

Digital Commons @ George Fox University

Men's Track and Field

George Fox University Athletics

2003

2003 Media Guide

George Fox University Archives

Follow this and additional works at: https://digitalcommons.georgefox.edu/athletics_mentrack

Recommended Citation

George Fox University Archives, "2003 Media Guide" (2003). *Men's Track and Field*. 23. https://digitalcommons.georgefox.edu/athletics_mentrack/23

This Media Guide is brought to you for free and open access by the George Fox University Athletics at Digital Commons @ George Fox University. It has been accepted for inclusion in Men's Track and Field by an authorized administrator of Digital Commons @ George Fox University. For more information, please contact arolfe@georgefox.edu.

GEORGE FOX UNIVERSITY

RACK AND FIELD

2003 Media Guide





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

Quick Facts

George Fox University Track and Field Quick Facts

University Information Newberg, Oregon (18,280) Location: Mailing Address: 414 N. Meridian St. Newberg, OR 97132 Founded: Evangelical Friends (Quaker) Denomination: Fnrollment: 2.792 H. David Brandt President: Faculty Athletics Rep: Becky Ankeny

Athletics Information

Switchhoard Phone:

Weh site:

Athletics Fax:

Key Returnees (M)

Nickname: Colors: Navy Blue and Old Gold Affiliation (yrs): NCAA Division III (4th) West Region Region: Conference (vrs): Northwest Conference (8th) Director of Athletics: Craig Taylor • 503-554-2911 Pat Bailey • 503-554-2914 Assoc. Dir. of Athletics: Patty Findley • 503-554-2910 Athletics Secretary: Ath. Training Ed. Dir.: Dale Isaak • 503-554-2916 Karen Hostetter • 503-554-2922 Head Athletic Trainer: Asst. Athletic Trainer: Byron Shenk • 503-554-2912

Coaching Staff

Head Coach Wes Cook (16th yr) • 503-554-2915 Alma Mater: Northern Colorado '61 Assistant Coaches: Dave Guzman (9th vr), 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): 2002 NWC Results (W): 2002 NCAA Results (W): 75th (tie) 2002 NCAA Results (W): 65th (tie) Letterwinners Back/Lost: Men 21/8, Women 13/13

Sports Information Office

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

2002 Athletes Returning/Leaving

Honors, Events

All-NWC (Steeplechase 2nd)

All-NWC (Triple Jump 3rd)

All-NWC (4x100 3rd)

All-NWC (4x100 3rd)

503-554-3864

503-538-8383

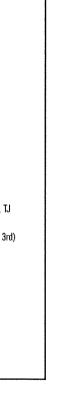
www.georgefox.edu

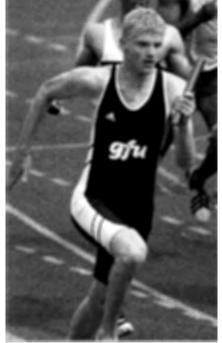
So., Washounal, Wash NCAAs, All-NWC (Javelin 2nd) Matt Gassaway Jr., Bellingham, Wash NCAAs, All-NWC (200 1st, 400 3rd, 4x100 2nd) Ben Salisbury Steve Beardslev So., Banks, Ore. All-NWC (4x100 2nd) Brad Bates So., Stayton, Ore. All-NWC (4x100 2nd) Cl., Hometown Key Losses (M) Honors, Events Jon Robinson Jr., Cannon Beach, Ore. All-NWC (Long Jump 1st, 4x100 2nd) Darin Krueger Sr., Portland, Ore. NWC Hammer 5th Key Returnees (W) Cl., Hometown Jo Boatright So., Coos Bay, Ore. Kelsey Baron Sr., Nehalem, Ore. Gina Coolen

Cl Hometown

NCAAs, NWC Athlete of the Year, All-NWC (100 1st, HJ 1st, TJ 2nd, LJ 2nd, Hept 3rd) NCAA All-America (LJ 7th), All-NWC (LJ 1st, TJ 1st, 4x100 3rd) So., North Bend, Ore. All-NWC (Jayelin 2nd) Michelle Forbes So., Jackson, Wyo. All-NWC (4x100 3rd) Cl., Hometown Honors, Events

Key Losses (W) Tori Taylor Sr., Portland, Ore. Nicole Bostic Jr., Spokane, Wash. Melissa Matthews So., Keizer, Ore. Brooke Pitner Jr., Vancouver, Wash.





Junior Ben Salisbury

Outlook

Short on Numbers

Bruins must rely on strong frontliners in '03 track season

Tf the George Fox University Bruins are to **L**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,"



says Cook, "and I see no reason why the others cannot continue to perform at an all-conference level."

Janelle Goeres (Jr., Gold Hill, Ore.), the top runner from the fall cross country team, will strength the distance events if she recovers from recent stress fractures, as will Beth Jertberg (Fr., Klamath Falls, Ore.), who has battled a series of injuries over the last 3 years. Beth Moyer (Jr., Camarillo, Calif.), who was studying abroad last fall, is back and should boost the team's chances in the distance races.

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

omore Brad Crisell (So., Woodburn, s. All-NWC Ore.) from the cross (front) and country team, and Sarah Anderson (So., Canby, Indrew Paine Ore.). mack) 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, Tre.) and Jessica Howard (Sr., ortland, Ore.) are returning athletes who will have to carry the sprint load.

The throws are anchored by Coolen; **Prin Paisley** (Jr., Salem, Ore.), the whool record-holder in the hammer; **Arlene Burnham** (So. Adrian, Ore.); and Amy Watson (So. Aloha, Ore.). Weteran **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.

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.

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."



Sophomore Amy Watson, discus

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



Junior Beth Moyer, All-NWC 2001



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

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



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

Yamhill-Carlton HS

Youth is Served

Bruin underclassmen led the way with top honors during 2002 season

Preshman 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

In 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 AllConference 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 AllAmerican 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.

