

2000

2000 Media Guide

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Cross Country Track and Field



*George Fox
University*



Roster

Men's Team	Events	Ht.	Wt.	Yr.	Hometown/Previous School
Scott Alvey	Throws			So.	Walnut Creek, Calif.
Ryan Austin	Mid-Distance	6-0	155	So.	Eugene, Ore./North Eugene HS
Conley Bergh	Sprints	5-10	190	Fr.	Milwaukie, Ore./Rex Putnam HS
Kenan Butler	Mid-Distance	6-2		Fr.	Shelton, Wash./Shelton HS
Neil Cantrall	Pole Vault	5-8	160	So.	Salem, Ore./Salem Academy
Keith Christiansen	Hurdles/PV/Tr Jump	5-11	173	Fr.	Grass Valley, Ore./Sherman HS
Eric Costa	Sprints	6-0	154	Jr.	Beaverton, Ore./Aloha HS
Zach Davidson	Sprints, Hurdles	5-9	138	Fr.	Albany, Ore./Santiam Christian HS
Jackson Esselman	XC	6-1	175	So.	Bellevue, Idaho/Wood River HS
James Eubank	XC	5-9	129	Fr.	Astoria, Ore./Astoria HS
John Fletcher	Throws	6-3		Fr.	Indio, Calif.
Tyler Gassaway	Sprints/Long Jump	6-0	156	Jr.	Oregon City, Ore./Oregon City HS
Scott Greene	Sprints/Hurdles	5-10	161	Jr.	Beaverton, Ore.
Caleb Harris	Hurdles	5-11	136	Sr.	Boise, Idaho
Beau Jacoby	Sprints	5-11		Fr.	Victor, Idaho/Jackson Hole (Wyo.) Bible C.
Phil Jess	Distance/XC	5-10	150	Jr.	Chelan, Wash./Brewster HS
David Kilian	Sprints/Hurdles	6-0	168	So.	Gresham, Ore./Sam Barlow HS
Eric Kunze	Throws	6-2	215	Sr.	Vancouver, Wash./Mt. View HS
David Lovejoy	Sprints	6-2	177	Sr.	Portland, Ore./Portland Christian HS
John Mantalas	Distance/XC	6-0	157	Sr.	Gladstone, Ore./Gladstone HS
Steve Martin	Sprints	6-0	167	Jr.	Clackamas, Ore./Homeschooled
Scott Oswald	Distance/XC	5-7	137	Sr.	Portland, Ore./Portland Lutheran HS
Michael Owen	Distance/XC	5-11	166	Fr.	Anchorage, Alaska/Grace Christian HS
Nathan Paisley	Distance/XC	6-0	158	So.	Salem, Ore./North Salem HS
David Plotts	Sprints	5-10	165	Sr.	Mill City, Ore./Chemeketa CC
Jonathan Roberts	Throws	6-0	230	Sr.	Portland, Ore./Portland Christian HS
Aaron Routon	Pole Vault	5-9	149	Sr.	Newberg, Ore./Newberg HS
Nicholas Ryland	Mid-Distance/XC	5-10	139	Fr.	Cheyenne, Wyo./Cheyenne East HS
Ian Strauss	Throws	6-3	246	Sr.	Medford, Ore./South Medford HS
Joel Strunk	Throws	6-0	202	Sr.	Salem, Ore./Salem Academy
Tevin Taylor	Hurdles/Javelin	5-11	176	Fr.	Portland, Ore./Wilson HS
Ty Taylor	Throws	6-0	197	Sr.	Portland, Ore./Wilson HS
Bryan Thompson	XC	5-9	163	Sr.	Cave Junction, Ore./Illinois Valley HS
Forrest Towne	Distance/XC	5-10	153	So.	Springfield, Ore./Thurston HS
Silas Towne	Distance/XC	5-10	140	Fr.	Springfield, Ore./Thurston HS
Beau West	Sprints	6-2	189	Jr.	Klamath Falls, Ore./Mazama HS
Kevin Whitaker	Sprints	5-8	150	Fr.	Corvallis, Ore./Crescent Valley HS
Steve Willmer	Mid-Distance/XC	6-3	176	So.	Fullerton, Calif./Brea Olinda HS
Brandon Workman	Distance/XC	6-2	155	Sr.	Moscow, Idaho/Moscow HS

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

Volunteer Assistants: Kevin Carr, Josh Howery

On the cover: senior Ian Strauss

Small photo: junior Amy Forbes

Women's Team	Events	Ht.	Yr.	Hometown/Previous School
Jessica Adams	Sprints	5-5	Sr.	Lake Oswego, Ore./Texas Christian Univ.
Sharon Barnett	Hurdles/Sprints	5-9	Sr.	Salem, Ore./Salem Academy
Kelsey Baron	Jumps	5-9	Fr.	Nehalem, Ore./Neah-kah-nie HS
Ember Brosius	Mid-Distance	5-7	Jr.	Winthrop, Maine/Gordon College
Kasey Burk	Mid-Distance/XC	5-5	Sr.	Culver, Ore./Culver HS
Katherine Burley	XC	5-4	Fr.	Portland, Ore./David Douglas HS
Heidi Coley	XC	5-3	Fr.	Sequim, Wash./Sequim HS
Christina Davis	Sprints	5-7	So.	Lynnwood, Wash./Meadowdale HS
Amy Forbes	Jumps	5-7	Jr.	Jackson, Wyo./Jackson Hole HS
Colleen Forbes	Jumps	5-7	So.	Jackson, Wyo./Jackson Hole HS
Megan Heuberger	Hurdles	5-3	Fr.	Yamhill, Ore./Yamhill-Carlton HS
Heather Hunt	Pole Vault	5-7	Jr.	Turner, Ore./Salem Academy
Jocelyn Kennedy	Jumps	5-6	Sr.	Gresham, Ore./Gresham HS
Shannon Larson	Distance/XC	5-2	Fr.	Forks, Wash./Univ. of Washington
Paige Lewis	Throws	5-10	Fr.	Newberg, Ore./Newberg HS
Pamela Longman	Throws	5-6	Sr.	Kelso, Wash./Kelso HS
Jamie McElwain	Mid-Distance/XC	5-5	Jr.	Tigard, Ore./Tigard HS
Melissa McKenzie	XC	5-5	Fr.	Colorado Springs, Colo./Colo. Springs Chr. HS
Marisa Merritt	Distance/XC	5-5	Jr.	Portland, Ore./Westside Christian HS
Lori Miller	Throws	5-4	Jr.	Canby, Ore./Canby HS
Nicola Murphy	Jumps	5-7	Jr.	Grass Valley, Calif./Nevada Union HS
Karrie Nelson	Hurdles/Heptathlon	5-6	Sr.	Medford, Ore./South Medford HS
Jessica Nies	Throws	5-7	Jr.	Cedar Ridge, Calif./Nevada Union HS
Kirsten Norgaard	Distance/XC	5-5	So.	Everett, Wash./Everett HS
Rosey Ofstie	Distance/XC	5-10	So.	Amity, Ore./Amity HS
Paige Orton	XC	5-4	So.	Hillsboro, Ore./Glencoe HS
Angela Powell	Jumps	5-10	Sr.	Roseburg, Ore./Roseburg HS
Sarah Powell	Sprints	5-11	So.	Turner, Ore./Cascade HS
Rebecca Rising	XC	5-4	So.	Sanger, Calif./Tulare Western HS
Erin Simon	Throws	5-4	Fr.	Eugene, Ore./Willamette HS
Heidi Smith	Jumps/Sprints	5-9	So.	Lakeside, Ore./North Bend HS
Laurel Starr	XC	5-4	So.	Yakima, Wash./West Valley HS
Marian Stevens	Throws	5-10	So.	Anchorage, Alaska/Anchorage Christian HS
Tori Taylor	Mid-Distance	5-7	So.	Portland, Ore./Wilson HS
Helena Telfer	Pole Vault	5-2	Fr.	Grand Ronde, Ore./New Covenant Christian Aca.
Mimi Van Hooser	Mid-Distance	5-10	Fr.	Oxbow, Ore./Pine Eagle HS
Amy Weybright	XC	5-3	Jr.	Beaverton, Ore./Aloha HS

