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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	
3. 11-05.75 / 3.49	Sarah Curry	FR 2008		Baltz, Oelrich	1997
11-05.75 / 3.49	Dannah Martin	FR 2012	9. 3:54.62	Rissmiller, Haley	
5. 10-06 / 3.20	Deveny West	FR 2001		Kraske, Meis	2012
10-06 / 3.20	Helena Telfer	JR 2002	10. 3:55.26	Dyk, Turner	
7. 10-05.25 / 3.18	Niki Stilwill	FR 2011		Meis, Turner	2011
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	2. 9:28.1h		2006
2 11:46.74	Courtney Hochstetler	SO 2013	3. 9:28.21	Rissmiller, McElwain	1998
2. 11:59.74	Leighann Fischer	SO 2005		Butler, Peterson	
3. 12:05.11	Beth Moyer	FR 2002	4. 9:30.44	Butler, Hartwig	1995
4. 12:20.87	Bethany Jertberg	SO 2004	5. 9:30.83	Morrow, Rissmiller	
5. 12:23.70	Whittney Harris	FR 2004		Heuberger, Taylor	2000
6. 12:33.30	Mary VanSteenberghe	SR 2009	6. 9:35.87	McElwain, Brosius	

4 x 100m RELAY

1. 47.76	Davison, Johnson	2011	7. 9:51.88	Van Tassel, Campbell	1993
	Leighty, Arnold			Smith, Kintrea	
2. 48.56	Bentley, Butler	1994	8. 9:51.99	Burk, Merritt	1999
	Burrus, Scrutton			Taylor, McElwain	
3. 48.78	Brassard, Honan,	2008	9. 9:55.7	Butler, Merritt	1998
	Johnson, Leighty			McElwain, Peterson	
4. 48.79	Kampfe, Honan,	2008	10. 9:59.70	Newport, Jamison	1993
	Johnson, Leighty			Morgan, Kintrea	
5. 48.86	Baltz, Oelrich	1996		McElwain, Burk	1999
	Rissmiller, Redenius			Hyde, Taylor	
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
2. 6992	Ben Dillow	SO 2005
3. 6800	David Parker	SO 1997
4. 6743	Seth Harris	JR 2006
5. 6701	David Dillow	SR 2011
6. 6690	Josh Priester	JR 2005
7. 6531	Ryan Forbes	JR 2008
8. 6451	Keith Wigley	SR 1986
9. 6226	David Nickell	SO 1988
10. 6203	Aaron Young	JR 1995

MARATHON

1. 2:25:19	Curt Ankeny	JR 1973
2. 2:31:26	Larry Mock	SO 1988
3. 2:31:36	Mark Adamson	SO 1976
4. 2:32:29	Jim Bright	JR 1982
5. 2:34:24	Tim Rochholz	JR 1979
6. 2:37:26	Dwight Larabee	JR 1985
7. 2:41:55	Jack Winter	SR 1981
8. 2:46:55	Dave Hamilton	SO 1974
9. 2:51:17	Dan Price	FR 1985
10. 2:52:56	Dean Gadd	FR 1978

3000 M

1. 8:25.34	Jonathan Morse	JR 1993
2. 8:33.74	Steve Blikstad	SO 1977
3. 8:40.68i	Steve Willmer	SO 2000
4. 8:40.74	Erik Gibson	JR 1995
5. 8:42.34	Brandon Workman	SO 1998
6. 8:44.64i	Mark Mohnen	JR 1990
7. 8:45.04	Ken Bell	SO 1972
8. 8:45.14	Steve Stuart	FR 1977
9. 8:45.74	Curt Ankeny	SR 1974
10. 8:47.04	Jon Wright	SO 1991

4 x 100 RELAY

1. 41.3y	Koroma, Neeley	1978
	Reynolds, Griffin	
1. 41.84	Reynolds, Seibert	1979
	Anders, Griffin	
2. 41.94	Karoma, Seibert	1977
	Griffin, Mitchell	
3. 42.08	Maves, Harris	2004
	Bates, Salisbury	
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

10. 42.46

4 x 400 RELAY

1. 3:11.10	Carmack, Chaney	1997
	Haley, Parker	
2. 3:13.05	Howery, Chaney	1996
	Parker, Carmack	
3. 3:13.92	Sprunger, Bates	2004
	Salisbury, Harris	
4. 3:16.14	Rasmussen, Salisbury	2004
	Sprunger, Harris	
5. 3:16.26	D. Parker, Haley	1999
	Gassaway, Willmer	
3:16.26	Sprunger, Salisbury	2001
	Costa, Gassaway	
7. 3:16.87	Costa, Gassaway	2000
	Whitaker, Plotts	
8. 3:17.15	Bates, Sticka	2004
	Harris, Salisbury	
9. 3:17.56	Carmack, Schaffeld	1995
	Lindbo, Chaney	
10. 3:18.17	Lewis, Robinson	1993
	Rising, Lindbo	

4 X 800 RELAY

1. 7:42.0	Mwaura, Bales	1978
	Otto, Ware	
2. 7:45.64	E. Thompson, Nichols	1999
	Mantallas, Willmer	
3. 7:46.4	Mwaura, Bales	1977
	McCurdy, Stuart	
4. 7:49.32c	Marsh, Potts	1992
	Kneeshaw, Morse	
5. 7:50.4	Potts, Bos	1991
	Marsh, Morse	
6. 7:51.18	Autrey, Workman	1998
	Mantallas, Edinger	
7. 7:52.90	Mantallas, Autrey	1998
	Nichols, Edinger	
8. 7:54.72	Esselman, Willmer	1999
	Mantallas, Edinger	
9. 7:55.2	McCurdy, Bales	1976
	Ware, Greene	

Ankeny, Chaney
Fritz, Forbes
Blizzard, Kongela

2008