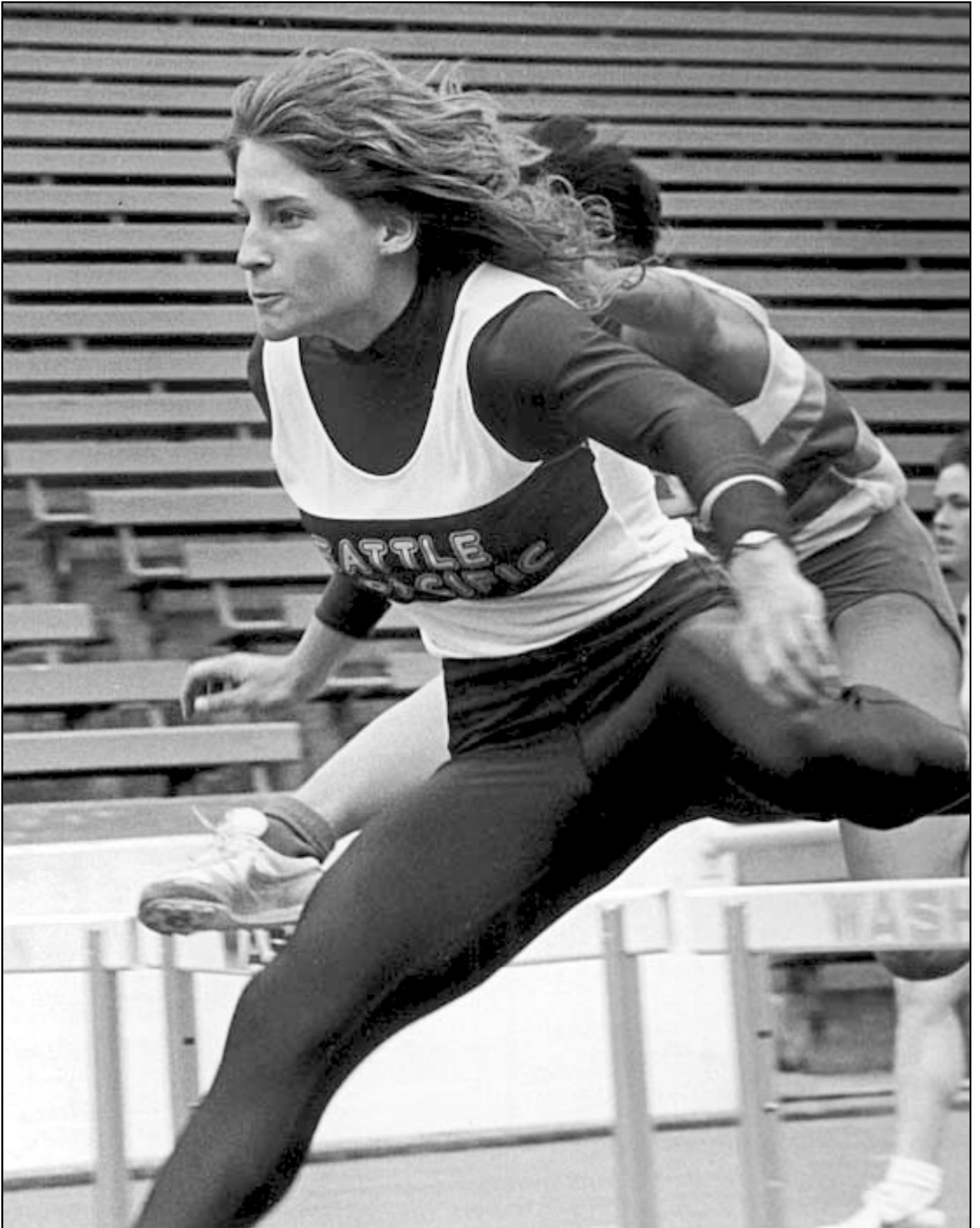


RECORDS & STANDARDS



WOMEN'S STANDARDS

Women's Records & Standards



Gitte Karlshoj's school and NCAA 3000 marks have stood since 1987



Bente Moe won five NCAA distance titles during her career and set SPU and NCAA records for 10,000