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

Volunteer Coaches: Kevin Carr, Josh Howery

Quick Facts

George Fox Track & Field/Cross Country Quick Facts

University Information

Location: Newberg, Oregon
 Founded: 1891
 Denominational Affiliation: Evangelical Friends (Quaker)
 Enrollment: 2,432
 President: Dr. David Brandt
 Faculty Athletic Rep: Diane Wood
 Switchboard Phone: (503) 538-8383

Athletics Information

Nickname: Bruins
 Colors: Navy Blue & Old Gold
 National Affiliation: NCAA Division III
 Conference: Northwest Conference
 Director of Athletics: Craig Taylor
 Office Phone: (503) 554-2911
 Athletics Secretary: Patty Findley
 Office Phone: (503) 554-2910
 Athletics Trainer: Dale Isaak
 Office Phone: (503) 554-2916
 Athletics FAX: (503) 554-3864

Coaching Staff

Head Coach: Wes Cook (Northern Colorado '61)
 Years at GFU: 13 (1987 - 2000)
 Office Phone: (503) 554-2915
 Assistant Coaches: Dave Guzman, Scott Brown, John Smith, Chad Riddle
 Volunteer Coaches: Kevin Carr, Josh Howerly

Team Information

Home Field (capacity): Colcord Field (250)
 1999 Results (Men): 21st in NAIA Nationals, 2nd in Northwest Conference
 1999 Results (Women): 53rd in NAIA Nationals, 3rd in Northwest Conference
 Letterwinners Returning/Lost (Men): 19/13
 Letterwinners Returning/Lost (Women): 26/11

Sports Information Office

Sports Information Director: Blair Cash
 Office Phone: (503) 554-2127
 Home Phone: (503) 554-8067
 Student Assistant SIDs: Brian Durick, John Felton, Bryan Williford
 Office Phone: (503) 554-2139
 Sports Information FAX: (503) 554-3830
 Mailing Address: 414 N. Meridian St. #6305, Newberg, OR 97132
 E-mail: bcash@georgefox.edu
 Web site: www.georgefox.edu

Top Returning Athletes

Men

Ian Strauss 7th in discus at NAIA Nationals
 Brandon Workman 8th in 3,000 steeplechase at NAIA Nationals
 Steve Willmer 2nd in 4x400 relays at Pacific Northwest Regionals; NAIA Nationals participant, 4x800 relay
 John Mantalas 2nd in 4x400 relays at Pacific Northwest Regionals; NAIA Nationals participant, 4x800 relay
 Eric Costa NAIA Nationals participant, 4x400 relay
 Tyler Gassaway NAIA Nationals participant, 4x400 relay

Women

Heather Hunt 8th in pole vault at NAIA Nationals
 Sharon Barnett 2nd in 110 hurdles at Pacific Northwest Regionals; NAIA Nationals participant
 Karrie Nelson NAIA Nationals participant, 100 and 400 hurdles

Key Losses

Men

David Parker NAIA All-American, 3rd in 400 hurdles at NAIA Nationals; Co-Athlete of the Meet at Pacific NW Regionals
 Scott Edinger 2nd in 400 hurdles at Pacific Northwest Regionals; NAIA Nationals participant
 Jim Haley NAIA Nationals participant, 4x400 relay
 David Nichols 2nd in 4x400 relays at Pacific Northwest Regionals; NAIA Nationals participant, 4x800 relay
 Eric Thompson 2nd in 4x400 relays at Pacific Northwest Regionals; NAIA Nationals participant, 4x800 relay

Women

Sharla Rhoades 23rd in Triple Jump at NAIA Nationals

Outlook

Different Challenges, Same Goal

Bruin men look to overcome youth, women to overcome injuries for successful 2000.

Men

Long-time George Fox University track and field coach Wes Cook probably wouldn't use the word "rebuilding." Under his 13-year leadership, the Bruins have been known more for just "reloading." But following a 1999 season that saw the Bruins finish a strong second in the Northwest Conference with a veteran squad, Cook admits, "Our team is young and inexperienced this year, but I believe we're in the hunt once again.

"We will rely heavily on what few experienced players we do have returning, and some of our freshman will come along and help us out as the season progresses. We should hold our own in the throwing events and on the track, but we will probably be weaker in the jumps, and the hurdles are an unknown because of the adjustments needed at this level for our frosh guys."

Five veteran throwers give Cook reason for optimism in those events. **Ian Strauss** (Sr., Medford, Ore.) and **Ty Taylor** (Sr., Portland, Ore.) placed 3rd and 8th in the Northwest Conference Championships last spring, **Jonathan Roberts** (Sr., Portland, Ore.) and **Eric Kunze** (Sr., Vancouver, Wash.) were 5th and 8th in the javelin, and Kunze was 8th in the hammer.

"Eric (Kunze) is one of our more amazing stories," says Cook, "having worked so hard and accomplishing so much despite a hearing disability. He is an inspiring young man. Last year was only his first at throwing the hammer."

The Bruins have several athletes



Senior David Plotts

returning to anchor the running events, including **David Plotts** (Sr., Mill City, Ore.), who won the 200 and placed 2nd in the 100; **Eric Costa** (Jr., Beaverton, Ore.), a winner in the 400; **Steve Willmer** (So., Fullerton, Calif.), who captured the 800; **Brandon Workman** (Sr., Moscow, Idaho), who ran 1st in the 3000 steeplechase, 3rd in the 1500, and 5th in the 5000; **Tyler Gassaway** (Jr., Oregon City, Ore.), 3rd in the 400;

John Mantalas (Sr., Gladstone, Ore.), 3rd in the 800; and **Beau West** (Jr., Klamath Falls, Ore.), 6th in the 200.

In the relays, Gassaway, West and Plotts were three-quarters of the team that won the 4x100, while West, Costa, Gassaway and Wilmer were 2nd in the 4x400.

