

1997

1997 Media Guide

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GEORGE FOX UNIVERSITY

1996-97 CROSS COUNTRY/TRACK & FIELD



1996-97 George Fox University Cross Country/Track and Field Roster

MEN				WOMEN			
Name	Year	Hometown (HS/Previous College)	Event	Name	Year	Hometown (HS/Previous College)	Event
Althaus, George	3	Stayton, Ore. (Stayton)	Distance/XC	Alexander, Kathy	1	Portland, Ore. (Wilson)	Throws
Ankeny, Luke	2	Homedale, Idaho (Homedale)	Sprints	Allen, Erin	1	Redmond, Ore. (Redmond, Ore.)	Throws
Arthur, J.J.	1	Albany, Ore. (South Albany)	Pole Vault	Baltz, Karen	4	Charlo, Mont. (Ronan)	Heptathlon/XC
Autrey, Phil	3	Spokane, Wash. (University)	Distance/XC	Barnett, Sharon	1	Salem, Ore. (Salem Academy)	Hurdles/Sprints
Beebe, Sean	4	Salem, Ore. (Salem Academy)	Distance/XC	Barton, Brooke	4	Lake Oswego, Ore. (Lake Oswego)	Distance/XC
Bingham, Dan	1	North Bend, Ore. (North Bend)	Throws	Baugh, Stacy	2	Diamond Bar, Calif. (Diamond Bar)	Hurdles
Brown, Ron	3	Tigard, Ore. (Tigard)	Sprints	Beringer, Celeste	4	Kent, Wash. (Kentridge)	Jumps/Hurdles
Carbonell, Chris	1	Rohnert Park, Calif. (RanchoCotate)	Pole Vault	Bonnell, Jenny	1	Mulino, Ore. (Molalla)	Throws
Carmack, Peter	4	Pendleton, Ore. (Pendleton)	Sprints	Burrus, Amanda	4	Camano Island, Wash. (Stanwood)	Sprints
Chaney, Ryan	4	Dexter, Ore. (Salem Academy)	Sprints	Butler, Rima	3	Shelton, Wash. (Shelton)	Distance/XC
Dahl, Mike	1	Newman Lake, Wash. (Valley Christian)	Distance/XC	Carrol, Cherish	3	Fairbanks, Alaska (West Valley)	Throws/Pole Vault
Dixon, Dave	4	Caldwell, Idaho (Homedale)	Distance/XC	Christiansen, Jennifer	4	Grass Valley, Ore. (Sherman County Union)	Heptathlon/Pole Vault
Edinger, Scott	2	Colfax, Wash. (Colfax)	Decathlon/Hurdles	Cooney, Rose	1	Dayton, Ore. (Western Mennonite)	Sprints
Fodge, Andrew	1	Canby, Ore. (Canby)	Javelin	Davis, Heather	2	Eugene, Ore. (Sheldon)	XC
Haley, Jim	2	Rogue River, Ore. (Rogue River)	Sprints	Erickson, Kara	3	Chehalis, Wash. (W. F. West)	Jumps
Howery, Josh	3	Coeur d'Alene, Idaho (Coeur d'Alene)	Sprints	Evans, Leanna	1	Montesano, Wash.	Sprints/XC
Johnson, Keith	3	Eugene, Ore. (Master's Christian)	Sprints	Friberg, Elien	2	Prosser, Wash. (Prosser)	Jumps
Lane, Eli	3	Seward, Alaska (Seward HS)	Distance/XC	Haley, Heidi	4	Rogue River, Ore. (Rogue River)	Sprints/XC
Lee, LeRoy	1	Oregon City, Ore. (Oregon City)	Decathlon	Harper, Becci	4	Independence, Ore. (Central)	Throws
Lovejoy, David	1	Portland, Ore. (Portland Christian)	Sprints	Kauffman, Jarae	4	Lake Oswego, Ore. (Lakeridge)	XC
MacLeod, Chris	4	Portland, Ore. (Sunset HS)	XC	Kennedy, Jocelyn	1	Gresham, Ore. (Gresham)	Distance/XC
Mantalas, John	1	Gladstone, Ore. (Gladstone)	Distance/XC	Keown, Keelie	4	Oakridge, Ore. (Oakridge)	High Jump
Parker, David	2	Silverton, Ore. (Salem Academy)	Decathlon/Hurdles	Kiester, Karrie	1	Medford, Ore. (South Medford)	Hurdles/Heptathlon
Reynolds, Matt	3	Salem, Ore. (Salem Academy/Linn-Benton CC)	Jumps	Linder, Angela	4	Molalla, Ore. (Molalla)	Distance/XC
Rivard, Justin	4	Las Vegas, Nev (Bonanza)	Sprints	McCart, Melody	1	Tumwater, Wash. (Tumwater)	Hurdles/XC
Rosen, Curt	4	Newberg, Ore. (Newberg)	Distance/XC	Morse, Juli	2	Star, Idaho (Greenleaf Friends Academy)	Distance/XC
Routon, Aaron	1	Newberg, Ore. (Newberg)	Pole Vault	Mulkey, Alisha	2	Wilder, Idaho (Greenleaf Friends Academy)	Distance/XC
Schrock, Matt	2	Myrtle Creek, Ore. (Churchill)	Distance/XC	Oelrich, Kristin	3	Salem, Ore. (Salem Academy)	Sprints
Schwartz, Brian	2	Eugene, Ore. (Churchill)	Distance	Peterson, Heather	1	Rogue River, Ore.	Mid-Distance
Slegers, Nate	3	Salem, Ore. (Salem Academy)	Distance	Powell, Angela	1	Roseburg, Ore.	Jumps
Snider, Brian	2	Aloha, Ore. (Hillsboro)	Sprints	Puckett, Julie	2	Kamiah, Idaho (Kamiah)	Hurdles
Stave, Andrew	3	Eugene, Ore. (South Eugene)	Jumps	Redenius, Amy	2	Tenmile, Ore. (Douglas)	Sprints
Strauss, Ian	1	Medford, Ore. (North Medford)	Throws	Rhoades, Sharla	2	Bothell, Wash. (Inglemoor)	Jumps/Pole Vault/Sprints
Taylor, Ty	1	Portland, Ore. (Wilson)	Throws	Rissmiller, Nancy	3	Tigard, Ore. (Tigard)	Jumps/Sprints
Thompson, Bryan	1	Cave Junction, Ore. (Illinois Valley)	Distance/XC	Snider, Selena	1	Boise, Idaho (Nampa Christian)	High Jump
Thompson, Eric	2	Philomath, Ore. (Philomath)	Distance/XC	St. Lawrence, Shannon	1	Yakima, Wash. (Davis)	Distance/XC
Votaw, Jeff	1	Dundee, Ore. (Newberg)	Throws	Turner, Lauren	3	Medford, Ore. (South Medford)	Distance/XC
Workman, Brandon	1	Moscow, Idaho (Moscow)	Distance/XC	Ulmer, Rebekah	3	Seattle, Wash. (Shorewood)	Distance/XC
				Vanlandingham, Val	4	Dayton, Ore. (Salem Academy)	Sprints

HOW TO REACH US

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Athletics Fax 503/537-3864

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Athletic Director

Craig Taylor 503/538-8383 ext. 2911, Home 472-9694

Associate Athletic Director

Hal Adrian 503/538-8383 ext. 2922, Home 646-4880

Sports Information Director

Rob Felton 503/538-8383 ext. 2127, Home 538-7722

On the cover: left to right: Ryan Chaney, Eli Lane, Becci Harper, 1996 Women's Cross Country Team

One of the nation's fastest growing universities, George Fox University has a growing reputation to match. While enrollment has quadrupled in the last decade — reaching more than 2,000 students — the University has received national attention.

George Fox repeatedly has been named by *U.S. News & World Report* as one of "America's Best Colleges," earning its highest marks in academic reputation. The national magazine also has listed the University in its "Top Teaching Schools," and "Most Efficient" categories.

Five times, George Fox was named to the Templeton Foundation's Honor Roll for Character Building Colleges.

The University offers innovative programs. Each freshman student is provided a computer to keep upon graduating. Students reaching their junior year are eligible for an international study trip for which the University pays transportation costs. Through the Coalition for Christian Colleges and Universities and the Christian College Consortium, George Fox has students studying in five affiliated campuses, ranging from Hollywood Film Studies in California to American Studies in Washington, D.C., to Middle East Studies in Cairo, Egypt.

Early Willamette Valley Quaker settlers established Friends Pacific Academy in 1885. The college division was organized in 1891 to provide more advanced instruction.



An artist's rendering of the George Fox University Newberg campus.

In 1949, because of the many colleges in the Northwest with Pacific in their name, the College was renamed George Fox in honor of the founder of the Friends (Quaker) Church. In 1996, with the addition of Western Evangelical Seminary, George Fox became a university, offering students the choice of 35 undergraduate majors and 12 graduate degrees.

George Fox has maintained a distinctively Christian, liberal arts

mission. The University is committed to a residential campus atmosphere where students build a life plan. Education occurs whenever and wherever student experience contributes to human development — in or out of the classroom. The integration of faith, learning and living is a primary objective.

George Fox's most prominent alumnus is the late President Herbert Hoover, who attended Pacific Academy.

