

2014

### 2014 Statistics

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**GEORGE FOX UNIVERSITY****Women's Track & Field All-Time Top 10***(updated 1/23/2014)***100 M**

1.	12.23	Jackie Jackson	FR 1981
2.	12.25	Jacque Davis	SO 1981
3.	12.34	Janet Johnson	JR 1965
4.	12.36	Irene Johnson	JR 2010
5.	12.50	Amy Redenius	FR 1996
6.	12.54	Joyce Yates	FR 1979
	12.54	Tiffani Coston	FR 1988
8.	12.56	Kristin Oelrich	SO 1966
9.	12.58	Emily Davison	JR 2012
10.	12.64	Karen Beckler	FR 1979
	12.64	Denise Carlson	JR 1990
	12.64	Billie Bentley	FR 1993
	12.64	Marta Shields	FR 1987
	12.64	Joy Butler	FR 1994

**200 M**

1.	24.84	Joyce Yates	FR 1979
2.	25.04	Janet Johnson	JR 1965
3.	25.14	Jackie Jackson	FR 1981
4.	25.31	Amy Redenius	FR 1996
5.	25.46	Shavon Dennis	FR 1980
6.	25.49	Alexis Arnold	SO 2012
7.	25.76	Alyssa Turner	JR 2012
8.	25.88	Melissa Leighty	SO 2009
9.	25.94	Laurie Sparks	FR 1979
10.	26.02	Kelly Scrutton	SO 1995

**400 M**

1.	56.22	Shavon Dennis	FR 1980
2.	57.50	Alyssa Turner	JR 2012
3.	57.51	Heidi Haley	SR 1997
4.	57.58	JulieKay Brown	SR 2008
5.	57.68	Irene Johnson	SR 2011
6.	57.70	Kristin Oelrich	SO 1996
7.	57.97	Nancy Rissmiller	SR 1998
8.	58.13	Lisa Mensonides	JR 2008
9.	58.21	Amy Redenius	FR 1996
10.	58.23	Ginean Lewis	JR 1992

**800 M**

1.	2:12.67	Rachel Giffey-Brohaugh	SR 2008
2.	2:13.44	Debbie Kintrea	JR 1992
3.	2:14.12	Jamie McElwain	SR 2001
4.	2:14.42	Anna McLain	FR 2005
5.	2:14.56	Nancy Rissmiller	SO 1996
6.	2:17.44	Liz Stephens	SR 1996
7.	2:17.63	Melanie Springer	JR 1989
8.	2:18.14	Marne VanSise	SO 1991
9.	2:18.32	Lisa Mensonides	SR 2009
10.	2:18.65	Melissa Conley	SR 1992

**1500 M**

1.	4:36.24	Juli Cyrus	JR 1993
2.	4:39.98	Rachel Giffey-Brohaugh	JR 2007
3.	4:40.92	Jill Jamison Beals	FR 1991
4.	4:41.28	Dawn Hartwig	SR 1996
5.	4:42.29	Debbie Kintrea	JR 1992
6.	4:42.58	Melissa Conley	SR 1992
7.	4:43.15	Bethany Adams	SR 2008
8.	4:43.66	Rebekah Ulmer	SO 1996
9.	4:44.19	Ember Brosius	JR 2000
10.	4:45.92	Phaydra Newport	SO 1991

**3000 M**

1.	9:46.30	Juli Cyrus	SO 1992
2.	9:53.94	Jill Beals	JR 1991
3.	10:05.03	Dawn Hartwig	SR 1996
4.	10:09.94	Michelle Brown	JR 1992
5.	10:11.06	Brooke Barton	FR 1994
6.	10:12.45	Phaydra Newport	JR 1992
7.	10:13.75	Ember Brosius	JR 2000
8.	10:19.34	Rebekah Ulmer	FR 1994
9.	10:26.07	Tori Taylor	SO 2000
10.	10:26.44	Dianne Petersen	SR 1991

