Sr., Portland, Ore.) are returning athletes who will have to carry the sprint load.

The throws are anchored by Coolen; **Erin Paisley** (Jr., Salem, Ore.), the school record-holder in the hammer; **Arlene Burnham** (So. Adrian, Ore.); and **Amy Watson** (So. Aloha, Ore.). Veteran **Helena Telfer** (Sr., Grand Ronde, Ore.) and rookie **Jillian Shaw** (Fr., Beaverton, Ore.) hold the Bruins' pole vault fortunes in their hands.

## Men's Program

The 2002 season was an outstanding one for All-Conference performers **Ben Salisbury** (Jr., Bellingham, Wash.) and **Matt Gassaway** (So., Washougal, Wash.), who both made it to the NCAA Championships, Salisbury in the 200 and Gassaway in the javelin. Gassaway placed 9th, missing All-America honors by 1 spot. Salisbury won the NWC in the 200, placed 2nd in the 4x100 relay, and was 3rd in the 400, while Gassaway was 2nd in the javelin.

Adding depth to the distance events will be **Gloria Gomez** (So., Victorville, Calif.) and **Ashley**

## Outlook

Those 2 will be counted on heavily by the Bruins, as will All-NWC sprinters **Steve Beardsley** (So., Banks, Ore.) and **Brad Bates** (So., Stayton, Ore.), who ran legs of the 2nd-place 4x100 relay team along with Salisbury. **Jesse Rasmussen** (So., Portland, Ore.), who scored in the NWC meet in the 400 2 years ago but sat out last season, is back to boost the sprint roster. **Dane Coppini** (Fr., Ferndale, Calif.) will be a valuable addition as well.

"**Michael Owen** (Jr., Anchorage, Alaska) has been running very well," notes Cook, "continuing his fine year from cross country. He will be a key for us in the distance events." The Bruins have additional experienced runners in **Matt Burg** (So., Newberg, Ore.), **Phil Garrison** (Fr., Olympia, Wash.), **Rob Gaslin** (So., Tualatin, Ore.), **Zach Smith** (East Wenatchee, Wash.), and **Kris Clifton** (So., Sutherlin, Ore.).

In the jumps, **Brett Yeager** (Jr., Oakridge, Ore.), **Bryan Wadlow** (Jr., Albany, Ore.), **Adam Puckett** (Jr., Bend, Ore.), **Reggie Davis** (So., Portland, Ore.), and **Doug Beatty** (So., Boise, Idaho) provide experience, although Puckett has battled a chronic hamstring injury during his 2 previous seasons. **Scott Burkhart** (So., The Dalles, Ore.) and **Emilo Vela** (Fr., Olympia, Wash.) will add additional depth.

**Ben Eichenberger** (Fr., Tualatin, Ore.) is expected to give the Bruins'

hurdles crew a boost; "he was a state placer in the intermediate hurdles last year," points out Cook. Beardsley and **Andrew Paine** (So., Walla Walla, Wash.) are returning hurdlers, with **Stephen Pratt** (Fr., Denver, Colo.) and **Casey Sullivan** (Fr., Jefferson, Ore.) also available.

The Bruins' numbers are small but competitive in the throws and pole vault. Gassaway, **Nicholas Hultberg** (Jr., Salem, Ore.) and **David Malcolm** (Jr., Talent, Ore.) provide the bulk of the throwers, although Hultberg suffered a fractured foot in the fall that is still bothering him. Vaulters include **Andy Heahlen** (So., Portland, Ore.), **Nick Wymore** (So., Carlton, Ore.), and newcomer Burkhart.



Sophomore Amy Watson, discus

## Summary

"The kids have been working hard and showing consistent improvement," says Cook. "We've had a couple of injuries early on, but we should still be fairly competitive; we just don't have the depth to overcome the larger squads in the conference. I think we can reasonably expect both teams to finish somewhere in the middle of the pack."

"Having all 4 of last year's national qualifiers on hand provides a solid model for the rest of the team. It is evident daily that their enhanced focus and work ethic have been an important result of that national exposure. Hopefully, we'll have a few others who will fall in line with them."