Men's and Women's Track and Field/Cross Country Head Coach



Wes Cook

After a highly successful career in high school coaching, Wes Cook has turned George Fox University into a small college powerhouse in cross country and track and field.

In his 10 years at the Newberg institution, his men's and women's teams have become regulars at the National Association of Intercollegiate Athletics (NAIA) national meets. All four of his squads have finished among the top 15 in the nation, and they occasionally reach up and knock off NCAA Division 1 opponents.

In 1992, following the George Fox men's fifth-place and women's second-place finishes at the national meet, *Cross Country Express* magazine declared his cross country program best in the nation at the NAIA level. In George Fox's final year in the National Christian College Athletic Association (NCCAA), his women's cross country team won the 1988 NCCAA national title with a record low score.

His athletes have won 64 NAIA All-American awards and have performed just as well in the classroom, earning 41 NAIA All-American Scholar-Athlete awards. In 1995, George Fox was the only school to put both men's and women's teams in the top five of the NAIA cross country national meet team scholastic competition.

Cook's accomplishments haven't gone unrecognized. He 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's earned Coach of the Year honors 12 times, at least once in each sport he coaches. In 1992-93, he was named NAIA District 2 Coach of the Year for all women's sports.

He's involved nationally as an NAIA national rater and has served on the NAIA women's track and field games committee and is a member of the U.S. Track Coaches Association.

A Nebraska native, Cook rose to the highest rank (Eagle) in the Boy Scouts of America before going on to become a four-time conference track scorer at the University of Northern Colorado. He set the school record at the 800-meter distance and helped the mile relay team to four consecutive conference titles. He was the national winner of the Holmes Award, given to the most outstanding senior in Alpha Kappa Lambda, a national collegiate fraternity.

In 1961, he graduated with a degree in physical education and history. He earned a Master of Arts in Teaching at Lewis & Clark College in Portland in 1975.

Cook served 26 years as a head coach at five high schools in three states. During his 15 years at Gladstone High School, his track and cross country teams finished as Oregon state champion or runner-up 10 times. His boy's cross country team went undefeated for 51 straight dual meets, and he was named Oregon class 2A (now 3A) High School Coach of the Year for



Wes Cook and Sandy Taylor

all sports three times.

In 1983, his son Toby set the Oregon class 3A state record in the 1,500-meter race.

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). He's been active in Fellowship of Christian Athletes and summer track and basketball camps. He's led four international tour teams and has traveled to 15 countries.

Cook has spoken at clinics and seminars nationwide and authored articles in state and national publications.

In addition to his coaching duties, Cook also is associate professor of health and human performance at George Fox.

He has three adult children; Tammy, Toby and Brad.

Assistant Track Coaches



SCOTT BROWN came to George Fox as a student-athlete in 1987, the same year Wes Cook took the head coaching position.

A member of Madison High School's 1986 state championship track team, he earned first-team all-state honors in the 4x400-meter relay in 1987.

At George Fox, he was a four-year letterwinner in track and cross country and qualified for the NAIA national decathlon and 400-meter hurdles. Three of his years, he was the leading point scorer on the track team.

He earned his bachelor's degree in math teaching in 1991. After serving as an assistant coach at Clackamas Community College in 1992, he joined the George Fox coaching staff. His responsibilities are the hurdles, jumps and multi-events. In his four years, athletes he's coached have earned two national titles and 13 All-American awards. In the 41 events they've participated in, they've scored points 20 times.

Brown currently teaches sixth-grade math at Gregory Heights Middle School in the Portland School District and lives in Newberg.



DAVE GUZMAN became the George Fox sprints and relay coach in 1994-95 after spending a dozen years



Dave Guzman and Ryan Chaney

guiding Salem Academy's sprinters to prominence at the state level.

In his eight seasons prior to joining the George Fox coaching 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 two seasons at George Fox, he has coached five relay teams and 14 individuals to NAIA national meet appearances. Nine of his sprint and relay athletes have received NAIA All-American honors, including last year's men's and women's 4x400-meter relay teams.

Guzman has 20 years of track and field coaching experience, including three years as co-founder and president of the Santiam Striders Track Club.

A graduate of Linfield College, he owns an insurance business in Salem.

He and his wife, Judy, live in Kaiser and have four children.



JOHN LUCCIO has been an assistant coach at George Fox since 1989, but he has more than 36 years of coaching and teaching experience.

He has held the head track coaching position at Illinois Valley High School, Cave Junction High School and Sherwood High School, and assisted at the University of California - Santa Barbara and West Linn High School.

He was a track and football athlete while earning his bachelor's degree at Bowling Green State University in Ohio. He went on to earn master's degrees at Bowling Green and the University of Oregon.

Now George Fox's throwing coach, he was the sprint and relay coach until 1995.

Luccio continues to be active, setting the Oregon 300-meter hurdles state master's record in 1995.

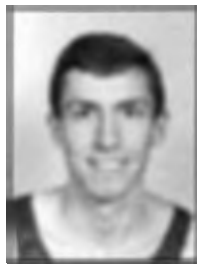
Currently, he is an physical education specialist at Archer Glen Elementary in Sherwood.

He and his wife, Margaret, have seven children and live in West Linn.



Brooke Barton

Junior
Lake Oswego HS
Lake Oswego, Ore.
1993 Cross Country
All-American (30th)
1996 Cross Country
All-American Scholar-
Athlete



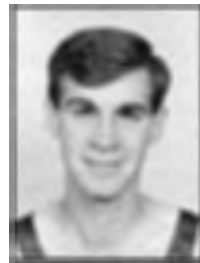
Ryan Chaney

Senior
Salem Academy
Salem, Ore.
1995 400-Meter (4th)
1996 400-Meter (2nd)
1996 4x400 Relay (5th)
1996 Track All-American
Scholar-Athlete



Becci Harper

Senior
Central HS
Independence, Ore.
1995 Javelin
All-American (5th)
1996 Javelin
(Champion)



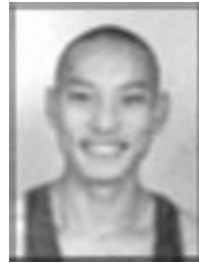
Sean Beebe

Senior
Salem Academy
Salem, Ore.
1995 Cross Country
All-American Scholar-
Athlete
1996 Cross Country
All-American Scholar-
Athlete



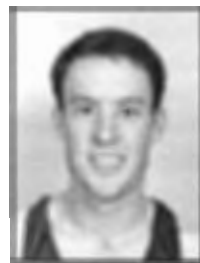
Dave Dixon

Senior
Homedale HS
Caldwell, Idaho
1995 Cross Country
All-American Scholar-
Athlete
1996 Cross Country
All-American Scholar-
Athlete



Josh Howery

Coeur d'Alene HS
Coeur d'Alene, Idaho
1996 4x400 Relay (5th)



Peter Carmack

Senior
Pendleton HS
Pendleton, Ore.
1996 4x400 Relay (5th)



Heidi Haley

Senior
Rogue River HS
Rogue River, Ore.
1996 4x400 Meters Relay
(4th) Alternate



Jarae Kauffman

Senior
Lakeridge HS
Lake Oswego, Ore.
1995 Cross Country
All-American Scholar-
Athlete
1996 Cross Country
All-American Scholar-
Athlete



Eli Lane

Junior
Seward HS
Seward, Alaska
1995 Cross Country
All-American (29th)



Kristin Oelrich

Junior
Salem Academy
Salem, Ore.
1996 4x400 Meters
Relay (4th)



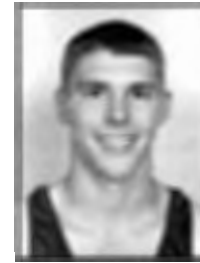
Nancy Rissmiller

Junior
Tigard HS
Tigard, Ore.
1995 High Jump
All-American (2nd)
1996 High Jump
(Champion)
1996 4x400 Meter Relay
(4th)



Angela Linder

Senior
Molalla HS
Molalla, Ore.
1995 Cross Country
All-American Scholar-
Athlete
1996 Cross Country
All-American Scholar-
Athlete



David Parker

Sophomore
Salem Academy
Salem, Ore.
1996 4x400 Meter Relay
(5th)
1996 400 Hurdles (4th)



Rebekah Ulmer

Junior
Shorewood HS
Seattle, Wash.
1994 Cross Country
All-American (25th)



Juli Morse

Junior
Greenleaf Academy
Star, Idaho
1996 Cross Country
All-American Scholar-
Athlete



Amy Redenius

Sophomore
Douglas HS
Tennile, Ore.
1996 4x400 Meter Relay
(4th)



Jonathan Ulmer

Senior
Shorewood HS
Seattle, Wash.
1994 Cross Country
All-American Scholar-
Athlete
1995 Cross Country
All-American Scholar-
Athlete
1996 Cross Country
All-American Scholar-
Athlete