**5,000 M**

1.	16:45.75	Jill Beals	SR 1992
2.	17:01.87	Juli Cyrus	JR 1993
3.	17:24.84	Michelle Brown	SO 1992
4.	17:31.84	Phaydra Newport	JR 1992
5.	17:40.91	Dawn Hartwig	SR 1996
6.	17:46.35	Leighann Fischer	SR 2007
7.	17:46.44	Brooke Barton	FR 1994
8.	17:59.24	Dianne Petersen	SR 1991
9.	18:04.64	Ember Brosius	JR 2000
10.	18:19.10	Tori Taylor	SO 2000

**10,000 M**

1.	34:25.74	Jill Beals	SR 1992
2.	36:59.24	Dianne Petersen	SR 1991
3.	37:55.87	Stephanie Morrow	SR 1995
4.	38:15.14	Michelle Brown	FR 1991
5.	38:34.34	Kristin Potts	FR 1988
6.	38:41.54	Phaydra Newport	SO 1991
7.	39:12.60	Janelle Goeres	SO 2002
8.	40:01.72	Angela Linder	JR 1996
9.	40:03.84	Mindy Fox	FR 1992
10.	40:29.14	Melody McCart	SO 1998

**100m HIGH HURDLES**

1.	14.21	Irene Johnson	SR 2011
2.	14.55	Alexis Arnold	SO 2012
3.	14.57	Sharon Barnett	JR 1999
4.	14.68	Melissa Leighty	FR 2008
5.	14.84	Jo Boatright	FR 2000
6.	14.87	Karrie Kiest.-Nelson	SR 2000
7.	14.88	Liz Stephens	JR 1995

8.	14.98	Charity Arn	So	2013
9.	15.13	Alyssa Turner	JR	2012
10.	15.17	Karen Maxwell	JR	1980

#### 400m INTERMEDIATE HURDLES

1.	61.29	Liz Stephens	SR	1996
2.	61.53	Alyssa Turner	JR	2012
3.	61.96	Rachael Kraske	SO	2013
4.	62.22	Lisa Mensonides	JR	2008
5.	62.78	Marlyss Stenberg	SR	1993
6.	63.86	Karrie Kiest.-Nelson	SR	2000
7.	64.02	Megan Hueberger	FR	2000
8.	64.95	Mollie Honan	SO	2007
9.	65.15	Katie Dyk	FR	2012
10.	65.24	Karen Maxwell	JR	1980

#### HIGH JUMP

1.	5-10 / 1.77	Nancy Rissmiller	FR	1995
2.	5-08 / 1.72	Michelle Forbes	SR	2005
3.	5-07 / 1.70	Kathy Brown	JR	1994
	5-07 / 1.70	Jo Boatright	FR	2002
5.	5-06 / 1.67	Amy Forbes	SR	2001
6.	5-05 / 1.65	Tina Golden	FR	1991
7.	5-04.75 / 1.64	Chelsi Williamson	FR	2003
8.	5-04 / 1.62	Sue Woolsey	SR	1987
	5-04 / 1.62	Rachel Powell	FR	1996
10.	5-03.25 / 1.60	Melody Groeneveld	SO	1983
	5-03.25 / 1.60	Melissa Marek-Farris	SO	2008
	5-03.25 / 1.60	Alexis Arnold	SO	2012
	5-03.25 / 1.60	Charity Arn	FR	2012

#### LONG JUMP

1.	18-10.75 / 5.75	Emily Davison	JR	2012
2.	18-09.75 / 5.73	Angie Miller	JR	2010
3.	18-09 / 5.71	Jo Boatright	SO	2003
4.	18-07.75 / 5.68	Kelsey Baron	SR	2003
5.	18-06 / 5.63	Cindy Walsh	SR	2010
6.	18-05.25 / 5.61	Alexis Arnold	SO	2012
7.	17-11.75 / 5.48	Chelsi Williamson	FR	2003
8.	17-11.25 / 5.46	Marlyss Stenberg	JR	1992
9.	17-10.75 / 5.45	Melissa Leighty	JR	2010
10.	17-07.75 / 5.37	Beth Stam	SO	2010
10.	17-05 / 5.30	Jacque Williams	FR	1980