- 100 Meters** *NCAA Record:* 11.20, Chandra Sturup, Norfolk State, 1993
SPU Record: 11.79, Shavonne Colebrooke, 1996
NCAA Qualif: Auto: 11.50 (FAT); Prov: 12.10 (FAT)
GNAC Qualif: Auto: 12.80 (FAT); Prov: 13.70 (FAT)
- 200 Meters** *NCAA Record:* 22.85, Chandra Sturup, Norfolk State, 1993
SPU Record: 24.31, Anita Sartin, 1987
NCAA Qualif: Auto: 23.80 (FAT); Prov: 24.80 (FAT)
GNAC Qualif: Auto: 26.10 (FAT); Prov: 27.50 (FAT)
- 400 Meters** *NCAA Record:* 50.67, Tracy Barnes, Abilene Christian, 1998
SPU Record: 54.98, Joleen Schwarzmiller, 1998
NCAA Qualif: Auto: 54.00 (FAT); Prov: 56.60 (FAT)
GNAC Qualif: Auto: 59.80 (FAT); Prov: 64.00 (FAT)
- 800 Meters** *NCAA Record:* 2:01.70, Gail Conway, Air Force, 1984
SPU Record: 2:06.6, Susie Griffith, 1977
NCAA Qualif: Auto: 2:08.00 (FAT); Prov: 2:15.00 (FAT)
GNAC Qualif: Auto: 2:20.00 (FAT); Prov: 2:27.00 (FAT)
- 1500 Meters** *NCAA Record:* 4:07.69, Tina Colebrook, Cal Poly SLO, 1990
SPU Record: 4:13.12, Gitte Karlshoj, 1988
NCAA Qualif: Auto: 4:27.00 (FAT); Prov: 4:44.00 (FAT)
GNAC Qualif: Auto: 4:50.00 (FAT); Prov: 5:05.00 (FAT)
- 3000 Meters** *NCAA Record:* 9:02.26, Gitte Karlshoj, Seattle Pacific, 1987
SPU Record: 9:02.26, Gitte Karlshoj, 1988
NCAA Qualif: Auto: 9:40.00 (FAT); Prov: 10:18.00 (FAT)
GNAC Qualif: Auto: 10:30.00 (FAT); Prov: 11:15.00 (FAT)
- Steeplechase** *NCAA Record:* 10:22.06, Jennifer Michel, Western State, 2001
SPU Record: 10:58.7, Karin Rohde, 2006
NCAA Qualif: Auto: 10:20.00(FAT); Prov: 11:27.00 (FAT)
GNAC Qualif: Auto: 11:50.00 (FAT); Prov: 12:50.00 (FAT)
- 5000 Meters** *NCAA Record:* 15:42.23, Elva Dryer, Western State, 1996
SPU Record: 16:16.2, Debbie Quatier, 1978
NCAA Qualif: Auto: 16:40.00 (FAT); Prov: 17:50.00 (FAT)
GNAC Qualif: Auto: 18:30.00 (FAT); Prov: 20:00.00 (FAT)
- 10,000 Meters** *NCAA Record:* 33:05.8, Bente Moe, Seattle Pacific, 1987
SPU Record: 33:05.8, Bente Moe, 1987
NCAA Qualif: Auto: 35:00.00 (FAT); Prov: 37:55.00 (FAT)
GNAC Qualif: Auto: 40:00.00 (FAT); Prov: 43:30.00 (FAT)
- 100M Hurdles** *NCAA Record:* 12.71, Delloreen Ennis-London, Abilene Christian, 1999
SPU Record: 13.65, Karen Lauve, 1992
NCAA Qualif: Auto: 13.80 (FAT); Prov: 14.65 (FAT)
GNAC Qualif: Auto: 15.50 (FAT); Prov: 17.00 (FAT)
- 400M Hurdles** *NCAA Record:* 56.42, Lana Jekabsone, Lewis, 2001
SPU Record: 1:00.10, Jenny Vale, 1993
NCAA Qualif: Auto: 59.00 (FAT); Prov: 1:03.30 (FAT)
GNAC Qualif: Auto: 66.00 (FAT); Prov: 71.20 (FAT)
- 4 x 100 Relay** *NCAA Record:* 44.10, Abilene Christian, 1995
SPU Record: 47.00 (Gerlitz, Malmin, Schwarzmiller, Colebrooke), 1996
NCAA Qualif: Auto: 45.50 (FAT); Prov: 47.50 (FAT)
GNAC Qualif: One team entry

WOMEN'S STANDARDS



Karin Grelsson's winning triple jump at the 1992 NAAs set school, meet and Swedish national records



Anita Sartin held five SPU records upon her graduation, and her javelin and heptathlon marks still stand