Steve Blikstad (1975-79) George Fox's first track and cross country All-American

MEN'S CROSS COUNTRY TEAM FINISHES

Year	Team Finishes		Coach
	National	Conf./Dist.	
1967		# 7th	Dale Orkney
1968	No Team		
1969		# 6th	Burton Lamb
1970		# 7th	Burton Lamb
1971		# 4th	Don Lakin
1972		# 7th	Gayle Buckley
1973		# 8th	Gayle Buckley
1974		# 5th	Curt Ankeny
1975		# 4th	Rich Allen
1976		# 5th	Rich Allen
1977	22nd	# 1st	Rich Allen
1978		# 3rd	Rich Allen
1979		# 3rd	Rich Allen
1980		# 6th	Rich Allen
1981		# 6th	Rich Allen
1982		# 6th	Rich Allen
1983		# 6th	Rich Allen
1984		# 3rd	Rich Allen
1985		# 5th	Rich Allen
1986		# 8th	Rich Allen
1987		# 4th	Wes Cook
1988		# 5th	Wes Cook
1989	+ 9th	# 1st	Wes Cook
1990	+ 5th	# 1st	Wes Cook
1991	+ 8th	# 1st	Wes Cook
1992	+ 5th	# 1st	Wes Cook
1993	+ 17th	# 2nd	Wes Cook
1994		¢ 2nd	Wes Cook
1995	+ 9th	* 2nd	Wes Cook
1996		* 4th	Wes Cook

+ National Association of Intercollegiate Athletics (NAIA) National Meet
NAIA District 2
¢ Cascade Collegiate Conference Meet
* Northwest Conference of Independent Colleges Meet



1994 All-American Erik Gibson

MEN'S CROSS COUNTRY ALL-AMERICANS

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

WOMEN'S CROSS COUNTRY TEAM FINISHES

Year	Team Finishes	Coach
	National Conf./Dist.	
1978	= 4th	Randy Winston
1979		Randy Winston



George Fox's 1992 NAIA national runner-up women's cross country team



1995 All-American Dawn Hartwig

1980		= 5th	Curt Ankeny
1981		= 5th	Curt Ankeny
1982	No Team		
1983	No Team		
1984		# inc.	Randy Renfro
1985	No Team		
1986		# 7th	Wendell Otto
1987		# 3rd	Wes Cook
1988	+ 8th/% 1st	# 1st	Wes Cook
1989	+ 10th	# 1st	Wes Cook
1990	+ 6th	# 1st	Wes Cook
1991	+ 5th	# 1st	Wes Cook
1992	+ 2nd	# 1st	Wes Cook
1993	+ 11th	# 1st	Wes Cook
1994	+ 7th	¢ 1st	Wes Cook
1995	+ 14th	* 2nd	Wes Cook
1996		* 6th	Wes Cook

= Women's Conference of Independent Colleges Meet
+ National Association of Intercollegiate Athletics (NAIA) National Meet
% National Christian College Athletic Association (NCCAA) National Meet
NAIA District 2 Meet
¢ Cascade Collegiate Conference Meet
* Northwest Conference of Independent Colleges Meet

WOMEN'S CROSS COUNTRY ALL-AMERICANS

Kristin Lesperance	1988	NCCAA (4th)
Heather Morgan	1988	NCCAA (7th)
Diane Petersen	1988	NCCAA (5th)
Kristin Potts	1988	NCCAA (2nd)
	1989	NAIA Scholar-Athlete
	1990	NAIA Scholar-Athlete
Melanie Springer	1989	NAIA Scholar-Athlete
Jill (Jamison) Beals	1988	NCCAA (Champion)
	1988	NAIA (2nd)
	1990	NAIA Scholar-Athlete
	1990	NAIA (19th)
	1991	NAIA Scholar-Athlete
	1991	NAIA (6th)
Melissa (Wilson) Conley	1988	NCCAA (9th)
	1991	NAIA Scholar-Athlete
Debbie Kintrea	1992	NAIA (30th)
Michelle Brown	1991	NAIA (11th)
	1992	NAIA (14th)
Phaydra Newport	1991	NAIA (18th)
	1992	NAIA (7th)
Marne VanSise	1992	NAIA Scholar-Athlete
Brooke Barton	1993	NAIA (30th)
Emily Bergman	1994	NAIA Scholar-Athlete
	1995	NAIA Scholar-Athlete
Sandy Taylor	1994	NAIA Scholar-Athlete
	1995	NAIA Scholar-Athlete
Stephanie (Rosen) Morrow	1994	NAIA (23th)
Rebekah Ulmer	1994	NAIA (25th)
Jarae Kauffman	1995	NAIA Scholar-Athlete
Angela Linder	1995	NAIA Scholar-Athlete
Dawn Hartwig	1995	NAIA (7th)



Head men's track coach Rich Allen (1970-87)

MEN'S TRACK TEAM FINISHES

Year	Team Finishes		Coach
	National	Conf./Dist.	
1964		# 9th	Frank Furtado
1965		# 9th	Earl Craven
1966		# 6th	Earl Craven
1967		# 5th	Earl Craven
1968		# 5th	Jerry Louthan
1969		# 9th	Jerry Louthan
1970		# 9th	Rich Allen
1971	+ 34th	# 4th	Rich Allen
1972		# 3rd	Rich Allen
1973		# 5th	Rich Allen
1974	+ 40th	# 4th	Rich Allen
1975	+ 17th	# 5th	Rich Allen
1976		# 6th	Rich Allen
1977	+ 22nd	# 2nd	Rich Allen
1978	+ 16th	# 2nd	Rich Allen
1979	+ 15th	# 1st	Rich Allen
1980		# 1st	Rich Allen
1981		# 3rd	Rich Allen
1982		# 7th	Rich Allen
1983	+ 47th	# 7th	Rich Allen
1984		# 5th	Rich Allen
1985		# 6th	Rich Allen
1986		# 6th	Rich Allen
1987	+ 41st/% 8th	# 5th	Rich Allen
1988		# 5th	Wes Cook
1989		# 4th	Wes Cook
1990		# 2nd	Wes Cook
1991	+ 27th	# 2nd	Wes Cook
1992	+ 26th	# 4th	Wes Cook
1993	+ 14th	# 2nd	Wes Cook
1994	+ 25th	# 1st	Wes Cook
1995	+ 13th	¢ 1st	Wes Cook
1996	+ 10th	* 3rd	Wes Cook

+ National Association of Intercollegiate Athletics (NAIA) National Meet

% National Christian College Athletic Association (NCCAA) National Meet

NAIA District 2 Meet

¢ Cascade Collegiate Conference Meet

* Northwest Conference of Independent Colleges (NCIC) Meet

MEN'S TRACK AND FIELD ALL-AMERICANS

Bob Hadlock	1968	NAIA Shot Put (3rd)
Cal Ferguson	1968	NAIA Triple Jump (3rd)
Dave McDonald	1969	NAIA Pole Vault (3rd)
	1970	NAIA Pole Vault (indoor, 3rd)
	1971	NAIA Pole Vault (3rd)
Curt Ankeny	1974	NAIA Marathon (3rd)
Eb Buck	1975	NAIA Decathlon (2nd)
Steve Blikstad	1977	NAIA Steeplechase (2nd)
	1978	NAIA Steeplechase (3rd)
	1979	NAIA Steeplechase (Champion)
Chad Neeley	1978	NAIA Hurdles (2nd)
Mike Watts	1983	NAIA Javelin (5th)
	1987	NCCAA Discus (Champion)
	1987	NCCAA Hammer (2nd)
	1987	NCCAA Javelin (3rd)
Scott Ball	1984	NAIA Scholar-Athlete
Dwight Larabee	1985	NAIA Scholar-Athlete
Adolphus Onua	1987	NAIA 110 Hurdles
Tim Hagen	1989	NAIA Scholar-Athlete
	1990	NAIA High Jump (indoor, 5th)
	1990	NAIA High Jump (3rd)
Todd Bos	1991	NAIA 800 (5th)
	1991	NAIA Scholar-Athlete
Vance Godfrey	1991	NAIA 10,000 Walk (5th)
Brian Hartenstein	1992	NAIA 400 Hurdles (6th)
David Thomas	1992	NAIA 10,000 Walk (4th)
	1992	NAIA Scholar-Athlete
	1993	NAIA Scholar-Athlete
	1993	NAIA 5,000 Walk (6th)
Jonathan Morse	1993	NAIA 5,000 (3rd)
Rob Rising	1993	NAIA Long Jump (3rd)
Ed Sloan	1993	NAIA Steeplechase (5th)
Erik Gibson	1994	NAIA Steeplechase (4th)
	1995	NAIA Steeplechase (3rd)
John Smith	1994	NAIA Decathlon (5th)
	1995	NAIA Decathlon (5th)
Aaron Young	1995	NAIA Triple Jump (6th)
	1996	NAIA Triple Jump (Champion)
Ryan Chaney	1995	NAIA 400 (4th)
	1996	NAIA 400 (2nd)
	1996	NAIA 4x400 Relay (5th)
	1996	NAIA Scholar-Athlete
Josh Howery	1996	NAIA 4x400 Relay (5th)
Peter Carmack	1996	NAIA 4x400 Relay (5th)
David Parker	1996	NAIA 4x400 Relay (5th)
	1996	NAIA 400 Hurdles (4th)