## Athletes

**Sarah Anderson**

Distance  
5-4 • Junior  
Canby, Oregon  
Clackamas CC

**Kelsey Baron**

Jumps  
5-9 • Senior  
Nehalem, Oregon  
Neah-Kah-Nie HS

**Jo Boatright**

Jumps/Hurdles  
5-5 • Sophomore  
Coos Bay, Oregon  
Marshfield HS

**Arlene Burnham**

Throws  
5-11 • Sophomore  
Adrian, Oregon  
Adrian HS

**Carmen Charleston**

Sprints/Jumps  
5-8 • Junior  
Bellingham, Washington  
Squalicum HS

**Gina Coolen**

Throws  
5-4 • Sophomore  
North Bend, Oregon  
North Bend HS

**Ashley Crisell**

Distance  
5-6 • Sophomore  
Woodburn, Oregon  
Willamette Valley Christian HS

**Michelle Forbes**

Sprints  
5-9 • Sophomore  
Jackson, Wyoming  
Jackson Hole HS

**Janelle Goeres**

Distance  
5-4 • Junior  
Gold Hill, Oregon  
Crater HS

**Gloria Gomez**

Distance  
5-6 • Sophomore  
Victorville, California  
Victor Valley CC

**Josey Hilton**

Sprints  
5-5 • Freshman  
Baker City, Oregon  
Baker City HS

**Jessica Howard**

Sprints  
5-8 • Senior  
Portland, Oregon  
Faith Bible HS

**Beth Jertberg**

Distance  
5-5 • Freshman  
Klamath Falls, Oregon  
Henley HS

**Mona Matthews**

Sprints/Relays  
5-5 • Junior  
Huntington, Oregon  
Oakland HS

**Beth Moyer**

Distance  
5-5 • Junior  
Camarillo, California  
Rio Mesa HS

**Erin Paisley**

Hammer  
5-10 • Junior  
Salem, Oregon  
North Salem HS

## Athletes

**Emily Ruggles**

Jumps/Hurdles  
5-11 • Senior  
Eugene, Oregon  
South Eugene HS

**Jillian Shaw**

Pole Vault  
5-5 • Freshman  
Beaverton, Oregon  
Westside Christian HS

**Helena Telfer**

Pole Vault  
5-4 • Senior  
Grand Ronde, Oregon  
Willamina HS

**Amy Watson**

Throws  
5-10 • Sophomore  
Aloha, Oregon  
Aloha HS

**Chelsi Williamson**

Jumps/Hurdles  
5-8 • Freshman  
McMinnville, Oregon  
McMinnville HS

**Brad Bates**

Sprints  
5-8 • 150 • Sophomore  
Stayton, Oregon  
Stayton HS

**Steven Beardsley**

Hurdles/Sprints/Relays  
6-0 • 180 • Sophomore  
Banks, Oregon  
Banks HS

**Doug Beatty**

Jumps  
5-2 • 120 • Sophomore  
Boise, Idaho  
Centennial HS

**Matt Burg**

Distance  
5-9 • 135 • Sophomore  
Newberg, Oregon  
Newberg HS

**Scott Burkhart**

Pole Vault/Jumps  
6-0 • 169 • Sophomore  
The Dalles, Oregon  
The Dalles HS

**Kris Clifton**

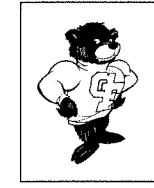
Distance  
5-4 • 110 • Sophomore  
Sutherlin, Oregon  
Missouri Military Academy

**Greg Cobb**

Sprints  
6-1 • 190 • Junior  
Eugene, Oregon  
Southwestern Oregon CC

**Dane Coppini**

Sprints/Relays  
5-9 • 165 • Freshman  
Ferndale, California  
Ferndale HS

**Reggie Davis**

Jumps  
5-8 • 158 • Sophomore  
Portland, Oregon  
Roosevelt HS

**Ben Eichenberger**

Hurdles  
5-10 • 165 • Freshman  
Tualatin, Oregon  
Westside Christian HS

**Phil Garrison**

Distance  
5-8 • 140 • Freshman  
Olympia, Washington  
Tumwater HS

**Rob Gaslin**

Distance  
6-2 • 165 • Sophomore  
Tualatin, Oregon  
Tualatin HS

**Matt Gassaway**

Throws  
6-3 • 220 • Sophomore  
Washougal, Washington  
Washougal HS

**Andy Haehlen**

Pole Vault  
6-1 • 180 • Sophomore  
Portland, Oregon  
Portland Christian HS

**Nicholas Hultberg**

Throws  
6-3 • 250 • Junior  
Salem, Oregon  
North Salem HS

**David Malcolm**

Throws  
5-10 • 250 • Junior  
Talent, Oregon  
Phoenix HS

**Michael Owen**

Distance  
6-0 • 166 • Junior  
Anchorage, Alaska  
Grace Christian HS

**Andrew Paine**

Hurdles  
5-11 • 165 • Sophomore  
Walla Walla, Washington  
Walla Walla HS

**Stephen Pratt**

Hurdles  
6-0 • 160 • Freshman  
Denver, Colorado  
Academy of Charter Schools

**Adam Puckett**

Jumps  
6-1 • 152 • Junior  
Bend, Oregon  
Mountain View HS

**Jesse Rasmussen**

Sprints/Relays  
5-11 • 135 • Sophomore  
Portland, Oregon  
Rosslyn Aca., Nairobi, Kenya

**Ben Salisbury**

Sprints/Relays  
6-3 • 200 • Junior  
Bellingham, Washington  
Sehome HS

**Zach Smith**

Mid-Distance  
6-0 • 170 • Sophomore  
East Wenatchee, Washington  
Eastmont HS

**Casey Sullivan**

Hurdles/Relays  
6-2 • 185 • Freshman  
Jefferson, Oregon  
Santiam Christian HS



Junior Beth Moyer, All-NWC 2001

## 2002 Review

**Silas Towne**

Distance  
5-10 • 150 • Junior  
Springfield, Oregon  
Thurston HS

**Emilio Vela**

Jumps  
6-1 • 170 • Freshman  
Olympia, Washington  
Olympia HS

**Bryan Wadlow**

Jumps  
6-4 • 195 • Junior  
Albany, Oregon  
West Albany HS

**Nick Wymore**

Pole Vault  
5-9 • 160 • Sophomore  
Carlton, Oregon  
Yamhill-Carlton HS

**Brett Yeager**

High Jump  
6-4 • 200 • Junior  
Oakridge, Oregon  
Oakridge HS

**Youth is Served**

*Bruin underclassmen led the way with top honors during 2002 season*

**F**reshman Jo Boatright of Coos Bay, Ore., was named Northwest Conference Women's Athlete of the Year, junior Kelsey Baron of Nehalem, Ore., earned All-America honors in the women's long jump, and freshman Matt Gassaway of Washougal, Wash., missed All-America by one place in the NCAA Division III National Championships, highlighting another fine season for the George Fox track and field teams.

Boatright captured NWC championships in the 100 and the high jump, was 2nd in the triple jump and long jump, and was 3rd in the heptathlon, earning All-Conference honors in each event. She was an NCAA competitor in the 100 hurdles and the high jump.

Baron was the NWC winner in the long jump and the triple jump and placed 3rd in the 4x100 relays, earning All-Conference in those events. She set Bruin records in the long jump (18-06) and triple jump (39-01). In the NCAAs, she long jumped 18-05.75 to finish 7th for All-America honors, and also competed in the triple jump. For her classroom work, she was named to the Verizon Academic All-District VIII (West Region) Team.

Gassaway tossed the javelin 193-07 in the NCAAs to finish 9th, one spot short of All-America status. He was an All-NWC performer in the javelin with a 2nd-place finish. Sophomore Ben Salisbury of Bellingham, Wash., who won the NWC 200 meter dash, competed in it in the NCAAs, and also was All-NWC in the 400 and the 4x100 relay.

Other Bruin women who were All-Conference included senior Tori Taylor of Portland, Ore., in the steeplechase, freshman Gina Coolen of North Bend, Ore., in the javelin, sophomore Nicole Bostic of Spokane, Wash., in the triple jump, and freshman Michelle Forbes of Jackson, Wyo., freshman Melissa Matthews of Keizer, Ore., and sophomore Brooke Pitner of Vancouver, Wash., in the 4x100 relay.

