

1998

1998 Media Guide

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Bruins

GEORGE FOX UNIVERSITY

**1998 Cross Country
Track & Field**



GEORGE FOX FACTS

University Location Newberg, Ore.
Founded 1891
Church Affiliation Evangelical Friends (Quaker)
Enrollment 2,250
Athletic Affiliation NAIA Div. II/NCAA Div. III
Northwest Conference of Independent Colleges
Head Coach Wes Cook
Assistant Coaches Scott Brown, Dave Guzman,
John Luccio

1997 Finishes:

Women's Track & Field: 7th at NAIA National Meet
Men's Track & Field: 22nd at NAIA National Meet
Women's Cross Country: 4th at NCIC Conference Meet
Men's Cross Country: 4th at NCIC Conference Meet
Colors Old Gold and Navy Blue
President Dr. Thomas Johnson
Athletic Director Craig Taylor
Athletic Trainer Dale Isaak
Sports Information Director Rob Felton

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CLOCKWISE FROM TOP:

*1996 and 1997 NAIA high jump champion senior
Nancy Rissmiller*

Senior Josh Howery

Senior Kristin (Oelrich) Chaney

Sophomore Brandon Workman

*Junior Stacey Parker (right) and senior Rebecca
Ulmer (left)*



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 11 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 78 NAIA All-American awards and have performed just as well in the classroom, earning 45 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.

Dave Guzman and 1997 400-meter national champion Ryan Chaney



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 five years, George Fox athletes coached by Brown have qualified for NAIA national competition in 57 events. Those student-athletes scored in 26 events, won 19 NAIA All-American awards and three won national titles.

This past year, he maintained the NAIA national women's track and field individual rankings. He has also written an article on hurdling titled "Hurdling 101" in "Sprinting and Hurdling" by Keeba Tolbert.

Brown currently is working on his master of education degree at George Fox and lives in Newberg.

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



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

In his eight seasons prior to joining the George Fox coaching staff, 30

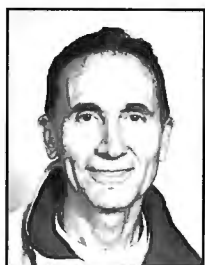
of his relay teams qualified for the Oregon Class 2A state meet, 29 scored points, and 17 took state titles. Six athletes won individual state titles.

In three seasons at George Fox, he has coached seven relay teams to NAIA national meet appearances, four finishing in the top five.

Guzman has 21 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 draws on more than 37 years of coaching experience to help George Fox student-athletes in the throwing events.

He has been an assistant coach at George Fox since 1989, mentoring his student-athletes to two individual national

titles and four other All-American finishes.

His resume includes a five-year stint as an assistant track coach at University of California-Santa Barbara where one team finished as NCAA national runners-up.

He went on to high school head coaching jobs at Sherwood (Ore.) High School and Illinois Valley (Cave Junction, Ore.) High School. His Sherwood boys and girls cross country teams both won district titles. At Illinois Valley, his girls cross country as well as boys and girls track squads all won district championships.

Luccio lettered in track and football while earning a 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.

He switched from George Fox's sprint and relay coach to throwing coach in 1995.

Luccio continues to be active. He competes in master's division track and field competition, ranking in the nation's top-25 in javelin, 300-meter low hurdles, and triple jump.

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

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

R O S T E R

1998 George Fox University Cross Country/Track and Field Roster

MEN

| Name | Year | Hometown (HS/Previous College) | Event |
|------------------|------|--|-------------------|
| Adkins, Ted | 1 | Klamath Falls, Ore. (Mazama) | Mid-Distance/XC |
| Ankeny, Luke | 3 | Homedale, Idaho (Homedale) | Sprints |
| Arthur, J.J. | 2 | Albany, Ore. (South Albany) | Pole Vault |
| Autrey, Phil | 3 | Spokane, Wash. (University) | Distance/XC |
| Baugh, Jason | 1 | Diamond Bar, Calif. (Diamond Bar) | Distance/XC |
| Bentley, Shane | 2 | Stevenson, Wash. (Stevenson) | Throws |
| Brock, Justin | 1 | Gresham, Ore. (Sam Barlow) | Pole Vault |
| Conner, Matt | 1 | Newport, Ore. (Newport) | XC |
| Costa, Eric | 1 | Beaverton, Ore. (Aloha) | Sprints |
| Dahl, Mike | 1 | Newman Lake, Wash. (Valley Christian) | Distance/XC |
| Decker, Brian | 2 | Lake Oswego, Ore. (Lakeridge) | Jumps |
| Edinger, Scott | 2 | Colfax, Wash. (Colfax) | Decathlon/Hurdles |
| Gassaway, Tyler | 1 | Portland, Ore. (Oregon City) | Sprints/Long Jump |
| Haley, Jim | 2 | Rogue River, Ore. (Rogue River) | Sprints |
| Haynes, Aaron | 3 | Hood River, Ore. (Hood River/Eastern Oregon) | Distance/XC |
| Hernandez, Daron | 2 | Corvallis, Ore. (Santiam Christian) | Distance |
| Howery, Josh | 4 | Newberg, Ore. (Coeur d'Alene) | Sprints |
| Huffman, Donovan | 2 | Oregon City, Ore. (Tualatin/Utah State) | XC |
| Koch, Brennan | 2 | McCall, Idaho (McCall-Donnelly) | Jumps |
| Lee, LeRoy | 1 | Oregon City, Ore. (Oregon City) | Decathlon/Hurdles |
| Lovejoy, David | 2 | Portland, Ore. (Portland Christian) | Sprints |
| Mantalias, John | 2 | Gladstone, Ore. (Gladstone) | Distance/XC |
| Mebust, Ryan | 2 | Redmond, Wash. (Lake Washington) | Throws |
| Nichols, David | 1 | Brookings, Ore. (Brookings Harbor) | Mid-Distance |
| Oswald, Scott | 2 | Portland, Ore. (Portland Lutheran) | Distance/XC |
| Parker, David | 3 | Silverton, Ore. (Salem Academy) | Decathlon/Hurdles |
| Paulson, Lafe | 1 | Aumsville, Ore. (Cascade) | Mid-Distance/XC |
| Petersen, Nick | 1 | Riddle, Ore. (Canyonville Bible Academy) | Mid-Distance |
| Routon, Aaron | 2 | Newberg, Ore. (Newberg) | Pole Vault |
| Schrock, Matt | 4 | Myrtle Creek, Ore. (Canyonville Bible Academy) | XC |
| Stave, Andrew | 3 | Eugene, Ore. (South Eugene) | Jumps |
| Strauss, Ian | 2 | Medford, Ore. (North Medford) | Throws |
| Sweet, Shjon | 2 | Lake Oswego, Ore. (Lake Oswego) | XC |
| Taylor, Ty | 2 | Portland, Ore. (Wilson) | Throws |
| Thompson, Bryan | 2 | Cave Jctn., Ore. (Illinois Valley) | Distance/XC |