Bob Hadlock (1965-70) George Fox's first men's track All-American



1995 Conference Champions

WOMEN'S TRACK TEAM FINISHES

Year	Team	Finishes	Coach
	National	Conf./Dist.	
1964	\$ 3rd		Marge Weesner
1977		= 3rd	Randy Winston
1978		= 4th	Randy Winston
1979		= 1st	Randy Winston
1980		= 1st	Randy Winston
1981	! 18th	= 2nd	Randy Winston
1982		= 4th	Harry Selby
1983		# 4th	Eb Buck
1984	+ 23rd	# 6th	Randy Renfro
1985	+ 23rd	# 7th	Rob Parker
1986		# 7th	Wendell Otto
1987		# 6th	Wendell Otto
1988	+ 41st	# 5th	Wes Cook
1989	+ 17th	# 3rd	Wes Cook
1990	+ 40th	# 2nd	Wes Cook
1991	+ 12th	# 2nd	Wes Cook
1992	+ 10th	# 1st	Wes Cook
1993	+ 9th	# 2nd	Wes Cook
1994	+ 21st	# 3rd	Wes Cook
1995	+ 14th	¢ 1st	Wes Cook
1996	+ 8th	* 3rd	Wes Cook

\$ U.S. Track and Field Federation National Meet
! Association of Intercollegiate Athletics for Women National Meet
+ National Association of Intercollegiate Athletics (NAIA) National Meet
= Women's Conference of Independent Colleges Meet
NAIA District 2 Meet
¢ Cascade Collegiate Conference Meet
* Northwest Conference of Independent Colleges (NCIC) Meet

WOMEN'S TRACK AND FIELD ALL-AMERICANS

Janet (Johnson) McClurg	1964	USTFF 100-yard (Champion)
	1964	USTFF 220-yard (Champion)
Karen Gurske	1981	NAIA Shot Put (6th)
Jackie Jackson	1981	NAIA 100 (3rd)
	1981	NAIA 200 (4th)
Paula (Wittenberg) Dunham	1984	NAIA Discus (2nd)
	1985	NAIA Discus (2nd)
Nancy Katus	1989	NAIA Discus (6th)
	1990	NAIA Discus (6th)
Jill (Jamison) Beals	1989	NAIA 10,000 (Champion)
	1991	NAIA 10,000 (Champion)
	1991	NAIA 5,000 (3rd)
	1991	NAIA Scholar-Athlete
	1992	NAIA 10,000 (Champion)
	1992	NAIA 5,000 (2nd)
	1992	NAIA Scholar-Athlete
	1992	GTE-CoSIDA Academic All-American Women's At-Large First Team, College Division



Janet (Johnson) McClurg 1964 USTFF 100- and 220 yard champion

Juli Cyrus	1992	NAIA 1,000-yard (indoor, 6th)
	1993	NAIA 3,000 (2nd)
	1993	NAIA 5,000 (2nd)
	1994	NAIA 3,000 (4th)
	1994	NAIA Scholar-Athlete
Cheryl Shepherd	1993	NAIA Javelin (4th)
	1993	NAIA Scholar-Athlete
Kristin Thomas	1993	NAIA Scholar-Athlete
Leah Johanson	1994	NAIA Javelin (5th)
	1995	NAIA Javelin (2nd)
	1995	NAIA Scholar-Athlete
	1996	NAIA Javelin (6th)
	1996	NAIA Scholar-Athlete
Dawn Hartwig	1996	NAIA 3,000 (6th)
Nancy Rissmiller	1995	NAIA High Jump (2nd)
	1996	NAIA High Jump (Champion)
	1996	NAIA 4x400 Relay (4th)
Becci Harper	1996	NAIA Javelin (Champion)
Liz Stephens	1996	NAIA 400 Hurdles (4th)
	1996	NAIA 4x400 Relay (4th)
Kristin Oelrich	1996	NAIA 4x400 Relay (4th)
Amy Redenius	1996	NAIA 4x400 Relay (4th)



Jill (Jamison) Beals (1988-92) 13-time All-American, Seattle Marathon winner and NAIA 10,000 meter national meet record holder.



Jill (Jamison) Beals and Juli Cyrus

WOMEN'S TOP 25 (5,000 Meters)

1.	17:13.6	Juli Cyrus	Salem, Ore.	10-03-92
2.	17:16.0	Jill Beals	Salem, Ore.	10-05-91
3.	17:55.2	Phaydra Newport	Salem, Ore.	10-06-91
4.	18:04.8	Michelle Brown	Seattle, Wash. (Woodland)	9-21-91
5.	18:06.5	Dianne Petersen	Salem, Ore.	10-06-90
6.	18:08.8	Dawn Hartwig	Seattle, Wash. (Lincoln)	10-07-95
7.	18:20.0	Kristin Potts	Cedarville, Ohio	11-12-88
8.	18:27.0	Debbie Kintrea	Salem, Ore.	10-03-92
9.	18:28.5	Jenny Campbell	Estacada, Ore.	9-18-93
10.	18:35.2	Brooke Barton	Salem, Ore.	9-02-96
11.	18:36.0	Stephanie Morrow	Kenosha, Wis.	11-19-94
12.	18:37.0	Rebekah Ulmer	Kenosha, Wis.	11-19-94
13.	18:53.7	Heather Morgan	Walla Walla, Wash.	9-16-89
14.	18:54.5	Angela Murrell	Salem, Ore.	10-06-91
15.	18:56.0	Kristin Lesperance	Cedarville, Ohio	11-12-88
16.	18:57.4	Marne VanSise	Salem, Ore.	10-05-91
17.	19:11.0	Melissa Conley	Cedarville, Ohio	11-12-88
18.	19:11.3	Melanie Springer	Salem, Ore.	10-07-89
19.	19:15.8	Emily Bergman	Spokane, Wash.	11-04-95
20.	19:17.9	Heather Gilbert	Seattle, Wash. (Lincoln)	10-01-94
21.	19:18.8	Lisa Slocum	Salem, Ore.	10-18-81
22.	19:19.4	Sandy Taylor	Seattle, Wash. (Lincoln)	10-07-95
23.	19:27.8	Alisha Mulkey	Spokane, Wash.	11-04-95
24.	19:32.5	Mindy Fox	Salem, Ore.	10-05-91
25.	19:32.9	Robin Ross	Salem, Ore.	9-30-95

TEAM TIME RECORD

90:41.3	Salem, Ore.	10-05-91
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Jonathan Wright

MEN'S TOP 25 (8,000 Meters)

1.	24:22.0	Jonathan Wright	Salem, Ore.	10-05-91
2.	24:27.6	Jonathan Morse	Salem, Ore.	10-05-91
3.	24:33.3	Ron Marsh	Salem, Ore.	10-05-91
4.	24:57.9	Matt Kirkpatrick	Salem, Ore.	10-05-91
5.	25:01.0	Mark Mohnen	Salem, Ore.	10-07-89
6.	25:08.6	Jerred Gildehaus	Tacoma, Wash.	10-13-84
7.	25:11.3	Vanni Tilzey	Salem, Ore.	10-07-89
8.	25:16.7	Aaron Howard	Salem, Ore.	10-03-87
9.	25:23.0	Erik Gibson	Salem, Ore.	11-05-94
10.	25:26.1	Rolf Potts	Salem, Ore.	10-05-91
11.	25:31.6	Ed Sloan	Salem, Ore.	10-05-91
12.	25:33.2	Scott Ball	Salem, Ore.	10-06-84
13.	25:33.7	Sean Beebe	Salem, Ore.	9-02-96
14.	25:43.0	Kevin Ball	Tacoma, Wash.	10-15-83
15.	25:43.2	Jeff Larson	Salem, Ore.	10-05-91
16.	25:47.2	Todd Bos	Salem, Ore.	11-03-90
17.	25:47.8	Dwight Larabee	Salem, Ore.	10-08-85
18.	25:48.5	Eli Lane	Spokane, Wash.	11-04-95
19.	25:52.4	Jonathan Ulmer	Estacada, Ore.	11-06-93
20.	25:55.2	Doug McLucas	Salem, Ore.	10-05-91
21.	25:58.9	Josh Kneeshaw	Estacada, Ore.	11-06-93
22.	25:59.1	Mike Murphy	Salem, Ore.	10-05-91
23.	25:59.6	Larry Mock	Salem, Ore.	10-15-88
24.	26:00.0	Scott Celley	Tacoma, Wash.	10-17-81
25.	26:02.8	John Aday	Salem, Ore.	10-09-82

TEAM TIME RECORD

123:46.9	Salem, Ore.	10-05-91
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Gregg Griffin

MEN

100m

10.43	Gregg Griffin	SR	1979
10.65	Ryan Chaney	JR	5-04-96
10.84	John Koroma	SO	3-30-74
10.84	Tony Nagle	SO	4-22-89
10.94	Amadu Koroma	FR	4-23-75
11.04	Werner Siebert	SO	3-12-77
11.04	Mark Reynolds	JR	5-10-80
11.04	Mark Young	JR	4-14-84
11.04	Adolphus Onua	SO	4-13-85
11.13	Luke Ankeny	FR	4-20-96