These veteran athletes will be expected to provide leadership for a team whose roster features 17 freshmen and 10 sophomores, well over half the team. Among those Cook expects to make significant contributions despite their lack of testing are sophomore **Ryan Austin** (Eugene, Ore.); junior **Scott Greene** (Beaverton, Ore.); and a trio of freshmen: **Keith Christiansen** (Grass Valley, Ore.), **Zach Davidson** (Albany, Ore.), and **Michael Owen** (Anchorage, Alaska).

"Austin, who is also a soccer player, is going to be a good one for us in the middle distances with a year of experience," Cook predicts. "Davidson has state meet experience — he was quite successful at the 2A level — and will help in the long hurdles. Greene is a transfer who will high jump for us, and Owen will give us a boost in the mid-distances events."

While the presence of so many untested athletes may make it appear to be a "down" year in comparison to some of the team's recent highly-successful campaigns, it is a situation that bodes well for the George Fox men's track and field team.

Outlook

Women

With several returning players who have experienced success as far up the ladder as the national level, the George Fox University women's track and field team is anticipating another good year in 2000 — if the team can overcome several nagging injuries that threaten to put a damper on an otherwise positive outlook.

"**Sharon Barnett** (Sr., Salem, Ore.) must be healthy; shin problems have

"**Marian Stevens** (So., Anchorage, Alaska), one of our throwers, has been struggling after shoulder surgery. **Marisa Merritt** (Jr., Portland, Ore.), a distance runner, suffered a stress fracture during cross country season and is still recovering. **Megan Heuberger** (Fr., Yamhill, Ore.), a state runner-up in the 300 hurdles two years ago, has transferred in to give us three strong hurdlers, but she had stress fractures last year at Azusa Pacific."

Ore.) and **Heidi Smith** (So. Lakeside, Ore.) in the long jump and triple jump. Powell placed 5th in the NWC high jump, Kennedy 4th in the long jump and 5th in the triple jump, and Smith was 2nd in the triple jump. **Kelsey Baron** (Fr., Nehalem, Ore.), a state champion in the long jump and runner-up in the triple jump last year, adds depth to an already-strong lineup.

Heather Hunt (Jr., Turner, Ore.) is back after placing 2nd in the NWC in the pole vault. Stevens, if she is well, gives the team a first-rate thrower in the shot and discus — she was 3rd in both events in the NWC — while **Paige Lewis** (Fr., Newberg, Ore.) was the state discus champ in 1995 and is in her first full season of competition since then. **Lori Miller** (Jr., Canby, Ore.) placed 5th in the NWC in the javelin.

Other newcomers Cook expects to provide immediate help are **Ember Brosius** (Jr., Winthrop, Maine), a transfer on consortium from Gordon College in Massachusetts, **Mimi Van Hooser** (Fr., Oxbow, Ore.) in the middle distances, and **Helena Telfer** (Fr., Grand Ronde, Ore.) in the pole vault.

"We have several people with experience on the national level,"

says Cook, pointing to Barnett and Nelson in the short hurdles, Kennedy in the triple jump, Hunt in the pole vault, and **Jamie McElwain** (Jr., Tigard, Ore.) in the relays as athletes who have competed and done well at recent NAIA championships. With George Fox teams competing now as NCAA-only members, Cook still has high expectations. "If we're healthy, we're going to be all right. If we're not, well . . . that's a part of the game you live with and adjust for."



Seniors Karrie Nelson, Sharon Barnett

been a constant for her ever since she's been here," says veteran coach Wes Cook, who is beginning his 14th season directing the George Fox track and field fortunes. Barnett, a national finalist in the short hurdles each of the last three seasons, was national runner-up and an NAIA All-American in 1997.

"**Karrie Nelson** (Sr., Medford, Ore.), another All-Conference performer last year in the short hurdles, has been nursing a hip injury," Cook continues.

"We don't have a genuine sprinter," says Cook, although **Christina Davis** (So., Lynnwood, Wash.) and **Jessica Adams** (Sr., Lake Oswego, Ore.), who finished 3-4 in the 400 in the Northwest Conference Championships last year, give the team two quality performers.

"Our female jumpers will be fine," Cook notes, pointing to **Angela Powell** (Sr., Roseburg, Ore.) and **Amy Forbes** (Jr., Jackson, Wyo.) in the high jump, and **Jocelyn Kennedy** (Sr., Gresham,

Coaches

The Men Who Move the Movers

Wes Cook

In his first 13 years as head coach of the

George Fox University men's and women's cross country and track and field teams, Wes Cook turned the Bruins' name into a nationally-recognized powerhouse in the National Association of Intercollegiate Athletics (NAIA). Now, as the Bruins complete their first year as full-time members of the National Collegiate Athletic Association (NCAA), there is every reason to expect more of the same with Cook at the helm.

All four programs under Cook's leadership regularly participated in NAIA national meets and often finished among the top 15 teams in the nation. In 1992, following the men's fifth-place and women's second-place finishes at the national meet, *Cross Country Express* 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's athletes won 80 NAIA All-American awards and 53 NAIA All-American Scholar-Athlete awards. In 1995, George Fox was the only school to put both men's and women's teams in the top five of the NAIA cross country national meet team scholastic competition.

Cook was named National Coach of the Year in women's cross country by the NCCAA in 1988 and the NAIA in 1992. In the West Coast region (NAIA Area I), he won Coach of the Year hon-



ors for men's cross country in 1990 and 1992. At the district and conference level, he has earned Coach of the Year honors 12 times, at least once in each sport he coaches. In 1992-93, he was named NAIA District 2 Coach of the Year for all women's sports. He was involved as an

NAIA national rater and served on the NAIA women's track and field games committee.

A Nebraska native, Cook rose to the rank of Eagle in the Boy Scouts of America before becoming a four-time conference track scorer at the University of Northern Colorado. He set the UNC record in the 800 meters and helped the mile relay team to four consecutive conference titles. He was the national winner of the Holmes Award, given to the most outstanding senior in Alpha Kappa Lambda, a national collegiate fraternity. In 1961, he graduated from UNC with a degree in physical education and history, and earned a Master of Arts in Teaching at Lewis & Clark College in 1975.

Cook served 26 years as a head coach at five high schools in three states. In 15 years at Gladstone (Ore.) High School, his track and cross country teams finished as state champion or runner-up 10 times. His boys' cross country team went undefeated for 51 straight dual meets, and he was named Oregon 2A (now 3A) High School Coach of the Year for all sports three times. In 1983, his son Toby set the Oregon 3A state record in the 1,500-meter race.

Cook, a member of the U.S. Track Coaches Association, has served as president of the Oregon Track and Cross

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

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

Scott Brown

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



He was a four-year letterwinner in track and cross country, qualified for the NAIA national decathlon and 400-meter hurdles, and three times was the leading point scorer on the track team.