10

Men's Te	eam Fir	nishes	Mike Watts	1983	NAIA Javelin (5th)	1989 + 17th	# 31	
Year Nat'l Rank	Conf./Dist. Rank	Coach		1987	NCCAA Useen (Champion)	1990 + 40th	# 21	
1964	# 9th	Frank Furtado		1987	NCCAA Hammer (2nd)	1991 + 12th	# 2: # 1:	
1965	# 9th	Earl Craven	Scott Ball	1987 1984	NCCAA Javelin (3rd) NAIA Scholar-Athlete	1992 + 10th 1993 + 9th	# 13 # 2i	
1966	# 6th	Earl Craven	Owight Larabee	1985	NAIA Scholar-Athlete	1994 + 21st	# 31	
1967	# 5th	Earl Craven	Adolphus Onua	1987	NAIA 110 Hurdles (3rd)	1995 + 14th	¢ 1s	
1968	# 5th	Jerry Louthan	Tim Hagen	1989	NAIA No narales (sta)	1996 + 8th	* 3r	
1969	# 9th	Jerry Louthan	Tilli Hayen	1990	NAIA High Jump (indoor, 5th)	1997 + 7th	* 4tl	
1970	# 9th	Rich Allen		1990	NAIA High Jump (3rd)	1998 + 25th	* 4t	
1971 + 34th	# 4th	Rich Allen	Todd Bos	1991	NAIA 800 (5th)	1999 + 53rd	* 3n	
1972	# 3rd	Rich Allen	1000 200	1991	NAIA Scholar-Athlete	2000 & 64th	* 1s	
1973	# 5th	Rich Allen	Vance Godfrey	1991	NAIA 10,000 Walk (5th)	2001 & 31st	* 4tl	h Wes Cook
1974 + 40th	# 4th	Rich Allen	Brian Hartenstein	1992	NAIA 400 Hurdles (6th)	2002 & 65th	* 4tl	h Wes Cook
1975 + 17th	# 5th	Rich Allen	Oavid Thomas	1992	NAIA 10,000 Walk (4th)	\$ U.S. Track and Field	Federation	National Meet
1976	# 6th	Rich Allen		1992	NAIA Scholar-Athlete	! Association of Interc	ollegiate At	hletics for
1977 + 22nd	# 2nd	Rich Allen Rich Allen		1993	NAIA Scholar-Athlete	Women National Me	et	
1978 + 16th 1979 + 15th	# 2nd # 1st	Rich Allen		1993	NAIA 5,000 Walk (6th)	+ National Association	ı of Intercol	llegiate Athletics
1980	# 1st	Rich Allen	Jonathan Morse	1993	NAIA 5,000 (3rd)	(NAIA) National Me	et	
1981	# 3rd	Rich Allen	Rob Rising	1993	NAIA Long Jump (3rd)	& National Collegiate	Athletic Ass	sociation (NCAA), Oiv. III,
1982	# 7th	Rich Allen	Ed Sloan	1993	NAIA Steeplechase (5th)	National Meet		
1983 + 47th	# 7th	Rich Allen	Erik Gibson	1994	NAIA Steeplechase (4th)	= Women's Conference	-	endent Colleges Meet
1984	# 5th	Rich Allen		1995	NAIA Steeplechase (3rd)	# NAIA Oistrict 2 Me		
1985	# 6th	Rich Allen	John Smith	1994	NAIA Decathlon (5th)	¢ Cascade Collegiate		Meet
1986	# 6th	Rich Allen			NAIA Decathlon (5th)	* Northwest Conferen	ce Meet	
1987 + 41st/% 8		Rich Allen	Aaron Young	1995	NAIA Triple Jump (6th)			
1988	# 5th	Wes Cook		1996	NAIA Triple Jump (Champion)			
1989	# 4th	Wes Cook	Ryan Chaney	1995	NAIA 400 (4th)	Women'	s All	l-Americans
1990	# 2nd	Wes Cook		1996	NAIA 400 (2nd)	Janet (Johnson) McC	lurg 1964	USTFF 100-yard (Champion)
1991 + 27th	# 2nd	Wes Cook		1996	NAIA 4x400 Relay (5th)	, ,	1964	USTFF 220-yard (Champion)
1992 + 26th	# 4th	Wes Cook		1996	NAIA Scholar-Athlete	Karen Gurske	1981	NAIA Shot Put (6th)
1993 + 14th	# 2nd	Wes Cook		1997 1997	NAIA Indoor 400 (Champion) NAIA 400 (Champion)	Jackie Jackson	1981	NAIA 100 (3rd)
1994 + 25th	# 4th	Wes Cook		1997	NAIA 400 (Champion)		1981	NAIA 200 (4th)
1995 + 13th	¢ 1st	Wes Cook		1997	GTE Academic All-American	Paula (Wittenberg) D	unham 1984	
1996 + 10th	* 3rd	Wes Cook			of the Year - Spring		1985	NAIA Oiscus (2nd)
1997 + 22nd	* 2nd	Wes Cook			At-Large Team College	Nancy Katus	1989	NAIA Oiscus (6th)
1998	* 3rd	Wes Cook			Division		1990	NAIA Discus (6th)
1999 + 21st	* 2nd	Wes Cook		1997	4x400 Relay (5th)	Jill (Jamison) Beals	1989	NAIA 10,000 (Champion)
2000 \$ 49th	* 4th	Wes Cook	Josh Howery	1996	NAIA 4x400 Relay (5th)		1991	NAIA 10,000 (Champion)
2001		Wes Cook					1991	NAIA 5,000 (3rd)
	* 5th		Peter Carmack	1996	NAIA 4x400 Relay (5th)			
2002	* 5th	Wes Cook	Peter Carmack	1996 1997	NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th)		1991	NAIA Scholar-Athlete
2002 + National Associatio	* 5th n of Intercollegiate i	Wes Cook	Peter Carmack Oavid Parker				1991 1992	NAIA 10,000 (Champion)
2002 + National Associatio (NAIA) National Mo	* 5th n of Intercollegiate a eet	Wes Cook Athletics		1997	NAIA 4x400 Relay (5th)		1991 1992 1992	NAIA 10,000 (Champion) NAIA 5,000 (2nd)
2002 + National Associatio (NAIA) National M % National Christian	* 5th n of Intercollegiate a eet College Athletic Ass	Wes Cook Athletics		1997 1996	NAIA 4x400 Relay (5th) NAIA 400 Hurdies (4th)		1991 1992 1992 1992	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete
2002 + National Associatio (NAIA) National M % National Christian (NCCAA) National	* 5th n of Intercollegiate a eet College Athletic Ass Meet	Wes Cook Athletics ociation		1997 1996 1996	NAIA 4x400 Relay (5th) NAIA 400 Hurdies (4th) NAIA 4x400 Relay (5th)		1991 1992 1992	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIOA Academic
2002 + National Associatio (NAIA) National M % National Christian (NCCAA) National \$ National Collegiate	* 5th n of Intercollegiate a eet College Athletic Ass Meet	Wes Cook Athletics ociation		1997 1996 1996 1997 1998 1999	NAIA 4x400 Relay (5th) NAIA 400 Hurdles (4th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th)		1991 1992 1992 1992	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIOA Academic All-American Women's At-
2002 + National Associatio (NAIA) National M % National Christian (NCCAA) National \$ National Collegiate National Meet	* 5th n of Intercollegiate a eet College Athletic Ass Meet Athletic Associaion	Wes Cook Athletics ociation		1997 1996 1996 1997 1998	NAIA 4x400 Relay (5th) NAIA 400 Hurdles (4th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA Scholar-Athlete NAIA 400 Hurdles (3rd) NAIA 4x400 Relay (5th)		1991 1992 1992 1992	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIOA Academic All-American Women's At- Large First Team, College
2002 + National Associatio (NAIA) National M % National Christian (NCCAA) National \$ National Collegiate National Meet # NAIA District 2 Me	* 5th n of Intercollegiate a set College Athletic Ass Meet Athletic Associaion	Wes Cook Athletics ociation	Oavid Parker	1997 1996 1996 1997 1998 1999 1997 2000	NAIA 4x400 Relay (5th) NAIA 4x00 Hurdles (4th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA Scholar-Athlete NAIA 400 Hurdles (3rd) NAIA 4x400 Relay (5th) NCAA 0iscus (7th)	Juli Curus	1991 1992 1992 1992 1992	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIOA Academic All-American Women's At- Large First Team, College Division
2002 + National Associatio (NAIA) National M % National Christian (NCCAA) National \$ National Collegiate National Meet # NAIA District 2 Me c Cascade Collegiate	* 5th n of Intercollegiate a eet College Athletic Ass Meet Athletic Associaion et Conference Meet	Wes Cook Athletics ociation	Oavid Parker Jim Haley	1997 1996 1996 1997 1998 1999	NAIA 4x400 Relay (5th) NAIA 400 Hurdles (4th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA Scholar-Athlete NAIA 400 Hurdles (3rd) NAIA 4x400 Relay (5th)	Juli Cyrus	1991 1992 1992 1992 1992	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIDA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th)
2002 + National Associatio (NAIA) National M % National Christian (NCCAA) National \$ National Collegiate National Meet # NAIA District 2 Me	* 5th n of Intercollegiate a eet College Athletic Ass Meet Athletic Associaion et Conference Meet	Wes Cook Athletics ociation	Oavid Parker Jim Haley Ian Strauss Brandon Workman	1997 1996 1996 1997 1998 1999 1997 2000	NAIA 4x400 Relay (5th) NAIA 4x00 Hurdles (4th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA Scholar-Athlete NAIA 400 Hurdles (3rd) NAIA 4x400 Relay (5th) NCAA 0iscus (7th)	Juli Cyrus	1991 1992 1992 1992 1992 1992	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIDA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd)
2002 + National Associatio (NAIA) National M % National Christian (NCCAA) National \$ National Collegiate National Meet # NAIA District 2 Me c Cascade Collegiate	* 5th n of Intercollegiate a eet College Athletic Ass Meet Athletic Associaion et Conference Meet	Wes Cook Athletics ociation	Oavid Parker Jim Haley Ian Strauss	1997 1996 1996 1997 1998 1999 1997 2000	NAIA 4x400 Relay (5th) NAIA 4x00 Hurdles (4th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA Scholar-Athlete NAIA 400 Hurdles (3rd) NAIA 4x400 Relay (5th) NCAA 0iscus (7th)	Juli Cyrus	1991 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIDA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd) NAIA 5,000 (2nd)
2002 + National Associatio (NAIA) National M % National Christian (NCCAA) National \$ National Collegiate National Meet # NAIA District 2 Me c Cascade Collegiate * Northwest Conference	* 5th n of Intercollegiate a eet College Athletic Ass Meet Athletic Associaion et Conference Meet	Wes Cook Athletics ociation (NCAA), Oiv. 111,	David Parker Jim Haley lan Strauss Brandon Workman Women	1997 1996 1996 1997 1998 1999 1997 2000 2000	NAIA 4x400 Relay (5th) NAIA 400 Hurdles (4th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA Scholar-Athlete NAIA 400 Hurdles (3rd) NAIA 4x400 Relay (5th) NCAA 0iscus (7th) NCAA Steeplechase (6th)	Juli Cyrus	1991 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIDA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd)
2002 + National Associatio (NAIA) National Mr. National Christian (NCCAA) National S National Collegiate National Meet # NAIA Oistrict 2 Mr. Cascade Collegiate * Northwest Conference Office (National Meet) * Northwest Conference Office (National Meet)	* 5th n of Intercollegiate det College Athletic Ass Meet Athletic Association et Conference Meet ice Meet	Wes Cook Athletics ociation (NCAA), Oiv. III,	David Parker Jim Haley Ian Strauss Brandon Workman Women Team F	1997 1996 1996 1997 1998 1999 1997 2000 2000 'S	NAIA 4x400 Relay (5th) NAIA 400 Hurdles (4th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 5cholar-Athlete NAIA 400 Hurdles (3rd) NAIA 4x400 Relay (5th) NCAA 0iscus (7th) NCAA Steeplechase (6th)		1991 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIDA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd) NAIA 5,000 (2nd) NAIA 3,000 (4th)
2002 + National Associatio (NAIA) National Mr. National Christian (NCCAA) National S National Collegiate National Meet # NAIA Oistrict 2 Mr. Cascade Collegiate * Northwest Conference Of Cascade Collegiate Of Cascade Co	* 5th n of Intercollegiate Act college Athletic Ass Meet Athletic Association et Conference Meet nce Meet II-Amer 1968 NAIA S	Wes Cook Athletics ociation (NCAA), Oiv. III, icans Shot Put (3rd)	Jim Haley Ian Strauss Brandon Workman Women Team F Year Nat'l Rank	1997 1996 1996 1997 1998 1999 1997 2000 2000	NAIA 4x400 Relay (5th) NAIA 400 Hurdles (4th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 5cholar-Athlete NAIA 400 Hurdles (3rd) NAIA 4x400 Relay (5th) NCAA 0iscus (7th) NCAA Steeplechase (6th)	Juli Cyrus Cheryl Shepherd	1991 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIDA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd) NAIA 5,000 (2nd) NAIA 3,000 (4th) NAIA Scholar-Athlete
2002 + National Associatio (NAIA) National Mr. National Christian (NCCAA) National S National Collegiate National Meet # NAIA Oistrict 2 Me c Cascade Collegiate * Northwest Conference Collegiate Men's A Bob Hadlock Cal Ferguson	* 5th n of Intercollegiate Act college Athletic Ass Meet Athletic Association et Conference Meet nce Meet 1968 NAIA S 1968 NAIA S	Wes Cook Athletics ociation (NCAA), Oiv. III, icans Shot Put (3rd) Triple Jump (3rd)	Jim Haley lan Strauss Brandon Workman Women Team F Year Nat'l Rank 1964 \$ 3rd	1997 1996 1996 1997 1998 1999 1997 2000 2000 'S inishe Conf./Dist	NAIA 4x400 Relay (5th) NAIA 400 Hurdles (4th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 4x400 Hurdles (3rd) NAIA 4x400 Relay (5th) NCAA 0iscus (7th) NCAA Steeplechase (6th)		1991 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIDA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd) NAIA 5,000 (2nd) NAIA 3,000 (4th) NAIA Scholar-Athlete NAIA Javelin (4th)
2002 + National Associatio (NAIA) National Mr. National Christian (NCCAA) National S National Collegiate National Meet # NAIA Oistrict 2 Mr. Cascade Collegiate * Northwest Conference Of Cascade Collegiate Of Cascade Co	* 5th n of Intercollegiate Act college Athletic Ass Meet Athletic Association et Conference Meet nce Meet 1968 NAIA 3 1968 NAIA 1	Wes Cook Athletics ociation (NCAA), Oiv. III, ICANS Shot Put (3rd) Friple Jump (3rd) Pole Vault (3rd)	Jim Haley lan Strauss Brandon Workman Women Team F Year Nat'l Rank 1964 \$ 3rd	1997 1996 1996 1997 1998 1999 1997 2000 2000 'S inishe Conf./Dist	NAIA 4x400 Relay (5th) NAIA 400 Hurdles (4th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 4x400 Hurdles (3rd) NAIA 4x400 Relay (5th) NCAA 0iscus (7th) NCAA 5teeplechase (6th)	Cheryl Shepherd	1991 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIOA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd) NAIA 5,000 (2nd) NAIA 5,000 (4th) NAIA Scholar-Athlete NAIA Javelin (4th) NAIA Scholar-Athlete