200m

21.44	Gregg Griffin	SR	4-27-79
21.48	Ryan Chaney	JR	4-06-96
22.04	John Koroma	SO	3-16-74
22.04	Bruce Ponder	JR	4-12-75
22.04	Tim Conley	SR	4-14-90
22.04	Werner Seibert	SR	3-17-79
22.34	Mark Reynolds	SO	4-27-79
22.34	Tony Nagle	SO	4-15-89
22.54	Mark Young	JR	4-14-84
22.54	Shane Covelli	FR	3-31-90

400m

46.58	Ryan Chaney	JR	5-25-96
48.15	Tim Conley	SR	5-12-90
48.34	Werner Seibert	SR	5-12-79
48.44	Chad Neeley	SR	5-13-78
48.64	Monte Anders	SR	5-10-80
48.74	Bruce Ponder	JR	4-28-75
48.97	Jason Lewis	JR	5-08-93
49.54	Dean Raan	SO	5-11-84
49.54	Peter Carmack	JR	4-06-96
49.74	Tom Van Winkle	SR	4-10-82

800m

1:50.00	Todd Bos	SR	5-25-91
1:52.51	Ron Marsh	SR	5-16-92
1:52.82	Jonathan Morse	FR	5-04-91
1:52.94	Wendell Otto	SO	4-14-79

1:53.94	Randy Ware	JR	3-05-77
1:54.73	Torrey Lindbo	SO	5-15-93
1:54.74	Keith Pearson	SO	5-10-80
1:54.84	John Cole	FR	4-26-80
1:54.84	Cliff McCurdy	SR	4-10-77
1:54.94	Rolf Potts	JR	5-02-92

1,500m

3:46.25	Jonathan Morse	SO	4-25-92
3:49.94	Wendell Otto	SO	4-14-79
3:50.97	Steve Stuart	SR	5-22-80
3:52.74	Todd Bos	SR	4-20-91
3:52.74	Bruce Greene	FR	5-14-76
3:53.36	Ron Marsh	SR	5-09-92
3:53.94	Steve Blikstad	SO	4-30-77
3:54.86	Rolf Potts	JR	4-25-92
3:55.94	Vanni Tilzey	SO	5-13-89
3:56.19	Kevin Ball	FR	5-05-84

3,000m

8:25.34	Jonathan Morse	JR	1993
8:33.74	Steve Blikstad	SO	1977
8:40.74	Erik Gibson	JR	1995
8:44.64	Mark Mohnen	JR	1990
8:45.04	Ken Bell	SO	1972
8:45.14	Steve Stuart	FR	1977
8:45.74	Curt Ankeny	SR	1974
8:47.04	Jon Wright	SO	1991
8:47.94	Vanni Tilzey	JR	1990
8:48.44	Aaron Howard	JR	1991

5,000m

14:22.64	Steve Blikstad	SR	5-12-79
14:28.44	Jonathan Morse	SO	4-16-92
14:43.39	Erik Gibson	JR	3-24-95
14:45.64	Steve Stuart	SR	5-02-80
14:53.14	Mark Mohnen	JR	4-28-90
14:53.54	Jerred Gildehaus	FR	3-02-85
14:56.04	Lyndel Smith	JR	5-12-79
14:57.14	Aaron Howard	JR	3-23-91



Adolphus Onua

14:58.24	Jon Wright	SR	11-14-92
15:01.44	Tim Rochholz	SR	1980

10,000m

30:42.74	Mark Mohnen	SR	4-27-91
30:46.84	Jon Wright	SO	4-05-91
30:58.44	Dave Molstad	JR	5-12-78
31:41.04	Matt Kirkpatrick	SO	4-05-91
31:51.79	Jerred Gildehaus	SO	5-09-86
31:57.24	Tim Rochholz	SR	5-09-80
32:04.02	Aaron Howard	JR	5-10-91
32:06.54	Lyndal Smith	JR	4-07-79
32:09.71	Jim Brewer	FR	5-07-93
32:16.54	Mike Murphy	JR	3-07-92

Marathon

2:25:19	Curt Ankeny	JR	2-24-73
2:31:26	Larry Mock	SO	11-26-88
2:31:36	Mark Adamson	SO	2-28-76
2:32:29	Jim Bright	JR	2-27-82
2:34:24	Tim Rochholz	JR	2-24-79
2:37:26	Dwight Larabee	JR	2-23-85
2:41:55	Jack Winter	SR	2-28-81
2:46:55	Dave Hamilton	SO	2-21-74
2:51:17	Dan Price	FR	2-23-85
2:52:56	Dean Gadd	FR	2-25-78



Curt Ankeny

110m High Hurdles

13.94	Adolphus Onua	SO	4-13-85
14.84	Mark Reynolds	FR	4-22-78
14.84	Rick Frisk	SO	5-09-81
14.84	Scott Cummins	FR	4-25-87
14.94	Duane Swafford	JR	4-27-79
15.34	Keith Wigley	SR	4-10-86
15.34	Steve Shattuck	FR	4-07-90
15.44	Doug Merritt	FR	3-30-74
15.44	Brian Hartenstein	FR	4-15-89
15.44	Nathan Moffet	FR	4-07-90

400m Intermediate Hurdles

52.34	Chad Neeley	SR	5-20-78
52.75	Brian Hartenstein	SR	4-25-92
53.24	Rick Frisk	SO	4-24-81
53.43	David Parker	FR	5-25-96
54.24	Duane Swafford	JR	4-26-80
54.54	Scott Brown	SR	4-20-91
55.14	James Oshiro	SO	4-20-91
55.24	Tim Weaver	FR	5-05-73
55.24	Bruce Ponder	JR	5-18-74
55.36	Nathan Moffet	FR	5-05-90

3,000m Steeplechase

8:50.14	Steve Blikstad	SR	4-27-79
9:03.88	Erik Gibson	JR	5-27-95
9:10.34	Mike Murphy	JR	5-21-92
9:11.54	Ed Sloan	SO	4-25-92
9:22.44	Scott Ball	SO	5-11-84
9:22.63	Phil Hughes	FR	5-08-92
9:22.74	Wendell Otto	JR	5-09-80
9:24.09	Eli Lane	SO	5-25-95
9:24.94	Lyndal Smith	JR	5-11-79
9:27.04	Scott Celley	FR	5-11-79

High Jump

7-0.25	Tim Hagen	SR	6-01-90
6-10.25	Aaron Young	FR	5-16-92
6-9	Owen James	FR	5-09-81
6-7	Bob Quiring	FR	5-12-79
6-6.75	Scott Murphy	JR	4-25-92
6-6.75	John Smith	JR	5-06-95
6-6.25	Keith Wigley	SR	3-28-86
6-6	Lon Austin	SO	3-26-77
6-6	Gary Demain	JR	5-12-79
6-6	Jared Gallop	FR	3-11-95

Pole Vault

15-8	Dave McDonald	SO	6-07-69
15-7	John Smith	JR	5-06-95



Tim Hagen

15-1	Jason Strait	JR	5-08-93
15-0	Brent Heydel	FR	3-18-80
14-0	Bruce Oberst	SR	5-10-80
14-0	Keith Wigley	SR	4-26-86
14-0	Rod Eakin	FR	3-07-87
13-9	Ken Lillis	JR	5-04-74
13-6	Dan Weidman	FR	3-19-54
13-4	Dave Elkins	SO	5-10-87

Long Jump

23-9	Amadu Koroma	SR	5-20-78
23-7.25	Rob Rising	SO	5-20-93
23-5.25	Shane Covelli	FR	5-05-90
22-4.5	Mark Halland	SR	4-28-73
22-4.5	John Smith	JR	2-25-95
22-4.25	David Parker	FR	4-27-96
22-3	Aaron Young	SR	3-30-96
22-1.5	Randy Winston	SR	4-28-73
22-1	Dave Varnon	FR	4-29-78
22-0.5	Mark Reynolds	SR	3-10-81
21-10	Eb Buck	SR	5-23-75

Triple Jump

48-7.5	Aaron Young	SR	5-24-96
48-5.5	Mark Halland	JR	6-02-72
47-11.5	Cal Ferguson	SR	1968
47-6.25	Randy Winston	SR	3-24-73
46-6	Andrew Stave	SO	5-11-96
45-11.25	John Smith	FR	3-06-93
45-8.75	Fred Cummings	FR	3-12-77
45-4.5	David Parker	FR	3-30-96
45-3.5	Dave Varnon	FR	4-29-78
44-11.5	Wendell Otto	FR	4-08-78
44-11.5	Rob Rising	SO	5-08-93

Shot Put

55-3	Bob Hadlock	JR	1968
48-2	Allan Morrow	SO	3-05-77
48-0	Larry Benson	FR	1967



Aaron Young

45-11	Matt Marlow	SR	4-25-70
45-10.5	Mike Watts	SR	3-21-87
45-6.5	Steve Curtis	SR	4-24-82
43-9.5	Jonathan Huwe	SR	5-17-94
43-2	Nathan Whitham	SR	4-01-85
42-11.5	Joel Schmeltzer	JR	1990
42-10	Dave Sherman	FR	4-25-70