All-Conference Bruin men were sophomore Jon Robinson of Cannon Beach, Ore., in the long jump, which he won, and the 4x100 relay, and freshman Steve Beardsley of Banks, Ore., and freshman Brad Bates of Stayton, Ore., in the 4x100 relay. Taylor set a new Bruin record in the steeplechase (11:24.31) and sophomore Erin Paisley of Salem, Ore., tossed the hammer a record 141-09.

As a team, the Bruin women placed 4th and the men 5th in the NWC Championships. Coach Wes Cook completed his 15th season as the Bruins' track and field mentor.



Senior Jessica Howard

## Coaches

**Head Coach****Wes Cook**

**I**n his first 12 years as head coach of the George Fox University men's and women's cross country and track and field teams, Wes Cook turned the Bruins' name into a nationally recognized power in the National Association of Intercollegiate Athletics (NAIA). The Bruins have not achieved quite the same level of recognition in their first 3 years as full-time members of the National Collegiate Athletic Association (NCAA), but as Cook enters his 16th season at George Fox, it should not be long before the Bruins are once again among the nation's elite.

All 4 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 5th-place and women's 2nd-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 national title with a record low score of 19.

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 been named Coach of the Year 12 times, at least once in each sport he coaches, including Northwest Conference Women's Coach of the Year in track and field for guiding the team to the 2000 conference championship. In 1992-93, he was named NAIA District 2



Coach of the Year for all women's sports.

Cook also was involved with the NAIA for several years as a national rater and served on the NAIA women's track and field games committee.

Cook's athletes won 80 NAIA All-America awards and 53 NAIA All-America Scholar-Athlete awards. In 1995, George Fox was the only school to put both men's and women's teams in the top 5 of the NAIA cross country national meet team scholastic competition. In the Bruins' 3 years in the NCAA, 3 athletes have earned All-America honors, while 5 cross country runners and 8 track and field athletes have been named Academic All-Americans. The 2000 women's track team had the 2nd-highest cumulative GPA (3.56) in the country and the men were 3rd (3.25), and the 2001 women's track team finished with the highest national GPA (3.95).

A Nebraska native, Cook rose to the rank of Eagle in the Boy Scouts of

America before becoming a 4-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 4 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 5 high schools in 3 states. In 15 years at Gladstone (Ore.) High School, his track and cross country teams finished as state champion or runner-up 10 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 3 times. In 1983, his son Toby set the Oregon 3A state record in the 1,500-meter race.

A member of the U.S. Track Coaches Association, 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). Active in Fellowship of Christian Athletes and summer track and basketball camps, he has led 4 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 3 adult children: Tammy, Toby, and Brad.

## Coaches

**Dave Guzman***Assistant Coach*

Dave Guzman enters his 9th year with the George Fox track and field program, with primary responsibilities for the sprints and relay teams.

Guzman came to the Bruins in 1994 after a dozen years guiding Salem Academy's sprinters to state prominence. In the 8 seasons prior to his 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 8 seasons at George Fox, Guzman has coached 11 relay teams to NAIA national meets, 5 of them scoring points with top-8 finishes.

Guzman has 24 years of track and field coaching experience, including 3 years as co-founder and president of the Santiam Striders Track Club. A graduate of Linfield College, he also owns an insurance business in Salem. He and his wife, Judy, live in Keizer, Ore., and have 4 children.

**Chad Riddle***Assistant Coach*

Chad Riddle begins his 4th year as a full-time assistant coach at George Fox after serving as a volunteer assistant in 1999, with primary

responsibilities for the athletes who compete in the various throwing events.

A 2-time national qualifier for Linfield College in the hammer at the NAIA national track meet, Riddle has a personal best of 177-8. He also threw the discus 153-4 and the shot put 48-10. He earned a bachelor's degree in exercise science in 1998.

Riddle, a graduate of Molalla (Ore.) High School, works for 24-Hour Fitness in Beaverton as a personal trainer. His wife, Jenny (Bonnell), is a graduate of George Fox. They live in Newberg.

**John Smith***Assistant Coach*

Now in his 5th 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 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 8 events at George Fox, including 2nd-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 a 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.

**John Mantalas***Assistant Coach*

Former George Fox University All-Conference runner John Mantalas returns to his alma mater this year to serve as an assistant coach for both the cross

country and track and field programs.

Mantalas, who hails from Gladstone, Ore., was a 2-time All-Northwest Conference performer in the 800 meter run, finishing 2nd in his sophomore year and 3rd in his junior season. As a senior, he earned Second Team All-Conference honors in cross country with an 11th-place finish. He twice qualified for the NCAA National Championships in the 4x800 meter relays, and placed 96th at the NCAA National Cross Country Championships in 1998.

Mantalas earned a bachelor's degree in fitness management in 2000 and an M.A.T. in secondary health and physical education in 2001. He currently serves as a substitute teacher for school systems in Newberg, Sherwood, Tualatin, and Tigard, Ore.

**Liz Thompson***Assistant Coach*

A two-time NAIA All-American for the George Fox Bruins, Liz (Stephens) Thompson brings her knowledge and experience

back to her alma mater this year as an assistant coach for the Bruin track and field programs.

A native of Bellevue, Wash., and a graduate of Newport High, Thompson competed for the Bruins in both track and basketball from 1992-96. In track, she finished 4th in both the 400 hurdles and the 4x400 relay in the NAIA National Championships during her senior season. In the Bruin record book, she ranks 1st in the 400 meter low hurdles (61.29) and the 4x400 relays (3:46.06), 2nd in the heptathlon and the 100 hurdles, 3rd in the 800, and 7th in the 400.

Thompson ranks in the basketball top 10 in several statistical categories, including 6th in scoring (1,197 points), 7th in rebounds (566), 8th in blocks (68), and 6th in field goal pct. (.456).

After graduating from George Fox with a business degree in 1996, Thompson served as an assistant in current head coach Scott Rueck's first year in '96-97. She was head basketball coach and an assistant coach in track at Interlake High School in Bellevue 1998-2000.

Thompson married former George Fox baseball player and current assistant baseball coach Mike Thompson in April of 2000 and the couple moved back to Oregon, where she took a job with the Portland Fire Department. The Thompsons live in Dayton, Ore., where they delight in Josie, their pet weimaraner.