2002 + National Associatio (NAIA) National Mr. National Christian (NCCAA) National S National Collegiate National Meet # NAIA Oistrict 2 Me c Cascade Collegiate * Northwest Conference Collegiate Men's A Bob Hadlock Cal Ferguson	* 5th n of Intercollegiate Actet College Athletic Ass Meet Athletic Association et Conference Meet nce Meet 1968 NAIA 3 1968 NAIA 1 1969 NAIA 1 1970 NAIA I	Wes Cook Athletics ociation (NCAA), Oiv. III, ICANS Shot Put (3rd) Friple Jump (3rd) Pole Vault (3rd)	Jim Haley lan Strauss Brandon Workman Women Team F Year Nat'l Rank 1964 \$ 3rd 1977 1978	1997 1996 1996 1997 1998 1999 1997 2000 2000 'S inishe Conf./Dist	NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 5x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NCAA 0iscus (7th) NCAA 5teeplechase (6th) CS t. Rank	Cheryl Shepherd Kristin Thomas	1991 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIOA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd) NAIA 5,000 (2nd) NAIA 5,000 (4th) NAIA Scholar-Athlete NAIA Javelin (4th) NAIA Scholar-Athlete
2002 + National Associatio (NAIA) National Mr. National Christian (NCCAA) National S National Collegiate National Meet # NAIA Oistrict 2 Mr. C Cascade Collegiate * Northwest Conference Men's A Bob Hadlock Cal Ferguson Oave McDonald	* 5th n of Intercollegiate Actet College Athletic Ass Meet Athletic Association et Conference Meet nce Meet 1968 NAIA 3 1968 NAIA 1 1969 NAIA 1 1970 NAIA I 1971 NAIA I	Wes Cook Athletics ociation (NCAA), Oiv. III, icans Shot Put (3rd) Friple Jump (3rd) Pole Vault (3rd) Pole Vault (indoor, 3rd) Pole Vault (3rd)	Jim Haley lan Strauss Brandon Workman Women Team F Year Nat'l Rank 1964 \$ 3rd 1977 1978 1979	1997 1996 1996 1997 1998 1999 1997 2000 2000 'S inishe Conf./Dist	NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 5xholar-Athlete NAIA 4x00 Relay (5th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NCAA 0iscus (7th) NCAA 5teeplechase (6th) S L Rank Coach Marge Weesner d Randy Winston th Randy Winston t Randy Winston	Cheryl Shepherd Kristin Thomas	1991 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIDA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd) NAIA 5,000 (2nd) NAIA 5,000 (2nd) NAIA 5,000 (4th) NAIA 3,000 (4th) NAIA Scholar-Athlete NAIA Javelin (4th) NAIA Scholar-Athlete NAIA Javelin (5th) NAIA Javelin (2nd) NAIA Scholar-Athlete
2002 + National Associatio (NAIA) National M % National Christian (NCCAA) National \$ National Collegiate National Meet # NAIA District 2 Me c Cascade Collegiate * Northwest Conference Men's A Bob Hadlock Cal Ferguson Dave McDonald Curt Ankeny	* 5th n of Intercollegiate Activet College Athletic Association et Conference Meet note Meet 1968 NAIA 3 1968 NAIA 3 1969 NAIA 1 1970 NAIA 1 1971 NAIA 1 1974 NAIA 1	Wes Cook Athletics ociation (NCAA), Div. III, icans Shot Put (3rd) friple Jump (3rd) Pole Vault (3rd) Pole Vault (3rd) Marathon (3rd)	Jim Haley lan Strauss Brandon Workman Women Team F Year Nat'l Rank 1964 \$ 3rd 1977 1978 1979 1980	1997 1996 1996 1997 1998 1997 2000 2000 'S inishe Conf./Dist	NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 5cholar-Athlete NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NAIA 4x400 Relay (5th) NCAA 0iscus (7th) NCAA 5teeplechase (6th) Coach Marge Weesner d Randy Winston th Randy Winston tt Randy Winston tt Randy Winston tt Randy Winston	Cheryl Shepherd Kristin Thomas	1991 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIDA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd) NAIA 5,000 (2nd) NAIA 5,000 (4th) NAIA Scholar-Athlete NAIA Javelin (4th) NAIA Scholar-Athlete NAIA Javelin (5th) NAIA Javelin (2nd) NAIA Scholar-Athlete NAIA Javelin (2nd) NAIA Scholar-Athlete
2002 + National Associatio (NAIA) National M % National Christian (NCCAA) National \$ National Collegiate National Meet # NAIA District 2 Me c Cascade Collegiate * Northwest Conference Men's A Bob Hadlock Cal Ferguson Dave McDonald Curt Ankeny Eb Buck	* 5th n of Intercollegiate Asset College Athletic Ass Meet Athletic Association et Conference Meet nee Meet 1968 NAIA 3 1968 NAIA 3 1968 NAIA 3 1969 NAIA 1 1970 NAIA 1 1971 NAIA 1 1974 NAIA 1	Wes Cook Athletics ociation (NCAA), Oiv. III, ICANS Shot Put (3rd) Friple Jump (3rd) Pole Vault (3rd) Pole Vault (indoor, 3rd) Marathon (3rd) Decathlon (2nd)	Jim Haley lan Strauss Brandon Workman Women Team F Year Nat'l Rank 1964 \$ 3rd 1977 1978 1979 1980 1981 ! 18th	1997 1996 1996 1997 1998 1997 2000 2000 'S inishe Conf./Dist	NAIA 4x400 Relay (5th) NCAA 0iscus (7th) NCAA 0iscus (7th) NCAA Steeplechase (6th) Coach Marge Weesner Randy Winston	Cheryl Shepherd Kristin Thomas Leah Johanson	1991 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIDA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd) NAIA 5,000 (2nd) NAIA 5,000 (2nd) NAIA Scholar-Athlete NAIA Javelin (4th) NAIA Scholar-Athlete NAIA Javelin (5th) NAIA Scholar-Athlete NAIA Javelin (2nd) NAIA Scholar-Athlete NAIA Javelin (6th) NAIA Scholar-Athlete
2002 + National Associatio (NAIA) National M % National Christian (NCCAA) National \$ National Collegiate National Meet # NAIA District 2 Me c Cascade Collegiate * Northwest Conference Men's A Bob Hadlock Cal Ferguson Dave McDonald Curt Ankeny	* 5th n of Intercollegiate Asset College Athletic Ass Meet Athletic Association et Conference Meet nee Meet 1968 NAIA 3 1968 NAIA 3 1969 NAIA 6 1970 NAIA 6 1971 NAIA 1 1974 NAIA 1 1975 NAIA 1 1977 NAIA 3	Wes Cook Athletics ociation (NCAA), Div. III, i Cans Shot Put (3rd) Friple Jump (3rd) Pole Vault (3rd) Pole Vault (3rd) Marathon (3rd) Oceathlon (2nd) Steeplechase (2nd)	Jim Haley lan Strauss Brandon Workman Women Team F Year Nat'l Rank 1964 \$ 3rd 1977 1978 1979 1980 1981 ! 18th 1982	1997 1996 1996 1997 1998 1997 2000 2000 'S inishe Conf./Dist	NAIA 4x400 Relay (5th) NCAA 0iscus (7th) NCAA 0iscus (7th) NCAA Steeplechase (6th) S i. Rank Coach Marge Weesner d Randy Winston th Randy Winston tt Randy Winston tt Randy Winston tt Randy Winston th Randy Winston	Cheryl Shepherd Kristin Thomas Leah Johanson Dawn Hartwig	1991 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIDA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd) NAIA 5,000 (2nd) NAIA 3,000 (4th) NAIA Scholar-Athlete NAIA Javelin (4th) NAIA Scholar-Athlete NAIA Javelin (5th) NAIA Scholar-Athlete NAIA Javelin (2nd) NAIA Scholar-Athlete NAIA Javelin (6th) NAIA Scholar-Athlete NAIA Javelin (6th) NAIA Scholar-Athlete NAIA Javelin (6th)
2002 + National Associatio (NAIA) National M % National Christian (NCCAA) National \$ National Collegiate National Meet # NAIA District 2 Me c Cascade Collegiate * Northwest Conference Men's A Bob Hadlock Cal Ferguson Dave McDonald Curt Ankeny Eb Buck	* 5th n of Intercollegiate aget College Athletic Ass Meet Athletic Association et Conference Meet nee Meet 1968 NAIA 3 1968 NAIA 3 1969 NAIA 1 1970 NAIA 1 1971 NAIA 1 1974 NAIA 1 1975 NAIA 1 1977 NAIA 3 1978 NAIA 3	Wes Cook Athletics ociation (NCAA), Div. III, i Cans Shot Put (3rd) Friple Jump (3rd) Pole Vault (3rd) Pole Vault (3rd) Marathon (3rd) Oceathlon (2nd) Steeplechase (2nd) Steeplechase (3rd)	Jim Haley lan Strauss Brandon Workman Women Team F Year Nat'l Rank 1964 \$ 3rd 1977 1978 1979 1980 1981 ! 18th	1997 1996 1996 1997 1998 1997 2000 2000 'S inishe Conf./Dist = 3r = 4tl = 1s = 2n = 4tl	NAIA 4x400 Relay (5th) NCAA 0iscus (7th) NCAA 0iscus (7th) NCAA Steeplechase (6th) Coach Marge Weesner d Randy Winston th Randy Winston tt Randy Winston tt Randy Winston tt Randy Winston th Harry Selby th Eb Buck	Cheryl Shepherd Kristin Thomas Leah Johanson	1991 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIDA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd) NAIA 5,000 (2nd) NAIA 5,000 (2nd) NAIA 3,000 (4th) NAIA Scholar-Athlete NAIA Javelin (4th) NAIA Scholar-Athlete NAIA Javelin (5th) NAIA Javelin (5th) NAIA Scholar-Athlete NAIA Javelin (6th) NAIA Scholar-Athlete NAIA 3,000 (6th) NAIA High Jump (2nd)
2002 + National Associatio (NAIA) National M % National Christian (NCCAA) National \$ National Collegiate National Meet # NAIA District 2 Me c Cascade Collegiate * Northwest Conference Men's A Bob Hadlock Cal Ferguson Dave McDonald Curt Ankeny Eb Buck	* 5th n of Intercollegiate Active the College Athletic Association et Conference Meet conference Meet nce Meet 1968 NAIA 3 1969 NAIA 4 1970 NAIA 6 1971 NAIA 1 1977 NAIA 1 1977 NAIA 3 1978 NAIA 3 1978 NAIA 3	Wes Cook Athletics ociation (NCAA), Oiv. III, ICANS Shot Put (3rd) Friple Jump (3rd) Pole Vault (3rd) Pole Vault (3rd) Marathon (3rd) Oceathlon (2nd) Steeplechase (2nd) Steeplechase	Jim Haley lan Strauss Brandon Workman Women Team F Year Nat'l Rank 1964 \$ 3rd 1977 1978 1979 1980 1981 ! 18th 1982 1983	1997 1996 1996 1997 1998 1997 2000 2000 'S inishe Conf./Dist = 3rr = 4tt = 1s = 2rr = 4tt # 4t	NAIA 4x400 Relay (5th) NAIA 400 Hurdles (4th) NAIA 4x400 Relay (5th) NCAA 0iscus (7th) NCAA Steeplechase (6th) S L. Rank Coach Marge Weesner d Randy Winston th Harry Selby th Eb Buck th Randy Renfro	Cheryl Shepherd Kristin Thomas Leah Johanson Dawn Hartwig	1991 1992 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIDA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd) NAIA 5,000 (2nd) NAIA 5,000 (2nd) NAIA 3,000 (4th) NAIA Scholar-Athlete NAIA Javelin (4th) NAIA Scholar-Athlete NAIA Javelin (5th) NAIA Javelin (5th) NAIA Scholar-Athlete NAIA Javelin (6th) NAIA Scholar-Athlete NAIA Javelin (6th) NAIA Scholar-Athlete NAIA Javelin (6th) NAIA High Jump (2nd) NAIA High Jump (2nd) NAIA High Jump (Champion)
2002 + National Associatio (NAIA) National M % National Christian (NCCAA) National \$ National Collegiate National Meet # NAIA District 2 Me c Cascade Collegiate * Northwest Conference Men's A Bob Hadlock Cal Ferguson Dave McDonald Curt Ankeny Eb Buck	* 5th n of Intercollegiate Active College Athletic Association et Conference Meet nce Meet 1968 NAIA 3 1968 NAIA 1 1969 NAIA 1 1970 NAIA 6 1971 NAIA 1 1975 NAIA 1 1977 NAIA 3 1978 NAIA 3 1978 NAIA 3 1979 NAIA 3 1979 NAIA 3	Wes Cook Athletics ociation (NCAA), Oiv. III, ICANS Shot Put (3rd) Friple Jump (3rd) Pole Vault (3rd) Pole Vault (3rd) Marathon (3rd) Oceathlon (2nd) Steeplechase (2nd) Steeplechase	Jim Haley lan Strauss Brandon Workman Women Team F Year Nat'l Rank 1964 \$ 3rd 1977 1978 1979 1980 1981 ! 18th 1982 1983 1984 + 23rd	1997 1996 1996 1997 1998 1999 1997 2000 2000 'S in is he Conf./Dist = 3n = 4t = 1s = 2n = 4t # 4t # 6t	NAIA 4x400 Relay (5th) NAIA 400 Hurdles (4th) NAIA 4x400 Relay (5th) NCAA 0iscus (7th) NCAA Steeplechase (6th) SS L. Rank Coach Marge Weesner d Randy Winston th Harry Selby th Eb Buck th Randy Renfro th Rob Parker	Cheryl Shepherd Kristin Thomas Leah Johanson Dawn Hartwig	1991 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIDA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd) NAIA 5,000 (2nd) NAIA 5,000 (2nd) NAIA 3,000 (4th) NAIA Scholar-Athlete NAIA Javelin (4th) NAIA Scholar-Athlete NAIA Javelin (5th) NAIA Javelin (5th) NAIA Javelin (6th) NAIA Scholar-Athlete NAIA Javelin (6th) NAIA Scholar-Athlete NAIA Javelin (6th) NAIA High Jump (2nd) NAIA High Jump (2nd) NAIA High Jump (Champion) NAIA 4x400 Relay (4th)
2002 + National Associatio (NAIA) National Mile (NCCAA) National Solutional Solutional Collegiate National Meet # NAIA Oistrict 2 Me c Cascade Collegiate * Northwest Conference Men's About Conference Men's About Conference Cal Ferguson Cave McDonald Curt Ankeny Eb Buck Steve Blikstad	* 5th n of Intercollegiate Active College Athletic Association et Conference Meet nce Meet 1968 NAIA 3 1968 NAIA 1 1969 NAIA 1 1970 NAIA 6 1971 NAIA 1 1975 NAIA 1 1977 NAIA 3 1978 NAIA 3 1978 NAIA 3 1979 NAIA 3 1979 NAIA 3	Wes Cook Athletics ociation (NCAA), Oiv. III, ICANS Shot Put (3rd) Friple Jump (3rd) Pole Vault (3rd) Pole Vault (3rd) Pole Vault (3rd) Pole Vault (3rd) Steeplechase (2nd) Steeplechase Ipion)	Jim Haley lan Strauss Brandon Workman Women Team F Year Nat'l Rank 1964 \$ 3rd 1977 1978 1979 1980 1981 ! 18th 1982 1983 1984 + 23rd 1985 + 23rd	1997 1996 1996 1997 1998 1999 1997 2000 2000 'S inishe Conf./Dist = 3n = 4tl = 1s = 2n = 2n # 4t # 6t # 7t	NAIA 4x400 Relay (5th) NAIA 400 Hurdles (4th) NAIA 4x400 Relay (5th) NCAA 00 Relay (5th) NCAA 00 Selay (5th) NCAA Steeplechase (6th) SS t. Rank Marge Weesner d. Randy Winston t. Randy Winston	Cheryl Shepherd Kristin Thomas Leah Johanson Dawn Hartwig	1991 1992 1992 1992 1992 1992 1992 1993 1993	NAIA 10,000 (Champion) NAIA 5,000 (2nd) NAIA 5,000 (2nd) NAIA Scholar-Athlete GTE-CoSIOA Academic All-American Women's At- Large First Team, College Division NAIA 1,000-yard (indoor, 6th) NAIA 3,000 (2nd) NAIA 5,000 (2nd) NAIA 5,000 (2nd) NAIA 3,000 (4th) NAIA Scholar-Athlete NAIA Javelin (4th) NAIA Scholar-Athlete NAIA Javelin (5th) NAIA Javelin (5th) NAIA Scholar-Athlete NAIA Javelin (6th) NAIA Scholar-Athlete NAIA Javelin (6th) NAIA Scholar-Athlete NAIA Javelin (6th) NAIA High Jump (2nd) NAIA High Jump (2nd) NAIA High Jump (Champion)

