

1996

1996 Media Guide

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1996

Track and Field/Cross Country

GEORGE FOX COLLEGE



1995-96 George Fox College 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/Chemeketa CC/Azusa Pacific)	Distance/XC	Baltz, Karen	3	Charlo, Mont. (Ronan)	Heptathlon/XC
Ankeny, Luke	1	Homedale, Idaho (Homedale)	Sprints	Barrong, Rachel	1	Cottage Grove, Ore. (Cottage Grove)	Long Jump
Autrey, Phil	1	Spokane, Wash. (University)	Mid-Distance/XC	Barton, Brooke	2	Lake Oswego, Ore. (Lake Oswego HS)	XC
Beebe, Sean	3	Salem, Ore. (Salem Academy)	Distance/XC	Bates, Stephenie	2	Boring, Ore. (Sandy Union)	Throws
Bisenius, Peter	1	Milwaukie, Ore. (Rex Putnam)	Distance/XC	Baugh, Stacy	1	Diamond Bar, Calif. (Diamond Bar)	Hurdles
Carmack, Peter	3	Pendleton, Ore. (Pendleton)	Sprints/XC	Bergman, Emily	4	Kent, Wash. (Kentridge)	Distance/XC
Chaney, Ryan	3	Dexter, Ore. (Salem Academy)	Sprints	Bergman, Heidi	2	Kent, Wash. (Kentridge)	Distance/XC
Cheung, Raymond	3	Hong Kong (La Salle College)	Distance/XC	Beringer, Celeste	3	Kent, Wash. (Kentridge)	HJ, Hurdles
Dewar, Dave	4	Canby, Ore. (Canby)	Steeple, Distance/XC	Butler, Rima	2	Shelton, Wash. (Shelton)	Distance/XC
Dixon, Dave	2	Caldwell, Idaho (Homedale)	Distance/XC	Carrol, Cherish	2	Fairbanks, Alaska (West Valley/Willamette)	Throws, Pole Vault
Edinger, Scott	1	Colfax, Wash. (Colfax)	Decathlon	Castillo, Stephanie	2	Los Angeles, Calif. (Crenshaw)	Sprints/XC
Gibson, Erik	4	Seattle, Wash. (Cleveland)	Steeple, Distance/XC	Christiansen, Jennifer	3	Grass Valley, Ore. (Sherman County Union)	Heptathlon, Pole Vault/XC
Glover, Andrew	4	Snohomish, Wash. (Watson Groen Christian)	Throws	Davis, Heather	1	Eugene, Ore. (Sheldon)	XC
Haley, Jim	1	Rogue River, Ore. (Rogue River)	Sprints	Erickson, Kara	2	Chehalis, Wash. (W. F. West)	Jumps
Heuberger, Tom	4	Hood River, Ore. (Hood River Valley)	Mid-Distance/XC	Fernandez, Alexis	4	Douglas, Wyo. (Douglas)	Sprints
Howery, Josh	2	Coeur d'Alene, Idaho (Coeur d'Alene)	Sprints	Friberg, Ellen	1	Prosser, Wash. (Prosser)	Jumps
Knosp, Jonathan	1	Hong Kong (International Christian School)	XC	Haley, Heidi	3	Rogue River, Ore. (Rogue River)	Sprints/XC
Lane, Eli	2	Seward, Alaska (Seward HS)	XC	Harper, Becci	3	Independence, Ore. (Central/Western Oregon)	Throws
MacLeod, Chris	3	Portland, Ore. (Sunset HS)	XC	Hartwig, Dawn	4	Trenton, Mich. (Trenton)	Distance/XC
Marcellus, Jared	2	Leavenworth, Wash. (Cascade)	Throws	Hinds, Ruth	4	Tillamook, Ore. (Tillamook)	XC
Melcher, Trenton	3	Anchorage, Alaska (West Anchorage)	Throws	Johanson, Leah	4	Kirkland, Wash. (Bellevue Christian)	Throws
Nichols, Tim	4	Aloha, Ore. (Aloha)	Distance/XC	Kauffman, Jarae	3	Lake Oswego, Ore. (Lakeridge)	Distance/XC
Parker, David	1	Silverton, Ore. (Salem Academy)	Decathlon, Hurdles	Keown, Keeleie	3	Oakridge, Ore. (Oakridge)	High Jump
Pattison, Kevin	1	Kelso, Wash. (Kelso)	Distance/XC	Lewis, Rachel	4	Portland, Ore. (Portland Christian)	Throws/XC
Pickens, Marshall	1	Caldwell, Idaho (Vallivue)	Decathlon	Linder, Angela	3	Molalla, Ore. (Molalla)	Distance/XC
Rome, Chuy	4	Hermiston, Ore. (Hermiston)	Mid-Distance/XC	McDaniel, Debresha	2	Compton, Calif. (Fremont)	Throws
Rosen, Curt	3	Newberg, Ore. (Newberg)	Distance/XC	Mulkey, Alisha	1	Wilder, Idaho (Greenleaf Friends Academy)	Distance/XC
Schwartz, Brian	1	Eugene, Ore. (Churchill)	Distance/XC	Oelrich, Kristin	2	Salem, Ore. (Salem Academy)	Sprints
Smith, John	4	Lakeside, Ore. (North Bend)	Decathlon, Hurdles	Powell, Rachel	1	Turner, Ore. (Cascade)	High Jump
Snider, Brian	1	Aloha, Ore. (Hillsboro)	Sprints/XC	Puckett, Julie	1	Kamiah, Idaho (Kamiah)	Hurdles
Stave, Andrew	2	Eugene, Ore. (South Eugene)	Jumps	Redenius, Amy	1	Tenmile, Ore. (Douglas)	Sprints
Thompson, Eric	1	Philomath, Ore. (Philomath)	Distance/XC	Rhoades, Sharla	1	Bothell, Wash. (Inglemoor)	Jumps, Pole Vault, Sprints
Ulmer, Jon	3	Seattle, Wash. (Shorewood)	Distance/XC	Rissmiller, Nancy	2	Tigard, Ore. (Tigard)	High Jump, Sprints
Vanlandingham, Robert	1	Marshfield, Wis. (Salem Academy)	Mid-Distance	Ross, Robin	2	Rogue River, Ore. (Rogue River/Whitworth)	XC
West, Jason	3	Newberg, Ore. (Newberg HS)	XC	Schoepke, Jamie	2	Eugene, Ore. (Churchill)	Jumps
Young, Aaron	4	Newberg, Ore. (Newberg)	Hurdles,Jumps/XC	Sherman, Dawn	1	Canyonville, Ore. (Canyonville Bible Academy)	Sprints, Long Jump
				Stephens, Liz	4	Bellevue, Wash. (Newport)	Hurdles, Heptathlon
				Sumner, Christa	1	Lake Oswego, Ore. (St. Mary's Academy)	XC
				Taylor, Sandy	3	Eagle, Idaho (Greenleaf Friends Academy)	Distance/XC
				Ulmer, Rebekah	2	Seattle, Wash. (Shorewood)	Distance/XC
				Vanlandingham, Abby	3	Marshfield, Wis. (Salem Academy)	Distance/XC
				Vanlandingham, Val	4	Marshfield, Wis. (Salem Academy)	Sprints
				Vargas, Micki	2	Caldwell, Idaho (Caldwell HS)	XC