**Ty Taylor***Assistant Coach*

Ty Taylor, a George Fox thrower from 1996-2000, begins his 1st year as an assistant coach with the Bruins' track and field program this spring.

Specializing in the javelin, Taylor posted the 3rd-best throw in Bruin history with a distance of 196-01 in 1998 while a sophomore. He stands 2nd all-time in the javelin for the sophomore and senior classes.

A native of Portland, Ore., and Wilson High, Taylor comes from an athletic family. His father Ray played football at Linfield, younger brother Tevin ran track for George Fox, and younger sister Tori also played soccer and ran track for the Bruins.

Taylor graduated from George Fox in 1998 with a degree in mathematics.

**Josh Howery***Assistant Coach*

Josh Howery, a volunteer assistant for the Bruins in 2000, returns to the track and field program at George Fox as an assistant coach this year.

Howery was an outstanding sprinter for the Bruins 1995-98, earning All-American status at the 1996 NAIA National Championships as a part of the 4x400m relay team that finished 5th. The team's time of 3:13.05 was new school record at the time and is still the 2nd-best ever.

A native of Coeur d'Alene, Idaho, Howery graduated from George Fox in 1998 with a bachelor's degree in biblical studies, and currently serves as a Portland police officer. He recently married George Fox alum Sherilyn Gerig.



## 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
2001		* 5th	Wes Cook
2002		* 5th	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)
Oave 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)
Scott Ball	1984	NAIA Scholar-Athlete
Owight 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
	1997	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
2001	& 31st	* 4th	Wes Cook
2002	& 65th	* 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  
 & 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 (5th)
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)	1:52.94	Wendell Otto	SO	4-14-79
	1998	NAIA Scholar-Athlete	1:53.69	Curt Rosen	SR	4-26-97
	1998	GTE Academic All-American	1:53.94	Randy Ware	JR	3-05-77
		Third Team Women's At-Large College Division	1:54.50	Steve Willmer	JR	5-05-01
			1:54.73	Torrey Lindbo	SO	5-15-93
			1:54.74	Keith Pearson	SO	5-10-80
	1998	NAIA High Jump (3rd)	1:54.84	John Cole	FR	4-26-80
Becci Harper	1996	NAIA Javelin (Champion)	1:54.84	Cliff McCurdy	SR	4-10-77
	1997	NAIA Javelin (Champion)				
Liz Stephens	1996	NAIA 400 Hurdles (4th)				
	1996	NAIA 4x400 Relay (4th)	1,500m			
Kristin (Delrich) Chaney	1996	NAIA 4x400 Relay (4th)	3:46.25	Jonathan Morse	SO	4-25-92
	1997	NAIA 4x400 Relay (5th)	3:49.94	Wendell Otto	SO	4-14-79
Amy Redenius	1996	NAIA 4x400 Relay (4th)	3:50.97	Steve Stuart	SR	5-22-80
	1997	NAIA 4x400 Relay (5th)	3:52.74	Bruce Greene	FR	5-14-76
Sharon Barnett	1997	NAIA 100 Hurdles (2nd)	3:52.74	Todd Bos	SR	4-20-91
Jennifer Christiansen	1997	NAIA Pole Vault (5th)	3:53.36	Ron Marsh	SR	5-09-92
Heidi Haley	1997	NAIA 4x400 Relay (5th)	3:53.94	Steve Blikstad	SO	4-30-77
Rachel Powell	1998	NAIA Scholar-Athlete	3:54.86	Rolf Potts	JR	4-25-92
Heather Hunt	2000	NCAA Pole Vault (7th)	3:55.94	Vanni Tilzey	SO	5-13-89
	2001	NCAA Pole Vault (2nd)	3:56.19	Kevin Ball	FR	5-05-84
Kelsey Baron	2002	NCAA Long Jump (7th)				

## Men's Records

100m							
10.25	Gregg Griffin	SR	5-18-79				
10.65	Ryan Chaney	JR	5-04-96	8:42.34	Steve Blikstad	SO	1977
10.75	David Plotts	JR	5-01-99	8:40.74	Steve Willmer	SO	2000
10.84	John Koroma	SO	3-30-74	8:40.74	Erik Gibson	JR	1995
10.84	Tony Nagle	SO	4-22-89	8:42.34	Brandon Workman	SO	1998
10.94	Amadu Koroma	FR	4-23-75	8:44.64	Mark Mohnen	JR	1990
10.94	Ben Salisbury	FR	5-05-01	8:45.04	Ken Bell	SO	1972
10.94	Jon Robinson	SO	3-23-02	8:45.14	Steve Stuart	FR	1977
11.04	Werner Siebert	SO	3-12-77	8:45.74	Curt Ankeny	SR	1974
11.04	Mark Reynolds	JR	5-10-80	8:47.04	Jon Wright	SO	1991
11.04	Mark Young	JR	4-14-84				
11.04	Adolphus Onua	SO	4-13-85	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
				14:46.24	Brandon Workman	SR	4-14-00
				14:53.14	Mark Mohnen	JR	4-28-90
				14:53.39	Erik Gibson	JR	3-24-95
200m				14:53.54	Jerred Gildehaus	FR	3-02-85
21.31	Ryan Chaney	SR	5-11-97	14:56.04	Lyndel Smith	JR	5-12-79
21.44	Gregg Griffin	SR	4-27-79	14:57.14	Aaron Howard	JR	3-23-91
21.62	Ben Salisbury	FR	5-11-02	14:58.24	Jon Wright	SR	11-14-92
21.63	David Plotts	JR	5-01-99				
22.04	John Koroma	SO	3-16-74	10,000m			
22.04	Bruce Ponder	JR	4-12-75	30:42.74	Mark Mohnen	SR	4-27-91
22.04	Tim Conley	SR	4-14-90	30:46.84	Jon Wright	SO	4-05-91
22.04	Werner Seibert	SR	3-17-79	30:58.44	Dave Molstad	JR	5-12-78
22.05	Jim Haley	SR	5-01-99	31:41.04	Matt Kirkpatrick	SO	4-05-91
22.34	Mark Reynolds	SO	4-27-79	31:51.79	Jerred Gildehaus	SO	5-09-86
22.34	Tony Nagle	SO	4-15-89	31:57.24	Tim Roehholz	SR	5-09-80
				32:04.02	Aaron Howard	JR	5-10-91
				32:06.54	Lyndel 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 Roehholz	JR	2-24-79
				2:37:26	Dwight Larabee	JR	2-23-85
				2:41:55	Jack Winter	SR	2-28-81
800m				2:46:55	Dave Hamilton	SO	2-21-74
1:50.00	Todd Bos	SR	5-25-91	2:51:17	Dan Price	FR	2-23-85
1:52.51	Ron Marsh	SR	5-16-92	2:52:56	Dean Gadd	FR	2-25-78
1:52.82	Jonathan Morse	FR	5-04-91				