									•		
	1997	4x400 Relay (5th	1)	1:52.94	Wendell Otto	80	4-14-79	110m Hig	h Hurdles		
	1998	NAIA Scholar-Ath	,	1:53.69	Curt Rosen	SR	4-26-97	13.94	Adolphus Onua	80	4-13-85
	1998	GTE Academic Al		1:53.94	Randy Ware	JR	3-05-77	14.47	Oavid Parker	SR	5-25-99
		Third Team Wom	ien's At-	1:54.50	Steve Willmer	JR	5-05-01	14.84	Mark Reynolds	FR	4-22-78
		Large College Oi		1:54.73	Torrey Lindbo	\$0	5-15-93	14.84	Rick Frisk	\$0	5-09-81
	1998	NAIA High Jump		1:54.74	Keith Pearson	80	5-10-80	14.84	Scott Cummins	FR	4-25-87
Becci Har		NAIA Javelin (Ch	, ,	1:54.84	John Cole	FR	4-26-80	14.94	Ouane Swafford	JR	4-27-79
20001 1101	1997	NAIA Javelin (Ch	. ,	1:54.84	Cliff McCurdy	SR	4-10-77	15.19	Aaron Young	JR	4-01-95
Liz Stepho		NAIA 400 Hurdle			o mooardy	***		15.33	John Smith	JR	4-01-95
Liz otepin	1996	NAIA 4x400 Rela		1,500m				15.34	Keith Wigley	SR	4-10-86
Krietin (N	elrich) Chaney 1996	NAIA 4x400 Rela		3:46.25	Jonathan Morse	80	4-25-92	15.34	Steve Shattuck	FR	4-07-90
mistii (o	1997	NAIA 4x400 Rela		3:49.94	Wendell Otto	\$0	4-14-79		V1010 V1101111111		
Amy Rede		NAIA 4x400 Rela		3:50.97	Steve Stuart	SR	5-22-80	400m Int	ermediate Hurdles		
Allly Neut	1997	NAIA 4x400 Rela		3:52.74	Bruce Greene	FR	5-14-76	52.30	Oavid Parker	S 0	5-03-97
Sharon Ba		NAIA 100 Hurdles		3:52.74	Todd Bos	SR	4-20-91	52.34	Chad Neeley	SR	5-20-78
	Christiansen 1997	NAIA Pole Vault		3:53.36	Ron Marsh	SR	5-09-92	52.75	Brian Hartenstein	SR	4-25-92
Heidi Hale		NAIA 4x400 Rela		3:53.94	Steve Blikstad	S0	4-30-77	52.75	Scott Edinger	JR	5-25-99
neiui naie Rachel Po	•	NAIA Scholar-Ath		3:54.86	Rolf Potts	JR	4-25-92	53.24	Rick Frisk	SO	4-24-81
Kacilei Fi Heather F		NCAA Pole Vault		3:55.94	Vanni Tilzey	\$0	5-13-89	54.24	Ouane Swafford	JR	4-26-80
neather r				3:56.19	Kevin Ball	FR	5-05-84	54.54	Scott Brown	SR	4-20-91
V. I D.	2001	NCAA Pole Vault		3:30.19	VEAIL DAII	ΓK	J-UJ-04	54.80	Zach Davidson	FR	4-20-31
Kelsey Ba	ron 2002	NCAA Long Jum	p (/tn)	9.000-				55.14	James Oshiro	SO	4-20-91
				3,000m	lander Mana	10	1000	55.24			5-05-73
				8:25.34	Jonathan Morse	JR	1993		Tim Weaver	FR	5-05-75 5-18-74
Mer	n's Reco	rds		8:33.74	Steve Blikstad	02	1977	55.24	Bruce Ponder	JR	J-10-14
100m				8:40.68	Steve Willmer	80	2000				
10.25	Gregg Griffin	SR	5-18-79	8:40.74	Erik Gibson	JR	1995		Steeplechase	0.0	4 07 70
10.65	Ryan Chaney	JR	5-04-96	8.42.34	Brandon Workman	80	1998	8:50.14	Steve Blikstad	SR	4-27-79
10.75	David Plotts	JR	5-01-99	8:44.64	Mark Mohnen	JR	1990	9:03.88	Erik Gibson	JR	5-27-95
10.84	John Koroma	\$0	3-30-74	8:45.04	Ken Bell	\$0	1972	9.05.40	Brandon Workman	SR	5-26-00
10.84	Tony Nagle	20	4-22-89	8:45.14	Steve Stuart	FR	1977	9:10.34	Mike Murphy	JR	5-21-92
10.94	Amadu Koroma	FR	4-23-75	8:45.74	Curt Ankeny	SR	1974	9:11.54	Ed Sloan	SO	4-25-92
10.94	Ben Salisbury	FR	5-05-01	8:47.04	Jon Wright	\$0	1991	9:22.44	Scott Ball	80	5-11-84
10.94	Jon Robinson	\$0	3-23-02					9:22.63	Phil Hughes	FR	5-08-92
11.04	Werner Siebert	20	3-12-77	5,000m				9:22.74	Wendell Otto	JR	5-09-80
11.04	Mark Reynolds	JR	5-10-80	14:22.64	Steve Blikstad	SR	5-12-79	9:24.09	Eli Lane	S0	5-25-95
	Mark Young	JR	4-14-84	14:28.44	Jonathan Morse	80	4-16-92	9:24.94	Lyndal Smith	JR	5-11-79
11.04 11.04	Adolphus Onua	SO	4-13-85	14:45.64	Steve Stuart	SR	5-02-80				
11.04	Audipilus vilua	SU	4-13-03	14:46.24	Brandon Workman	SR	4-14-09	High Jun			
000-				14:53.14	Mark Mohnen	JR	4-28-90	7-0.25	Tim Hagen	SR	6-01-90
200m	Duan Chanau	en	5-11-97	14:53.39	Erik Gibson	JR	3-24-95	6-10.25	Aaron Young	FR	5-16-92
21.31	Ryan Chaney	SR	4-27-79	14:53.54	Jerred Gildehaus	FR	3-02-85	6-9	Owen James	FR	5-09-81
21.44	Gregg Griffin	SR	4-27-79 5-11-02	14:56.04	Lyndel Smith	JR	5-12-79	6-7	Bob Quiring	FR	5-12-79
21.62	Ben Salisbury	FR		14:57.14	Aaron Howard	JR	3-23-91	6-6.75	Scott Murphy	JR	4-25-92
21.63	David Plotts	JR	5-01-99	14:58.24	Jon Wright	SR	11-14-92	6-6.75	John Smith	JR	5-06-95
22.04	John Koroma	20	3-16-74					6-6.25	Keith Wigley	SR	3-28-86
22.04	Bruce Ponder	JR	4-12-75	10,990m				6-6	Lon Austin	80	3-26-77
22.04	Tim Conley	SR	4-14-90	30:42.74	Mark Mohnen	SR	4-27-91	6-6	Gary Demain	JR	5-12-79
22.04	Werner Seibert	SR	3-17-79	30:46.84	Jon Wright	SO	4-05-91	6-6	Jared Gallop	FR	3-11-95
22.05	Jim Haley	SR	5-01-99	30:58.44	Dave Molstad	JR	5-12-78	6-6	Scott Edinger	SO	2-22-97
22.34	Mark Reynolds	20	4-27-79	31:41.04	Matt Kirkpatrick	\$0	4-05-91	6-6	Matt Reynolds	S0	3-29-97
22.34	Tony Nagle	20	4-15-89	31:51.79	Jerred Gildehaus	\$0	5-09-86		•		
				31:57.24	Tim Rochholz	SR	5-09-80	Pole Vau	lt		
400m				32:04.02	Aaron Howard	JR	5-10-91	15-8	Dave McDonald	\$0	6-07-69
45.98	Ryan Chaney	SR	5-23-97	32:06.54	Lyndal Smith	JR	4-07-79	15-7	John Smith	JR	5-06-95
48.15	Tim Conley	SR	5-12-90	32:09.71	Jim Brewer	FR	5-07-93	15-1	Jason Strait	JR	5-08-93
48.34	Werner Seibert	SR	5-12-79	32:16.54	Mike Murphy	JR	3-07-92	15-0	Brent Heydel	FR	3-18-80
48.44	Chad Neeley	SR	5-13-78	32.10.34	wine will pily	OII.	0-01-32	14-1.75	Oavid Parker	JR	4-25-98
48.64	Monte Anders	SR	5-10-80	Marathon	•			14-0.5	J.J. Arthur	JR	4-10-99
48.74	Bruce Ponder	JR	4-28-75	2:25:19	Curt Ankeny	JR	2-24-73	14-0.5	Bruce Oberst	SR	5-10-80
48.74	Jim Haley	SR	5-08-99		,					SR	4-26-86
48.94	Eric Costa	\$0	5-01-99	2:31:26	Larry Mock	02	11-26-88	14-0	Keith Wigley		3-07-87
48.97	Jason Lewis	JR	5-08-93	2:31:36	Mark Adamson	S0	2-28-76	14-0	Rod Eakin	FR	
49.03	Ben Salisbury	80	4-13-02	2:32:29	Jim Bright	JR	2-27-82	13-9.5	Keith Christiansen	\$0	5-12-0
				2:34:24	Tim Rochholz	JR	2-24-79				
800m				2:37:26	Dwight Larabee	JR	2-23-85				
1:50.00	Todd Bos	SR	5-25-91	2:41:55	Jack Winter	SR	2-28-81				
1:52.51	Ron Marsh	SR	5-16-92	2:46:55	Dave Hamilton	20	2-21-74				
1:52.82	Jonathan Morse	FR	5-04-91	2:51:17	Dan Price	FR	2-23-85				
1.02.02	Juliaman Wulse	110	0 04-01	2:52:56	Dean Gadd	FR	2-25-78				15
											1