WOMEN

| Name | Year | Hometown (HS/Previous College) | Event |
|---------------------------|------|---|--------------------|
| Thompson, Eric | 2 | Philomath, Ore. (Philomath) | Distance/XC |
| Votaw, Jeff | 2 | Dundee, Ore. (Newberg) | Throws |
| West, Beau | 1 | Klamath Falls, Ore. (Mazama) | Sprints |
| Workman, Brandon | 2 | Moscow, Idaho (Moscow) | Distance/XC |
| Adams, Jennifer | 1 | Tigard, Ore. (Tigard) | Throws |
| Anderson, Demetria | 1 | Algona, Wash. (Auburn) | Hurdles |
| Barnett, Sharon | 2 | Salem, Ore. (Salem Academy) | Hurdles/Sprints |
| Bonnell, Jenny | 2 | Mulino, Ore. (Molalla) | Throws |
| Boyd, Ramie | 1 | Bandon, Ore. (Bandon) | Jumps |
| Butler, Rima | 4 | Shelton, Wash. (Shelton) | Distance/XC |
| Chaney (Oelrich), Kristin | 4 | Newberg, Ore. (Salem Academy) | Sprints |
| Erickson, Kara | 4 | Chehalis, Wash. (W.F. West) | Jumps |
| Forbes, Amy | 1 | Jackson, Wyo. (Jackson Hole) | Jumps |
| Friberg, Ilse | 1 | Prosser, Wash. (Prosser) | Throws |
| Fromdahl, Olivia | 1 | Roseburg, Ore. (Roseburg) | Sprints |
| Gibson, Meghan | 1 | Klamath Falls, Ore. (Henley) | Throws |
| Harris, Marla | 2 | Anchor Point, Alaska (Homer) | XC |
| Howery (Mulkey), Alisha | 2 | Wilder, Idaho (Greenleaf Friends Academy) | XC |
| Hunt, Heather | 1 | Turner, Ore. (Salem Academy) | Vault |
| Kennedy, Jocelyn | 2 | Gresham, Ore. (Gresham) | Jumps |
| Kiester, Karrie | 2 | Medford, Ore. (South Medford) | Hurdles/Heptathlon |
| Kielepinski, Marina | 1 | Stevenson, Wash. (Stevenson) | Throws |
| McCart, Melody | 2 | Chehalis, Wash. (Tumwater) | Distance/XC |
| McElwain, Jamie | 1 | Tigard, Ore. (Tigard) | Distance/XC |
| Merritt, Marisa | 1 | Portland, Ore. (Westside Christian) | Distance/XC |
| Norum, Sarah | 1 | Central Point, Ore. (Crater) | Throws |
| Parker, Stacey | 3 | Richland, Wash. (Richland) | XC |
| Peterson, Heather | 2 | Rogue River, Ore. (Rogue River) | Mid-Distance/XC |
| Powell, Rachel | 2 | Turner, Ore. (Cascade) | High Jump |
| Rathka, Trisha | 1 | Banks, Ore. (Banks) | Throws |
| Redenius, Amy | 3 | Tenmile, Ore. (Douglas) | Sprints |
| Rhoades, Sharla | 3 | Bothell, Wash. (Inglemoor) | Jumps/Sprints |
| Rissmiller, Nancy | 4 | Tigard, Ore. (Tigard) | Jumps/Sprints |
| Starr, Karyn | 1 | Gresham, Ore. (Sam Barlow) | XC |
| Ulmer, Rebekah | 4 | Seattle, Wash. (Shorewood) | XC |

CURRENT ALL-AMERICANS



Sharon Barnett

Sophomore
Salem Academy
Salem, Ore.

1997 All-American
100-Meter hurdles
(2nd)



Jim Haley

Sophomore
Rogue River HS
Rogue River, Ore.
1997 4x400-Meter
Relay (5th)



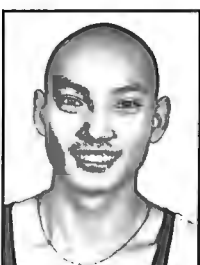
Heather Peterson

Junior
Rogue River HS
Rogue River, Ore.
1997 Cross Country
All-American Scholar-
Athlete



Rima Butler

Senior
Shelton HS
Shelton, Wash.
1997 Cross Country
All-American
Scholar-Athlete



Josh Howery

Senior
Coeur d'Alene HS
Coeur d'Alene, Idaho
1996 4x400-Meter
Relay (4th)



Amy Redenius

Junior
Douglas HS
Tenmile, Ore.
1996 4x400-Meter
Relay (4th)
1997 4x400-Meter
Relay (5th)



**Kristin
(Oelrich)
Chaney**

Senior
Salem Academy
Salem, Ore.
1996 4x400-Meter
Relay (4th)
1997 4x400-Meter
Relay (5th)



David Parker

Junior
Salem Academy
Salem, Ore.
1996 4x400-Meter
Relay (5th)
1996 400 Hurdles
(4th)
1997 4x400-Meter
Relay (5th)



Nancy Rissmiller

Senior
Tigard HS
Tigard, Ore.
1995 High Jump (2nd)
1996 High Jump
(Champion)
1997 NAIA High Jump
(Champion)
1996 4x400-Meter
Relay (4th)
1997 4x400-Meter
Relay (5th)



Stacey Parker

Junior
Pasco HS
Pasco, Wash.
1997 Cross Country
All-American
Scholar-Athlete

RIGHT: Bob Hadlock, George Fox's first men's track All-American

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

Looking Back at Significant Bruins in History

Although George Fox's track and cross country programs have achieved most of their national success in the last few decades, they follow an impressive tradition. George Fox student-athletes have been earning distinction since the late 1800s.