Discus

168-6	Charlie Keeran	SR	5-23-80
158-5	Jonathan Huwe	SO	3-27-92
155-3	Nathan Whitham	SR	4-11-85
153-1	Mike Watts	SR	4-25-87
152-10	Paul Maddox	JR	4-10-86
151-6	Dell Dittus	SR	4-19-75
144-6	Steve Curtis	SR	5-08-82
144-6	John Smith	SR	5-03-96
144-3	Matt Marlow	SR	1970
143-3	Allan Morrow	SR	5-11-79

Hammer

170-3	Allan Morrow	SR	4-14-79
165-6	Nathan Whitham	SR	4-25-85
164-10	Steve Curtis	SR	4-16-82
152-2	Mike Watts	SR	4-26-86
151-4	Nate Grandle	SR	3-02-90
147-0	Dave Elkins	JR	3-14-86
144-11	Nolan Smith	SR	4-16-82
144-8	Sam Morrow	SR	3-18-95
132-2	Steve Huisenga	SR	4-24-82
131-3	Paul Maddox	JR	3-01-86

Javelin

204-10	David Nickell	SO	5-14-88
187-5	Trevor Lewis	FR	3-31-90
185-8	Mike Watts	SR	5-02-87
182-5	John Smith	SR	4-13-96
179-0	Rob Flanagan	JR	3-15-91
177-10	Rich Blanchette	FR	3-01-86
175-2	Jason Bingham	SR	3-19-94
173-7	David Mueller	SO	4-10-86
171-5	Keith Wigley	SR	5-23-86
163-11.75	Mark Bingham	FR	4-08-89

Decathlon

7138	John Smith	JR	5/25-26/95
6451	Keith Wigley	SR	5/22-23/86
6226	David Nickell	SO	4/18-19/88
6203	Aaron Young	JR	4/17-18/95
6176	David Parker	FR	3/15-16/96
6138	Jon Hirota	FR	5/04-05/94
6112	Scott Brown	JR	4/26-27/90
5853	Scott Edinger	FR	4/15-16/96
5789	Rob Flanagan	FR	4/17-18/89
5693	Shane Covelli	FR	4/16-17/90

5,000m Racewalk

21:51.2	Vance Godfrey	SR	4-13-91
22:23.5	David Thomas	SR	5-21-93
24:46.1	Travis Johnson	SO	4-07-90
25:35.7	Alin Ifrim	FR	5-08-93

10,000m Racewalk

45:40.5	Vance Godfrey	SR	3-15-91
47:10.2	David Thomas	JR	4-18-92
51:27.2	Travis Johnson	SO	4-21-90
59:40.8	Dan Price	FR	5-11-85
59:49.0	Jack Winter	JR	5-10-80
60:37.0	Dave Wilkinson	SO	5-10-80
61:09.2	Dwight Larabee	FR	5-08-82
62:03.5	Duane Smiley	SO	5-09-81
63:28.2	Kevin Ball	SO	5-11-85
66:56.4	Nolan Smith	FR	5-12-79

4x100m Relay

41.24c	Koroma, Neeley	1978
	Reynolds, Griffin	
41.84	Reynolds, Seibert	1979
	Anders, Griffin	
41.94	Karoma, Seibert	1977
	Griffin, Mitchell	
42.34c	A. Koroma, Neeley	1975
	Ponder, J. Koroma	
42.44	Howery, Carmack	1996
	Ankeny, Chaney	
42.94c	Heathco, Keele	1974
	Ponder, Koroma	
43.01	Howery, Carmack	1995
	Lindbo, Chaney	
43.04	Sherman, Frank	1981
	Reynolds, Van Winkle	
43.14	Oshiro, Cummins	1990
	Hartenstein, Conley	



1996 4x400 Relay Team
Ryan Chaney, Peter Carmack,
David Parker, Josh Howery

4x400m Relay

3:13.05	Howery, Chaney	1996
	Parker, Carmack	
3:17.56	Carmack, Schaffeld	1995
	Lindbo, Chaney	
3:18.17	Lewis, Robinson	1993
	Rising, Lindbo	
3:18.32	Oshiro, Marsh	1991
	Hartenstein, Bos	
3:18.34	Olds, Van Winkle	1980
	Frisk, Anders	
3:19.24c	Stuart, Driesner,	1978
	Neeley, Seibert	
3:19.04	Stuart, Van Winkle	1979
	Seibert, Anders	
3:19.44c	Neeley, Bales	1975
	Heathco, Ponder	

WOMEN

100m

12.05	Jackie Jackson	FR	1981
12.25	Jacque Davis	SO	1981
12.34	Janet Johnson	SR	1965
12.50	Amy Redenius	FR	1996
12.56	Kristin Oelrich	SO	1996
12.54	Joyce Yates	FR	1979
12.54	Tiffani Coston	FR	1988
12.64	Denise Carlson	JR	1990
12.64	Billie Bentley	FR	1993
12.64	Marta Shields	FR	1987
12.64	Joy Butler	FR	1994

200m

24.84	Joyce Yates	FR	1979
24.98	Jackie Jackson	FR	1981
25.04	Janet Johnson	SR	1965
25.31	Amy Redenius	FR	1996
25.46	Shavon Dennis	FR	1980
25.94	Laurie Sparks	FR	1979
26.02	Kelly Scrutton	SO	1995
26.10	Stephanie Castillo	FR	1995
26.11	Kristin Oelrich	SO	1996
26.22	Ginean Lewis	JR	1992

400m

56.22	Shavon Dennis	FR	1980
57.70	Kristin Oelrich	SO	1996
58.21	Amy Redenius	FR	1996
58.23	Ginean Lewis	JR	1992
58.34	Nancy Rissmiller	SO	1996
58.41	Liz Stephens	SR	1996
58.87	Stephanie Castillo	FR	1995
59.04	Heidi Haley	JR	1996
59.46	Kelly Scrutton	FR	1994
60.11	Karen Baltz	SO	1995

800m

2:13.44	Debbie Kintrea	JR	1992
2:14.56	Nancy Rissmiller	SO	1996
2:17.44	Liz Stephens	SR	1996
2:17.63	Melanie Springer	JR	1989
2:18.14	Marne VanSise	SO	1991
2:18.65	Melissa Conley	SR	1992
2:19.75	Karen Baltz	JR	1996
2:20.34	Kay Mattson	SO	1983
2:20.34	Hannah Smith	JR	1993
2:20.34	Rebekah Ulmer	FR	1995

1,500m

4:36.24	Juli Cyrus	JR	1993
4:40.92	Jill Jamison Beals	FR	1991
4:41.28	Dawn Hartwig	SR	1996
4:42.29	Debbie Kintrea	JR	1992
4:42.58	Melissa Conley	SR	1992
4:43.66	Rebekah Ulmer	SO	1996
4:45.92	Phaydra Newport	SO	1991
4:48.14	Brooke Barton	FR	1994
4:49.12	Jenny Campbell	SO	1994
4:49.34	Stephanie Morrow	SR	1995



Marlyss Stenberg

3,000m

9:46.30	Juli Cyrus	SO	1992
9:53.94	Jill Beals	JR	1991
10:05.03	Dawn Hartwig	SR	1996
10:09.94	Michelle Brown	JR	1992
10:11.06	Brooke Barton	FR	1994
10:12.45	Phaydra Newport	JR	1992
10:19.34	Rebekah Ulmer	SO	1996
10:26.44	Dianne Petersen	SR	1991
10:29.77	Kristin Potts	FR	1988
10:34.49	Jenny Campbell	SO	1994

5,000m

16:45.75	Jill Beals	SR	1992
17:01.87	Juli Cyrus	JR	1993
17:24.84	Michelle Brown	SO	1992
17:31.84	Phaydra Newport	JR	1992
17:40.91	Dawn Hartwig	SR	1996
17:46.44	Brooke Barton	FR	1994
17:59.24	Dianne Petersen	SR	1991
18:20.00	Angela Murrell	JR	1992
18:28.44	Kristin Potts	FR	1988
18:34.04	Nancy Roley	SR	1986

10,000m

34:25.74	Jill Beals	SR	1992
36:59.24	Dianne Petersen	SR	1991
37:55.87	Stephanie Morrow	SR	1995
38:15.14	Michelle Brown	FR	1991
38:34.34	Kristin Potts	FR	1988
38:41.54	Phaydra Newport	SO	1991
40:01.72	Angela Linder	SR	1996
40:03.84	Mindy Fox	FR	1992
40:33.94	Nancy Roley	SR	1986
41:17.87	Alisha Mulkey	SO	1996

Half Marathon

1:23:25	Jill Beals	JR	1991
1:39:44	Anita Linhart	FR	1991



Nancy Rissmiller



Liz Stephens

Marathon

3:51:07	Kali Haverstock	FR	1987
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Heptathlon

4556	Marlyss Stenberg	SR	1993
4362	Liz Stephens	SR	1996
3834	Tina Stauffer	SO	1993
3631	Cheryl Shepherd	JR	1992
3454	Keelie Keown	FR	1994
3445	Jennifer Christiansen	JR	1996
3323	Kelli Hagen	JR	1988
3265	Karen Baltz	JR	1996
3224	Marne VanSise	FR	1990
2972	Tammy Petersen	FR	1991