Lana home	_			105.0	Miles Matte	en.	E 00 07	7,52.26	Thompson Michela Mar	atalas Willmar	5-23-99
Long Jum		CD.	F 00 70	185-8	Mike Watts	SR	5-02-87	7:53.36	Thompson, Nichols, Mar		3-23-99
23-9	Amadu Koroma	SR	5-20-78	182-5	John Smith	SR	4-13-96	7:54.72	Esselman, Willmer, Mar		
23-7.25	Rob Rising	\$0	5-20-93	179-0	Rob Flanagan	JR	3-15-91	7:55.2	McCurdy, Bales, Ware,	Greene	4-24-76
23-0.25	Shane Covelli	FR	5-05-90	177-10	Rich Blanchette	FR	3-01-86				
22-11.25	Jon Robinson	80	4-27-02	175-2	Jason Bingham	SR	3-19-94				
22-10.5	Andrew Stave	JR	5-02-97					Wor	nen's Red	cords	
22-9.5	David Parker	SD	5-02-97	Decathlen					110110110	0.45	
22-4.5	Mark Halland	SR	4-28-73	7138	John Smith	JR	5/25-26/95	100m			
22-4.5	John Smith	JR	2-25-95	6800	David Parker	SO	4/14-15/97	12.05	Jackie Jackson	FR	1981
22-3.75	Tyler Gassaway	JR	5-05-00	6451	Keith Wigley	SR	5/22-23/86	12.25	Jacque Davis	02	1981
							4/18-19/88	12.34	Janet Johnson	SR	1965
22-3	Aaron Young	SR	3-30-96	6226	David Nickell	S0		12.50	Amy Redenius	FR	1996
				6203	Aaron Young	JR	4/17-18/95	12.54	Joyce Yates	FR	1979
Triple Jum)P			6138	Jon Hirota	FR	5/04-05/94	12.54	Tiffani Coston	FR	1988
48-7.5	Aaron Young	SR	5-24-96	6112	Scott Brown	JR	4/26-27/90	12.56	Kristin Oelrich	SD	1996
48-5.5	Mark Halland	JR	6-02-72	6034	Tevin Taylor	SO	5/10-11/02	12.64	Denise Carlson	JR	1990
47-11.5	Cal Ferguson	SR	1968	5853	Scott Edinger	FR	4/15-16/96				
47-6.25	Randy Winston	SR	3-24-73	5789	Rob Flanagan	FR	4/17-18/89	12.64	Billie Bentley	FR	1993
46-6	Andrew Stave	SO	5-11-96					12.64	Marta Shields	FR	1987
45-11.25	John Smith	FR	3-06-93	5,000m Ra	rewalk			12.64	Joy Butler	FR	1994
45-8.75		FR	3-12-77	21:51.2	Vance Godfrey	SR	4-13-91				
	Fred Cummings				•			200m			
45-4.5	David Parker	FR	3-30-96	22:23.5	Oavid Thomas	SR	5-21-93	24.60	Joyce Yates	FR	1979
45-3.5	Oave Varnon	FR	4-29-78	24:46.1	Travis Johnson	80	4-07-90	24.98	Jackie Jackson	FR	1981
44-11.5	Wendell Otto	FR	4-08-78	25:35.7	Alin Ifrim	FR	5-08-93	25.04	Janet Johnson	SR	1965
44-11.5	Rob Rising	80	5-08-93					25.31	Amy Redenius	FR	1996
				10,000m R	lacewalk						
Shot Put				45:40.5	Vance Godfrey	SR	3-15-91	25.46	Shavon Dennis	FR	1980
55-3	Bob Hadlock	JR	1968	47:10.2	Oavid Thomas	JR	4-18-92	25.94	Laurie Sparks	FR	1979
48-10.75	lan Strauss	SR	5-05-00	51:27.2	Travis Johnson	SO	4-21-90	26.02	Kelly Scrutton	02	1995
48-2	Allan Morrow	SO	3-05-77	59:40.8	Oan Price	FR	5-11-85	26.10	Stephanie Castillo	FR	1995
							5-10-80	26.11	Kristin Delrich	80	1996
48-0	Larry Benson	FR	1967	59:49.0	Jack Winter	JR		26.14	Karen Becker	FR	1979
46-5.5	Jeff Votaw	JR	4-24-99	60:37.0	Oave Wilkinson	S0	5-10-80				
46-0.75	Joel Strunk	SR	3-25-00	61:09.2	Dwight Larabee	FR	5-08-82	400m			
45-11	Matt Marlow	SR	4-25-70	62:03.5	Ouane Smiley	80	5-09-81	56.22	Shavon Dennis	FR	1980
45-10.5	Mike Watts	SR	3-21-87	63:28.2	Kevin Ball	80	5-11-85				
45-6.5	Steve Curtis	SR	4-24-82	66:56.4	Nolan Smith	FR	5-12-79	57.51	Heidi Haley	SR	1997
45-0.5	Shane Bentley	FR	5-01-98					57.70	Kristin Oelrich	S0	1996
40 0.0	Online Dentitey	111	0 01 00	4x100m R	olav			57.97	Nancy Rissmiller	SR	1998
Diggue				41.24	Koroma, Neeley, Reynold	le Griffin	4-22-78	58.21	Amy Redenius	FR	1996
Discus	01 - 12 - 17	OD.	F 00 00					58.23	Ginean Lewis	JR	1992
168-6	Charlie Keeran	SR	5-23-80	41.84	Reynolds, Seibert, Ander		5-19-79	58.35	Sara Oates	FR	2001
165-7	lan Strauss	SR	5-06-00	41.94	Karoma, Seibert, Griffin,		4-01-77	58.41	Liz Stephens	SR	1996
158-5	Jonathan Huwe	SO	3-27-92	42.10	Robinson, Cota, Gassawa		5-05-01	58.87	Stephanie Castillo	FR	1995
155-3	Nathan Whitham	SR	4-11-85	42.33	Parker, Gassaway, Costa		4-17-99	59.46	Kelly Scrutton	FR	1994
153-1	Mike Watts	SR	4-25-87	42.33	Parker, Gassaway, West,	Plotts	4-31-99	33.40	neny ociulion	I K	1004
152-10	Paul Maddox	JR	4-10-86	42.34	A. Koroma, Neeley, Pond	er, J. Koroma	5-17-75				
151-6	Dell Dittus	SR	4-19-75	42.44	A. Koroma, Neeley, Mitch		5-1977	800m			4000
144-9	Jeff Votaw	JR	5-01-99	42.44	Howery, Carmack, Anker		4-27-96	2:13.44	Debbie Kintrea	JR	1992
144-6	Steve Curtis	SR	5-08-82	42.62	Robinson, Beardsley, Bat		4-27-02	2:14.12	Jamie McElwain	SR	2001
				42.02	Rubinsun, Dearusicy, Dai	ico, oanonui y	4-21-02	2:14.56	Nancy Rissmiller	80	1996
144-6	John Smith	SR	5-03-96	4400 B	-1-			2:17.44	Liz Stephens	SR	1996
				4x400m R			F 00 07	2:17.63	Melanie Springer	JR	1989
Hammer				3:11.10	Carmack, Chaney, Haley,		5-23-97	2:18.14	Marne VanSise	SD	1991
170-3	Allan Morrow	SR	4-14-79	3:13.05	Howery, Chaney, Parker,		5-25-96	2:18.65	Melissa Conley	SR	1992
165-6	Nathan Whitham	SR	4-25-85	3:16.26	Parker, Haley, Gassaway	, Willmer	5-25-99	2:18.99	Karen Baltz	SR	1997
164-10	Steve Curtis	SR	4-16-82	3:16.26	Sprunger, Salisbury, Cos	ta, Gassaway	5-12-01				
158-7	Joel Strunk	SR	3-25-00	3:16.87	Costa, Gassaway, Whital	cer. Plotts	5-13-00	2:18.99	Ember Brosius	JR	2000
157-5	Darin Krueger	SR	5-11-02	3:17.56	Carmack, Schaffeld, Lind		5-13-95	2:20.34	Kay Mattson	80	1983
152-2	Mike Watts	SR	4-26-86	3:18.17	Lewis, Robinson, Rising,		5-08-93	2:20.34	Hannah Smith	JR	1993
					Oshiro, Marsh, Hartenste		4-27-91	2:20.34	Rebekah Ulmer	FR	1995
151~4	Nate Grandle	SR	3-02-90	3:18.32	, ,						
149-6	Eric Kunze	SR	5-13-00	3:18.34	Olds, Van Winkle, Frisk,		5-10-80	1,500m			
147-0	Dave Elkins	JR	3-14-86	3:18.62	Howery, Haley, Edinger,	Parker	5-09-98	4:36.24	Juli Cyrus	JR	1993
144-11	Nolan Smith	SR	4-16-82					4:40.92	Jill (Jamison) Beals	FR	1989
				4x800m R	elay				, ,		1996
Javelin				7:42.0	Mwaura, Bales, Otto, Wa	ire	4-22-78	4:41.28	Dawn Hartwig	SR	
204-10	David Nickell	\$0	5-14-88	7:45.64	Thompson, Nichols, Man		5-08-99	4:42.29	Oebbie Kintrea	JR	1992
202-7	Matt Gassaway	FR	4-20-02	7:46.4	Mwaura, Bales, McCurdy		4-26-77	4:42.58	Melissa Conley	SR	1992
196-1	Ty Taylor	SO	4-11-98	7:49.32	Marsh, Potts, Kneeshaw,		3-27-92	4:43.66.	Rebekah Ulmer	SO	1996
192~2	Jon Roberts	SR	3-25-00	7:50.4	Potts, Bos, Marsh, Morse		3-09-91	4:44.19	Ember Brosius	JR	2000
								4:45.92	Phaydra Newport	SD	1991
187-5	Trevor Lewis	FR	3-31-90	7:51.18	Autrey, Workman, Manta		5-09-98	4:47.54	Jamie McElwain	JR	2000
4.0				7:52.90	Mantalas, Autrey, Nichol	s, Eainger	4-05-98	4:48.14	Brooke Barton	FR	1994
16											