- 4 x 400 Relay** *NCAA Record:* 3:33.28, Lincoln, 1997
SPU Record: 3:41.57, (Carter, Yeager, Smith, Anderson), 1978
NCAA Qualif: Auto: 3:42.00 (FAT); Prov: 3:52.00 (FAT)
GNAC Qualif: One team entry
- High Jump** *NCAA Record:* 1.92m (6-3 1/2), Phyllis Bluntson, Cal St. Bakersfield, 1982
SPU Record: 6-0 1/2, Pam Spencer, 1978
NCAA Qualif: Auto: 1.79m (5-10 1/2); Prov: 1.69m (5-6 1/4)
GNAC Qualif: Auto: 1.60m (5-3); Prov: 1.48m (4-10 1/4)
- Pole Vault** *NCAA Record:* 4.00m (13-1 1/2), Jeni Swenson, UC Davis, 2000
 4.00m (13-1 1/2), Meredith Garner, Abilene Christian, 2000
SPU Record: 3.76m (12-4), Ally Studer, 2003
NCAA Qualif: Auto: 4.00m (13-1 1/2); Prov: 3.55m (11-7 3/4)
GNAC Qualif: Auto: 3.35m (10-11 3/4); Prov: 2.75m (9-0 1/4)
- Long Jump** *NCAA Record:* 6.72m (22-0 3/4), Christy Opara, Cal St. Los Angeles, 1992
SPU Record: 21-8 3/4, Sherron Walker, 1976
NCAA Qualif: Auto: 6.25m (20-6 1/2); Prov: 5.69m (18-8)
GNAC Qualif: Auto: 5.20m (17-0 3/4); Prov: 4.72m (15-5 3/4)
- Triple Jump** *NCAA Record:* 13.51m (44-4), Deana Willis, Army, 1990
SPU Record: 43-8, Karin Grelsson, 1992
NCAA Qualif: Auto: 12.50m (41-0 1/4); Prov: 11.60m (38-0 3/4)
GNAC Qualif: Auto: 10.90m (34-1 1/2); Prov: 9.50m (31-2)
- Shot Put** *NCAA Record:* 16.51m (54-2), Rica Brown, Cal State Bakersfield, 1992
SPU Record: 52-1, Marcia Mecklenburg, 1978
NCAA Qualif: Auto: 15.24m (50-0); Prov: 13.26m (43-6)
GNAC Qualif: Auto: 11.50m (37-8 3/4); Prov: 10.40m (34-1 1/2)
- Discus** *NCAA Record:* 55.62m (182-6), Janet Hill, Cal State Los Angeles, 1993
SPU Record: 180-3, Lorna Griffin, 1978
NCAA Qualif: Auto: 50.60m (166-0); Prov: 44.00m (144-4)
GNAC Qualif: Auto: 37.00m (121-5); Prov: 33.00m (108-3)
- Javelin** *NCAA Record:* 64.40m (211-3), Karin Smith, Cal Poly SLO, 1982
SPU Record: 167-2, Anita Sartin, 1987
NCAA Qualif: Auto: 47.24m (155-0); Prov: 40.54m (133-0)
GNAC Qualif: Auto: 38.10m (125-0); Prov: 33.00m (108-3)
- Hammer** *NCAA Record:* 58.02m (190-4), Tara Crozier, Kutztown, 1997
SPU Record: 149-7, Penny Hansen, 1997
NCAA Qualif: Auto: 56.38m (185-0); Prov: 48.40m (158-9)
GNAC Qualif: Auto: 42.00m (137-9); Prov: 33.00m (108-3)
- Heptathlon** *NCAA Record:* 6,062, Marlene Harmon, Cal State Northridge, 1983
SPU Record: 5991, Anita Sartin, 1987
NCAA Qualif: Auto: 5250 points; Prov: 4475 points
GNAC Qualif: Auto: 3500 points; Prov: 3000 points

WOMEN'S TOP PERFORMERS

Women's All-Time Top Five Performers



Shavonne Colebrooke holds the 100 record and rates among the top five in 200, 400, 4 x100 and 4 x 400



Joleen Schwarzmiller, record-holder in the 400, ranks among top three in all sprints and relays

100 Meters

| | | |
|-------|----------------------|------|
| 11.79 | Shavonne Colebrooke | 1996 |
| 11.93 | Anita Sartin | 1986 |
| 12.14 | Joleen Schwarzmiller | 1998 |
| 12.0 | Debrah Carter | 1978 |
| 12.0 | Theresa Smith | 1978 |

200 Meters

| | | |
|-------|----------------------|------|
| 24.31 | Anita Sartin | 1987 |
| 24.1 | Shavonne Colebrooke | 1996 |
| 24.61 | Joleen Schwarzmiller | 1998 |
| 24.93 | Debrah Carter | 1978 |
| 25.19 | Cyrena Bell | 2001 |
| 25.19 | Leah Wiist | 2002 |

400 Meters

| | | |
|-------|----------------------|------|
| 54.98 | Joleen Schwarzmiller | 1998 |
| 55.4 | Denise Anderson | 1975 |
| 55.80 | Sarah Kraybill | 2000 |
| 55.95 | Shavonne Colebrooke | 1996 |
| 56.22 | Kinyatta Leonhardt | 2004 |

800 Meters

| | | |
|---------|----------------|------|
| 2:06.6 | Susie Griffith | 1977 |
| 2:07.1 | Gitte Karlshoj | 1987 |
| 2:08.05 | Rachel Ross | 2001 |
| 2:08.41 | Sarah Kraybill | 2003 |
| 2:08.7 | Chris Klausman | 1984 |