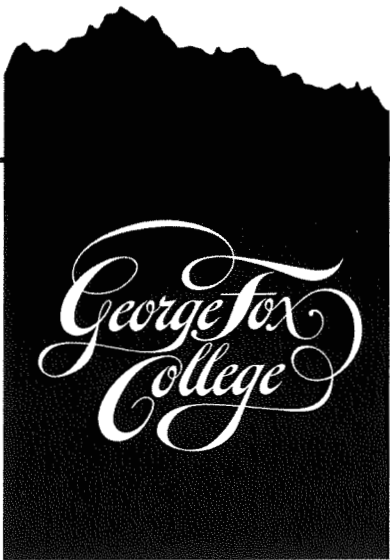
HOW TO REACH US

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On the cover: All-Americans Eli Lane, Leah Johanson, Erik Gibson and Women's Cross Country Team



George Fox College, in its 105th year, is one of America's Best Colleges. Eight times it has been given that designation by *U.S. News & World Report* magazine. In 1995 GFC was ranked second in academic reputation among Western Regional Liberal Arts Colleges, including colleges and universities from Texas to Hawaii. The magazine also named George Fox to its list of "Top Teaching Schools," second among liberal arts colleges in the western region.

George Fox is one of the nation's fastest-growing colleges. Enrollment more than tripled from 549 in 1986 to 1,717 in the fall of 1995.