#### TRIPLE JUMP

1.	39-01.75 / 11.93	Kelsey Baron	JR	2002
2.	37-08 / 11.48	Jocelyn Kennedy	SR	2000
3.	37-04.50 / 11.39	Jo Boatright	FR	2002
4.	37-03 / 11.35	Sharla Rhoades	SR	1999
5.	37-01.75 / 11.32	Rachael Adkins	JR	2013
6.	36-08.25 / 11.18	Angie Miller	SR	2011
7.	36-5.75 / 11.11	Emily Hodgkin	SR	2009
8.	36-05.50 / 11.11	Chelsi Williamson	FR	2003
9.	36-05 / 11.09	Heidi Smith	FR	1999
10.	36-02 / 11.02	Jessica Morrison	JR	2008

#### SHOT PUT

1.	43-04.25 / 13.21	Sarah Zempel	FR	2001
2.	42-03.50 / 12.89	Karen Gurske	FR	1981
3.	42-01.50 / 12.83	Alexis Arnold	SO	2012
4.	40-04.25 / 12.29	Beth Stam	JR	2011
5.	40-04 / 12.29	Danielle Wilson	FR	1988
6.	39-10.50 / 12.15	Paula Wittenburg	JR	1985
7.	39-10 / 12.14	Nancy Katus	JR	1989
8.	39-04.5 / 12.00	Leah Johanson	SO	1994
9.	39-01.5 / 11.92	Gina Cross	FR	1989
10.	38-07 / 11.76	Cheryl Funk	SO	1986

#### DISCUS

1.	151-01 / 46.05	Paula Wittenburg	SR	1986
2.	143-07.50 / 43.77	Nancy Katus	JR	1989
3.	139-05 / 42.49	Sarah Zempel	FR	2001
4.	131-07 / 40.10	Marian Stevens	FR	1999
5.	126-03 / 38.48	Leah Johanson	JR	1995
6.	125-01 / 38.12	Sarah Norum	FR	1998
7.	124-07 / 37.97	Paige Lewis	FR	2000
8.	124-04 / 37.89	Marlee Zakrevsky	SR	2011
9.	121-11 / 37.16	Danielle Wilson	FR	1988
10.	121-07 / 37.05	Cheryl Funk	SO	1986

#### JAVELIN

1.	156-11 / 47.82	Becci Harper	JR	1996
2.	156-02 / 47.60	Beth Stam	SR	2013
2.	155-00 / 47.24	Denise Fox	SR	1989
3.	154-10 / 47.19	Sue Banta	FR	1977
5.	149-04 / 45.51	Leah Johanson	JR	1995
6.	145-07 / 44.37	Cheryl Shepherd	JR	1992
7.	138-01 / 42.08	Lori Miller	SR	2001
8.	136-04 / 41.55	Kristy Fleming	SO	1993
9.	133-07 / 40.71	Maria Green	FR	2013
10.	122-04 / 37.28	Gina Coolen	FR	2002

#### HEPTATHLON

1.	4920	Alexis Arnold	SO	2012
2.	4815	Beth Stam	SR	2013
3.	4723	Maria Green	FR	2013
4.	4556	Marlyss Stenberg	SR	1993
5.	4477	Charity Arn	SO	2013
6.	4364	Melissa Leighty	SO	2009
7.	4362	Liz Stephens	SR	1996
8.	4350	Terah Laack	SR	2008
9.	4261	Alyssa Turner	JR	2012
10.	4165	Jo Boatright	FR	2002

#### HAMMER

1.	172-04 / 52.52	Lindsey Blankenship	SR	2006
2.	159-00 / 48.46	Marlee Zakrevsky	SR	2011
3.	151-08 / 46.22	Hana Fisher	SR	2012
4.	141-09 / 43.20	Erin Paisley	SO	2002
5.	139-11 / 42.64	Sarah Zempel	FR	2001