1500 Meters

| | | |
|---------|------------------|------|
| 4:13.12 | Gitte Karlshoj | 1988 |
| 4:21.4 | Joan Corbin | 1979 |
| 4:23.19 | Charlotte Jensen | 1992 |
| 4:28.0 | Lisa Koelfgen | 1984 |
| 4:29.8 | Debbie Quatier | 1977 |

3000 Meters

| | | |
|---------|------------------|------|
| 9:02.26 | Gitte Karlshoj | 1988 |
| 9:20.85 | Charlotte Jensen | 1992 |
| 9:31.17 | Bente Moe | 1986 |
| 9:31.3 | Debbie Quatier | 1978 |
| 9:32.43 | Joan Corbin | 1979 |

3000m Steeplechase

| | | |
|----------|------------------|------|
| 10:58.7 | Karin Rhode | 2006 |
| 11:13.1 | Brandi McCoy | 2006 |
| 11:34.2 | Kara Richard | 2002 |
| 11:48.4 | Victoria Perkins | 2005 |
| 12:05.27 | Hillary Tayet | 2003 |

5000 Meters

| | | |
|----------|----------------|------|
| 16:16.2 | Debbie Quatier | 1978 |
| 16:21.4 | Bente Moe | 1987 |
| 16:40.9 | Gitte Karlshoj | 1988 |
| 16:59.43 | Karen Dickson | 2005 |
| 16:59.59 | Dottie Meyers | 1982 |

10,000 Meters

| | | |
|----------|---------------|------|
| 33:05.80 | Bente Moe | 1987 |
| 34:08.64 | Karen Dickson | 2005 |
| 35:18.27 | Dottie Meyers | 1982 |
| 35:28.0 | Gail Volk | 1981 |
| 35:31.0 | Connie Benson | 1984 |

100m Hurdles

| | | |
|-------|------------------------|------|
| 13.65 | Karen Lauve | 1992 |
| 13.70 | Danielle Ayers-Stamper | 2005 |
| 13.5 | Anita Sartin | 1987 |
| 14.20 | Jennifer Pyeatt | 2000 |
| 14.28 | Karin Grelsson | 1992 |

400m Hurdles

| | | |
|-------|-----------------|------|
| 60.10 | Jenny Vale | 1993 |
| 60.4 | Denise Anderson | 1978 |
| 60.56 | Jennifer Pyeatt | 2000 |
| 60.94 | Karen Summers | 2000 |
| 61.0 | Chris Klausman | 1983 |

4 x 100m Relay

| | | |
|-------|--|------|
| 47.00 | Gerlitz, Malmin, Schwarzmiller, Colebrooke | 1996 |
| 47.17 | Schwarzmiller, Malmin, Casto, Colebrooke | 1995 |
| 47.4 | Carter, Yeager, Smith, Anderson | 1978 |
| 47.5 | Sturn, Yeager, Smith, Anderson | 1977 |
| 47.71 | Summers, Harder Stewart, Bell | 2000 |

4 x 400m/Mile Relay

| | | |
|---------|--|------|
| 3:41.57 | Carter, Yeager, Smith, Anderson | 1978 |
| 3:44.08 | Gerlitz, Schwarzmiller, Malmin, Colebrooke | 1996 |
| 3:45.76 | Summers, Stewart Bell, Kraybill | 2000 |
| 3:46.79 | Bell, Lyon Gerlitz, Schwarzmiller | 1998 |
| 3:47.10 | Summers, Ross Bell, Widman | 1999 |

Hand vs. Automatic Timing

Especially in short races, times taken by hand are generally faster than fully automatic times. For purposes of comparison, hand-times should have 0.24 seconds added for distances under one lap, and 0.14 for races of one lap or more.

WOMEN'S TOP PERFORMERS



Sherron Walker's long jump record has stood for 30 years

High Jump

| | | |
|---------|------------------------|------|
| 6-0 1/2 | Pam Spencer | 1978 |
| 6-0 | Juli Van Pelt | 1989 |
| 5-11 | Theresa Smith | 1977 |
| 5-10 | Danielle Ayers-Stamper | 2005 |
| 5-9 | Karen Lauve | 1992 |

Pole Vault

| | | |
|----------|-----------------|------|
| 12-4 | Ally Studer | 2003 |
| 12-2 3/4 | Allie Hedges | 2004 |
| 12-2 | Amy Harris | 2005 |
| 11-8 | Monica Anderson | 2006 |
| 10-6 | Alena Schlumpf | 2004 |
| 10-6 | Amber Rose | 2004 |

Long Jump

| | | |
|----------|------------------------|------|
| 21-8 3/4 | Sherron Walker | 1976 |
| 20-8 1/2 | Karin Grelsson | 1992 |
| 19-8 | Stephanie Huffman | 2002 |
| 19-6 1/4 | Danielle Ayers-Stamper | 2005 |
| 19-4 1/2 | Kim Huey | 1987 |