Brown earned his bachelor's degree in math teaching in 1991 and his Master of Education in 1998 from George Fox. After serving as an assistant at Clackamas Community College in 1992, he joined the George Fox coaching staff. His responsibilities are the hurdles, vertical jumps and combined-events. In seven years, he has coached 24 athletes who became NAIA All-Americans, including three national champions.

In 1998-99, Brown served as the NAIA national women's track and field ranker, and was the same for the Northwest Conference in 1998. He has written an article on hurdling titled "Hurdling 101" in "Sprinting and

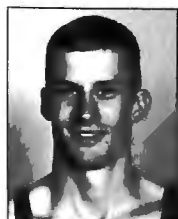
Coaches

Hurdling" by Keeba Tolbert. He currently is collaborating on a book for middle school coaches on organizing their track and field programs.

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

John Smith

Now in his second year at George Fox, John 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 eight events at George Fox, including second-best in the pole vault.

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

He and his wife, former track and cross country All-American Dawn Hartwig, live in Newberg.

Dave Guzman

Dave became the George Fox sprints and relay coach in 1994 after a dozen



years guiding Salem Academy's sprinters to state prominence. In his eight seasons prior to joining the George Fox staff, 30 of his relay teams

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

In five seasons at George Fox, Guzman has coached 11 relay teams to NAIA national meets, five of them scoring points with top-eight finishes.

Guzman has 22 years of track and field coaching experience, including three years as co-founder and president of the Santiam Striders Track Club. A graduate of Linfield College, Guzman owns an insurance business in Salem. He and his wife, Judy, live in Keizer, and have four children.

Chad Riddle

A volunteer assistant last year, Chad is now in his first year as a full-time assistant coach.



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

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

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 senior at George Fox. They live in Newberg.

Kevin Carr

A volunteer assistant, Kevin was the ninth-ranked discus thrower in 1997



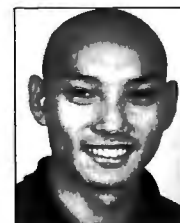
with a personal best of 61.38 meters (201-4). A 1986 NCAA Division I All-American for the University of Oregon, he competed in the

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

Carr has led a Fellowship of Christian Athletes group in Roseburg, Ore., and traveled to Scandinavia with an Athletes in Action European Ministry Team in 1990. He is an assistant professor of education at George Fox, and he and his wife, Lisa, have a year-old daughter, Anna, all living in Woodburn.

Josh Howery

Josh, a first-year volunteer assistant, is a former NAIA All-American and



school record holder. At the 1996 NAIA Championships, Howery was part of the 4x400m relay team that finished fifth, earning All-

American status, with a time of 3:13.05, a new school record at the time and still second-best ever.

A native of Couer d'Alene, Idaho, Howery graduated from George Fox in 1998 with a bachelor's degree in biblical studies, and currently serves on the university's security staff. His wife, the former Alisha Mulkey, was a 1998 NAIA All-American Scholar-Athlete for GFU in cross country.

Players

Returning Athletes in 1999 NAIA National Championships

Sharon Barnett



Senior
Salem, Oregon
2nd in 110 Hurdles,
Pacific Northwest
Regionals;
NAIA Nationals

Heather Hunt



Junior
Turner, Oregon
8th in Pole Vault,
NAIA Nationals

Ian Strauss



Senior
Medford, Oregon
7th in Discus,
NAIA Nationals

Eric Costa



Junior
Beaverton, Oregon
NAIA Nationals,
4x400 Relays

John Mantalas



Senior
Gladstone, Oregon
2nd in 4x400 Relays,
Pacific Northwest
Regionals; NAIA
Nationals, 4x800
Relays; XC All-NWC

Steve Willmer



Sophomore
Fullerton, California
2nd in 4x400 Relays,
Pacific Northwest
Regionals;
NAIA Nationals,
4x800 Relays;
XC All-NWC, All-Western Regional

Tyler Gassaway



Junior
**Oregon City,
Oregon**
NAIA Nationals,
4x400 Relays

Karrie Nelson



Senior
Medford, Oregon
NAIA Nationals,
100 and 400
Hurdles

Brandon Workman



Senior
Moscow, Idaho
8th in 3,000
Steeplechase,
NAIA Nationals;
XC All-NWC,
All-Western Regional

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

He beat the world record holder at the 1905 National Amateur Athletic Union (AAU) Track and Field Championships to win the pole vault competition. Using a wood pole, he cleared 11-feet, 6 inches.

At track meets attended by colleges of all sizes, he would win multiple events, in one meet finishing first in seven events.

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

He became one of the leading track mentors in the Northwest, coaching at George Fox, Willamette University, Pacific University and Oregon State. Among his students were Slats 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



Steve Blikstad (1973-79)

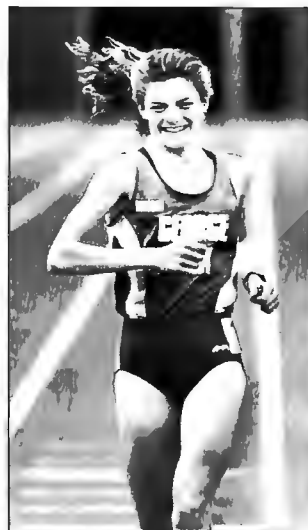
Federation 100- and 220-yard national championships.

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 records in winning the district marathon and six-mile races. He also captured the three-mile title and the cross country championship twice. He was inducted into the 1984 NAIA District 2 Players Hall of Fame.

Steve Blikstad (1975-79) was George Fox's first NAIA national champion. He won NAIA All-American awards three times in track and once in cross country. After taking second as a sophomore and third as a junior, he took the steeplechase national title his senior season. In track, Blikstad broke five school records and helped set two school relay records. He competed at the NAIA national cross country meet four times, earning All-American honors for his 19th place finish in 1976.



Jill (Jamison) Beals (1988-92)

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



Aaron Young (1991-92; 93-96)

team to its first-ever No. 1 national ranking.

In her track and cross country career, she won a dozen NAIA All-American awards and also made the GTE Academic All-American At-Large First Team. She was twice named NAIA District 2 Female Athlete of the Year and went on to win the 1992 Seattle Marathon in her first try. At George Fox, she set records in six events.

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

Aaron Young (1991-92; 93-96) saved his best for last, winning the NAIA national triple jump with a career-best and school record 48-11 effort his senior season. Young, as a junior, had finished sixth in the triple jump. He also was a national high jump competitor, an event he had won at the Oregon Class 4A 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 on to compete in the 1997 USA Track and Field Championships.