Roy Heater (1898-1902)

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

He beat the world record holder at the 1905 National Amateur Athletic Union (AAU) Track and Field Championships to win the pole vault competition. Using a wood pole, he cleared 11-feet, 6 inches. At track meets attended by colleges of all sizes, he would win multiple events, in one meet finishing first in seven events.

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



Roy Heater

He became one of the leading track mentors in the Northwest, coaching at George Fox, Willamette University, Pacific University and Oregon State. Among his students were Slat Gill and A.C. Gilbert, who went on to break the world pole vault record at Yale University.

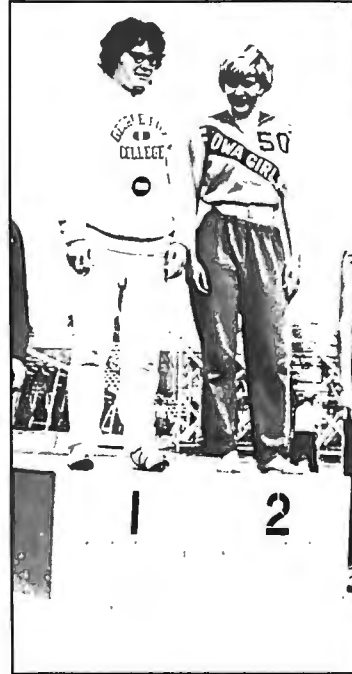
Janet (Johnson) McClurg (1961-65)

was a world-class athlete, winning the 1964 U.S. Track and Field Federation 100- and 220-yard national championships.

She finished sixth in the pentathlon at the 1967 Pan Am Games and her 1967 400-yard time of 53.6 ranked ninth in the world.

Bob Hadlock (1965-70) was George Fox's first NAIA track All-American and the first to be selected in a professional draft. Hadlock made it to the NAIA national meet three times, finishing third in the 1968 shot put. After being named a football All-American in 1970, the 6-foot-6 defensive tackle and center was drafted by the Detroit Lions of the National Football League.

Curt Ankeny (1970-74) was one of the Northwest's top athletes in the early '70s. He was named 1973 NAIA District 2 Athlete of the Year



1974 marathon All-American Curt Ankeny

for all sports. He was a three-time track and field NAIA national meet competitor, finishing third in the 1974 marathon. He twice finished 17th at the national cross country meet. Ankeny set NAIA District 2 records in winning the district marathon and six-mile races. He also captured the three-mile title and the cross country championship twice. He was inducted into the NAIA District 2 Players Hall of Fame in 1984.

Steve Blikstad (1975-79) was George Fox's first NAIA national champion. He won NAIA All-American awards three times in track and once in cross country. After taking second as a sophomore and third as a junior, he took the steeplechase national title his senior season. In track, Blikstad broke five school records and helped



LEFT: Steve Blikstad, George Fox's first NAIA national champion

BELOW: Aaron Young, 1996 triple jump national champion



American awards and also made the GTE Academic All-American At-Large First Team. She was twice named NAIA District 2

Female Athlete of the Year and went on to win the 1992 Seattle Marathon in her first try. At George Fox, she set records in six events.

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

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

Becci Harper (1995-97) won back-to-back NAIA national javelin titles and was an all-conference basketball player at George Fox.

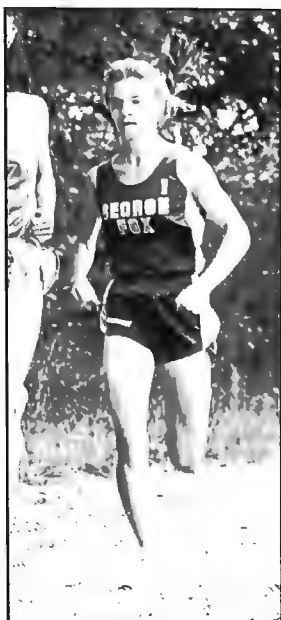
She set the school record with a javelin throw of 156-11 as a junior.

Jen Christiansen (1993-97) was a pioneer in women's pole vault, earning NAIA All-American honors in 1997. She cleared 9-6.25 to place fifth in the inaugural year of the event.

Ryan Chaney (1993-97) won the 1997 indoor and outdoor NAIA 400-meter titles and was named the spring at-large GTE Academic All-American of the Year.

Chaney's best 400-meter time of 45.98 was the fastest by an Oregon college athlete—at all levels.

He finished his track career with eight NAIA All-American awards and seven school records. He was named co-athlete of the meet at the 1997 NAIA Northwest Regional Meet. Chaney qualified and went on to compete in the 1997 USA Track and Field Championships.



Jill (Jamison) Beals (1988-92) was George Fox's first student-athlete to be inducted into the NAIA Hall of Fame. She was a three-time 10,000-meter national NAIA champion and set the national meet record. She also ran to NAIA national runner-up finishes in the 5,000-meter race and the cross country

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

race. She helped George Fox's women's cross country team to its first-ever No. 1 national ranking.