Triple Jump

| | | |
|----------|-------------------|------|
| 43-8 1/4 | Karin Grelsson | 1992 |
| 38-7 3/4 | Natalie Dorow | 2001 |
| 37-8 3/4 | Eden Judd | 1992 |
| 37-6 1/2 | Kim Huey | 1987 |
| 36-6 3/4 | Dianna Grossglass | 2003 |

Shot Put

| | | |
|----------|--------------------|------|
| 52-1 | Marcia Mecklenburg | 1978 |
| 49-9 3/4 | Lorna Griffin | 1978 |
| 47-4 1/4 | Dionna Anderson | 2002 |
| 46-1 3/4 | Lynette Matthews | 1975 |
| 44-11 | Cathy Wilson | 1980 |

Discus

| | | |
|--------|--------------------|------|
| 180-3 | Lorna Griffin | 1978 |
| 174-0 | Julie Hansen | 1978 |
| 162-4 | Lynette Matthews | 1974 |
| 153-5 | Marcia Mecklenburg | 1975 |
| 148-11 | Cathy Wilson | 1980 |

Javelin

| | | |
|--------|------------------|------|
| 167-2 | Anita Sartin | 1987 |
| 165-7 | Tiffany Colman | 1992 |
| 163-2 | Michelle DeVries | 1990 |
| 162-11 | Sonja Bennett | 1977 |
| 155-5 | Lynn Polk | 1975 |

Hammer

| | | |
|--------|-----------------------|------|
| 149-7 | Penny Hansen | 1997 |
| 130-7 | Jennifer Urrutia | 2004 |
| 125-9 | Lauren Kooy | 2004 |
| 121-10 | Sara Johnson | 2004 |
| 118-8 | G. Robinson-Spaulding | 2004 |

Heptathlon

| | | |
|------|------------------------|------|
| 5991 | Anita Sartin | 1987 |
| 5646 | Danielle Ayers-Stamper | 2005 |
| 5604 | Karin Grelsson | 1992 |
| 5439 | Karen Lauve | 1992 |
| 5389 | Stephanie Huffman | 2002 |

Record-Holders of Past Events

| | | |
|------------|-----------------------------------|------|
| 4 x 800 | 9:13.2 | 1981 |
| | (Roulier, Nelson, Bates, Bannink) | |
| Pentathlon | Theresa Smith, 3830 | 1977 |



Lorna Griffin threw for the discus record and went on to make the U.S. Olympic Teams in 1980 and 1984

MEN'S STANDARDS

Men's Records & Standards



Roy Duncan's school records in the 100 and 200 have stood firm since the Fifties

- 100 Meters** *NCAA Record:* 10.05, Bob Hayes, Florida A&M, 1964
SPU Record: 10.4, Roy Duncan, 1958
NCAA Qualif: Auto: 10.34 (FAT); Prov: 10.65 (FAT)
GNAC Qualif: Auto: 11.10 (FAT); Prov: 11.50 (FAT)
- 200 Meters** *NCAA Record:* 20.11, Bryan Bridgewater, Cal State Los Angeles, 1993
SPU Record: 20.9, Roy Duncan, 1956
NCAA Qualif: Auto: 20.85 (FAT); Prov: 21.45 (FAT)
GNAC Qualif: Auto: 22.20(FAT); Prov: 23.40(FAT)
- 400 Meters** *NCAA Record:* 44.09, Jerome Young, St. Augustine's, 1998
SPU Record: 48.27, Chris Randolph, 2006
NCAA Qualif: Auto: 46.50 (FAT); Prov: 48.00 (FAT)
GNAC Qualif: Auto: 50.00 (FAT); Prov: 51.70 (FAT)
- 800 Meters** *NCAA Record:* 1:44.44, Joseph Tengelei, Abilene Christian, 1994
SPU Record: 1:48.89, Ted Hamlin, 1991
NCAA Qualif: Auto: 1:49.80 (FAT); Prov: 1:53.00 (FAT)
GNAC Qualif: Auto: 1:55.50 (FAT); Prov: 1:59.90 (FAT)
- 1500 Meters** *NCAA Record:* 3:33.07, Kip Cheruiyot, Mt. St. Mary's, 1986
SPU Record: 3:48.05, Jon Swanson, 1995
NCAA Qualif: Auto: 3:47.00 (FAT); Prov: 3:54.00 (FAT)
GNAC Qualif: Auto: 3:59.00 (FAT); Prov: 4:10.00 (FAT)
- Steeplechase** *NCAA Record:* 8:14.17, Samson Obwocha, East Texas State, 1986
SPU Record: 8:55.15, Terry Hodge, 1984
NCAA Qualif: Auto: 9:00.00 (FAT); Prov: 9:26.00 (FAT)
GNAC Qualif: Auto: 9:40.00 (FAT); Prov: 10:15.00 (FAT)
- 5000 Meters** *NCAA Record:* 13:26.27, Charles Cheruiyot, Mt. St. Mary's, 1988
SPU Record: 14:39.6, Walt Notter, 1969
NCAA Qualif: Auto: 14:00.00, (FAT); Prov: 14:50.00 (FAT)
GNAC Qualif: Auto: 15:10.00 (FAT); Prov: 16:00.00 (FAT)
- 10,000 Meters** *NCAA Record:* 28:00.33, Charles Mulinga, Lewis, 1995
SPU Record: 31:22.25, Tim LeCount, 2005
NCAA Qualif: Auto: 29:30.00 (FAT); Prov: 31:10.00 (FAT)
GNAC Qualif: Auto: 33:30.00 (FAT); Prov: 35:00.00 (FAT)
- 110M Hurdles** *NCAA Record:* 13.37, Brian Amos, Abilene Christian, 1994
SPU Record: 14.5, Mark Stream, 1975
NCAA Qualif: Auto: 13.90 (FAT); Prov: 14.70 (FAT)
GNAC Qualif: Auto: 15.60 (FAT); Prov: 16.60 (FAT)
- 400M Hurdles** *NCAA Record:* 48.28, Tranel Hawkins, Angelo State, 1984
SPU Record: 52.4, Mark Stream, 1974
NCAA Qualif: Auto: 51.70 (FAT); Prov: 53.30 (FAT)
GNAC Qualif: Auto: 56.90 (FAT); Prov: 60.00 (FAT)
- 4 x 100 Relay** *NCAA Record:* 39.20, Abilene Christian, 1984
SPU Record: 41.6 (Miller, Hansen, Hilliard, Glancy), 1968
NCAA Qualif: Auto: 40.25 (FAT); Prov: 41.30 (FAT)
GNAC Qualif: One team entry