100m High Hurdles

14.88	Liz Stephens	JR	1995
15.17	Karen Maxwell	JR	1980
15.29	Marlyss Stenberg	SR	1993
15.54	Jacquie Williams	SR	1983
15.54	Holly Irvine	FR	1994
15.64	Saundra Burns	SO	1980
15.80	Julie Puckett	FR	1996
16.14	Karen Wilkinson	FR	1986
16.42	Tiffani Coston	SO	1989
16.77	Kelli Hagen	SR	1990

400m Low Hurdles

61.29	Liz Stephens	SR	1996
62.78	Marlyss Stenberg	SR	1993
65.24	Karen Maxwell	JR	1980
65.84	Nora Thompson	SR	1984
66.07	Holly Irvine	FR	1994
67.07	Eva Crawford	SO	1993
67.34	Saundra Burns	SO	1980
67.54	Lois Thomas	SR	1982
67.76	Tina Stauffer	FR	1992
67.87	Marne VanSise	FR	1990

High Jump

5-10	Nancy Rissmiller	FR	1995
5-7	Kathy Brown	JR	1994
5-5	Tina Golden	FR	1991
5-4	Sue Woolsey	SR	1987
5-4	Rachel Powell	FR	1996
5-3.25	Melody Groeneveld	SO	1983
5-3	Maryann Mason	JR	1979
5-3	Keelie Keown	FR	1994
5-2	Kristin Lesperance	FR	1988
5-2	Shelly Walton	FR	1992
5-2	Sara Luckensmeyer	FR	1993
5-2	Celeste Beringer	JR	1996

Long Jump

17-11.25	Marlyss Stenberg	JR	1992
17-5	Jacquie Williams	FR	1980
16-11.75	Julie Lang	SO	1977
16-10	Sue Banta	FR	1977
16-8.75	Sharla Rhoades	FR	1996
16-3.25	Liz Stephens	SR	1996
16-3	Bobbi Sloan	FR	1991
16-3	Karen Maxwell	JR	1980
16-3	Tina Stauffer	SO	1993
16-2	Sue Woolsey	SO	1985
16-2	Karen Baltz	JR	1996

Triple Jump

35-7.25	Sharla Rhoades	FR	1996
35-1.25	Kara Erickson	SO	1996
34-04.5	Kelli Hagen	SR	1991
33-06	Tina Stauffer	FR	1992
33-02	Debbie Sitz	FR	1990
32-10.5	Amy Gail	FR	1991
32-07.5	Cheryl Shepherd	JR	1992
32-05	Bobbi Sloan	FR	1991
32-04	Cheryl Hanna	SO	1995
31-11.25	Heather Burns	SO	1991

Shot Put

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



Paula Wittenburg



1996 4x400 Relay Team
Liz Stephens, Amy Redenius, Nancy Rissmiller, Heidi Haley, Kristen Oelrich

39-1.5	Gina Cross	FR	1989
38-7	Cheryl Funk	SO	1986
38-5	Melanie Johnson	FR	1982
38-0	Cheryl Shepherd	JR	1992
36-10.25	Becci Harper	JR	1996

Discus

151-1	Paula Wittenburg	SR	1986
143-7.5	Nancy Katus	JR	1989
126-3	Leah Johanson	JR	1995
121-11	Danielle Wilson	FR	1988
121-7	Cheryl Funk	SO	1986
120-1	Rachel Lewis	JR	1995
119-9	Karen Gurske	FR	1981
115-6	Rachel Lewis	SR	1996
114-11	Rachel Hampton	FR	1984
109-4	Cheryl Shepherd	JR	1992

Javelin

156-11	Becci Harper	JR	1996
155-0	Denise Fox	SR	1989
154-10	Sue Banta	FR	1977
149-4	Leah Johanson	JR	1995
145-7	Cheryl Shepherd	JR	1992
136-4	Kristy Fleming	SO	1993
122-1	Eva Pattee	FR	1991
117-3	Tonya Smith	FR	1989
113-6	Melanie Johnson	FR	1982
113-5	Danielle Wilson	FR	1988

4 x 100m Relay

48.56	Bentley, Butler	1994
	Burrus, Scrutton	
48.86	Baltz, Oelrich	1996
	Rissmiller, Redenius	
49.08	Oelrich, Burrus	1995
	Rissmiller, Scrutton	
49.44	Bentley, Stenberg	1993
	Ti. Golden, Gortler	
49.54	Davis, Maxwell	1980
	Williams, Dennis	

49.73	Bailey, Coston	1989
	Carlson, Lewis	
49.84	Davis, Maxwell	1981
	Williams, Jackson	
49.89	Yates, Sparks	1979
	Hatfield, Beckler	
50.19	Hagen, Carlson	1990
	Allmer, Lewis	
50.19	Hagen, Shields	1988
	Carlson, Coston	

4 x 400m Relay

3:46.06	Oelrich, Stephens	1996
	Rissmiller, Redenius	
3:51.62	Oelrich, Scrutton	1995
	Stephens, Rissmiller	
4:00.69	Crawford, Stenberg	1992
	Lewis, Kintrea	
4:01.96	Carlson, Lewis	1990
	Stenberg, Kintrea	
4:02.34	Thompson, Williams	1981
	Maxwell, Jackson	
4:04.24	Dahl, Smith	1993
	Stenberg, Kintrea	
4:04.24	Stenberg, VanSise	1993
	Smith, Kintrea	
4:05.24	Beach, Burns	1979
	Beckler, Maxwell	
4:05.42	Carlson, Kintrea	1989
	Springer, Lewis	
4:05.63	Baltz, Irvine	1994
	Scrutton, Stephens	

1,500m Racewalk

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

3,000m Racewalk

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

George Fox Men's Class Records

SENIORS				JUNIORS				SOPHOMORES				FRESHMEN			
100m															
10.43	Gregg Griffin	'79		10.25w	Gregg Griffin	'78		10.58	Gregg Griffin	'77		10.84	Gregg Griffin	'76	
200m															
21.44	Gregg Griffin	'79		21.48	Ryan Chaney	'96		21.64	Gregg Griffin	'77		21.64	Gregg Griffin	'76	
400m															
48.15	Tim Conley	'90		46.58	Ryan Chaney	'96		47.14	Ryan Chaney	'95		47.63	Ryan Chaney	'94	
800m															
1:50.00	Todd Bos	'91		1:53.45	Todd Bos	'90		1:52.94	Wendell Otto	'79		1:52.82	Jonathan Morse	'91	
1,500m															
3:50.97	Steve Stuart	'80		3:51.44	Jonathan Morse	'93		3:46.25	Jonathan Morse	'92		3:50.54	Jonathan Morse	'91	
3,000m															
8:39.14	Steve Blikstad	'79		8:25.34	Jonathan Morse	'93		8:33.74	Steve Blikstad	'77		8:45.14	Steve Stuart	'77	
5,000m															
14:22.64	Steve Blikstad	'79		14:31.17	Jonathan Morse	'93		14:28.44	Jonathan Morse	'92		14:53.54	Jerred Gildehaus	'85	
10,000m															
30:42.74	Mark Mohnen	'91		30:58.44	Dave Molstad	'78		30:46.84	Jon Wright	'91		32:09.71	Jim Brewer	'93	
110 Hurdles															
14.28	Adolphus Onua	'87		13.94	Adolphus Onua	'85		14.84	Rick Frisk	'81		14.84	Mark Reynolds	'78	
												14.84	Scott Cummins	'87	
400 Hurdles															
52.34	Chad Neeley	'78		53.59	Brian Hartenstein	'91		53.24	Rick Frisk	'81		53.43	David Parker	'96	
Steeplechase															
8:50.04	Steve Blikstad	'79		9:03.88	Erik Gibson	'95		8:50.16	Steve Blikstad	'77		9:13.51	Erik Gibson	'92	
Marathon															
2:27:27	Curt Ankeny	'74		2:25:19	Curt Ankeny	'72		2:30:51	Curt Ankeny	'73		2:30:28	Curt 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	Aaron Young	'92	
Long Jump															
23-9	Amadu Koroma	'78		22-4.5	John Smith	'95		23-7.25	Rob Rising	'93		23-5.25	Shane Covelli	'90	
Triple Jump															
48-7.5	Aaron Young	'96		48-5.5	Mark Halland	'72		47-7	Aaron Young	'93		47-10.5	Aaron Young	'92	
Pole Vault															
15-8	Dave McDonald	'71		15-7	John Smith	'95		15-8	Dave McDonald	'69		15-0	John Smith	'93	
Shot Put															
54-10	Bob Hadlock	'69		55-3	Bob Hadlock	'68		53-9	Bob Hadlock	'67		52-1.5	Bob Hadlock	'66	
Discus															
168-6	Charlie Keeran	'80		155-6	Jonathan Huwe	'93		158-5	Jonathan Huwe	'92		148-11	Mike Watts	'83	
Javelin															
185-8	Mike Watts	'87		180-4	John Smith	'95		204-10	David Nickell	'88		190-6	David Nickell	'87	
Hammer															
170-3	Allan Morrow	'79		159-0	Steve Curtis	'81		156-11	Steve Curtis	'79		141-4	Steve Curtis	'78	
Decathlon															
6451	Keith Wigley	'86		7,138	John Smith	'95		6,765	John Smith	'94		6,176	David Parker	'96	
5,000 Walk															
21:51.2	Vance Godfrey	'91		22:23.5	David Thomas	'93		23:43.2	David Thomas	'91		24:47.1	David Thomas	'90	
10,000 Walk															
45:40.5	Vance Godfrey	'91		47:10.24	David Thomas	'92		49:10.6	Vance Godfrey	'89		51:13.3	David Thomas	'90	
1,500 Walk															
6:07.0	Vance Godfrey	'90													
3,000 Walk															
12:42.1	Vance Godfrey	'91													