The College offers unique programs to its students. Every incoming freshman is given a Macintosh computer to use and keep upon graduation. When students reach their third year at GFC, they are eligible for the Juniors Abroad program, where the College pays transportation costs for a three-week overseas study tour.

GFC students come from 32 states, one U.S. territory and nine nations. More than 40 religious denominations are represented on campus.

George Fox College had its beginnings when early Willamette Valley Quaker settlers established Friends Pacific Academy in 1885 for the Christian education of their children. The college division was organized in 1891 to provide more advanced instruction for students. 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. The College is governed by a 42-member Board of Trustees elected by Northwest Yearly Meeting of Friends Church, which comprises nearly 8,000 members in approximately 50 churches in Oregon, Washington and Idaho. Following a merger July 1, 1996, with Western Evangelical Seminary (a graduate school of 350 students in Tigard), the name will again change

— to George Fox University. George Fox is accredited by the Northwest Association of Schools and Colleges. The College is one of 13 members of the national Christian College Consortium. GFC's undergraduate program is administered through three schools: Humanities, Natural and Behavioral Sciences, and Professional Studies. The 15 departments offer 34 majors with more than 600 courses.

An off-campus degree-completion program in either management and organizational leadership or management of human resources enrolls working adults in an evening program with classes in Portland, Salem and Eugene, Ore., and Boise, Idaho. Graduate programs offered are a Doctor of Psychology in clinical psychology, a Master of Arts in Teaching, a Master of Education, a Master of Business Administration, and a Master of Arts in Christian Studies.

The 74-acre tree-shaded campus a half-hour drive from Portland has undergone major expansion in recent years with 12 new buildings constructed. Part of a \$16 million Centennial Campaign, the \$5.3 million Edwards-Holman Science Center opened in the fall of 1994.

Alumni of George Fox are primarily in service-oriented vocations of Christian ministries, education, social work and medical fields. The College's most prominent alumnus is the late President Herbert Hoover, who attended Friends 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 College into a small college powerhouse in cross country and track and field.

In his nine 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 48 NAIA All-American awards and have performed just as well in the classroom, earning 32 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 hasn'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 wins. 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 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



John Luccio

JOHN LUCCIO has been an assistant coach at George Fox since 1989, but he has more than 35 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.



Scott Brown

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. Of the athletes he's coached at George Fox, 20 have qualified for NAIA national competition and five earned NAIA All-American honors.

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 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.

At George Fox, he coached three relay teams to national appearances in his first year.

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.

**Brooke Barton**

Sophomore
Lake Oswego HS
Lake Oswego, Ore.
1993 Cross Country
All-American (30th)

**Dawn Hartwig**

Senior
Trenton HS
Trenton, Mich.
1995 Cross Country
All-American (7th)

**John Smith**

Senior
North Bend HS
Lakeside, Ore.
1994 Decathlon
All-American (5th)
1995 Decathlon
All-American (5th)

**Ryan Chaney**

Junior
Salem Academy
Salem, Ore.
1995 400 Meters
All-American (4th)

**Leah Johanson**

Senior
Bellevue Christian HS
Kirkland, Wash.
1994 Javelin
All-American (5th)
1995 Javelin
All-American (2nd)
1995 All-American Scholar-Athlete

**Erik Gibson**

Graduate Student
Cleveland HS
Seattle, Wash.
1994 Cross Country
All-American (25th)
1994 Steeplechase
All-American (4th)
1995 Steeplechase All-American (3rd)

**Eli Lane**

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

**Aaron Young**

Senior
Newberg HS
Newberg, Ore.
1995 Triple Jump
All-American (6th)

**Becci Harper**

Junior
Western Oregon
State College
Central HS
Independence, Ore.
1995 Javelin
All-American (5th)

**Nancy Rissmiller**

Sophomore
Tigard HS
Tigard, Ore.
1995 High Jump
All-American (2nd)