Mark Stream continues to hold both SPU hurdles records

MEN'S STANDARDS



Chris Randolph graduated with records in two outdoor and six indoor events



Bill Spaet's records in the pole vault and javelin have remained since 1973

- 4 x 400 Relay** *NCAA Record:* 3:03.38, Abilene Christian, 1984
SPU Record: 3:18.05 (Engelson, Randolph, Mach, Strickler), 2005
NCAA Qualif: Auto: 3:09.40 (FAT); Prov: 3:14.40 (FAT)
GNAC Qualif: One team entry
- High Jump** *NCAA Record:* 2.29m (7-6), Ron Lee, Cal StateBakersfield, 1986
 2.29m (7-6), Gregory Roberts, Morehouse, 1997
SPU Record: 6-11, Jack Hoyt, 1987
NCAA Qualif: Auto: 2.16m (7-1); Prov: 2.09m (6-10 1/4)
GNAC Qualif: Auto: 1.95m (6-4 3/4); Prov: 1.80m (5-10 3/4)
- Pole Vault** *NCAA Record:* 5.75m (18-10 1/4), Brad Pursley, Abilene Christian, 1983
SPU Record: 15-11, Bill Spaet, 1973
NCAA Qualif: Auto: 5.18m (17-0); Prov: 4.80m (15-9)
GNAC Qualif: Auto: 4.40m (14-5 1/4); Prov: 4.00m (13-1 1/2)
- Long Jump** *NCAA Record:* 8.52m (27-11 1/2), Larry Myricks, Mississippi Coll., 1979
SPU Record: 24-4 3/4, Steve Gough, 1970
NCAA Qualif: Auto: 7.62m (25-0); Prov: 7.10m (23-3 1/2)
GNAC Qualif: Auto: 6.70m (21-11 3/4); Prov: 6.30m (20-8)
- Triple Jump** *NCAA Record:* 16.95m (55-7 1/2), Don Parish, Cal Poly Pomona, 1991
SPU Record: 50-0 1/2, Steve Gough, 1970
NCAA Qualif: Auto: 15.54m (51-0); Prov: 14.45m (47-5)
GNAC Qualif: Auto: 13.50m (44-3 1/2); Prov: 12.50m (41-0 1/4)
- Shot Put** *NCAA Record:* 19.46m (63-10 1/4), Ahmed Shata, Abilene Christian, 1986
SPU Record: 59-2 1/4, Mike Olson, 1992
NCAA Qualif: Auto: 18.25m (59-10 1/2); Prov: 15.90m (52-2)
GNAC Qualif: Auto: 13.40m (43-11 3/4); Prov: 12.20m (40-0 1/2)
- Discus** *NCAA Record:* 64.44m (211-5), Andy Kokhanovsky, Abilene Christian, 1996
SPU Record: 162-7, Mike Olson, 1992
NCAA Qualif: Auto: 53.34m (175-0); Prov: 48.76m (160-0)
GNAC Qualif: Auto: 43.00m (141-1); Prov: 37.00m (121-5)
- Javelin** *NCAA Record:* 78.06m (256-1), Kirt Thompson, Ashland, 1996
SPU Record: 246-3, Bill Spaet, 1973
NCAA Qualif: Auto: 66.44m (218-0); Prov: 59.44m (195-0)
GNAC Qualif: Auto: 57.00m (187-0); Prov: 48.16m (160-9)
- Hammer** *NCAA Record:* 68.92m (226-1), Louis Chisari, New York Tech, 1991
SPU Record: 158-1, John Pietz, 1992
NCAA Qualif: Auto: 59.45m (195-0); Prov: 52.30m (171-7)
GNAC Qualif: Auto: 43.00m (141-1); Prov: 37.00m (121-5)
- Decathlon** *NCAA Record:* 8306, William Motti, Mt. St. Mary's, 1985
SPU Record: 7872, Chris Randolph, 2006
NCAA Qualif: Auto: 6920 points; Prov: 6350 points
GNAC Qualif: Auto: 5000 points; Prov: 4500 points