3,000m				-	h Hurdles		4000	39-1
9:46.30	Juli Cyrus	80	1992	14.57	Sharon Barnett	JR	1999	38-7
9:53.94	Jill (Jamison) Beals	JR	1991	14.84	Jo Boatright	FR	2002	38-5
10:05.03	Dawn Hartwig	SR	1996	14.87	Karrie (Kiester) Nelson	SR	2000	38-0
10:09.94	Michelle Brown	JR	1992	14.88	Liz Stephens	JR	1995	
10:11.06	Brooke Barton	FR	1994	15.17	Karen Maxwell	JR	1980	Disc
10:12.45	Phaydra Newport	JR	1992	15.29	Marlyss Stenberg	SR	1993	151-
10:13.75	Ember Brosius	JR	2000	15.54	Jacquie Williams	SR	1983	143-
10:19.34	Rebekah Ulmer	80	1996	15.54	Holly Irvine	FR	1994	139-
10:26.07	Tori Taylor	80	2000	15.64	Saundra Burns	80	1980	131-
10:26.44	Dianne Petersen	SR	1991	15.80	Julie Puckett	FR	1996	126-
								125-
5,000m				400m Lo	w Hurdles			124-
16:45.75	Jill (Jamison) Beals	SR	1992	61.29	Liz Stephens	SR	1996	121-
17:01.87	Juli Cyrus	JR	1993	62.78	Marlyss Stenberg	SR	1993	121-
17:24.84	Michelle Brown	SO	1992	63.86	Karrie (Kiester) Nelson	SR	2000	120-
17:31.84	Phaydra Newport	JR	1992	64.02	Megan Heuberger	FR	2000	
17:40.91	Dawn Hartwig	SR	1996	65.24	Karen Maxwell	JR	1980	Jave
17:46.44	Brooke Barton	FR	1994	65.41	Sharon Barnett	JR	1999	156-
17:59.24	Dianne Petersen	SR	1991	65.84	Nora Thompson	SR	1984	155-
18:04.64	Ember Brosius	JR	2000	66.07	Holly Irvine	FR	1994	154-
18:19.10	Tori Taylor	SO	2000	67.07	Eva Crawford	SO	1993	149-
18:20.00	Angela Murrell	JR	1992	67.34	Saundra Burns	SO	1980	145-
10.20.00	Angola Marron	OI.	1002	01.01	Cadilara Barris	•		138-
10,000m				High Jun	nn			136-
34:25.74	Jill (Jamison) Beals	SR	1992	5-10	Nancy Rissmiller	FR	1995	122-
36:59.24	Dianne Petersen	SR	1991	5-7	Kathy Brown	JR	1994	122-
37:55.87	Stephanie Morrow	SR	1995	5-7	Jo Boatright	FR	2002	119-9
	Michelle Brown	FR	1991	5-5	Tina Golden	FR	1991	110 (
38:15.14		FR	1988	5-4.5	Amy Forbes	JR	2000	4x10
38:34.34	Kristin Potts			5-4.5 5-4	•	SR	1987	48.5
38:41.54	Phaydra Newport	S0	1991	5-4 5-4	Sue Woolsey	FR	1996	48.8
39:12.60	Janelle Goeres	02	2002		Rachel Powell			
40:01.72	Angela Linder	SR	1996	5-3.75	Melody Groeneveld	S0	1983	49.0 49.2
40:03.84	Mindy Fox	FR	1992	5-3	Maryann Mason	JR	1979	49.2 49.4
40:29.14	Melody McCart	80	1998	5-3	Keelie Keown	FR	1994	
				5-3	Angie Powell	FR/JR	1997/99	49.4
,	teeplechase		2000					49.5
11:51.20	Tori Taylor	S0	2000	Long Jun	•	ID.	0000	49.5
12:05.11	Beth Moyer	FR	2002	18-6	Kelsey Baron	JR	2002	49.6
				18-2.75	Jo Boatright	FR	2002	49.6
Half Mar				17-11.25	Marlyss Stenberg	JR	1992	
1:23:25	Jill (Jamison) Beals	JR	1991	17-5	Jacquie Williams	FR	1980	4x40
1:39:44	Anita Linhart	FR	1991	17-2.25	Kara Erickson	JR	1998	3:46
				16-11.75	Julie Lang	80	1977	3:47.
Marathor				16-10	Sue Banta	FR	1977	3.49
3:51:07	Kali Haverstock	FR	1987	16-9.75	Celeste Wallwork	FR	1999	3:51
				16-9.75	Sharla Rhoades	80	1997	3:52
Heptathlo	n			16-9.5	Jocelyn Kennedy	SO	1998	3:53
4556	Marlyss Stenberg	SR	1993					3:53
4362	Liz Stephens	SR	1996	Triple Ju	mp			3:53
4165	Jo Boatright	FR	2002	39-1.75	Kelsey Baron	JR	2002	3:54
3834	Tina Stauffer	SO	1993	37-8	Jocelyn Kennedy	SR	2000	3:54
3631	Cheryl Shepherd	JR	1992	37-4.5	Jo Boatright	FR	2002	
3562	Tori Taylor	FR	1999	37-3	Sharla Rhoades	SR	1999	4x81
3528	Karrie Kiester	FR	1997	36-5	Heidi Smith	FR	1999	9:24
3454	Keelie Keown	FR	1994	35-6.5	Colleen Forbes	JR	2001	9:28
3445	Jennifer Christiansen	JR	1996	35-4.5	Kara Erickson	JR	1998	9:29
3445	Heidi Smith	FR	1999	35-1.25	Nicole Bostic	FR	2002	9:30
0110	tiolal office	• • • •		34-8.5	Amy Forbes	SR	2001	9:30
				34-6.25	Celeste Wallwork	FR	1999	9:35
				0.0120	Colocto Tramform			9:51
				Shot Put				9:51
				43-4.25	Sarah Zempel	FR	2001	9:55
				42-3.5	Karen Gurske	FR	1981	9:59
				42-3.3 40-4	Danielle Wilson	FR	1988	3.03
				39-10.5	Paula Wittenburg	JR	1985	
				39-10.5 39-10	Nancy Katus	JR JR	1989	
				39-10 39-4.5	kancy Katus Leah Johanson	SO	1994	
				JJ-4.J	FEGII OMIGIISOII	SU	1334	