George Fox Cross Country/Track and Field NAIA All-Americans



Jill Jamison Beals (left) and Juli Cyrus

Men's Cross Country

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

Women's Cross Country

Kristin Lesperance	1988	4th (NCCAA)
Heather Morgan	1988	7th (NCCAA)
Diane Petersen	1988	5th (NCCAA)
Kristin Potts	1988	2nd (NCCAA)
	1989	Academic
	1990	Academic
Melanie Springer	1989	Academic
Jill Jamison Beals	1988	1st (NCCAA)
	1988	2nd
	1990	Academic
	1990	19th
	1991	Academic
	1991	6th
Melissa Wilson Conley	1988	9th (NCCAA)
	1991	Academic
Debbie Kintrea	1992	30th
Michelle Brown	1991	11th
	1992	14th
Phaydra Newport	1991	18th
	1992	7th
Marne VanSise	1992	Academic
Brooke Barton	1993	30th
Emily Bergman	1994	Academic
	1995	Academic
Sandy Taylor	1994	Academic
	1995	Academic

Stephanie (Rosen) Morrow

	1994	23th
Rebekah Ulmer	1994	25th
Jarae Kauffman	1995	Academic
Angela Linder	1995	Academic
Dawn Hartwig	1995	7th

Men's Track and Field

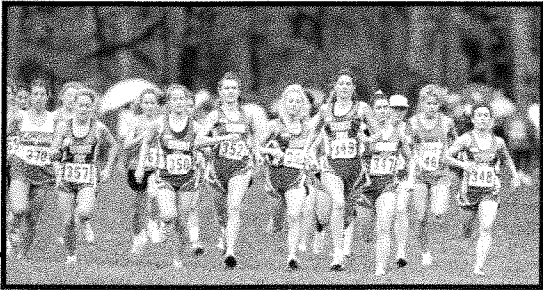
Bob Hadlock	1967	Shot Put (6th)
	1968	Shot Put (3rd)
	1969	Shot Put (5th)
Cal Ferguson	1968	Triple Jump (3rd)
Dave McDonald	1969	Pole Vault (3rd)
	1970	Pole Vault (indoor, 3rd)
	1971	Pole Vault (3rd)
Mark Halland	1971	Triple Jump (5th)
Curt Ankeny	1974	Marathon (3rd)
Eb Buck	1975	Decathlon (2nd)
	1975	Javelin (4th)
Steve Blikstad	1977	Steeplechase (2nd)
	1978	Steeplechase (3rd)
	1979	Steeplechase (Champion)
Chad Neeley	1978	400 Hurdles (2nd)
Mike Watts	1983	Javelin (5th)
Scott Ball	1984	Academic
Dwight Larabee	1985	Academic
Adolphus Onua	1987	110 Hurdles
Tim Hagen	1989	Academic
	1990	High Jump (indoor, 5th)
	1990	High Jump (3rd)
Todd Bos	1991	800 (5th)
	1991	Academic
Vance Godfrey	1991	10K Walk (5th)
Brian Hartenstein	1992	400 Hurdles (6th)
David Thomas	1992	10K Walk (4th)
	1992	Academic
	1993	Academic
	1993	5K Walk (6th)
Jonathan Morse	1993	5,000 (3rd)
Rob Rising	1993	Long Jump (3rd)
Ed Sloan	1993	Steeplechase (5th)
Erik Gibson	1994	Steeplechase (4th)
	1995	Steeplechase (3rd)

John Smith	1994	Decathlon (5th)
	1995	Decathlon (5th)
Aaron Young	1995	Triple Jump (6th)
Ryan Chaney	1995	400 (4th)

Women's Track and Field

Janet Johnson-McClurg	1964	100-meter champion U.S. Track and Field Federation
	1964	220-meter champion USTFF
Karen Gurske	1981	Shot Put (6th)
Jackie Jackson	1981	100 (3rd)
	1981	200 (4th)
Paula Wittenberg-Dunham	1984	Discus (2nd)
	1985	Discus (2nd)
Nancy Katus	1989	Discus (6th)
	1990	Discus (6th)
Jill Jamison Beals	1989	10,000 (Champion)
	1991	10,000 (Champion)
	1991	5,000 (3rd)
	1991	Academic
	1992	10,000 (Champion)
	1992	5,000 (2nd)
	1992	Academic
	1992	GTE-CoSIDA Academic All-American Women's At-Large First-Team, College Division
Juli Cyrus	1992	1,000 yards (indoor, 6th)
	1993	3,000 (2nd)
	1993	5,000 (2nd)
	1994	Academic
	1994	3,000 (4th)
Cheryl Shepherd	1993	Javelin (4th)
	1993	Academic
Kristin Thomas	1993	Academic
Leah Johanson	1994	Javelin (5th)
	1995	Javelin (2nd)
	1995	Academic
Nancy Rissmiller	1995	High Jump (2nd)