GEORGE FOX TRACK & FIELD RECORDS

George Fox Women’s Class Records

SENIORS				JUNIORS				SOPHOMORES				FRESHMEN			
100m															
12.94	Denise Carlson	'91		12.34	Janet Johnson	'65		12.25	Jacque Davis	'81		12.05	Jackie Jackson	'81	
200m															
26.60	Liz Stephens	'96		25.64	Janet Johnson	'65		26.02	Kelly Scrutton	'95		24.84	Joyce Yates	'79	
400m															
58.41	Liz Stephens	'96		58.23	Ginean Lewis	'92		57.70	Kristin Oelrich	'96		56.22	Shavon Davis	'80	
800m															
2:14.74	Debbie Kintrea	'93		2:13.44	Debbie Kintrea	'92		2:14.54	Debbie Kintrea	'90		2:19.12	Nancy Rissmiller	'95	
1,500m															
4:41.28	Dawn Hartwig	'96		4:36.24	Juli Cyrus	'93		4:38.78	Juli Cyrus	'92		4:40.92	Jill Jamison	'89	
3,000m															
9:59.39	Jill Jamison Beals	'92		9:46.42	Juli Cyrus	'93		9:46.30	Juli Cyrus	'92		9:54.24	Jill Jamison	'89	
5,000m															
16:45.75	Jill Jamison Beals	'92		16:53.39	Jill Jamison Beals	'91		17:06.64	Juli Cyrus	'92		17:12.42	Jill Jamison	'89	
10,000m															
34:25.74	Jill Jamison Beals	'92		35:13.54	Jill Jamison Beals	'91		36:21.04	Jill Jamison	90		36:08.71	Jill Jamison	'89	
High Hurdles															
15.13	Liz Stephens	'96		14.88	Liz Stephens	'95		15.24	Liz Stephens	'94		15.46	Liz Stephens	'93	
Low Hurdles															
61.29	Liz Stephens	'96		63.11	Liz Stephens	'95		63.07	Liz Stephens	'94		65.63	Liz Stephens	'93	
Heptathlon															
4,556	Marlyss Stenberg	'93		4,318	Marlyss Stenberg	'92		4,179	Marlyss Stenberg	'91		3,937	Marlyss Stenberg	'90	
High Jump															
5-7	Kathie Muck Brown	'94		5-5	Tina Golden	'94		5-9.75	Nancy Rissmiller	'96		5-10	Nancy Rissmiller	'95	
Long Jump															
17-11	Marlyss Stenberg	'93		17-11.25	Marlyss Stenberg	'92		17-5	Marlyss Stenberg	'91		17-5	Jacquie Williams	'80	
Triple Jump															
34-4.5	Kelli Hagen	'90		33-1	Kelli Hagen	'88		35-1.25	Kara Erickson	'96		35-7.25	Sharla Rhoades	'96	
Shot Put															
38-10	Paula Wittenburg	'86		39-10.5	Paula Wittenburg	'85		42-1	Karen Gurske	82		42-3.5	Karen Gurske	'81	
Discus															
151-1	Paula Wittenburg	'86		145-3	Paula Wittenburg	'85		146-9	Paula Wittenburg	'84		138-7	Paula Wittenburg	'83	
Javelin															
155-0	Denise Fox	'89		156-11	Becci Harper	'96		142-9	Leah Johanson	'94		154-10	Sue Banta	'77	
1,500 Walk															
3,000 Walk															
				19:13.5	Debbie Driesner	82		16:50.0	Kristin Thomas	'93		17:42.64	Liz Evon	'92	

COLCORD FIELD RECORDS

Colcord Field Records—Women

100m	12.44	Sonda Strong	Willamette	4/15/89
		Alicia Marshall	Western Oregon	4/02/94
		Andee Anderson	Puget Sound	4/13/96
200m	25.34	Alicia Marshall	Western Oregon	4/02/94
400m	57.24	Petra Johnson	Linfield	4/01/85
800m	2:14.74	Chandra Longnecker	Pacific Lutheran	4/13/96
1,500m	4:43.24	Dawn Hartwig	George Fox	4/13/96
3,000m	9:33.84	Ann Manning	U. Portland	5/11/85
5,000m	17:34.34	Jill Jamison Beals	George Fox	4/01/89
10,000m	37:41.34	Moly Ostlund	U. Portland	5/10/85
100 H	15.14	Jill Carrier	Southern Oregon	4/17/95
		Sara Strom	Pacific Lutheran	4/13/96
400 H	1:02.04	Liz Stephens	George Fox	4/13/96
4x100	48.13	Grimes, Andrade	Pacific Lutheran	4/08/95
		Metzger, Lukenbill		
4x400	3:55.11	Andrade, Keene	Pacific Lutheran	4/08/95
		Saathoff, Metzger		
High Jump	5-8	Nancy Rissmiller	George Fox	4/08/95
Long Jump	18-5.25	Laurie Flagg	Linfield	4/26/80
Triple Jump	36-5.50	Lara Wright	Willamette	3/31/90
Shot Put	45-1.5	Carrie Pietig	Willamette	3/31/90
Discus	145-3	Paula Wittenberg	George Fox	4/01/85
Javelin	154-6	Regina Norris	Pacific	5/09/87
Hammer	150-2	Molly Dugan	Western Oregon	4/01/95
Pole Vault	8-6	Karen Bureker	Lewis & Clark	4/13/96
Heptathlon	4,818	Jill Carrier	Southern Oregon	4/17-18/95

Colcord Field Records—Men

100m	10.84	John Koroma	George Fox	3/30/74
		Gregg Griffin	George Fox	5/07/77
200m	21.64	Ryan Chaney	George Fox	4/13/96
400m	48.41	Ryan Chaney	George Fox	2/24/96
800m	1:53.21	Wes Tilgner	Western Oregon	5/10/87
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 Oregon	5/09/81
10,000m	30:25.3	Don Stearns	Eastern Oregon	4/08/81
5,000 Racewalk	21:51.2	Vance Godfrey	George Fox	4/13/91
10,000 Racewalk	43:47.5	Vance Godfrey	Athletes in Action	4/02/94
20,000 Racewalk	1:28:32.3	Vance Godfrey	Athletes in Action	4/02/94
110m HH	13.7	Adolphus Onua	George Fox	4/13/85
400m IH	52.8	Chad Neeley	George Fox Alum	4/19/80
Steeplechase	9:16.4	Steve Blikstad	George Fox Alum	4/18/81
High Jump	6-11.25	Tim Hagen	George Fox	4/14/90
Pole Vault	16-0	Curt Heywood	Unattached	2/24/96
		Greg Jordan	Linfield	2/24/96
Long Jump	23-6.75	Gareth Pooleon	Willamette	5/09/87
Triple Jump	48-9	Jim McCann	Western Oregon	4/02/94
Shot Put	59-8.5	Randy Settell	Southern Oregon	5/10/87
Discus	170-5	John Bakkensen	Portland TC	4/07/72
Hammer	186-3	Ryan Parshall	Western Oregon	4/02/94
Javelin	208-5	Jim Williams	Willamette	5/10/87
4x100 relay	41.9	Biamont, Harry, Findling, Conaway	Western Oregon	5/11/85
4x400 relay	3:19.2	Harry, Fahey Findling, McHugh	Western Oregon	5/11/85
Decathlon	6,368	Ross Kennedy	Southern Oregon	4/17-18/95

1996-97 TRACK & FIELD SCHEDULE

FEBRUARY

Sat 22 **WINTER SERIES MEET**

MARCH

Sat 1 at Lewis & Clark NCIC 5-Way Meet with
Willamette, Pacific and Whitman

Sat 8 at Linfield Icebreaker

Sat 15 **NCIC 5-WAY MEET with Willamette,
Pacific, Linfield, and Whitman**

Sat-Sun 22-23 at Stanford Invitational

Sat 29 at Sacramento CC Panther Invitational

APRIL

Sat 5 at Willamette Open

Sat 12 at Pacific Lutheran NCIC 5-Way Meet with
Willamette, Pacific, and Puget Sound

Mon-Tue 14-15 at Lewis & Clark NCIC Multi-Events

Fri 18 **GEORGE FOX DISTANCE CARNIVAL**

Sat 19 at University of Puget Sound
Shotwell Invitational

Sat 26 **GEORGE FOX OPEN**

MAY

Fri-Sat 2-3 NCIC Championships at Linfield

Sat 10 NW Regional Championship
at Pacific Lutheran

Wed-Fri 21-23 NAIA Championships at
Life College (Marietta, Ga.)

Home meets in bold caps. Home meets held at George Fox University
Colcord Memorial Field., Newberg, Oregon

For updated George Fox University sports and calendar information,
call George Fox University's event line at 503/537-EVNT (3868).