**GEORGE FOX UNIVERSITY****Men's Track & Field All-Time Top 10***(updated 1/23/2014)***100 M**

1.	10.60	Dakarai Kongela	JR 2009
2.	10.65	Ryan Chaney	JR 1996
	10.65	Ben Salisbury	JR 2003
4.	10.75	David Plotts	JR 1999
5.	10.84	John Koroma	SO 1974
	10.84	Tony Nagle	SO 1989
7.	10.89w	Micah Strong	SR 2012
8.	10.94	Amadu Koroma	FR 1975
9.	10.99	Jon Robinson	SO 2002
10.	11.04	Werner Siebert	SO 1977
	11.04	Mark Reynolds	JR 1980

**200 M**

1.	21.31	Ryan Chaney	SR 1997
2.	21.34	Ben Salisbury	JR 2003
3.	21.44	Gregg Griffin	SR 1979
4.	21.63	David Plotts	JR 1999
5.	22.04	John Koroma	SO 1974
6.	22.04	Bruce Ponder	JR 1975
7.	22.04	Tim Conley	SR 1990
8.	22.04	Werner Seibert	SR 1979
9.	22.05	Jim Haley	SR 1999
10.	22.27	Ryan Sprunger	JR 2004

**400 M**

1.	45.98	Ryan Chaney	SR 1997
2.	48.15	Tim Conley	SR 1990
3.	48.33	Ryan Sprunger	JR 2004
4.	48.34	Werner Seibert	SR 1979
5.	48.44	Chad Neeley	SR 1978
6.	48.64	Monte Anders	SR 1980
7.	48.74	Bruce Ponder	JR 1975
	48.74	Jim Haley	SR 1999
9.	48.94	Eric Costa	FR 1999
10.	48.97	Jason Lewis	JR 1993

**800 M**

1.	1:50.00	Todd Bos	SR 1991
2.	1:52.51	Ron Marsh	SR 1992
3.	1:52.64	Wendell Otto	SR 1981
4.	1:52.82	Jonathan Morse	FR 1991
5.	1:53.52	Brad Bates	JR 2005
6.	1:53.69	Curt Rosen	SR 1997
7.	1:53.94	Randy Ware	JR 1977
8.	1:54.50	Steve Willmer	JR 2001
9.	1:54.73	Torrey Lindbo	SO 1993
10.	1:54.74	Keith Pearson	SO 1980

**1500 M**

1.	3:46.25	Jonathan Morse	SO 1992
2.	3:49.94	Wendell Otto	SO 1979

3.	3:50.97	Steve Stuart	SR 1980
4.	3:52.74	Todd Bos	SR 1991
	3:52.74	Bruce Greene	FR 1976
6.	3:53.36	Ron Marsh	SR 1992
7.	3:53.94	Steve Blikstad	SO 1977
8.	3:54.86	Rolf Potts	JR 1992
9.	3:55.94	Vanni Tilzey	SO 1989
10.	3:56.19	Kevin Ball	FR 1984

**3000m STEEPLECHASE**

1.	8:50.14	Steve Blikstad	SR 1979
2.	9:03.88	Erik Gibson	JR 1995
3.	9:05.40	Brandon Workman	SR 2000
4.	9:10.34	Mike Murphy	JR 1992
5.	9:11.54	Ed Sloan	SO 1992
6.	9:13.52	Michael Owen	SR 2004
7.	9:19.59	Jake Moe	SR 2007
8.	9:22.44	Scott Ball	SO 1984
9.	9:22.63	Phil Hughes	FR 1992
10.	9:22.74	Wendell Otto	JR 1980

**5000 M**

1.	14:22.64	Steve Blikstad	SR 1979
2.	14:28.44	Jonathan Morse	SO 1992
3.	14:45.64	Steve Stuart	SR 1980
4.	14:46.24	Brandon Workman	SR 2000
5.	14:53.14	Mark Mohnen	JR 1990
6.	14:53.39	Erik Gibson	JR 1995
7.	14:53.54	Jerred Gildehaus	FR 1985
8.	14:56.04	Lyndel Smith	JR 1979
9.	14:57.14	Aaron Howard	JR 1991
10.	14:58.24	Jon Wright	SR 1992