TRACK/CROSS COUNTRY TEAM FINISHES



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

Year by Year Results

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	# 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

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

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
\$ 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		

WOMEN'S CROSS COUNTRY TEAM FINISHES

Year	Team Finishes	Coach
	National Conf./Dist.	
1978	= 4th	Randy Winston
1979	= 5th	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	# 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
= Women's Conference of Independent Colleges Meet		
+ National Association of Intercollegiate Athletics National Meet		
% National Christian College Athletic Association (NAIA) National Meet		
# NAIA District 2 Meet		
¢ Cascade Collegiate Conference Meet		
*Northwest Conference of Independent Colleges Meet		

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

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.	18:36.0	Stephanie Morrow	Kenosha, Wis.	11-19-94
11.	19:37.0	Rebekah Ulmer	Kenosha, Wis.	11-19-94
12.	18:42.0	Brooke Barton	Kenosha, Wis.	11-20-93
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

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.	25:42.8	Sean Beebe	Spokane, Wash.	11-04-95
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

George Fox Top 10 Performers

MEN

100m

10.25	Gregg Griffin	SR	5-18-79
10.84	John Koroma	SO	3-30-74
10.84	Tony Nagle	SO	4-22-89
10.87	Ryan Chaney	SO	4-01-95
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
11.14	Chad Neeley	SR	4-25-78

200m

21.44	Gregg Griffin	SR	4-27-79
21.69	Ryan Chaney	SO	5-06-95
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

47.14	Ryan Chaney	SO	6-03-95
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
49.74	Tom Van Winkle	SR	4-10-82
49.88	Peter Carmack	SO	5-13-95

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

1500m

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
14:43.39	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
15.34	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
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
55.79	Charles DeBell	SR	3-24-95

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

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
22-3	Aaron Young	SO	4-09-93
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
21-10	Bob Quiring	SO	4-26-80

Triple Jump

48-5.5	Mark Halland	JR	6-02-72
47-11.5	Cal Ferguson	SR	1968
47-10.5	Aaron Young	FR	5-02-92
47-6.25	Randy Winston	SR	3-24-73
45-11.25	John Smith	FR	3-06-93
45-10	Andrew Stave	FR	5-06-95
45-8.75	Fred Cummings	FR	3-12-77
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
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
144-3	Matt Marlow	SR	1970
143-0	Allan Morrow	SR	5-11-79
139-0	Ken Royal	SO	4-14-73

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
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
180-4	John Smith	JR	5-06-95
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
6138	Jon Hirota	FR	5/04-05/94
6112	Scott Brown	JR	4/26-27/90
6203	Aaron Young	JR	4/17-18/95
5789	Rob Flanagan	FR	4/17-18/89
5693	Shane Covelli	FR	4/16-17/90
5467	Dan Weidman	FR	4/18-19/94
5361	Rich Blanchette	FR	4/21-22/86

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

WOMEN

100m

12.05	Jackie Jackson	FR	1981
12.25	Jacque Davis	SO	1981
12.34	Janet Johnson	SR	1965
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
12.74	Karen Beckler	FR	1979

200m

24.84	Joyce Yates	FR	1979
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24.98	Jackie Jackson	FR	1981
25.04	Janet Johnson	SR	1965
25.46	Shavon Dennis	FR	1980
25.94	Laurie Sparks	FR	1979
26.02	Kelly Scrutton	SO	1995
26.10	Stephanie Castillo	FR	1995
26.22	Ginean Lewis	JR	1992
26.26	Karen Beckler	FR	1979
26.26	Amanda Burrus	SO	1995

400m

56.22	Shavon Dennis	FR	1980
58.23	Ginean Lewis	JR	1992
58.60	Nancy Rissmiller	FR	1995
58.70	Kristin Oelrich	FR	1995
58.87	Stephanie Castillo	FR	1995
59.46	Kelly Scrutton	FR	1994
59.85	Liz Stephens	JR	1995
60.11	Karen Baltz	SO	1995

G F C T R A C K A N D F I E L D R E C O R D S

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
40:03.84	Mindy Fox	FR	1992
40:33.94	Nancy Roley	SR	1986
41:23.52	Ruth Hinds	SO	1994
42:08.84	Heather Morgan	SO	1990

Half Marathon

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

Marathon

3:51:07	Kali Haverstock	FR	1987
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Heptathlon