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



Nancy Rissmiller (1994-98)

Records

Men's Cross Country
Team Finishes

Year	Nat'l Rank	Conf./Dist. Rank	Coach
1967		# 7th	Dale Drkney
1968	- No Team		
1969		# 6th	Burton Lamb
1970		# 7th	Burton Lamb
1971		# 4th	Don Lakin
1972		# 7th	Gayle Buckley
1973		# 8th	Gayle Buckley
1974		# 5th	Curt Ankeny
1975		# 4th	Rich Allen
1976		# 5th	Rich Allen
1977	22nd	# 1st	Rich Allen
1978		# 3rd	Rich Allen
1979		# 3rd	Rich Allen
1980		# 6th	Rich Allen
1981		# 6th	Rich Allen
1982		# 6th	Rich Allen



Junior Lori Miller

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		c 2nd	Wes Cook
1995	+ 9th	* 2nd	Wes Cook
1996		* 4th	Wes Cook
1997		* 4th	Wes Cook
1998	+ 28	* 5th	Wes Cook
1999		* 2nd	Wes Cook

+ National Association of Intercollegiate Athletics
(NAIA) National Meet

NAIA District 2

c Cascade Collegiate Conference Meet

* Northwest Conference Meet

Men's Cross Country
All-Americans

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

Women's Cross Country
Team Finishes

Year	Nat'l Rank	Conf./Dist. Rank	Coach
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	c 1st	Wes Cook
1995	+ 14th	* 2nd	Wes Cook
1996		* 6th	Wes Cook
1997		* 4th	Wes Cook
1998	29	* 7th	Wes Cook
1999		* 5th	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

c 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)
Marnie 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)
Jaraz 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

Men's Track & Field
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

+ National Association of Intercollegiate Athletics
(NAIA) National Meet

% National Christian College Athletic Association
(NCCAA) National Meet

NAIA District 2 Meet

c Cascade Collegiate Conference Meet

* Northwest Conference Meet

Men's Track & Field All-Americans

Bob Hadlock	1968	NAIA Shot Put (3rd)
Cal Ferguson	1968	NAIA Triple Jump (3rd)
Dave McDonald	1969	NAIA Pole Vault (3rd)
	1970	NAIA Pole Vault (indoor, 3rd)
	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
Dwight Larabee	1985	NAIA Scholar-Athlete
Adolphus Onua	1987	NAIA 110 Hurdles (3rd)
Tim Hagen	1989	NAIA Scholar-Athlete
	1990	NAIA High Jump (indoor, 5th)
	1990	NAIA High Jump (3rd)
Todd Bos	1991	NAIA 800 (5th)
	1991	NAIA Scholar-Athlete
Vance Godfrey	1991	NAIA 10,000 Walk (5th)
Brian Hartenstein	1992	NAIA 400 Hurdles (6th)
David Thomas	1992	NAIA 10,000 Walk (4th)
	1992	NAIA Scholar-Athlete
	1993	NAIA Scholar-Athlete
	1993	NAIA 5,000 Walk (6th)
Jonathan Morse	1993	NAIA 5,000 (3rd)
Rob Rising	1993	NAIA Long Jump (3rd)
Ed Sloan	1993	NAIA Steeplechase (5th)
Erik Gibson	1994	NAIA Steeplechase (4th)
	1995	NAIA Steeplechase (3rd)
John Smith	1994	NAIA Decathlon (5th)
	1995	NAIA Decathlon (5th)
Aaron Young	1995	NAIA Triple Jump (6th)
	1996	NAIA Triple Jump (Champion)
Ryan Chaney	1995	NAIA 400 (4th)
	1996	NAIA 400 (2nd)
	1996	NAIA 4x400 Relay (5th)
	1996	NAIA Scholar-Athlete
	1997	NAIA Indoor 400 (Champion)
	1997	NAIA 400 (Champion)
	1997	NAIA Scholar-Athlete

1997	GTE Academic All-American of the Year – Spring At-Large Team College Division
1997	4x400 Relay (5th)
1996	NAIA 4x400 Relay (5th)
1996	NAIA 4x400 Relay (5th)
1997	NAIA 4x400 Relay (5th)
1996	NAIA 400 Hurdles (4th)
1996	NAIA 4x400 Relay (5th)
1997	NAIA 4x400 Relay (5th)
1998	NAIA Scholar-Athlete
1997	NAIA 4x400 Relay (5th)

Women's Track & Field 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

\$ 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

c Cascade Collegiate Conference Meet

* Northwest Conference Meet

Women's Track & 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



Junior Beau West

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)

Records

Becci Harper	1996	NAIA Javelin (Champion)	14	18:54.5	Angela Murrell	Salem, Ore.	10-06-91	13	25:33.7	Sean Beebe	Salem, Ore.	9-02-96
	1997	NAIA Javelin (Champion)	15	18:56.0	Kristin Lesperance	Cedarville, Ohio	11-12-88	14	25:43.0	Kevin Ball	Tacoma, Wash.	10-15-83
Liz Stephens	1996	NAIA 400 Hurdles (4th)						15	25:43.2	Jeff Larson	Salem, Ore.	10-05-91
	1996	NAIA 4x400 Relay (4th)	16	18:57.4	Marne VanSise	Salem, Ore.	10-05-91	16	25:43.3	Brandon Workman	Tacoma, Wash.	
Kristin (Delrich) Chaney	1996	NAIA 4x400 Relay (4th)	17	19:10.0	Marisa Merritt	Tacoma, Wash.					(Steilacoom)	10-31-98
	1997	NAIA 4x400 Relay (5th)				(Wright)	11-07-98	17	25:47.2	Todd Bos	Salem, Ore.	11-03-90
Amy Redenius	1996	NAIA 4x400 Relay (4th)	18	19:11.0	Melissa Conley	Cedarville, Ohio	11-12-88	18	25:47.8	Owight Larabee	Salem, Ore.	10-08-85
	1997	NAIA 4x400 Relay (5th)						19	25:48.5	Eli Lane	Spokane, Wash.	11-04-95
Sharon Barnett	1997	NAIA 100 Hurdles (2nd)	19	19:11.3	Melanie Springer	Salem, Ore.	10-07-89	20	25:52.4	Jonathan Ulmer	Estacada, Ore.	11-06-93
Jennifer Christiansen	1997	NAIA Pole Vault (5th)	20	19:14.47	Tori Taylor	Salem, Ore.	10-03-98	21	25:55.2	Doug McLucas	Salem, Ore.	10-05-91
Heidi Haley	1997	NAIA 4x400 Relay (5th)	21	19:15.8	Emily Bergman	Spokane, Wash.	11-04-95	22	25:58.9	Josh Kneeshaw	Estacada, Ore.	11-06-93
Rachel Powell	1998	NAIA Scholar-Athlete						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



Junior Tyler Gassaway

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	Oebbie 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

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

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	Jerrold 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

Men's Cross Country
Class Records

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	Owight Larabee	1985
25:53.2	Vanni Tilzey	1990
25:55.2	Doug McLucas	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

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

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

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

19:14.5	Tori Taylor	1998
19:22.8	Melody McCart	1997
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
19:33.9	Kristin Lesperance	1987

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	5-09-82
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

Women's Cross Country Class Records**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	Mame VanSise	1992
19:15.8	Emily Bergman	1995
19:17.8	Melissa Wilson Conley	1991
19:19.4	Sandy Taylor	1995

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	Mame 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