39-1.5	Gina Cross	FR	1989
38-7	Cheryl Funk	SO SO	1986
38-5	Melanie Johnson	FR	1982
38-0	Cheryl Shepherd	JR	1992
00 -0	oner yr onepheru	JI.	1002
Discus 151-1	Paula Wittenburg	SR	1986
143-7.5	Nancy Katus	JR	1989
	Sarah Zempel	FR	2001
139-5			
131-7	Marian Stevens	FR	1999
126-3	Leah Johanson	JR	1995
125-1	Sarah Norum	FR	1998
124-7	Paige Lewis	FR	2000
121-11	Danielle Wilson	FR	1988
121-7	Cheryl Funk	SO	1986
120-1	Rachel Lewis	JR	1995
Javelin		15	4000
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
138-1	Lori Miller	SR	2001
136-4	Kristy Fleming	80	1993
122-4	Gina Coolen	FR	2002
122-1	Eva Pattee	FR	1991
119-9	Sarah Zempel	FR	2001
4x100m R	elay		
48.56	Bentley, Butler, Burrus,	Scrutton	5-25-94
48.86	Baltz, Oelrich, Rissmille	r, Redenius	4-27-96
49.08	Oelrich, Burrus, Rissmil	ler, Scrutton	5-26-95
49.23	Oelrich, Haley, Rissmille	er, Redenius	5-04-96
49.42	Chaney, Fromdahl, Rho	ades, Barnett	4-25-98
49.44	Bentley, Stenberg, Ti. 6	lolden, Gortler	4-24-93
49.54	Davis, Maxwell, William	s, Dennis	4-19-80
49.54	Baltz, Oelrich, Haley, Re	edenius	4-13-96
49.60	Chaney, Fromdahl, Rho	ades, Barnett	1998
49.61	C. Forbes, Heuberger, E	Baron, Barnett	2000
4x400m R	elay		
3:46.06	Oelrich, Stephens, Riss	miller, Redenius	5-28-96
3:47.50	Oelrich, Haley, Rissmille	er, Redenius	5-24-96
3.49.04	Oelrich, Haley, Rissmille		5-22-97
3:51.62	Oelrich, Scrutton, Steph		4-29-95
3:52.80	Baltz, Oelrich, Rissmille		5-10-97
3:53.55	Rhoades, Chaney, Barn	,	4-25-98
3:53.73	Rhoades, Barnett, Char		1998
3:53.93	Oelrich, Scrutton, Casti		1995
3:54.04	Oelrich, Haley, Rissmille		1997
3:54.19	Baltz, Oelrich, Rissmille		1997
4x800m R	elav		
9:24.26	Cyrus, VanSise, Conley,	Kintrea	3-27-92
9:28.21	Rissmiller, McElwain, B		5-21-98
9:29.9	Rissmiller, Butler, McEl		4-18-98
9:30.44	Butler, Hartwig, Morrov		3-18-95
9:30.83	Heuberger, Taylor, McE		3-18-00
9:35.87	Van Tassel, Campbell, S		3-20-93
9:51.98	Burk, Merritt, Taylor, M		5-08-99
9:51.99	Butler, Merritt, McElwa		5-09-98
9:55.7	Newport, Jamison, Mo		3-10-93
9:59.70	McElwain, Burk, Hyde,		3-10-93 1999
	,,,,		

Pole Vaul	ŧ			Sh
12-5.5	Heather Hunt	SR	2001	Dis
10-6	Deveny West	FR	2001	Hai
10-6	Helena Telfer	JR	2002	Jav
9-6.25	Jen Christiansen	SR	1997	4x1
7-6	Sarah Bain	FR	1996	4x4
7-6	Erin Paisley	FR	2001	
7-0	Cherish Carroll	FR	1996	4x8
Hammer				De
141-9	Erin Paisley	SO	2002	
139-11	Sarah Zempel	FR	2001	
115-0	Erin Simon	FR	2000	V
109-8	Lindsay Walker	FR	1999	
107-1	Leah Johanson	SR	1996	R
100-5	Marian Stevens	FR	1999	100
98-7	Jenny Bonnell	FR	1997	200
97-11.5	Jennifer Adams	FR	1998	40
96-3	Arlene Burnham	FR	2002	80
94-5	Trisha Rathka	FR	1998	1,5
1 F00 D				3,0 5,0
1,500m R		00	1004	10,
8:38.14	Liz Evon	S0	1994	100
9:30.34	Liz Hunt	FR	1994	40
9:39.54	Jennifer Knutson	FR	1994	4u
3,000m R				
16:50.00	Kristin Thomas	JR	1993	4x4
17:42.64	Liz Evon	FR	1993	
19:13.74	Debbie Oriesner	JR	1982	4x8
Mer	n's Colcor	d Field	l	Н.