In her track and cross country career, she won a dozen NAIA All-



ABOVE LEFT: Becci Harper, two-time javelin national champion

BELOW LEFT: Jen Christiansen, pole vault All-American
LEFT: Ryan Chaney, two-time 400-meter national champion



WOMEN'S CROSS COUNTRY/ALL AMERICANS



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

WOMEN'S CROSS COUNTRY TEAM FINISHES

| Year | Team Finishes | Coach |
|------|----------------------|---------------|
| | National Conf./Dist. | |
| 1978 | = 4th | Randy Winston |
| 1979 | | Randy Winston |
| 1980 | = 5th | Curt Ankeny |
| 1981 | = 5th | Curt Ankeny |
| 1982 | No Team | |
| 1983 | No Team | |
| 1984 | # inc. | Randy Renfro |
| 1985 | No Team | |
| 1986 | # 7th | Wendell Otto |
| 1987 | # 3rd | Wes Cook |
| 1988 | + 8th/% 1st | Wes Cook |
| 1989 | + 10th | Wes Cook |
| 1990 | + 6th | Wes Cook |
| 1991 | + 5th | Wes Cook |
| 1992 | + 2nd | Wes Cook |
| 1993 | + 11th | Wes Cook |
| 1994 | + 7th | Wes Cook |
| 1995 | + 14th | Wes Cook |
| 1996 | * 6th | Wes Cook |
| 1997 | * 4th | 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 |
| | 1996 | NAIA Scholar-Athlete |
| Angela Linder | 1995 | NAIA Scholar-Athlete |
| | 1996 | NAIA Scholar-Athlete |
| Dawn Hartwig | 1995 | NAIA (7th) |
| Brooke Barton | 1996 | NAIA Scholar-Athlete |
| Rima Butler | 1997 | NAIA Scholar-Athlete |
| Heather Peterson | 1997 | NAIA Scholar-Athlete |
| Stacey Parker | 1997 | NAIA Scholar-Athlete |



1995 All-American Dawn Hartwig



1995 All-American Eli Lane



1994 All-American Erik Gibson

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 | 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 |
| 1997 | | * 4th Wes Cook |

+National Association of Intercollegiate Athletics (NAIA) National Meet

NAIA District 2

¢ Cascade Collegiate Conference Meet

* Northwest Conference of Independent Colleges Meet

MEN'S CROSS COUNTRY

ALL-AMERICANS

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

W O M E N ' S T R A C K

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 | Randy Winston |
| 1982 | = 4th | Harry Selby |
| 1983 | # 4th | Eb Buck |
| 1984 | + 23rd | Randy Renfro |
| 1985 | + 23rd | Rob Parker |
| 1986 | # 7th | Wendell Otto |
| 1987 | # 6th | Wendell Otto |
| 1988 | + 41st | Wes Cook |
| 1989 | + 17th | Wes Cook |
| 1990 | + 40th | Wes Cook |
| 1991 | + 12th | Wes Cook |
| 1992 | + 10th | Wes Cook |
| 1993 | + 9th | Wes Cook |
| 1994 | + 21st | Wes Cook |
| 1995 | + 14th | Wes Cook |
| 1996 | + 8th | Wes Cook |
| 1997 | + 7th | 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 |
| 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) |
| 1997 | NAIA High Jump (Champion) |
| 1997 | NAIA Scholar-Athlete |
| 1997 | 4x400 Relay (5th) |



Two-time discus national runner-up
Paula Wittenburg

| | |
|--------------------------|----------------------------|
| Becci Harper 1996 | NAIA Javelin (Champion) |
| 1997 | NAIA Javelin (Champion) |
| Liz Stephens 1996 | NAIA 400 Hurdles (4th) |
| 1996 | NAIA 4x400 Relay (4th) |
| Kristin (Oelrich) Chaney | |
| 1996 | NAIA 4x400 Relay (4th) |
| 1997 | NAIA 4x400 Relay (5th) |
| Amy Redenius 1996 | NAIA 4x400 Relay (4th) |
| 1997 | NAIA 4x400 Relay (5th) |
| Sharon Barnett 1997 | NAIA 100 Hurdles (2nd) |
| Jennifer Christiansen | |
| 1997 | NAIA Pole Vault (5th) |
| Heidi Haley 1997 | NAIA 4x400 Relay (5th) |



1995 Cascade Conference champions

MEN'S TRACK

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 | # 4th | Wes Cook |
| 1995 + 13th | ¢ 1st | Wes Cook |
| 1996 + 10th | * 3rd | Wes Cook |
| 1997 + 22nd | * 2nd | Wes Cook |

+ National Association of Intercollegiate Athletics (NAIA) National Meet

% National Christian College Athletic Association (NCCAA) National Meet

NAA District 2 Meet

¢ Cascade Collegiate Conference Meet

* Northwest Conference of Independent Colleges (NCIC) Meet



1990 All-American Tim Hagen

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) | Jonathan Morse | 1992 NAIA Scholar-Athlete |
| | 1971 | NAIA Pole Vault (3rd) | Rob Rising | 1993 NAIA Scholar-Athlete |
| Curt Ankeny | 1974 | NAIA Marathon (3rd) | Ed Sloan | 1993 NAIA 5,000 Walk (6th) |
| Eb Buck | 1975 | NAIA Decathlon (2nd) | Erik Gibson | 1993 NAIA 5,000 (3rd) |
| Steve Blikstad | 1977 | NAIA Steeplechase (2nd) | | 1993 NAIA Long Jump (3rd) |
| | 1978 | NAIA Steeplechase (3rd) | | 1993 NAIA Steeplechase (5th) |
| | 1979 | NAIA Steeplechase (Champion) | | 1994 NAIA Steeplechase (4th) |
| Chad Neeley | 1978 | NAIA Hurdles (2nd) | John Smith | 1995 NAIA Steeplechase (3rd) |
| Mike Watts | 1983 | NAIA Javelin (5th) | | 1994 NAIA Decathlon (5th) |
| | 1987 | NCCAA Discus (Champion) | Aaron Young | 1995 NAIA Decathlon (5th) |
| | 1987 | NCCAA Hammer (2nd) | | 1995 NAIA Triple Jump (6th) |
| | 1987 | NCCAA Javelin (3rd) | | 1996 NAIA Triple Jump (Champion) |
| Scott Ball | 1984 | NAIA Scholar-Athlete | Ryan Chaney | 1995 NAIA 400 (4th) |
| Dwight Larabee | 1985 | NAIA Scholar-Athlete | | 1996 NAIA 400 (2nd) |
| Adolphus Onua | 1987 | NAIA 110 Hurdles (3rd) | | 1996 NAIA 4x400 Relay (5th) |
| Tim Hagen | 1989 | NAIA Scholar-Athlete | | 1996 NAIA Scholar-Athlete |
| | 1990 | NAIA High Jump (indoor, 5th) | | 1997 NAIA Indoor 400 (Champion) |
| | 1990 | NAIA High Jump (3rd) | | 1997 NAIA 400 (Champion) |
| Todd Bos | 1991 | NAIA 800 (5th) | Josh Howerv | 1997 NAIA Scholar-Athlete |
| | 1991 | NAIA Scholar-Athlete | Peter Carmack | 1997 GTE Academic All-American of the Year – Spring At-Large Team College Division |
| Vance Godfrey | 1991 | NAIA 10,000 Walk (5th) | | 1997 4x400 Relay (5th) |
| Brian Hartenstein | 1992 | NAIA 400 Hurdles (6th) | David Parker | 1996 NAIA 4x400 Relay (5th) |
| David Thomas | 1992 | NAIA 10,000 Walk (4th) | | 1997 NAIA 4x400 Relay (5th) |
| | | | | 1996 NAIA 400 Hurdles (4th) |
| | | | | 1996 NAIA 4x400 Relay (5th) |
| | | | | 1997 NAIA 4x400 Relay (5th) |
| | | | Jim Haley | 1997 NAIA 4x400 Relay (5th) |