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	Mame VanSise	1990

Men's Track & Field Records

100m			
10.25	Gregg Griffin	SR	5-18-79
10.65	Ryan Chaney	JR	5-04-96
10.75	David Plotts	JR	4-31-99
10.84	John Koroma	SO	3-30-74
10.84	Tony Nagle	SO	4-22-89
10.94	Amadu Koroma	FR	4-23-75
11.04	Werner Siebert	SO	3-12-77
11.04	Mark Reynolds	JR	5-10-80
11.04	Mark Young	JR	4-14-84
11.04	Adolphus Onua	SO	4-13-85
200m			
21.31	Ryan Chaney	SR	5-11-97
21.44	Gregg Griffin	SR	4-27-79
21.63	David Plotts	JR	4-31-99
22.04	John Koroma	SO	3-16-74
22.04	Bruce Ponder	JR	4-12-75
22.04	Tim Conley	SR	4-14-90
22.04	Werner Seibert	SR	3-17-79
22.05	Jim Haley	SR	4-31-99
22.34	Mark Reynolds	SO	4-27-79
22.34	Tony Nagle	SO	4-15-89

400m			
45.98	Ryan Chaney	SR	5-23-97
48.15	Tim Conley	SR	5-12-90
48.34	Werner Seibert	SR	5-12-79
48.44	Chad Neeley	SR	5-13-78
48.64	Monte Anders	SR	5-10-80
48.74	Jim Haley	SR	5-08-99
48.74	Bruce Ponder	JR	4-28-75
48.94	Eric Costa	SO	5-01-99
48.97	Jason Lewis	JR	5-08-93
49.34	Josh Howery	SR	4-18-98

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

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
14:51.55	Brandon Workman	JR	3-28-99
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

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

Records

110m High Hurdles

13.94	Adolphus Onua	SO	4-13-95
14.64	David Parker	SR	5-01-99
14.84	Mark Reynolds	FR	4-22-78
14.84	Rick Frisk	SO	5-09-81
14.84	Scott Cummins	FR	4-25-87
14.94	Duane Swafford	JR	4-27-79
15.19	Aaron Young	JR	4-01-95
15.33	John Smith	JR	4-01-95
15.34	Keith Wigley	SR	4-10-86
15.34	Steve Shattuck	FR	4-07-90

400m Intermediate Hurdles

52.30	David Parker	SD	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
53.36	Scott Edinger	SR	5-08-99
54.24	Duane Swafford	JR	4-26-80
54.54	Scott Brown	SR	4-20-91

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

22-1.5	Randy Winston	SR	4-28-73
22-1	Dave Vamon	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 Vamon	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
46-5.5	Jeff Votaw	JR	4-24-99
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

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
155-0	Ian Strauss	JR	5-01-99
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
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
136-2	Eric Kunze	JR	4-10-99
132-2	Steve Huisenga	SR	4-24-82

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
183-11	Jon Roberts	JR	4-31-99
182-5	John Smith	SR	4-13-96
179-0	Rob Flanagan	JR	3-15-91
177-10	Rich Blanchette	FR	3-01-86
175-2	Jason Bingham	SR	3-19-94
173-7	David Mueller	SO	4-10-86

Decathlon

7138	John Smith	JR	5/25-26/95
6800	David Parker	SO	4/14-15/97
6451	Keith Wigley	SR	5/22-23/86



Senior Jonathan Roberts

55.14	James Oshiro	SO	4-20-91	14-0.5	J.J. Arthur	JR	4-10-99
55.24	Tim Weaver	FR	5-05-73	14-0	Bruce Oberst	SR	5-10-80
55.24	Bruce Ponder	JR	5-18-74	14-0	Keith Wigley	SR	4-26-86

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

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

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 Ibrim	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
42.33	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
42.78	Costa, Gassaway, West, Plotts	3-06-99
42.96	Parker, Howery, Edinger, Chaney	5-03-97

4x400m Relay

3:11.10	Carmack, Chaney, Haley, Parker	5-23-97
3:13.05	Howery, Chaney, Parker, Carmack	5-25-96
3:16.54	Plotts, Haley, Costa, Parker	5-08-99
3:16.84	Parker, Haley, Gassaway, Willmer	5-01-99
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

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
7:54.72	Esselman, Willmer, Mantalas, Edinger	3-20-99
7:55.2	McCurdy, Bales, Ware, Greene	4-24-76
7:55.5	Mantalas, Autrey, Nichols, Edinger	4-18-95

Women's Track & Field 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

**Sophomore Heidi Smith**

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	Mame VanSise	SO	1991
2:18.36	Jamie McElwain	SO	1999
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

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

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	1995
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

Records

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

100m High Hurdles

14.57	Sharon Barnett	JR	1999
14.88	Liz Stephens	JR	1995
14.89	Karrie Kiester	JR	1999
15.17	Karen Maxwell	JR	1980
15.29	Mariyss Stenberg	SR	1993
15.54	Jacque 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	Mariyss Stenberg	SR	1993
64.13	Karrie Kiester	JR	1999
65.24	Karen Maxwell	JR	1980
65.41	Sharon Barnett	JR	1999
65.84	Nora Thompson	SR	1984
66.07	Holly Irvine	FR	1994
67.07	Eva Crawford	SO	1993
67.34	Saundra Burns	SO	1980
67.54	Lois Thomas	SR	1982

High Jump

5-10	Nancy Rissmiller	FR	1995
5-7	Kathy Brown	JR	1994
5-5	Tina Golden	FR	1991
5-4.25	Amy Forbes	SO	1999
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	Keellie Keown	FR	1994
5-3	Angie Powell	FR	1997

Long Jump

17-11.25	Mariyss 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



Junior Marisa Merritt

16-9.75	Celeste Wallwork	FR	1999
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

Triple Jump

37-3	Sharla Rhoades	SR	1999
36-5.75	Jocelyn Kennedy	FR	1997
36-5	Heidi Smith	FR	1999
35-4.5	Kara Erickson	JR	1998
34-6.25	Celeste Wallwork	FR	1999
34-04.5	Kelli Hagen	SR	1991
33-7.75	Colleen Forbes	FR	1999
33-06	Tina Stauffer	FR	1992
33-02	Debbie Sitz	FR	1990
32-11	Amy Forbes	FR	1998

Shot Put

42-3.5	Karen Gurske	FR	1981
40-4	Danielle Wilson	FR	1988
39-10.5	Paula Wittenburg	JR	1985
39-10	Nancy Katus	JR	1989
39-4.5	Leah Johanson	SO	1994

39-1.5	Gina Cross	FR	1989
38-7	Cheryl Funk	SO	1986
38-5	Melanie Johnson	FR	1982
38-0	Cheryl Shepherd	JR	1992
37-11.25	Marian Stevens	FR	1999

Discus

151-1	Paula Wittenburg	SR	1986
143-7.5	Nancy Katus	JR	1989
131-7	Marian Stevens	FR	1999
126-3	Leah Johanson	JR	1995
125-1	Sarah Norum	FR	1998
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