4556	Marlyss Stenberg	SR	1993
4303	Liz Stephens	JR	1995
3834	Tina Stauffer	SO	1993
3631	Cheryl Shepherd	JR	1992
3454	Keelie Keown	FR	1994
3413	Jennifer Christiansen	FR	1994
3323	Kelli Hagen	JR	1988
3224	Marne VanSise	FR	1990
2972	Tammy Petersen	FR	1991
2949	Sue Woolsey	SO	1985

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
16.14	Karen Wilkinson	FR	1986
16.42	Tiffani Coston	SO	1989
16.77	Kelli Hagen	SR	1990
16.84	Tina Stauffer	FR	1992

400m Low Hurdles

62.78	Marlyss Stenberg	SR	1993
63.07	Liz Stephens	SO	1994
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
5-3.25	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	FR	1994

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
16-3	Bobbi Sloan	FR	1991
16-3	Karen Maxwell	JR	1980
16-3	Tina Stauffer	SO	1993
16-2	Sue Woolsey	SO	1985
16-1	Melody Groeneveld	JR	1984
16-1	Anna Lee	FR	1992

Triple Jump

34-04.5	Kelli Hagen	SR	1991
34-02.5	Kara Erickson	FR	1995
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
31-09	Wendy Abel	SO	1993

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
36-6	Denise Fox	SR	1989

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
109-4	Cheryl Shepherd	JR	1992
105-4	Kathy Murphy	FR	1982

Javelin

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
112-0	Vicki Baugh	SR	1983

4 x 100m Relay

48.56	Bentley, Butler	1994
	Burrus, Scrutton	
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	
50.42	Ta. Golden, Lewis	1992
	Dahl, Lee	

4 x 400m Relay

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	
4:06.13	Burns, Davis	1980
	Maxwell, Dennis	

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

G F C T R A C K A N D F I E L D R E C O R D S

George Fox Men's Class Records

SENIORS				JUNIORS				SOPHOMORES				FRESHMEN			
100															
10.43	Gregg Griffin	'79		10.25	Gregg Griffin	'78		10.58	Gregg Griffin	'77		10.84	Gregg Griffin	'76	
200															
21.44	Gregg Griffin	'79		22.04	Gregg Griffin	'78		21.64	Gregg Griffin	'77		21.64	Gregg Griffin	'76	
400															
48.15	Tim Conley	'90		48.64	Werner Seibert	'78		47.14	Ryan Chaney	'95		47.63	Ryan Chaney	'94	
800															
1:50.00	Todd Bos	'91		1:53.45	Todd Bos	'90		1:52.94	Wendell Otto	'79		1:52.82	Jonathan Morse	'91	
1,500															
3:50.97	Steve Stuart	'80		3:51.44	Jonathan Morse	'93		3:46.25	Jonathan Morse	'92		3:50.54	Jonathan Morse	'91	
3,000															
8:39.14	Steve Blikstad	'79		8:25.34	Jonathan Morse	'93		8:33.74	Steve Blikstad	'77		8:45.14	Steve Stuart	'77	
5,000															
14:22.64	Steve Blikstad	'79		14:31.17	Jonathan Morse	'93		14:28.44	Jonathan Morse	'92		14:53.54	Jerred Gildehaus	'85	
10,000															
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		53.44	Rick Frisk	'80	
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															
47-11.5	Cal Ferguson	'68		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		6,138	Jon Hirota	'94	
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													

G F C T R A C K A N D F I E L D R E C O R D S

George Fox Women's Class Records

SENIORS			JUNIORS			SOPHOMORES			FRESHMEN		
100											
12.94	Denise Carlson	'91	12.34	Janet Johnson	'65	12.25	Jacque Davis	'81	12.05	Jackie Jackson	'81
200											
26.89	Denise Carlson	'91	25.64	Janet Johnson	'65	26.02	Kelly Scrutton	'95	24.84	Joyce Yates	'79
400											
60.34	Gayle McKee	'84	58.23	Ginean Lewis	'92	60.11	Karen Baltz	'95	56.22	Shavon Davis	'80
800											
2:14.74	Debbie Kintrea	'93	2:13.44	Debbie Kintrea	'92	2:14.54	Debbie Kintrea	'90	2:19.12	Nancy Rissmiller	'95
1,500											
4:42.58	Melissa Wilson Conley	'92	4:36.24	Juli Cyrus	'93	4:38.78	Juli Cyrus	'92	4:40.92	Jill Jamison	'89
3,000											
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
5,000											
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
10,000											
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											
15.29	Marlyss Stenberg	'93	14.88	Liz Stephens	'95	15.24	Liz Stephens	'94	15.46	Liz Stephens	'93
Low Hurdles											
62.78	Marlyss Stenberg	'93	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	5-5	Tina Golden	'93	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	33-0.5	Debbie Sitz	'91	34-2.5	Kara Erickson	'95
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	151-6	Denise Fox	'88	142-9	Leah Johanson	'94	154-10	Sue Banta	'77
1,500 Walk											
						8:37.9			8:59.2		
						Liz Evon			Liz Evon		
						'94			'93		
3,000 Walk											
			19:13.5			16:50.0			17:42.64		
			Debbie Driesner			Kristin Thomas			Liz Evon		
			'82			'93			'92		