1987 All-American Adolphus Onua

GEORGE FOX CROSS COUNTRY RECORDS



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. | 19:22.8 | Melody McCart | Salem, Ore. | 10-11-97 |
| 24. | 19:27.8 | Alisha Mulkey | Spokane, Wash. | 11-04-95 |
| 25. | 19:32.2 | Stacey Parker | Walla Walla, Wash. | 9-6-97 |

TEAM TIME RECORD

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



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. | 25:48.2 | Brandon Workman | Salem, Ore. | 10-04-97 |
| 19. | 25:48.5 | Eli Lane | Spokane, Wash. | 11-04-95 |
| 20. | 25:52.4 | Jonathan Ulmer | Estacada, Ore. | 11-06-93 |
| 21. | 25:55.2 | Doug McLucas | Salem, Ore. | 10-05-91 |
| 22. | 25:58.9 | Josh Kneeshaw | Estacada, Ore. | 11-06-93 |
| 23. | 25:59.1 | Mike Murphy | Salem, Ore. | 10-05-91 |
| 24. | 25:59.6 | Larry Mock | Salem, Ore. | 10-15-88 |
| 25. | 26:00.0 | Scott Celley | Tacoma, Wash. | 10-17-81 |

TEAM TIME RECORD

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

GEORGE FOX TRACK AND FIELD RECORDS



100-meter record holder Gregg Griffin

MEN

100m

| | | | |
|-------|----------------|----|---------|
| 10.43 | Gregg Griffin | SR | 5-18-79 |
| 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

| | | | |
|-------|----------------|----|---------|
| 21.31 | Ryan Chaney | SR | 5-11-97 |
| 21.44 | Gregg Griffin | SR | 4-27-79 |
| 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

| | | | |
|-------|----------------|----|---------|
| 45.98 | Ryan Chaney | SR | 5-23-97 |
| 48.15 | Tim Conley | SR | 5-12-90 |
| 48.34 | Werner Seibert | SR | 5-12-79 |
| 48.44 | Chad Neeley | SR | 5-13-78 |
| 48.64 | Monte Anders | SR | 5-10-80 |
| 48.74 | 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 |
| 1:53.69 | Curt Rosen | SR | 4-26-97 |
| 1:53.94 | Randy Ware | JR | 3-05-77 |
| 1:54.73 | Torrey Lindbo | SO | 5-15-93 |
| 1:54.74 | Keith Pearson | SO | 5-10-80 |
| 1:54.84 | John Cole | FR | 4-26-80 |
| 1:54.84 | Cliff McCurdy | SR | 4-10-77 |

1,500m

| | | | |
|---------|----------------|----|---------|
| 3:46.25 | Jonathan Morse | SO | 4-25-92 |
| 3:49.94 | Wendell Otto | SO | 4-14-79 |
| 3:50.97 | Steve Stuart | SR | 5-22-80 |
| 3:52.74 | Todd Bos | SR | 4-20-91 |
| 3:52.74 | Bruce Greene | FR | 5-14-76 |
| 3:53.36 | Ron Marsh | SR | 5-09-92 |
| 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 |
| 14:45.64 | Steve Stuart | SR | 5-02-80 |
| 14:53.14 | Mark Mohnen | JR | 4-28-90 |
| 14:53.39 | Erik Gibson | JR | 3-24-95 |
| 14:53.54 | Jerred Gildehaus | FR | 3-02-85 |
| 14:56.04 | Lyndel Smith | JR | 5-12-79 |
| 14:57.14 | Aaron Howard | JR | 3-23-91 |
| 14:58.24 | Jon Wright | SR | 11-14-92 |
| 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 |

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 |
| 15.02 | David Parker | SO | 4-05-97 |
| 15.19 | Aaron Young | JR | 4-01-95 |
| 15.33 | John Smith | JR | 4-01-95 |
| 15.34 | Keith Wigley | SR | 4-10-86 |
| 15.34 | Steve Shattuck | FR | 4-07-90 |

400m Intermediate Hurdles

| | | | |
|-------|-------------------|----|---------|
| 52.30 | David Parker | SO | 5-03-97 |
| 52.34 | Chad Neeley | SR | 5-20-78 |
| 52.75 | Brian Hartenstein | SR | 4-25-92 |
| 53.24 | Rick Frisk | SO | 4-24-81 |
| 54.24 | Duane Swafford | JR | 4-26-80 |
| 54.54 | Scott Brown | SR | 4-20-91 |
| 54.54 | Scott Edinger | SO | 5-21-97 |
| 55.14 | James Oshiro | SO | 4-20-91 |
| 55.24 | Tim Weaver | FR | 5-05-73 |
| 55.24 | Bruce Ponder | JR | 5-18-74 |