**10,000 M**

1.	30:42.74	Mark Mohnen	SR 1991
2.	30:46.84	Jon Wright	SO 1991
3.	30:58.44	Dave Molstad	JR 1978
4.	31:41.04	Matt Kirkpatrick	SO 1991
5.	31:51.79	Jerred Gildehaus	SO 1986
6.	31:57.24	Tim Rochholz	SR 1980
7.	32:04.02	Aaron Howard	JR 1991
8.	32:06.54	Lyndal Smith	JR 1979
9.	32:09.71	Jim Brewer	FR 1993
10.	32:16.54	Mike Murphy	JR 1992

**110m HIGH HURDLES**

1.	13.94	Adolphus Onua	SO 1985
2.	14.47	David Parker	SR 1999
3.	14.84	Mark Reynolds	FR 1978
4.	14.84	Rick Frisk	SO 1981
5.	14.84	Scott Cummins	FR 1987
6.	14.94	Duane Swafford	JR 1979
7.	15.13	Ben Dillow	SO 2005
8.	15.19	Aaron Young	JR 1995
9.	15.25	Nate Dillow	JR 2010
10.	15.32	Seth Harris	FR 2004

**POLE VAULT**

1.	12-05.5 / 3.79	Heather Hunt	SR	2001	7.	3:53.93	Oelrich, Scrutton	1995
2.	11-10 / 3.60	Victoria Black	SR	2007	8.	3:54.19	Castillo, Rissmiller	1997
3.	11-05.75 / 3.49	Sarah Curry	FR	2008	9.	3:54.62	Baltz, Oelrich	2012
	11-05.75 / 3.49	Dannah Martin	FR	2012			Rissmiller, Haley	
5.	10-06 / 3.20	Deveny West	FR	2001	10.	3:55.26	Kraske, Meis	2011
	10-06 / 3.20	Helena Telfer	JR	2002			Dyk, Turner	
7.	10-05.25 / 3.18	Niki Stilwill	FR	2011			Meis, Turner	
8.	9-06.25 / 2.90	Jen Christiansen	SR	1997			Arnold, Johnson	
	9-06.25 / 2.90	Connie Steiner	JR	2008				
10.	9-01 / 2.76	Reneca Bauer	JR	2008				

**3000m STEEPLECHASE**

1.	11:24.31	Tori Taylor	SR	2002	1.	9:24.26c	Cyrus, VanSise	1992
2	11:46.74	Courtney Hochstetler	SO	2013			Conley, Kintrea	
2.	11:59.74	Leighann Fischer	SO	2005	2.	9:28.1h		2006
3.	12:05.11	Beth Moyer	FR	2002	3.	9:28.21	Rissmiller, McElwain	1998
4.	12:20.87	Bethany Jertberg	SO	2004	4.	9:30.44	Butler, Peterson	1995
5.	12:23.70	Whittney Harris	FR	2004	5.	9:30.83	Butler, Hartwig	2000
6.	12:33.30	Mary VanSteenberghe	SR	2009	6.	9:35.87	Morrow, Rissmiller	
					7.	9:51.88	Heuberger, Taylor	1993
					8.	9:51.99	McElwain, Brosius	
					9.	9:55.7	Van Tassel, Campbell	
					10.	9:59.70	Smith, Kintrea	