MEN'S TOP PERFORMERS

Men's All-Time School Top Performers



John Glancy set a 400 record in 1968 and was a member of two record-setting relays



Ted Hamlin holds the 800 record and is No. 4 in the 400

100 Meters

| | | |
|------|----------------|------|
| 10.4 | Roy Duncan | 1958 |
| 10.6 | Walt Hill | 1954 |
| 10.7 | Matt Whitehead | 1978 |
| 10.7 | David Elkins | 1987 |
| 10.8 | John Comstock | 1970 |

200 Meters

| | | |
|-------|-------------|------|
| 20.9 | Roy Duncan | 1956 |
| 21.1 | Walt Hill | 1954 |
| 21.9 | Mike Ryman | 1977 |
| 22.0 | John Glancy | 1967 |
| 22.34 | Ryan Jewell | 2005 |

400 Meters

| | | |
|-------|----------------|------|
| 48.27 | Chris Randolph | 2006 |
| 48.5 | John Glancy | 1968 |
| 48.7 | Rich Norman | 1972 |
| 49.06 | Ted Hamlin | 1991 |
| 49.30 | Jon Holmen | 1994 |

800 Meters

| | | |
|---------|------------------|------|
| 1:48.89 | Ted Hamlin | 1991 |
| 1:49.31 | Paul Mach | 2005 |
| 1:50.3 | Bill Thun | 1974 |
| 1:52.13 | Christian Berkey | 2000 |
| 1:52.3 | Roger Moffitt | 1966 |

1500 Meters

| | | |
|---------|------------------|------|
| 3:48.05 | Jon Swanson | 1995 |
| 3:50.23 | Nathanael Castle | 2002 |
| 3:50.3 | Jerry Bamburg | 1966 |
| 3:52.6 | Mark Christensen | 1980 |
| 3:55.72 | Tim LeCount | 2002 |

3000 Meter Steeplechase

| | | |
|---------|--------------|------|
| 8:55.15 | Terry Hodge | 1984 |
| 8:56.0 | Steve Sooter | 1974 |
| 9:06.0 | Marty Clapp | 1983 |
| 9:19.0 | Doug Gibson | 2006 |
| 9:22.8 | Bob O'Brien | 1961 |

5000 Meters

| | | |
|----------|---------------|------|
| 14:39.6 | Walt Notter | 1969 |
| 14:46.8 | Bob Rorabaugh | 1969 |
| 14:54.7 | Jens Worzner | 1989 |
| 14:56.0 | Terry Hodge | 1983 |
| 14:57.86 | Matt Cooper | 1996 |

10,000 Meters

| | | |
|----------|--------------|------|
| 31:22.25 | Tim LeCount | 2005 |
| 31:44.0 | Lester Groom | 1982 |
| 32:24.0 | Matt Arksey | 1984 |
| 32:27.0 | Roger Olson | 1978 |
| 32:59.2 | Rick Swinney | 1978 |

110m Hurdles

| | | |
|-------|----------------|------|
| 14.5 | Mark Stream | 1974 |
| 14.82 | Chris Randolph | 2006 |
| 14.6 | Bob Bartlett | 1963 |
| 14.6 | Steve Gough | 1970 |
| 14.97 | Kyle Gough | 1998 |

400m Hurdles

| | | |
|-------|--------------|------|
| 52.4 | Mark Stream | 1974 |
| 52.91 | Paul Mach | 2003 |
| 54.0 | Scott Kinzer | 1980 |
| 54.73 | Steve Farris | 1997 |
| 54.68 | Micah Kelly | 2003 |