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 | Four others | | |

Pole Vault

| | | | |
|---------|---------------|----|---------|
| 15-8 | Dave McDonald | SO | 6-07-69 |
| 15-7 | John Smith | JR | 5-06-95 |
| 15-1 | Jason Strait | JR | 5-08-93 |
| 15-0 | Brent Heydel | FR | 3-18-80 |
| 14-0 | 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 |
| 13-7.25 | David Parker | SO | 3-07-97 |
| 13-6 | Dan Weidman | FR | 3-19-54 |

Long Jump

| | | | |
|---------|---------------|----|---------|
| 23-9 | Amadu Koroma | SR | 5-20-78 |
| 23-7.25 | Rob Rising | SO | 5-20-93 |
| 23-5.25 | Shane Covelli | FR | 5-05-90 |
| 22-10.5 | Andrew Stave | JR | 5-02-97 |
| 22-9.5 | David Parker | SO | 5-02-97 |
| 22-4.5 | Mark Halland | SR | 4-28-73 |
| 22-4.5 | John Smith | JR | 2-25-95 |
| 22-3 | Aaron Young | SR | 3-30-96 |
| 22-1.5 | Randy Winston | SR | 4-28-73 |
| 22-1 | Dave Varnon | FR | 4-29-78 |

Triple Jump

| | | | |
|----------|---------------|----|---------|
| 48-7.5 | Aaron Young | SR | 5-24-96 |
| 48-5.5 | Mark Halland | JR | 6-02-72 |
| 47-11.5 | Cal Ferguson | SR | 1968 |
| 47-6.25 | Randy Winston | SR | 3-24-73 |
| 46-6 | Andrew Stave | SO | 5-11-96 |
| 45-11.25 | John Smith | FR | 3-06-93 |
| 45-8.75 | Fred Cummings | FR | 3-12-77 |
| 45-4.5 | David Parker | FR | 3-30-96 |
| 45-3.5 | Dave 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 |
| 47-10 | Ian Strauss | FR | 5-10-97 |
| 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 |

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 |



Intermediate hurdle record-holder
David Parker

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 |
| 168-11 | Ty Taylor | FR | 2-22-97 |

Decathlon

| | | | |
|------|---------------|----|------------|
| 7138 | John Smith | JR | 5/25-26/95 |
| 6800 | David Parker | SO | 4/14-15/97 |
| 6451 | Keith Wigley | SR | 5/22-23/86 |
| 6226 | David Nickell | SO | 4/18-19/88 |
| 6203 | Aaron Young | JR | 4/17-18/95 |
| 6138 | Jon Hirota | FR | 5/04-05/94 |
| 6112 | Scott Brown | JR | 4/26-27/90 |
| 5853 | Scott Edinger | FR | 4/15-16/96 |
| 5789 | Rob Flanagan | FR | 4/17-18/89 |
| 5693 | Shane Covelli | FR | 4/16-17/90 |

5,000m Racewalk

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

| | | |
|-------|--|------|
| 41.34 | Koroma, Neeley Reynolds, Griffin | 1978 |
| 41.84 | Reynolds, Seibert Anders, Griffin | 1979 |
| 41.94 | Karoma, Seibert Griffin, Mitchell | 1977 |
| 42.44 | A. Koroma, Neeley Ponder, J. Koroma | 1975 |
| 42.54 | A. Koroma, Neeley Mitchell, Griffin | 1977 |
| 42.44 | Howery, Carmack Ankeny, Chaney | 1996 |
| 42.96 | Parker, Howery Edinger, Chaney | 1997 |
| 43.04 | Heathco, Keele Ponder, Koroma | 1974 |
| 43.01 | Howery, Carmack Lindbo, Chaney | 1995 |
| 43.04 | Sherman, Frank Reynolds, Van Winkle | 1981 |

4x400m Relay

| | | |
|---------|---------------------------------------|------|
| 3:11.10 | Carmack, Chaney Haley, Parker | 1997 |
| 3:13.05 | Howery, Chaney Parker, Carmack | 1996 |
| 3:17.56 | Carmack, Schaffeld Lindbo, Chaney | 1995 |
| 3:18.17 | Lewis, Robinson Rising, Lindbo | 1993 |
| 3:18.32 | Oshiro, Marsh Hartenstein, Bos | 1991 |
| 3:18.34 | Olds, Van Winkle Frisk, Anders | 1980 |
| 3:18.71 | Howery, Edinger Carmack, Chaney | 1996 |
| 3:19.04 | Stuart, Van Winkle Seibert, Anders | 1979 |
| 3:19.24 | Stuart, Driesner Neeley, Seibert | 1978 |
| 3:19.44 | Neeley, Bales Heathco, Ponder | 1975 |

GEORGE FOX TRACK & FIELD RECORDS

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 |
| 12.54 | Joyce Yates | FR | 1979 |
| 12.54 | Tiffani Coston | FR | 1988 |
| 12.56 | Kristin Oelrich | SO | 1996 |
| 12.64 | Denise Carlson | JR | 1990 |
| 12.64 | Billie Bentley | FR | 1993 |
| 12.64 | Marta Shields | FR | 1987 |
| 12.64 | Joy Butler | FR | 1994 |

200m

| | | | |
|-------|--------------------|----|------|
| 24.84 | 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 |
| 57.51 | Heidi Haley | SR | 1997 |
| 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 |
| 59.46 | 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 |
| 2:18.99 | Karen Baltz | SR | 1997 |
| 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 |



Low hurdle record holder Liz Stephens

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 |
| 40:35.14 | Brooke Barton | JR | 1997 |

Half Marathon

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

Marathon

| | | | |
|---------|-----------------|----|------|
| 3:51:07 | Kali Haverstock | FR | 1987 |
|---------|-----------------|----|------|

Heptathlon

| | | | |
|------|-----------------------|----|------|
| 4556 | Marlyss Stenberg | SR | 1993 |
| 4362 | Liz Stephens | SR | 1996 |
| 3834 | Tina Stauffer | SO | 1993 |
| 3631 | Cheryl Shepherd | JR | 1992 |
| 3528 | Karrie Kiester | FR | 1997 |
| 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 |