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
123-7	Lori Miller	SO	1999
122-1	Eva Pattee	FR	1991
117-3	Tonya Smith	FR	1989
114-11	Marina Kielpinski	FR	1998
113-6	Melanie Johnson	FR	1982

4x100m Relay

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

4x400m Relay

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

4x800m Relay

9:24.26	Cyrus, VanSise, Conley, Kintrea	3-27-92
9:28.21	Rissmiller, McElwain, Butler, Peterson	5-21-98
9:29.9	Rissmiller, Butler, McElwain, Peterson	4-18-98
9:30.44	Butler, HartwigMorrow, Rissmiller	3-18-95
9:35.87	Van Tassel, Campbell, Smith, Kintrea	3-20-93
9:51.98	Burk, Merritt, Taylor, McElwain	5-08-99
9:51.99	Butler, Merritt, McElwain, Peterson	5-09-98
9:55.7	Newport, Jamison, Morgan, Kintrea	3-10-93
9:59.70	McElwain, Burk, Hyde, Taylor	1999
10:00.3	Devries, Hurliman, Peters, Mattson	1983

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

109-8	Lindsay Walker	FR	1999
107-1	Leah Johanson	SR	1996
100-5	Marian Stevens	FR	1999
98-7	Jenny Bonnell	FR	1997
97-11.5	Jennifer Adams	FR	1998
94-5	Trisha Rathka	FR	1998
76-10	Becci Harper	JR	1996
67-8.75	Sarah Norum	FR	1998
53-11	Rachel Lewis	SR	1996

1,500m Racewalk

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

3,000m Racewalk

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

Women's Colcord Field Records

100m	12.33	Melody Sherman	Linfield	4/25/98
200m	25.34	Alicia Marshall	Western	4/02/94
400m	57.24	Petra Johnson	Linfield	4/01/85
800m	2:09.48	Beth Fitzgerald	Willamette	4/17/99
1,500m	4:28.00	Claire Taylor	Unattached	4/17/99
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	14.87	Sarah LeVellar	Seattle	2/20/99
400 H	1:02.04	Liz Stephens	George Fox	4/13/96
4x100	48.13	Grimes, Andrade, Metzger, Lukenbill	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
H. Jump	5-8.75	Nancy Rissmiller	George Fox	4/18/98
Lg. Jump	18-08.25	Linnea Jarvits	Seattle	2/21/98
Tr. 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	161-3	Sarah Malone	Unattached	2/20/99
Hammer	177-5	Molly Gehley	Oregon	4/17/99
Pole Vault	11-6.25	Heather Hunt	George Fox	4/17/99
Heptathlon	4,818	Jill Carrier	Southern	4/17-18/95

Men's Colcord Field Records

100m	10.82	Micheal Chapin	Western	4/17/99
200m	21.64	Ryan Chaney	George Fox	4/13/96
400m	47.89	Ryan Chaney	George Fox	2/22/97
800m	1:52.45	Jon Swanson	Unattached	4/26/97
1,500m	3:50.5	Wes Tilgner	Western	4/04/87
3,000m	8:33.6	Sean Messiter	Nike	3/31/90
5,000m	14:33.3	Don Stearns	Eastern	5/09/81
10,000m	30:25.3	Don Stearns	Eastern	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	52.70	David Parker	George Fox	4/17/99
Steeple-chase	9:16.4	Steve Blikstad	George Fox	4/18/81
H. Jump	6-11.25	Tim Hagen	George Fox	4/14/90
Pole Vault	16-0	Curt Heywood	Unattached	2/24/96
		Greg Jordan	Linfield	2/24/96
Lg. Jump	23-6.75	Gareth Pooleon	Willamette	5/09/87
Tr. Jump	50-8	Jim McCann	Oregon	2/21/98
Shot Put	59-8.5	Randy Settell	Southern	5/10/87
Discus	186-1	Kevin Carr	Bruin TC	4/17/99
Hammer	190-10	Dan Nelson	Western	2/22/97
Javelin	216-6	Tony Alvarez	Linfield	4/26/97
4x100	41.34	Portland State		3/06/99
4x400	3:17.03	Edinger, Haley, Parker, Chaney	George Fox	4/26/97
4x800	7:55.5	Mantalas, Autrey, Nichols, Edinger	George Fox	4/18/98
Decathlon	6,368	Ross Kennedy	Southern	4/17-18/95



Records

Men's Track & Field Class Records

Seniors	Juniors	Sophomores	Freshmen
100m 10.43Gregg Griffin '79	10.25wGregg Griffin '78	10.58Gregg Griffin '77	10.84Gregg Griffin '76
200m 21.31Ryan Chaney '97	21.48Ryan Chaney '96	21.64Gregg Griffin '77	21.64Gregg Griffin '76
400m 45.98Ryan Chaney '97	46.58Ryan Chaney '96	47.14Ryan Chaney '95	47.63Ryan Chaney '94
800m 1:50.00Todd Bos '91	1:53.45Todd Bos '90	1:52.94Wendell Otto '79	1:52.82Jonathan Morse '91
1,500m 3:50.97Steve Stuart '80	3:51.44Jonathan Morse '93	3:46.25Jonathan Morse '92	3:50.54Jonathan Morse '91
3,000m 8:39.14Steve Blikstad '79	8:25.34Jonathan Morse '93	8:33.74Steve Blikstad '77	8:45.14Steve Stuart '77
5,000m 14:22.64Steve Blikstad '79	14:31.17Jonathan Morse '93	14:28.44Jonathan Morse '92	14:53.54Jerred Gildehaus '85
10,000m 30:42.74Mark Mohnen '91	30:58.44Dave Molstad '78	30:46.84Jon Wright '91	32:09.71Jim Brewer '93
110 Hurdles 14.28Adolphus Onua '87	13.94Adolphus Onua '85	14.84Rick Frisk '81	14.84Mark Reynolds '78 14.84Scott Cummins '87
400 Hurdles 52.34Chad Neeley '78	53.25David Parker '98	52.30David Parker '97	53.43David Parker '96
Steeplechase 8:50.04Steve Blikstad '79	9:03.88Erik Gibson '95	8:50.16Steve Blikstad '77	9:13.51Erik Gibson '92
Marathon 2:27:27Curt Ankeny '74	2:25:19Curt Ankeny '72	2:30:51Curt Ankeny '73	2:30:28Curt Ankeny '71
High Jump 7-0.5Tim Hagen '90	6-10.75Tim Hagen '89	6-10.75Tim Hagen '88	6-10.25Aaron Young '92
Long Jump 23-9Amadu Koroma '78	22-10.5Andrew Stave '97	23-7.25Rob Rising '93	23-5.25Shane Covelli '90
Triple Jump 48-7.5Aaron Young '96	48-5.5Mark Halland '72	47-7Aaron Young '93	47-10.5Aaron Young '92
Pole Vault 15-8Dave McDonald '71	15-7John Smith '95	15-8Dave McDonald '69	15-0John Smith '93
Shot Put 54-10Bob Hadlock '69	55-3Bob Hadlock '68	53-9Bob Hadlock '67	52-1.5Bob Hadlock '66
Discus 168-6Charlie Keeran '80	155-6Jonathan Huwe '93	158-5Jonathan Huwe '92	148-11Mike Watts '83
Javelin 185-8Mike Watts '87	183-11Jon Roberts '99	204-10David Nickell '88	190-6David Nickell '87
Hammer 170-3Allan Morrow '79	159-0Steve Curtis '81	156-11Steve Curtis '79	141-4Steve Curtis '78
Decathlon 6,451Keith Wigley '86	7,138John Smith '95	6,800David Parker '97	6,176David Parker '96
5,000 Walk 21:51.2Vance Godfrey '91	22:23.5David Thomas '93	23:43.2David Thomas '91	24:47.1David Thomas '90
10,000 Walk 45:40.5Vance Godfrey '91	47:10.24David Thomas '92	49:10.6Vance Godfrey '89	51:13.3David Thomas '90
1,500 Walk 6:07.0Vance Godfrey '90			
3,000 Walk 12:42.1Vance Godfrey '91			