**4 x 100m RELAY**

1.	47.76	Davison, Johnson		2011	7.	9:51.88	Burk, Merritt	1999
		Leighty, Arnold			8.	9:51.99	Taylor, McElwain	
2.	48.56	Bentley, Butler		1994	9.	9:55.7	Butler, Merritt	1998
		Burrus, Scrutton			10.	9:59.70	McElwain, Peterson	
3.	48.78	Brassard, Honan,		2008			Newport, Jamison	1993
		Johnson, Leighty					Morgan, Kintrea	
4.	48.79	Kampfe, Honan,		2008			McElwain, Burk	1999
		Johnson, Leighty					Hyde, Taylor	
5.	48.86	Baltz, Oelrich		1996				
		Rissmiller, Redenius						
6.	48.92	Walsh, Johnson		2009				
		Leighty, Meis						
7.	49.02	Davison, Kraske		2012				
		Meis, Arnold						
8.	49.08	Oelrich, Burrus		1995				
		Rissmiller, Scrutton						
9.	49.14	Davison, Kraske		2012				
		Meis, Adkins						
10.	49.21	Brassard, Johnson		2010				
		Majecki, Meis						

**4 x 400m RELAY**

1.	3:46.06	Oelrich, Stephens		1996
		Rissmiller, Redenius		
2.	3:47.50	Oelrich, Haley,		1996
		Rissmiller, Redenius		
3.	3:49.04	Oelrich, Haley		1997
		Rissmiller, Redenius		
4.	3:51.62	Oelrich, Scrutton		1995
		Stephens, Rissmiller		
5.	3:53.48	Brown, Johnson		2008
		Honan, Mensonides		
6.	3:53.55	Rhoades, Chaney		1998
		Barnett, Rissmiller		

**400m INTERMEDIATE HURDLES**

1. 52.30	David Parker	SO 1997
2. 52.34	Chad Neeley	SR 1978
3. 52.75	Brian Hartenstein	SR 1992
4. 52.75	Scott Edinger	JR 1999
5. 52.91	Seth Harris	SO 2005
6. 53.24	Rick Frisk	SO 1981
7. 54.24	John Zagniacz	FR 2007
8. 54.24	Duane Swafford	JR 1980
9. 54.54	Scott Brown	SR 1991
10. 54.80	Zach Davidson	FR 2000

**HIGH JUMP**

1. 7-0.25 / 2.13	Tim Hagen	SR 1990
2. 6-10.25 / 2.08	Aaron Young	FR 1992
3. 6-09 / 2.05	Owen James	FR 1981
4. 6-07 / 2.00	Bob Quiring	FR 1979
6-07 / 2.00	Kai Ojala	SR 2012
6-06.75 / 2.00	Scott Murphy	JR 1992
6-06.75 / 2.00	John Smith	JR 1995
8. 6-06.25 / 1.98	Keith Wigley	SR 1986
9. 6-06 / 1.98	Lon Austin	SO 1977
6-06 / 1.98	Gary Demain	JR 1979
6-06 / 1.98	Scott Edinger	SO 1997
6-06 / 1.98	Matt Reynolds	SO 1997

**POLE VAULT**

1. 16-00 / 4.87	Zeb Udell	FR 2006
2. 15-08 / 4.77	Dave McDonald	SO 1969
3. 15-07 / 4.74	John Smith	JR 1995
4. 15-01 / 4.59	Jason Strait	JR 1993
5. 15-00 / 4.57	Brent Heydel	FR 1980
6. 14-11 / 4.54	Ben Dillow	SR 2008
7. 14-08 / 4.47	Nate Dillow	SO 2009
8. 14-07.25 / 4.45	Ryan Forbes	SR 2009
9. 14-03.25 / 4.34	David Dillow	SR 2011
10. 14-01.75 / 4.31	Travis Laloli	JR 2005
14-01.75 / 4.31	David Parker	JR 1998

**LONG JUMP**

1. 23-09 / 7.23	Amadu Koroma	SR 1978
2. 23-07.25 / 7.19	Rob Rising	SO 1993
3. 23-04.5 / 7.12	Adam Puckett	SR 2004
4. 23-02.5 / 7.07	Jake Weber	SO 2010
5. 23-01 / 7.03	Allen Fowler	FR 1964
6. 23-0.25 / 7.01	Shane Covelli	FR 1990
7. 22-11.75 / 7.00	Seth Harris	JR 2006
8. 22-11.25 / 6.99	Jon Robinson	SO 2002
9. 22-10.5 / 6.97	Andrew Stave	JR 1997
10. 22-09.5 / 6.94	David Parker	SO 1997