100m High Hurdles

| | | | |
|-------|------------------|----|------|
| 14.68 | Sharon Barnett | FR | 1997 |
| 14.88 | Liz Stephens | JR | 1995 |
| 15.17 | Karen Maxwell | JR | 1980 |
| 15.15 | Karrie Kiester | FR | 1997 |
| 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 |

GEORGE FOX TRACK & FIELD RECORDS

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 |
| 65.92 | Karrie Kiester | FR | 1997 |
| 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 |

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 | Marvann Mason | JR | 1979 |
| 5-3 | Keelie Keown | FR | 1994 |
| 5-3 | Angie Powell | FR | 1997 |
| 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 |
| 16-9.75 | Sharla Rhoades | SO | 1997 |
| 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

| | | | |
|---------|-----------------|----|------|
| 36-5.75 | Jocelyn Kennedy | FR | 1997 |
| 36-2.25 | Sharla Rhoades | SO | 1997 |
| 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 |

Shot Put

| | | | |
|----------|------------------|----|------|
| 42-3.5 | Karen Gurske | FR | 1981 |
| 40-4 | Danielle Wilson | FR | 1988 |
| 39-10.5 | Paula Wittenburg | JR | 1985 |
| 39-10 | Nancy Katus | JR | 1989 |
| 39-4.5 | Leah Johanson | SO | 1994 |
| 39-1.5 | Gina Cross | FR | 1989 |
| 38-7 | Cheryl Funk | SO | 1986 |
| 38-5 | Melanie Johnson | FR | 1982 |
| 38-0 | Cheryl Shepherd | JR | 1992 |
| 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 |
| 114-11 | Rachel Hampton | FR | 1984 |
| 113-10 | Erin Allen | FR | 1997 |
| 109-6 | Kathy Alexander | FR | 1997 |

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 |

4x100m Relay

| | | |
|-------|----------------------|------|
| 48.56 | Bentley, Butler | 1994 |
| | Burrus, Scrutton | |
| 48.86 | Baltz, Oelrich | 1996 |
| | Rissmiller, Redenius | |
| 49.08 | Oelrich, Burrus | 1995 |
| | Rissmiller, Scrutton | |
| 49.23 | Oelrich, Haley | 1996 |
| | Rissmiller, Redenius | |
| 49.44 | Bentley, Stenberg | 1993 |
| | Ti. Golden, Gortler | |



Heptathlon record holder
Marlyss Stenberg

| | | |
|-------|----------------------|------|
| 49.54 | Davis, Maxwell | 1980 |
| | Williams, Dennis | |
| 49.54 | Baltz, Oelrich | 1996 |
| | Haley, Redenius | |
| 49.63 | Castillo, Rissmiller | 1995 |
| | Burrus, Scrutton | |
| 49.63 | Baltz, Haley | 1997 |
| | Barnett, Redenius | |
| 49.73 | Bailey, Coston | 1989 |
| | Carlson, Lewis | |

4x400m Relay

| | | |
|---------|----------------------|------|
| 3:46.06 | Oelrich, Stephens | 1996 |
| | Rissmiller, Redenius | |
| 3:47.50 | Oelrich, Haley | 1996 |
| | Rissmiller, Redenius | |
| 3:49.04 | Oelrich, Haley | 1997 |
| | Rissmiller, Redenius | |
| 3:51.62 | Oelrich, Scrutton | 1995 |
| | Stephens, Rissmiller | |
| 3:53.93 | Oelrich, Scrutton | 1995 |
| | Castillo, Rissmiller | |
| 3:54.19 | Baltz, Oelrich | 1997 |
| | Rissmiller, Haley | |
| 3:55.41 | Oelrich, Castillo | 1995 |
| | Stephens, Rissmiller | |
| 3:57.33 | Baltz, Stephens | 1996 |
| | Castillo, Scrutton | |
| 4:00.69 | Crawford, Stenberg | 1992 |
| | Lewis, Kintrea | |
| 4:01.96 | Carlson, Lewis | 1990 |
| | Stenberg, Kintrea | |

Pole Vault

| | | | |
|--------|------------------|----|------|
| 9-6.25 | Jen Christiansen | SR | 1997 |
| 7-6 | Sarah Bain | FR | 1996 |
| 7-0 | Cherish Carroll | FR | 1996 |

Hammer

| | | | |
|-------|---------------|----|------|
| 107-1 | Leah Johanson | SR | 1996 |
| 98-7 | Jenny Bonnell | FR | 1997 |
| 76-10 | Becci Harper | JR | 1996 |
| 53-11 | Rachel Lewis | SR | 1996 |

1,500m Racewalk

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

3,000m Racewalk

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



THE UNIVERSITY

Founded in 1885 as Friends Pacific Academy, George Fox University is a Christian liberal arts university growing in size and reputation. In the last 10 years enrollment has quadrupled to more than 2,200 students and *U.S. News and World*

Report in 1997 ranked the school second in academic reputation in its western regional liberal arts colleges category.

The magazine also has listed the university in its "Top Teaching Schools" and "Most Efficient" categories.

George Fox offers innovative programs. Each freshman undergraduate is provided a computer to use and keep upon graduating. Students reaching their junior year are eligible for an international study trip for which the university pays transportation costs.

George Fox offers 36 undergraduate and nine graduate degree programs, as well as a degree-completion program for working

adults. Classes also are offered in Portland, Salem, Eugene and Boise, Idaho. George Fox became a university in 1996 when it merged with Western Evangelical Seminary in Portland.

The school is named in honor of the founder of the Friends (Quaker) Church.

The University's most prominent alumnus is the late President Herbert Hoover, who attended Friends Pacific Academy.

ATHLETIC AFFILIATION

The landscape of small-college athletics in the Pacific Northwest is undergoing sweeping changes, and George Fox University is in the midst of the transformation.

In the fall of 1994, the University joined the Northwest Conference of Independent Colleges (NCIC), a league of 10 strong academic institutions in Oregon and Washington. That winter, the NCIC applied for membership in the National Collegiate Athletic Association (NCAA) Division III. The move meant leaving the National Association of Intercollegiate Athletics (NAIA), an association George Fox had held membership in since 1965.