Women's Track & Field Class Records

Seniors	Juniors	Sophomores	Freshmen
100m 12.70 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 Delrich'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	14.57 Sharon Barnett '99	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	11-6 Heather Hunt '99	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 37-3 Sharla Rhoades'99	36-2.25 Jocelyn Kennedy'99	36-2.25 Sharla Rhodes '97	36-5.75 Jocelyn Kennedy'97
Shot Put 38-10 Paula Wittenburg'86	39-10.5 Paula Wittenburg'85	42-1 Karen Gurske '82	42-3.5 Karen Gurske '81
Discus 151-1 Paula Wittenburg'86	145-3 Paula Wittenburg'85	146-9 Paula Wittenburg'84	138-7 Paula Wittenburg'83
Javelin 155-0 Denise Fox '89	156-11 Becci Harper '96	142-9 Leah Johanson'94	154-10 Sue Banta '77
Hammer 107-1 Leah Johanson '96	76-10 Becci Harper '96		109-8 Lindsay Walker'99
1,500 Walk 8:37.9 Liz Evon '94	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	



About the University

George Fox is growing in size and reputation. Enrollment has nearly quadrupled in the last 14 years, increasing from 549 in 1986 to 2,432 in the fall of 1999.

In the same time span, George Fox has been named one of "America's Best Colleges" 12 times by *U.S. News & World Report*. In 1999, George Fox ranked second overall and third in aca-

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

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

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

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

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

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



Background on the Bruin Nickname

George Fox's Bruin nickname comes from a real bear captured in 1887 just two years after Pacific Academy (the University's predecessor) was established.

The small cub was found in the Coast Range foothills west of Carlton when its mother was shot.

The young cub was brought to campus by a student and later lived with a faculty member.

When it grew to adulthood, it was kept in a pit in Hess Creek Canyon south of the campus. It escaped one too many times and was turned into steak for the dining table and the hide preserved on a frame and displayed in an early campus museum.

When the hide deteriorated several years later, it was taken to a campus furnace room to be destroyed, but the framework proved a problem in dismantling so it was left sitting in a corner.



Students found the old Bruin skin later and began skirmishes over ownership, a tradition that continues today.

"Bruin Junior," a replica, under a set of guidelines passed down for years, is fought over periodically in class competition, with the class able to physically drag the Bruin replica off campus declared the rightful owner until next "flashed."

Even with the Bruin tradition, somewhere along the line, the "Quaker" tag for athletic teams came into popularity with sportswriters because of the University's church affiliation, and that nickname was used, along with the mascot "Foxy George," a little fox with a Quaker hat. Both gained acceptance for a period in the 1950s and 1960s until a vote of faculty, students and administration in 1970 reinstated the Bruin nickname to its rightful place.



George Fox University Bruin Athletics

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

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

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

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

- George Fox has earned district or conference titles in nine sports during the 1990s.
- George Fox athletes have earned more than 250 All-American and All-American Scholar-Athlete honors.
- Nine of the 11 coaches on staff have been named district or conference Coach of the Year at least once.
- George Fox coaches have held their positions for an average of nearly eight years, and together have accumulated more than 1,000 collegiate wins.



The 1999-2000 George Fox University Track & Field/Cross Country Guide was produced by the Office of Sports Information in the Department of University Relations, Barry Hubbell, director. Writer and Editor: Blair Cash, sports information director. Writing and Editing Assistants: Sports information student assistants Brian Durick, John Felton, Bryan Williford. Proofreading: Anita Cirulis, Susan Fawver. Design and Layout: Colin Miller. Photography: Anita Cirulis, Chijo Takeda (*Newberg Graphic*). Printing: Michaels Printing, Tigard, Oregon.



2000 Track and Field Schedule

February

5	Saturday	Idaho Indoor Meet	Moscow, Idaho
26	Saturday	Northwest Conference Relays	Newberg, Ore.

March

4	Saturday	Linfield Icebreaker	McMinnville, Ore.
11	Saturday	NWC Five-Way Meet (at Lewis & Clark)	Portland, Ore.
18	Saturday	Easter Relays	Santa Barbara, Calif.
25	Saturday	NCAA Division III Challenge Meet	Claremont, Calif.

April

1	Saturday	Willamette Open	Salem, Ore.
8	Saturday	NWC Five-Way Meet	Newberg, Ore.
14	Friday	GFU Distance Carnival	Newberg, Ore.
15	Saturday	Linfield All-Comers Meet	McMinnville, Ore.
17-18	Mon. - Tues.	NWC Combined Events Meet (at PLU)	Tacoma, Wash.
22	Saturday	Lewis & Clark Open	Portland, Ore.
29	Saturday	Linfield Open	McMinnville, Ore.

May

5-6	Fri. - Sat.	NWC Championships	Newberg, Ore.
13	Saturday	NW Small College Invitational (at Lewis & Clark)	Portland, Ore.
25-27	Thurs. - Sat.	NCAA Division III National Championship (at North Central College)	Naperville, Ill.

Home events at Colcord Field

2000 Cross Country Schedule

9/2	Saturday	Pacific University Opener	Rude Bridge Park, Hillsboro, Ore.
9/16	Saturday	Whitman Invitational	Fort Walla Walla Park, Walla Walla, Wash.
9/23	Saturday	Bear Fete Invitational	Champoeg State Park, Newberg, Ore.
9/29	Friday	National Preview Meet	Wandermere Golf Course, Spokane, Wash.
10/7	Saturday	Willamette Invitational	Bush Park, Salem, Ore.
10/14	Saturday	Pacific Lutheran Invitational	Fort Steilacoom, Tacoma, Wash.
10/28	Saturday	Northwest Conference Championship	Fort Walla Walla Park, Walla Walla, Wash.
11/11	Saturday	NCAA Division III Western Regional Meet	Prado Park, Chino, Calif.
11/18	Saturday	NCAA Division III National Championship	Wandermere Golf Course, Spokane, Wash.

Call the Sports Information Office at 503-554-2127 for meet times.