**TRIPLE JUMP**

1. 48-07.50 / 14.82	Aaron Young	SR 1996
2. 48-05.50 / 14.77	Mark Halland	JR 1972
3. 47-11.50 / 14.61	Cal Ferguson	SR 1968

4. 47-08.5 / 14.54	Adam Puckett	SR 2004
5. 47-06.25 / 14.48	Randy Winston	SR 1973
6. 46-06 / 14.17	Andrew Stave	SO 1996
7. 45-11.25 / 14.00	John Smith	FR 1993
8. 45-08.75 / 13.93	Fred Cummings	FR 1977
9. 45-04.50 / 13.83	David Parker	FR 1996
10. 45-03.50 / 13.80	Dave Varnon	FR 1978

**SHOT PUT**

1. 55-03 / 16.84	Bob Hadlock	JR 1968
2. 48-10.75 / 14.90	Ian Strauss	FR 2000
3. 48-02 / 14.68	Allan Morrow	SO 1977
4. 48-00 / 14.63	Larry Benson	FR 1967
5. 47-06.25 / 14.48	David Malcolm	SR 2004
6. 46-05.50 / 14.16	Jeff Votaw	JR 1999
7. 46-00.75 / 14.03	Joel Strunk	JR 2000
8. 45-11 / 13.99	Matt Marlow	SR 1970
9. 45-10.5 / 13.98	Mike Watts	SR 1987
10. 45-06.5 / 13.88	Steve Curtis	SR 1982

**DISCUS**

1. 168-06 / 51.35	Charlie Keeran	SR 1980
2. 165-07 / 50.46	Ian Strauss	SR 2000
3. 158-05 / 48.28	Jon Huwe	SO 1992
4. 155-03 / 47.32	Nathan Whitham	SR 1985
5. 153-01 / 46.65	Mike Watts	SR 1987
6. 152-10 / 46.58	Paul Maddox	JR 1986
7. 151-06 / 46.17	Dell Dittus	SR 1975
8. 144-09 / 44.11	Jeff Votaw	JR 1999
9. 144-06 / 44.04	Steve Curtis	SR 1982
144-06 / 44.04	John Smith	SR 1996

**JAVELIN**

1. 215-10 / 65.78	Matt Gassaway	JR 2004
2. 210-00 / 64.00	Joel Krebs	SO 2007
3. 204-10 / 62.43	David Nickell	SO 1988
4. 199-11 / 60.93	Jon Udlock	SO 2011
5. 196-01 / 59.76	Ty Taylor	SO 1998
6. 192-02 / 58.57	Jon Roberts	SR 2000
7. 187-05 / 57.12	Trevor Lewis	FR 1990
8. 185-08 / 56.59	Mike Watts	SR 1987
9. 182-05 / 55.60	John Smith	SR 1996
10. 179-10 / 54.81	David Marvin	SO 2008

**HAMMER**

1. 174-09.5 / 53.27	Arick Morrell	JR 2013
2. 171-11 / 52.40	Greg Gottfried	JR 2004
3. 170-03 / 51.89	Allan Morrow	SR 1979
4. 165-06 / 50.44	Nathan Whitham	SR 1985
5. 164-10 / 50.24	Steve Curtis	SR 1982
6. 159-09 / 48.69	Ben Burgess	SR 2009
7. 158-07 / 48.33	Joel Strunk	SR 2000
8. 157-05 / 47.98	Darin Krueger	SR 2002
9. 152-02 / 46.38	Mike Watts	SR 1986
10. 151-04 / 46.12	Nate Grandle	SR 1990