110m High Hurdles						
13.94	Adolphus Onua	SO	4-13-85			
14.47	David 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	Quane 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	Quane 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			
5						

# Records

**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
22-11.25	Jon Robinson	SO	4-27-02
22-10.5	Andrew Stave	JR	5-02-97
22-9.5	David Parker	SD	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

**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	Oave Varmon	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
157-5	Darin Krueger	SR	5-11-02
152-2	Mike Watts	SR	4-26-86
151-4	Nate Grandie	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

**Javelin**

204-10	David Nickell	SO	5-14-88
202-7	Matt Gassaway	FR	4-20-02
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

**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
6034	Tevin Taylor	SO	5/10-11/02
5853	Scott Edinger	FR	4/15-16/96
5789	Rob Flanagan	FR	4/17-18/89

**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	Oan 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	Quane 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
42.10	Robinson, Cota, Gassaway, Salisbury	5-05-01
42.33	Parker, Gassaway, Costa, Plotts	4-17-99
42.33	Parker, Gassaway, West, Plotts	4-31-99
42.34	A. Koroma, Neeley, Ponder, J. Koroma	5-17-75
42.44	A. Koroma, Neeley, Mitchell, Griffin	5-19-77
42.44	Howery, Carmack, Ankeny, Chaney	4-27-96
42.62	Robinson, Beardesley, Bates, Salisbury	4-27-02

**4x400m Relay**

3:11.10	Carmack, Chaney, Haley, Parker	5-23-97
3:13.05	Howery, Chaney, Parker, Carmack	5-25-96
3:16.26	Parker, Haley, Gassaway, Willmer	5-25-99
3:16.26	Sprunger, Salisbury, Costa, Gassaway	5-12-01
3:16.87	Costa, Gassaway, Whitaker, Plotts	5-13-00
3:17.56	Carmack, Schaffeld, Lindbo, Chaney	5-13-95
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, Edinger, Parker	5-09-98

**4x800m Relay**

7:42.0	Mwaura, Bales, Otto, Ware	4-22-78
7:45.64	Thompson, Nichols, Mantalas, Willmer	5-08-99
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

7:53.36	Thompson, Nichols, Mantalas, Willmer	5-23-99
7:54.72	Esselman, Willmer, Mantalas, Edinger	3-20-99
7:55.2	McCurdy, Bales, Ware, Greene	4-24-76

## Women's Records

**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	SD	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 Delrich	SO	1996
26.14	Karen Becker	FR	1979

**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
58.35	Sara Dates	FR	2001
58.41	Liz Stephens	SR	1996
58.87	Stephanie Castillo	FR	1995
59.46	Kelly Scrutton	FR	1994

**800m**

2:13.44	Debbie Kintrea	JR	1992
2:14.12	Jamie McElwain	SR	2001
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	SD	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
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
4:44.19	Ember Brosius	JR	2000
4:45.92	Phaydra Newport	SD	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	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
10:13.75	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
38:41.54	Phaydra Newport	SO	1991
39:12.60	Janelle Goeres	SO	2002
40:01.72	Angela Linder	SR	1996
40:03.84	Mindy Fox	FR	1992
40:29.14	Melody McCart	SO	1998

**3,000m Steeplechase**

11:51.20	Tori Taylor	SO	2000
12:05.11	Beth Moyer	FR	2002

**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
4165	Jo Boatright	FR	2002
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	Jennifer Christiansen	JR	1996
3445	Heidi Smith	FR	1999

**100m High Hurdles**

14.57	Sharon Barnett	JR	1999
14.84	Jo Boatright	FR	2002
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	Jacque Williams	SR	1983
15.54	Holly Irvine	FR	1994
15.64	Sandra Burns	SO	1980
15.80	Julie Puckett	FR	1996

**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	Sandra Burns	SO	1980

**High Jump**

5-10	Nancy Rissmiller	FR	1995
5-7	Kathy Brown	JR	1994
5-7	Jo Boatright	FR	2002
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/JR	1997/99

**Long Jump**

18-6	Kelsey Baron	JR	2002
18-2.75	Jo Boatright	FR	2002
17-11.25	Marlyss Stenberg	JR	1992
17-5	Jacque 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

**Triple Jump**

39-1.75	Kelsey Baron	JR	2002
37-8	Jocelyn Kennedy	SR	2000
37-4.5	Jo Boatright	FR	2002
37-3	Sharla Rhoades	SR	1999
36-5	Heidi Smith	FR	1999
35-6.5	Colleen Forbes	JR	2001
35-4.5</			

# Records

**Pole Vault**

12-5.5	Heather Hunt	SR	2001
10-6	Deveny West	FR	2001
10-6	Helena Telfer	JR	2002
9-6.25	Jen Christiansen	SR	1997
7-6	Sarah Bain	FR	1996
7-6	Erin Paisley	FR	2001
7-0	Cherish Carroll	FR	1996

**Hammer**

141-9	Erin Paisley	SO	2002
139-11	Sarah Zempel	FR	2001
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
96-3	Arlene Burnham	FR	2002
94-5	Trisha Rathka	FR	1998