17:42.64 19:13.74	Liz Evon Debbie O	riesner	FR JR	1993 1982
Men	's C	olcord l	Field	
Rec	ords	;		
100m	10.82	Micheal Chapin	Western	
		•	Oregon	4/17/99
200m	21.64	Ryan Chaney	George Fox	4/13/96
400m	47.89	Ryan Chaney	George Fox	2/22/97
800m	1:52.45	Jon Swanson	Unattached	4/26/97
1,500m	3:50.5	Wes Tilgner	Western	
			Oregon	4/04/87
3,000m	8:33.6	Sean Messiter	Nike	3/31/90
5,000m	14:33,3	Don Stearns	Eastern	
	00.05.0		Oregon	5/09/81
10,099m	30:25.3	Don Stearns	Eastern	4 (00 (01
F 000			Oregon	4/08/81
5,000 Racewalk	91.51.9	Vance Godfrey	George Fox	4/13/91
10,000	21:31.2	valice doulrey	devige rux	4/13/81
Racewalk	13.175	Vance Godfrey	Athletes in	
Habewaik	40.47.0	valice doubley	Action	4/D2/94
20,000			AUG011	1702701
	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
3,000				
Steeple	9:13.4	Brandon Workman	George Fox	5/05/00
2,000				
Steeple	5:50.08	Todd Davis	Portland	3/06/99
H. Jump	6-11.25	Tim Hagen	George Fox	4/14/90
Pole Vault	16-0	Curt Heywood	Unattached	2/24/96
Landares:	00 0 75	Greg Jordan	Linfield	2/24/96
Lg. Jump		Gareth Pooleon	Willamette	5/09/87
Tr. Jump	50-8	Jim McCann	Oregon International	2/21/00
			uncinational	2/21/30

Shot Put	62-1.25	lan Waltz	Unattached	6/07/01
Discus	206-11	Jason Tunks	Unattached	5/29/01
Hammer	220-3	Travis Nutter	Unattached	6/15/00
Javelin	220-2	Justin St. Clair	Unattached	6/07/01
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
Decathion	6,368	Ross Kennedy	Southern	
			Oregon 4	/17-18/95

Women's Colcord Field Records

100m	12.33	Melody Sherman	Linfield	5/06/00
200m	25.06	Melody Sherman	Linfield	5/06/00
400m	56.68	Amber Larsen	Linfield	5/06/00
800m	2:09.48	Beth Fitzgerald	Willamette	4/17/99
1,500m	4:28.00	Claire Taylor	Unattached	4/17/99
3,000m	9:29.84	Annette Peters	Nike	4/26/96
5,000m	17:34.34	Jill Jamison Beals	George Fox	4/01/89
10,000m	37:41.34	Molly Ostlund	U. Portland	5/10/85
100 H	14.56	Maile Barrett	Lewis & Clark	5/06/00
400 H	1:02.04	Liz Stephens	George Fox	4/13/96
4x100	48.13	Grimes, Andrade,	Pacific	
		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	
			Pacific	2/21/98
Tr. Jump	38-07.75	Kelsey Baron	George Fox	4/13/02
Shot Put	45-1.5	Carrie Pietig	Willamette	3/31/90
Discus	148-10	Mari Ruiz	Whitman	5/06/00
Javelin	161-3	Sarah Malone	Unattached	2/20/99
Hammer	193-0	Kyomi Parris	Unattached	6/10/99
Pole Vaul	12-0.5	Heather Hunt	George Fox	5/05/00
Heptathlo	n 4,818	Jill Carrier	Southern	
			Oregon 4	/17-18/95



Darin Krueger, NWC Hammer 5th, 2002

Men's Track and Fie	Juniors	Sophomores	Freshmen
10.43	10.25wGregg Griffin	10.58	10.84 Gregg Griffin
200m 21.31 Ryan Chaney '97	21.48 Ryan Chaney '96	21.62	21.64 Gregg Griffin '76
400m 45.98 Ryan Chaney '97	46.58 Ryan Chaney '96	47.14Ryan Chaney'95	47.63 Ryan Chaney '94
300m 1:50.00 Todd Bos	1:53.45Todd Bos'90	1:52.94 Wendell 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 8:39.14 Steve Blikstad '79	8:25.34 Jonathan Morse	8:33.74 Steve Blikstad	8:45.14Steve Stuart
5,000m 14:22.64Steve Blikstad'79	14:31.17Jonathan Morse'93	14:28.44 Jonathan Morse '92	14:53.54Jerred Gildehaus'85
10,000m 30:42.74Mark Mohnen'91	30:58.44Dave Molstad'78	30:46.84Jon Wright	32:09.71Jim Brewer'93
110 Hurdies 14.28 Adolphus Onua '87	13.94 Adolphus Onua '85	14.84 Rick Frisk	14.84
400 Hurdles 52.34	53.25 David Parker '98	52.30Oavid Parker'97	53.43 David Parker '96
Steeplechase 8:50.04 Steve Blikstad '79	9:03.88 Erik Gibson	8:50.16 Steve Blikstad '77	9:13.51Erik Gibson'92
Marathon 2:27:27Curt Ankeny'74	2:25:19Curt Ankeny	2:30:51Curt Ankeny	2:30:28Curt Ankeny'71
High Jump 7-0.5 Tim Hagen '90	6-10.75 Tim Hagen '89	6-10.75 Tim Hagen '88	6-10.25
Long Jump 23-9 Amadu Koroma '78	22-10.5 Andrew Stave '97	23-7.25 Rob Rising '93	23-5.25 Shane Covelli '90
Friple Jump 48-7.5 Aaron Young'96	48-5.5 Mark Halland '72	47-7	47-10.5
Pole Vault	15-7 John Smith '95	15-8	15-0 John Smith
15-8Dave McDonald'71 Shot Put		53-9 Bob Hadlock	52-1.5 Bob Hadlock '66
54-10 Bob Hadlock	55-3 Bob Hadlock '68		
168-6 Charlie Keeran '80 Javelin	155-6	158-5 Jonathan Huwe '92	148-11 Mike Watts
192-2 Jon Roberts '00 Hammer	186-0Kyle Dixon'02	204-10	202-7Matt Gassaway'02
170-3 Allan Morrow	159-0Steve Curtis'81	156-11	144-9 Geoff Kirkendall
6,451 Keith Wigley '86 5,000 Walk	7,138 John Smith	6,800 David Parker '97	6,176 David Parker
21:51.2 Vance Godfrey '91 10,000 Walk	22:23.5	23:43.2	24:47.1
45:40.5 Vance Godfrey '91 1,500 Walk	47:10.24David Thomas'92	49:10.6 Vance Godfrey '89	51:13.3 David Thomas '90
6:07.D Vance Godfrey '90			

12:42.1'91

Women's Track and Field Class Records

	Seniors	Juniors	Sophomores	Freshmen
100m	12.70 Kristin Chaney '98	12.34 Janet Johnson '65	12.25	12.05 Jackie Jackson '81
200m	26.39 Kristin Chaney '98	25.64 Janet Johnson '65	26.02Keily Scrutton'95	24.84 Joyce Yates '79
400m	57.51	58.23	57.70Kristin Oelrich'96	56.22
800m	2:14.12 Jamie McElrain '01	2:13.44'92	2:14.54 Debbie Kintrea '90	2:19.12Nancy Rissmiller'95
1,500	4:41.28Dawn Hartwig'96	4:36.24 Juli Cyrus	4:38.78'92	4:40.92
3,000	9:59.39 Jill (Jamison) Beals .'92	9:46.42 Juli Cyrus	9:46.30'92	9:54.24
5,000	16:45.75Jill (Jamison) Beals .'92	16:53.39Jill (Jamison) Beals .'91	17:06.64 Juli Cyrus	17:12.42Jill Jamison'89
10,000	34:25.74Jill (Jamison) Beals .'92	35:13.54 Jill (Jamison) Beals .'91	36:21.04 Jill Jamison	36:08.71Jill Jamison'89
ŭ	Hurdles 14.63Sharon Barnett'00 Jurdles	14.57	14.73	14.68
	61.29 Liz Stephens '96 lechase	63.11	63.07	64.02 Megan Heuberger '00
Hepta	11:24.31 Tori Taylor	11:40.14'O1	11:39.25 Tori Taylor '00	12:20.56Beth Moyer'01
Pole \	4,556 Marlyss Stenberg '93	4,318 Marlyss Stenberg '92	4,179 Marlyss Stenberg'91	4,165 Jo Boatright '02
High .	12-5.5	12-1.5	11-6Heather Hunt'99	11-9.75Heather Hunt'98
Long	5-8.75Nancy Rissmiller'98	5-9Nancy Rissmiller'97	5-9.75Nancy Rissmiller'96	5-10Nancy Rissmiller'95
Triple	17-11 Marlyss Stenberg '93	18-6	18-3 Kelsey Baron '01	18-2.25 Jo Boatright '02
Shot	37-8Jocelyn Kennedy'00 Put	39-1.75 Kelsey Baron '02	37-8.5Kelsey Baron'01	37-4.5 Jo Boatright , '02
Discu	38-10Paula Wittenburg'86 s	39-10.5 Paula Wittenburg '85	42-1	43-4.25
Javeli		145-3Paula Wittenburg'85	146-9 Paula Wittenburg '84	139-5
Натп		156-11 Becci Harper '96	142-9 Leah Johanson '94	154-10
20# \	107-1 Leah Johanson '96 Veight	76-10	141-9 Erin Paisely '02	139-11
4500	M-II.			35-10.75Sarah Zempel'01
1,500		8:37.9 Liz Evon	8:59.2 Liz Evon	
3,000	19:13.5Debbie Driesner'82	16:50.0Kristin Thomas'93	17:42.64 Liz Evon	



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.

A t George Fox University, studentathletes 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
- 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.

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.
8	Sat.	NWC 4-Way (Linfield, Pacific, UPS)	Newberg, Ore.	10:00 a.m.
15	Sat.	NWC "South" Meet	Newberg, Ore.	10:00 a.m.
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.
11	Fri.	GFU Distance Carnival	Newberg, Ore.	5:00 p.m.
12	Sat.	GFU All-Comers Meet	Newberg, Ore.	10:00 a.m.
14-15	MonTue.	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	FriSat.	NWC Championships (at Pacific Lutheran University)	Tacoma, Wash.	ТВА

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	ThuSat.	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