George Fox and the NCIC members have provisional membership in the NCAA but continue to compete

in NAIA national championships. George Fox expects to be eligible for NCAA national championships by 1999-2000.

George Fox's men's and women's basketball teams compete in NAIA Division II, while the 11 other sports the University competes in are not divided into divisions by the NAIA.

The NAIA is an autonomous association administering programs leading to 13 men's and 11 women's championships. The NAIA includes about 350 four-year colleges and universities in 49 states and Canada. They are grouped in nine regions and 44 conferences.

The NCAA administers 80 championships in 21 sports for its 1,201 member institutions, involving nearly 21,000 men and women scholar-athletes. There are more than 350 schools in Division III.



GEORGE FOX TRACK & FIELD RECORDS

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 | | | | | | | | | | | | | | | |
| 21.31 | Ryan Chaney | '97 | | 21.48 | Ryan Chaney | '96 | | 21.64 | Gregg Griffin | '77 | | 21.64 | Gregg Griffin | '76 | |
| 400m | | | | | | | | | | | | | | | |
| 45.98 | Ryan Chaney | '97 | | 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 | | 52.30 | David Parker | '97 | | 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 | | 22-10.5 | Andrew Stave | '97 | | 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 | | | | | | | | | | | | | | | |
| 6,451 | Keith Wigley | '86 | | 7,138 | John Smith | '95 | | 6,800 | David Parker | '97 | | 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 | | | | | | | | | | | |
| 26.45 | Heidi Haley | '97 | 25.64 | Janet Johnson | '65 | 26.02 | Kelly Scrutton | '95 | 24.84 | Joyce Yates | '79 |
| 400m | | | | | | | | | | | |
| 57.51 | Heidi Haley | '97 | 58.23 | Ginean Lewis | '92 | 57.70 | Kristin 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 | 14.68 | Sharon Barnett | '97 |
| Low Hurdles | | | | | | | | | | | |
| 61.29 | Liz Stephens | '96 | 63.11 | Liz Stephens | '95 | 63.07 | Liz Stephens | '94 | 65.63 | Liz Stephens | '93 |
| Heptathlon | | | | | | | | | | | |
| 4,556 | Marlyss Stenberg | '93 | 4,318 | Marlyss Stenberg | '92 | 4,179 | Marlyss Stenberg | '91 | 3,937 | Marlyss Stenberg | '90 |
| Pole Vault | | | | | | | | | | | |
| 9-6.25 | Jen Christiansen | '97 | 7-8 | Jen Christiansen | '96 | | | | 7-6 | Sarah Bain | '96 |
| High Jump | | | | | | | | | | | |
| 5-7 | Kathie Muck Brown | '94 | 5-9 | Nancy Rissmiller | '97 | 5-9.75 | Nancy Rissmiller | '96 | 5-10 | Nancy Rissmiller | '95 |
| Long Jump | | | | | | | | | | | |
| 17-11 | Marlyss Stenberg | '93 | 17-11.25 | Marlyss Stenberg | '92 | 17-5 | Marlyss Stenberg | '91 | 17-5 | Jacquie Williams | '80 |
| Triple Jump | | | | | | | | | | | |
| 34-4.5 | Kelli Hagen | '90 | 33-1 | Kelli Hagen | '88 | 36-2.25 | Sharla Rhodes | '97 | 36-5.75 | Jocelyn Kennedy | '97 |
| Shot Put | | | | | | | | | | | |
| 38-10 | Paula Wittenburg | '86 | 39-10.5 | Paula Wittenburg | '85 | 42-1 | Karen Gurske | '82 | 42-3.5 | Karen Gurske | '81 |
| Discus | | | | | | | | | | | |
| 151-1 | Paula Wittenburg | '86 | 145-3 | Paula Wittenburg | '85 | 146-9 | Paula Wittenburg | '84 | 138-7 | Paula Wittenburg | '83 |
| Javelin | | | | | | | | | | | |
| 155-0 | Denise Fox | '89 | 156-11 | Becci Harper | '96 | 142-9 | Leah Johanson | '94 | 154-10 | Sue Banta | '77 |
| Hammer | | | | | | | | | | | |
| 107-1 | Leah Johanson | '96 | 76-10 | Becci Harper | '96 | | | | 98-7 | Jenny Bonnell | '97 |
| 1,500 Walk | | | | | | | | | | | |
| | | | | | | 8:37.9 | Liz Evon | '94 | 8:59.2 | Liz Evon | '93 |
| 3,000 Walk | | | | | | | | | | | |
| | | | 19:13.5 | Debbie Driesner | '82 | 16:50.0 | Kristin Thomas | '93 | 17:42.64 | Liz Evon | '92 |

BRUINS

BRUINS

BRUINS

BRUINS

1998

TRACK & FIELD SCHEDULE

JANUARY

Sat. 31 at McDonald's University of Idaho
Indoor Meet

FEBRUARY

Sat. 14 at Lewis & Clark Winter All-Comers Meet

Sat. 21 **GEORGE FOX WINTER
ALL-COMERS MEET**

Sat. 28 NCIC QUAD MEET with Linfield, PLU,
Whitworth

MARCH

Sat. 7 at Linfield Icebreaker Meet

Sat. 14 at Lewis & Clark NCIC 5-Way Meet with
Whitworth, Puget Sound, PLU

Sat. 21 at Santa Barbara Easter Relays

Sat.-Sun 28-29 at Stanford Invitational

APRIL

Sat. 4 at Willamette Open

Sat. 11 at Whitworth NCIC Quad Meet with Whitman,
Willamette

Mon.-Tues. 13-14 NCIC Multi-Events Championships at PLU

Fri. 17 **GEORGE FOX DISTANCE CARNIVAL** (Twilight)

Sat. 18 **GEORGE FOX ALL-COMERS MEET**

Sat. 25 **GEORGE FOX OPEN**

MAY

Fri-Sat. 1-2 NCIC Championships at Linfield

Sat. 9 NAIA Northwest Regional Championships at
Western Oregon

Thur-Sat. 21-23 NAIA National Championships at Tulsa, Okla.

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