**DECATHLON**

1. 7138	John Smith	JR 1995	10. 42.46	Ankeny, Chaney Fritz, Forbes	2008
2. 6992	Ben Dillow	SO 2005		Blizzard, Kongela	
3. 6800	David Parker	SO 1997			
4. 6743	Seth Harris	JR 2006	<b>4 x 400 RELAY</b>		
5. 6701	David Dillow	SR 2011	1. 3:11.10	Carmack, Chaney	1997
6. 6690	Josh Priester	JR 2005		Haley, Parker	
7. 6531	Ryan Forbes	JR 2008	2. 3:13.05	Howery, Chaney	1996
8. 6451	Keith Wigley	SR 1986		Parker, Carmack	
9. 6226	David Nickell	SO 1988	3. 3:13.92	Sprunger, Bates	2004
10. 6203	Aaron Young	JR 1995		Salisbury, Harris	

**MARATHON**

1. 2:25:19	Curt Ankeny	JR 1973	5. 3:16.26	Sprunger, Harris	1999
2. 2:31:26	Larry Mock	SO 1988		D. Parker, Haley	
3. 2:31:36	Mark Adamson	SO 1976	3:16.26	Gassaway, Willmer	2001
4. 2:32:29	Jim Bright	JR 1982		Sprunger, Salisbury	
5. 2:34:24	Tim Rochholz	JR 1979	7. 3:16.87	Costa, Gassaway	2000
6. 2:37:26	Dwight Larabee	JR 1985		Whitaker, Plotts	
7. 2:41:55	Jack Winter	SR 1981	8. 3:17.15	Bates, Sticka	2004
8. 2:46:55	Dave Hamilton	SO 1974		Harris, Salisbury	
9. 2:51:17	Dan Price	FR 1985	9. 3:17.56	Carmack, Schaffeld	1995
10. 2:52:56	Dean Gadd	FR 1978		Lindbo, Chaney	
			10. 3:18.17	Lewis, Robinson	1993
				Rising, Lindbo	

**3000 M**

1. 8:25.34	Jonathan Morse	JR 1993			
2. 8:33.74	Steve Blikstad	SO 1977	<b>4 X 800 RELAY</b>		
3. 8:40.68i	Steve Willmer	SO 2000	1. 7:42.0	Mwaura, Bales	1978
4. 8:40.74	Erik Gibson	JR 1995		Otto, Ware	
5. 8:42.34	Brandon Workman	SO 1998	2. 7:45.64	E. Thompson, Nichols	1999
6. 8:44.64i	Mark Mohnen	JR 1990		Mantallas, Willmer	
7. 8:45.04	Ken Bell	SO 1972	3. 7:46.4	Mwaura, Bales	1977
8. 8:45.14	Steve Stuart	FR 1977		McCurdy, Stuart	
9. 8:45.74	Curt Ankeny	SR 1974	4. 7:49.32c	Marsh, Potts	1992
10. 8:47.04	Jon Wright	SO 1991		Kneeshaw, Morse	
			5. 7:50.4	Potts, Bos	1991
				Marsh, Morse	

**4 x 100 RELAY**

1. 41.3y	Koroma, Neeley	1978	6. 7:51.18	Autrey, Workman	1998
	Reynolds, Griffin			Mantallas, Edinger	
1. 41.84	Reynolds, Seibert	1979	7. 7:52.90	Mantallas, Autrey	1998
	Anders, Griffin			Nichols, Edinger	
2. 41.94	Karoma, Seibert	1977	8. 7:54.72	Esselman, Willmer	1999
	Griffin, Mitchell			Mantallas, Edinger	
3. 42.08	Maves, Harris	2004	9. 7:55.2	McCurdy, Bales	1976
	Bates, Salisbury			Ware, Greene	
4. 42.10	Robinson, Costa	2001			
	Gassaway, Salisbury				
5. 42.33	D. Parker, Gassaway	1999			
	Costa, Plotts				
42.33	D. Parker, Gassaway	1999			
	West, Plotts				
7. 42.4y	A. Koroma, Neeley	1975			
	Ponder, J. Koroma				
8. 42.5y	A. Koroma, Neeley	1977			
	Mitchell, Griffin				
9. 42.44	Howery, Carmack	1996			