**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

<b>100m</b>	10.82	Micheal Chapin	Western Oregon	4/17/99
<b>200m</b>	21.64	Ryan Chaney	George Fox	4/13/96
<b>400m</b>	47.89	Ryan Chaney	George Fox	2/22/97
<b>800m</b>	1:52.45	Jon Swanson	Unattached	4/26/97
<b>1,500m</b>	3:50.5	Wes Tilgner	Western Oregon	4/04/87
<b>3,000m</b>	8:33.6	Sean Messiter	Nike	3/31/90
<b>5,000m</b>	14:33.3	Don Stearns	Eastern Oregon	5/09/81
<b>10,000m</b>	30:25.3	Don Stearns	Eastern Oregon	4/08/81
<b>5,000 Racewalk</b>	21:51.2	Vance Godfrey	George Fox	4/13/91
<b>10,000 Racewalk</b>	43:47.5	Vance Godfrey	Athletes in Action	4/02/94
<b>20,000 Racewalk</b>	1:28:32.3	Vance Godfrey	Athletes in Action	4/02/94
<b>110m HH</b>	13.7	Adolphus Onua	George Fox	4/13/85
<b>400m IH</b>	52.70	David Parker	George Fox	4/17/99
<b>3,000 Steeple</b>	9:13.4	Brandon Workman	George Fox	5/05/00
<b>2,000 Steeple</b>	5:50.08	Todd Davis	Portland	3/06/99
<b>H. Jump</b>	6-11.25	Tim Hagen	George Fox	4/14/90
<b>Pole Vault</b>	16-0	Curt Heywood	Unattached	2/24/96
		Greg Jordan	Linfield	2/24/96
<b>Lg. Jump</b>	23-6.75	Gareth Pooleon	Willamette	5/09/87
<b>Tr. Jump</b>	50-8	Jim McCann	Oregon International	2/21/98

<b>Shot Put</b>	62-1.25	Ian Waltz	Unattached	6/07/01
<b>Discus</b>	206-11	Jason Tunks	Unattached	5/29/01
<b>Hammer</b>	220-3	Travis Nutter	Unattached	6/15/00
<b>Javelin</b>	220-2	Justin St. Clair	Unattached	6/07/01
<b>4x100</b>	41.34	Portland State		3/06/99
<b>4x400</b>	3:17.03	Edinger, Haley, Parker, Chaney	George Fox	4/26/97
<b>4x800</b>	7:55.5	Mantalas, Autrey, Nichols, Edinger	George Fox	4/18/98
<b>Decathlon</b>	6,368	Ross Kennedy	Southern Oregon	4/17-18/95

## Women's Colcord Field Records

<b>100m</b>	12.33	Melody Sherman	Linfield	5/06/00
<b>200m</b>	25.06	Melody Sherman	Linfield	5/06/00
<b>400m</b>	56.68	Amber Larsen	Linfield	5/06/00
<b>800m</b>	2:09.48	Beth Fitzgerald	Willamette	4/17/99
<b>1,500m</b>	4:28.00	Claire Taylor	Unattached	4/17/99
<b>3,000m</b>	9:29.84	Annette Peters	Nike	4/26/96
<b>5,000m</b>	17:34.34	Jill Jamison Beals	George Fox	4/01/89
<b>10,000m</b>	37:41.34	Molly Ostlund	U. Portland	5/10/85
<b>100 H</b>	14.56	Maile Barrett	Lewis & Clark	5/06/00
<b>400 H</b>	1:02.04	Liz Stephens	George Fox	4/13/96
<b>4x100</b>	48.13	Grimes, Andrade, Metzger, Lukenbill	Pacific Lutheran	4/08/95
<b>4x400</b>	3:53.44	Larson, Warnecke, Sherman, Baker	Linfield	4/25/98
<b>4x800</b>	9:29.9	Rissmiller, Butler, McElwain, Peterson	George Fox	4/18/98
<b>H. Jump</b>	5-8.75	Nancy Rissmiller	George Fox	4/18/98
<b>Lg. Jump</b>	18-08.25	Linnea Jarvits	Seattle Pacific	2/21/98
<b>Tr. Jump</b>	38-07.75	Kelsey Baron	George Fox	4/13/02
<b>Shot Put</b>	45-1.5	Carrie Pietig	Willamette	3/31/90
<b>Discus</b>	148-10	Mari Ruiz	Whitman	5/06/00
<b>Javelin</b>	161-3	Sarah Malone	Unattached	2/20/99
<b>Hammer</b>	193-0	Kyomi Parris	Unattached	6/10/99
<b>Pole Vault</b>	12-0.5	Heather Hunt	George Fox	5/05/00
<b>Heptathlon</b>	4,818	Jill Carrier	Southern Oregon	4/17-18/95