C O L C O R D F I E L D R E C O R D S

Colcord Field Records—Women

100	12.44	Sonda Strong	Willamette	4/15/89
		Alicia Marshall	Western Oregon	4/02/94
200	25.34	Alicia Marshall	Western Oregon	4/02/94
400	57.24	Petra Johnson	Linfield	4/01/85
800	2:17.74	Liz Stephens	George Fox	4/18/95
1,500	4:45.24	Jill Jamison Beals	George Fox	4/15/89
3,000	9:33.84	Ann Manning	U. Portland	5/11/85
5,000	17:34.34	Jill Jamison Beals	George Fox	4/01/89
10,000	37:41.34	Moly Ostlund	U. Portland	5/10/85
100 H	15.14	Jill Carrier	Southern Oregon	4/17/95
400 H	1:02.60	Karen Andrade	Pacific Lutheran	4/08/95
4x100	48.13	Grimes, Andrade Metzger, Lukenbill	Pacific Lutheran	4/08/95
4x400	3:55.11	Andrade, Keene Saathoff, Metzger	Pacific Lutheran	4/08/95
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 U.	5/09/87
Hammer	150-2	Molly Dugan	Western Oregon	4/01/95
Pole Vault	7-6	Ellen Epperson	Willamette	2/21/96
Heptathlon	4,818	Jill Carrier	Southern Oregon	4/17-18/95

Colcord Field Records—Men

100	10.6c	John Koroma	George Fox	3/30/74
		Gregg Griffin	George Fox	5/07/77
200	21.8	Dave Freundsuh	Linfield	4/18/81
		Tim Conley	George Fox	4/14/90
400	48.41	Ryan Chaney	George Fox	2/24/96
800	1:53.21	Wes Tilgner	Western Oregon	5/10/87
1,500	3:50.5	Wes Tilgner	Western Oregon	4/04/87
3,000	8:33.6	Sean Messiter	NIKE	3/31/90
5,000	14:33.3	Don Stearns	Eastern Oregon	5/09/81
10,000	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	128:32.3	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

SCHEDULE

FEBRUARY

Sat 17 at Lewis & Clark Winter Series Meet
Sat 24 **WINTER SERIES MEET**

MARCH

Sat 2 at Whitman NCIC 4-Way Meet with Pacific and Whitworth
Sat 9 at Linfield Icebreaker
Fri-Sat 15-16 at Chico State Multi-Events Invitational
Fri 15 at Western Oregon Invitational
Sat 16 at Pacific Lutheran Open
Fri-Sat 22-23 at Stanford Invitational
Sat 30 at Linfield NCIC 4-Way Meet with Pacific and Willamette

APRIL

Sat 6 at Western Oregon
Sat 13 **NCIC 5-WAY MEET**
(Lewis & Clark, PLU, Pacific and Puget Sound)
Mon-Tue 15-16 **NCIC MULTI-EVENTS CHAMPIONSHIP**
Fri 19 at Mt. SAC Distance Carnival (Walnut, Calif.)
Sat 20 at University of Puget Sound Invitational
Fri 26 **BRUIN DISTANCE CARNIVAL**
Sat 27 at Pacific Lutheran Invitational at Western Oregon Open

MAY

Fri-Sat 3-4 NCIC Championships at Willamette (Bush Park)
Fri-Sat 10-11 Northwest Regional Championship at Western Oregon
Thu-Sat 23-25 NAIA National Championships (Marietta, Ga.)

Home meets in bold caps.

Home meets held at GFC's Colcord Memorial Field.