## Men's Track and Field Class Records

	Seniors	Juniors	Sophomores	Freshmen
<b>100m</b>	10.43 ..... Gregg Griffin ..... '79	10.25w ..... Gregg Griffin ..... '78	10.58 ..... Gregg Griffin ..... '77	10.84 ..... Gregg Griffin ..... '76
<b>200m</b>	21.31 ..... Ryan Chaney ..... '97	21.48 ..... Ryan Chaney ..... '96	21.62 ..... Ben Salisbury ..... '02	21.64 ..... Gregg Griffin ..... '76
<b>400m</b>	45.98 ..... Ryan Chaney ..... '97	46.58 ..... Ryan Chaney ..... '96	47.14 ..... Ryan Chaney ..... '95	47.63 ..... Ryan Chaney ..... '94
<b>800m</b>	1:50.00 ..... Todd Bos ..... '91	1:53.45 ..... Todd Bos ..... '90	1:52.94 ..... Wendell Otto ..... '79	1:52.82 ..... Jonathan Morse ..... '91
<b>1,500m</b>	3:50.97 ..... Steve Stuart ..... '80	3:51.44 ..... Jonathan Morse ..... '93	3:46.25 ..... Jonathan Morse ..... '92	3:50.54 ..... Jonathan Morse ..... '91
<b>3,000m</b>	8:39.14 ..... Steve Blikstad ..... '79	8:25.34 ..... Jonathan Morse ..... '93	8:33.74 ..... Steve Blikstad ..... '77	8:45.14 ..... Steve Stuart ..... '77
<b>5,000m</b>	14:22.64 ..... Steve Blikstad ..... '79	14:31.17 ..... Jonathan Morse ..... '93	14:28.44 ..... Jonathan Morse ..... '92	14:53.54 ..... Jerred Gildehaus ..... '85
<b>10,000m</b>	30:42.74 ..... Mark Mohnen ..... '91	30:58.44 ..... Dave Molstad ..... '78	30:46.84 ..... Jon Wright ..... '91	32:09.71 ..... Jim Brewer ..... '93
<b>110 Hurdles</b>	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
<b>400 Hurdles</b>	52.34 ..... Chad Neeley ..... '78	53.25 ..... David Parker ..... '98	52.30 ..... David Parker ..... '97	53.43 ..... David Parker ..... '96
<b>Steeplechase</b>	8:50.04 ..... Steve Blikstad ..... '79	9:03.88 ..... Erik Gibson ..... '95	8:50.16 ..... Steve Blikstad ..... '77	9:13.51 ..... Erik Gibson ..... '92
<b>Marathon</b>	2:27:27 ..... Curt Ankeny ..... '74	2:25:19 ..... Curt Ankeny ..... '72	2:30:51 ..... Curt Ankeny ..... '73	2:30:28 ..... Curt Ankeny ..... '71
<b>High Jump</b>	7-0.5 ..... Tim Hagen ..... '90	6-10.75 ..... Tim Hagen ..... '89	6-10.75 ..... Tim Hagen ..... '88	6-10.25 ..... Aaron Young ..... '92
<b>Long Jump</b>	23-9 ..... Amadu Koroma ..... '78	22-10.5 ..... Andrew Stave ..... '97	23-7.25 ..... Rob Rising ..... '93	23-5.25 ..... Shane Covelli ..... '90
<b>Triple Jump</b>	48-7.5 ..... Aaron Young ..... '96	48-5.5 ..... Mark Halland ..... '72	47-7 ..... Aaron Young ..... '93	47-10.5 ..... Aaron Young ..... '92
<b>Pole Vault</b>	15-8 ..... Dave McDonald ..... '71	15-7 ..... John Smith ..... '95	15-8 ..... Dave McDonald ..... '69	15-0 ..... John Smith ..... '93
<b>Shot Put</b>	54-10 ..... Bob Hadlock ..... '69	55-3 ..... Bob Hadlock ..... '68	53-9 ..... Bob Hadlock ..... '67	52-1.5 ..... Bob Hadlock ..... '66
<b>Discus</b>	168-6 ..... Charlie Keeran ..... '80	155-6 ..... Jonathan Huwe ..... '93	158-5 ..... Jonathan Huwe ..... '92	148-11 ..... Mike Watts ..... '83
<b>Javelin</b>	192-2 ..... Jon Roberts ..... '00	186-0 ..... Kyle Dixon ..... '02	204-10 ..... David Nickell ..... '88	202-7 ..... Matt Gassaway ..... '02
<b>Hammer</b>	170-3 ..... Allan Morrow ..... '79	159-0 ..... Steve Curtis ..... '81	156-11 ..... Steve Curtis ..... '79	144-9 ..... Geoff Kirkendall ..... '01
<b>Decathlon</b>	6,451 ..... Keith Wigley ..... '86	7,138 ..... John Smith ..... '95	6,800 ..... David Parker ..... '97	6,176 ..... David Parker ..... '96
<b>5,000 Walk</b>	21:51.2 ..... Vance Godfrey ..... '91	22:23.5 ..... David Thomas ..... '93	23:43.2 ..... David Thomas ..... '91	24:47.1 ..... David Thomas ..... '90
<b>10,000 Walk</b>	45:40.5 ..... Vance Godfrey ..... '91	47:10.24 ..... David Thomas ..... '92	49:10.6 ..... Vance Godfrey ..... '89	51:13.3 ..... David Thomas ..... '90
<b>1,500 Walk</b>	6:07.0 ..... Vance Godfrey ..... '90			
<b>3,000 Walk</b>	12:42.1 ..... Vance Godfrey ..... '91			



Darin Krueger, NWC Hammer 5th, 2002

## Records

## Women's Track and Field Class Records

	Seniors	Juniors	Sophomores	Freshmen
<b>100m</b>	12.70 ..... Kristin Chaney ..... '98	12.34 ..... Janet Johnson ..... '65	12.25 ..... Jacque Davis ..... '81	12.05 ..... Jackie Jackson ..... '81
<b>200m</b>	26.39 ..... Kristin Chaney ..... '98	25.64 ..... Janet Johnson ..... '65	26.02 ..... Kelly Scrutton ..... '95	24.84 ..... Joyce Yates ..... '79
<b>400m</b>	57.51 ..... Heidi Haley ..... '97	58.23 ..... Ginean Lewis ..... '92	57.70 ..... Kristin Oelrich ..... '96	56.22 ..... Shavon Davis ..... '80
<b>800m</b>	2:14.12 ..... Jamie McElrain ..... '01	2:13.44 ..... Debbie Kintrea ..... '92	2:14.54 ..... Debbie Kintrea ..... '90	2:19.12 ..... Nancy Rissmiller ..... '95
<b>1,500m</b>	4:41.28 ..... Dawn Hartwig ..... '96	4:36.24 ..... Juli Cyrus ..... '93	4:38.78 ..... Juli Cyrus ..... '92	4:40.92 ..... Jill Jamison ..... '89
<b>3,000m</b>	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
<b>5,000m</b>	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
<b>10,000m</b>	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
<b>High Hurdles</b>	14.63 ..... Sharon Barnett ..... '00	14.57 ..... Sharon Barnett ..... '99	14.73 ..... Sharon Barnett ..... '98	14.68 ..... Sharon Barnett ..... '97
<b>Low Hurdles</b>	61.29 ..... Liz Stephens ..... '96	63.11 ..... Liz Stephens ..... '95	63.07 ..... Liz Stephens ..... '94	64.02 ..... Megan Heuberger ..... '00
<b>Steeplechase</b>	11:24.31 ..... Tori Taylor ..... '02	11:40.14 ..... Tori Taylor ..... '01	11:39.25 ..... Tori Taylor ..... '00	12:20.56 ..... Beth Moyer ..... '01
<b>Heptathlon</b>	4,556 ..... Marlyss Stenberg ..... '93	4,318 ..... Marlyss Stenberg ..... '92	4,179 ..... Marlyss Stenberg ..... '91	4,165 ..... Jo Boatright ..... '02
<b>Pole Vault</b>	12-5.5 ..... Heather Hunt ..... '01	12-1.5 ..... Heather Hunt ..... '00	11-6 ..... Heather Hunt ..... '99	11-9.75 ..... Heather Hunt ..... '98
<b>High Jump</b>	5-8.75 ..... Nancy Rissmiller ..... '98	5-9 ..... Nancy Rissmiller ..... '97	5-9.75 ..... Nancy Rissmiller ..... '96	5-10 ..... Nancy Rissmiller ..... '95
<b>Long Jump</b>	17-11 ..... Marlyss Stenberg ..... '93	18-6 ..... Kelsey Baron ..... '02	18-3 ..... Kelsey Baron ..... '01	18-2.25 ..... Jo Boatright ..... '02
<b>Triple Jump</b>	37-8 ..... Jocelyn Kennedy ..... '00	39-1.75 ..... Kelsey Baron ..... '02	37-8.5 ..... Kelsey Baron ..... '01	37-4.5 ..... Jo Boatright ..... '02
<b>Shot Put</b>	38-10 ..... Paula Wittenburg ..... '86	39-10.5 ..... Paula Wittenburg ..... '85	42-1 ..... Karen Gurske ..... '82	43-4.25 ..... Sarah Zempel ..... '01
<b>Discus</b>	151-1 ..... Paula Wittenburg ..... '86	145-3 ..... Paula Wittenburg ..... '85	146-9 ..... Paula Wittenburg ..... '84	139-5 ..... Sarah Zempel ..... '01
<b>Javelin</b>	155-0 ..... Denise Fox ..... '89	156-11 ..... Becci Harper ..... '96	142-9 ..... Leah Johanson ..... '94	154-10 ..... Sue Banta ..... '77
<b>Hammer</b>	107-1 ..... Leah Johanson ..... '96	76-10 ..... Becci Harper ..... '96	141-9 ..... Erin Paisely ..... '02	139-11 ..... Sarah Zempel ..... '01
<b>20# Weight</b>				35-10.75 ..... Sarah Zempel ..... '01
<b>1,500 Walk</b>		8:37.9 ..... Liz Evon ..... '94	8:59.2 ..... Liz Evon ..... '93	
<b>3,000 Walk</b>	19:13.5 ..... Debbie Driesner ..... '82	16:50.0 ..... Kristin Thomas ..... '93	17:42.64 ..... Liz Evon ..... '92	



# 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, of course, are accompanied by a proper balance between academics and athletics. Accordingly, 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, 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. Intercollegiate athletics competition provides for practical application of what is learned in the classroom and at practice. At George Fox, 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
- Graciousness in winning and losing

The university fields teams in 13 varsity sports, 7 for women (volleyball, soccer, cross country, basketball, softball, tennis, and track

and field) and 6 for men (soccer, cross country, basketball, baseball, tennis, and track and field). More than 15 percent of George Fox's traditional undergraduate students participate in these sports. 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 at the same time. Consider the growing legacy:

- George Fox has earned district or conference titles 15 times in 8 different sports during the last decade.
- George Fox athletes have earned more than 300 All-America and All-America Scholar-Athlete honors.
- Seven of the 11 coaches on staff have been named Coach of the Year at various levels a total of 35 times.
- George Fox coaches have held their positions for an average of almost 9 years, and together have accumulated more than 1,300 collegiate wins.

For more information about intercollegiate athletics at George Fox University, one of the premier places to play at the Division III level, contact the Department of Athletics at 503-554-2910, or via the Internet at [www.georgefox.edu/athletics](http://www.georgefox.edu/athletics).

The 2003 George Fox University Track and Field Media Guide was produced by the Office of Sports Information in the Department of Marketing and Communications, Rick Johnsen, executive director. Writer and Editor: Blair Cash, sports information director. Writing assistants: Sports information student assistants John Felton, Sarah Troyer, Amber Wentworth. Proofreading: Connie Ganz. Design and Layout: Colin Miller, Rebecca Wages. Photography: Anita Cirulis, Kirk Hirota. Printing: Lynx Communication Group Inc., Salem, Ore.

# 2003 Track and Field

## March

1 Sat.	Linfield Icebreaker	McMinnville, Ore.	9:00 a.m.
<b>8 Sat.</b>	<b>NWC 4-Way (Linfield, Pacific, UPS)</b>	<b>Newberg, Ore.</b>	<b>10:00 a.m.</b>
<b>15 Sat.</b>	<b>NWC "South" Meet</b>	<b>Newberg, Ore.</b>	<b>10:00 a.m.</b>
24 Mon.	Claremont D-III Challenge	Claremont, Calif.	3:30 p.m.
29 Sat.	Hornet Invitational	Sacramento, Calif.	TBA

## April

5 Sat.	Willamette Invitational	Salem, Ore.	11:00 a.m.
<b>11 Fri.</b>	<b>GFU Distance Carnival</b>	<b>Newberg, Ore.</b>	<b>5:00 p.m.</b>
<b>12 Sat.</b>	<b>GFU All-Comers Meet</b>	<b>Newberg, Ore.</b>	<b>10:00 a.m.</b>
14-15 Mon.-Tue.	NWC Combined Events (at University of Puget Sound)	Tacoma, Wash.	9:00 a.m.
19 Sat.	NWC 3-Way (Linfield, Lewis & Clark)	McMinnville, Ore.	10:00 a.m.
25-26 Fri.-Sat.	NWC Championships (at Pacific Lutheran University)	Tacoma, Wash.	TBA

## May

3 Sat.	Linfield Invitational	McMinnville, Ore.	1:00 p.m.
10 Sat.	Seattle Pacific Invitational (at University of Washington)	Seattle, Wash.	9:00 a.m.
17 Sat.	Willamette Last Chance	Salem, Ore.	TBA
22-24 Thu.-Sat.	NCAA D-III National Championships (at St. Lawrence University)	Canton, N.Y.	TBA

Home events in **bold type**

All home events at Colcord Memorial Field. All times Pacific and subject to change.

Athletics Department 503-554-2910 / Sports Information 503-554-2926 / Sports Hotline 503-554-3860

Athletics Web site: [www.georgefox.edu](http://www.georgefox.edu)