4 x 100m Relay

| | | |
|-------|---------------------------------------|------|
| 41.6 | Miller, Hansen, Hilliard, Glancy | 1968 |
| 43.07 | Randolph, Jewell, Childress, Engelson | 2005 |
| 43.0 | Worrall, Klatt, Ohler, Duncan | 1958 |
| 43.3 | Bates, Howell, Norman, Dawn | 1972 |
| 43.56 | Acob, B. Gough, Leensvaart, Holmen | 1995 |

4 x 400m/Mile Relay

| | | |
|---------|-------------------------------------|------|
| 3:18.05 | Engelson, Randolph, Mach, Strickler | 2005 |
| 3:19.73 | Dow, Costello, Backen, Berkey | 2000 |
| 3:20.00 | Mach, Kelly, Randolph, Van Hess | 2003 |
| 3:20.6 | Miller, Moffitt, Hansen, Glancy | 1968 |
| 3:20.6 | Miller, Herron, Bamburg, Glancy | 1968 |

MEN'S TOP PERFORMERS



Mike Olson crushed the old SPU shot put mark by over eight feet, and still holds that and the discus records

High Jump

| | | |
|---------|----------------|------|
| 6-11 | Jack Hoyt | 1987 |
| 6-9 | Kyle Gough | 1998 |
| 6-8 3/4 | Dan Snowden | 1999 |
| 6-8 3/4 | Chris Randolph | 2006 |
| 6-8 | Gary Winkler | 1974 |

Pole Vault

| | | |
|----------|-----------------|------|
| 15-11 | Bill Spaet | 1973 |
| 15-5 | Chris Randolph | 2005 |
| 14-6 | Dean Ronhear | 1975 |
| 14-3 1/4 | Jason Childress | 2005 |
| 14-3 | Kyle Gough | 1997 |

Long Jump

| | | |
|-----------|----------------|------|
| 24-4 3/4 | Steve Gough | 1970 |
| 24-0 | Dwayne Johnson | 1983 |
| 23-11 3/4 | Chris Randolph | 2006 |
| 23-2 | Bill Spaet | 1973 |
| 23-1 1/4 | Jack Hoyt | 1987 |

Triple Jump

| | | |
|----------|----------------|------|
| 50-0 1/2 | Steve Gough | 1970 |
| 48-10 | Bill Spaet | 1973 |
| 47-7 1/4 | Adam Hoppis | 1989 |
| 46-7 1/2 | Dan Snowden | 1999 |
| 45-1 1/2 | Nate Gustafson | 1997 |

Shot Put

| | | |
|----------|----------------|------|
| 59-2 1/4 | Mike Olson | 1992 |
| 51-1 3/4 | Ralph Cummings | 1965 |
| 50-5 1/2 | Bob Davis | 1969 |
| 50-5 1/4 | Kyle Gough | 1998 |
| 49-9 3/4 | John Pietz | 1991 |

Discus

| | | |
|-------|----------------|------|
| 162-7 | Mike Olson | 1992 |
| 161-9 | Chris Randolph | 2006 |
| 158-9 | Bruce Martin | 1971 |
| 156-6 | Steve Gough | 1970 |
| 153-8 | Kyle Gough | 1996 |

Hammer Throw

| | | |
|----------|---------------|------|
| 158-1 | John Pietz | 1992 |
| 157-0 | Mike Olson | 1992 |
| 102-0 | Keith Kellogg | 1984 |
| 79-5 1/4 | Dave Hansen | 1974 |
| 76-11 | Jim Courson | 1981 |

Javelin

| | | |
|--------|---------------|------|
| 246-3 | Bill Spaet | 1973 |
| 219-4 | Clyde Foreman | 1970 |
| 216-10 | Jim Swanson | 1966 |
| 211-1 | Steve Gough | 1969 |
| 200-3 | Stan Posey | 1964 |

Decathlon

| | | |
|------|----------------|------|
| 7872 | Chris Randolph | 2006 |
| 7520 | Steve Gough | 1970 |
| 7212 | Jack Hoyt | 1987 |
| 7202 | Kyle Gough | 1998 |
| 6981 | Jon Holmen | 1994 |

NOTE: Many distances and times prior to 1978 were converted from yards to metric

Record-Holders of Past Events

| | | |
|--------|-----------------------|------|
| 2 mile | Bob Rorabaugh, 9:03.0 | 1969 |
| 3 mile | Walt Notter, 14:09.7 | 1969 |



Steve Gough not only still holds two records, he ranks among the top five in five other events

FOREMAN INVITATIONAL RECORDS

Ken Foreman Invitational

Meet Records (formerly SPU Invitational, since 1987)

Women

| | | | |
|----------------|-----------|--|------|
| 100m | 11.79 | Shavonne Colebrooke, Seattle Pacific | 1996 |
| 200m | 24.23 | Chelsie Pentz, Washington | 2000 |
| 400m | 53.76 | Karen Bennett, Arizona | 1994 |
| 800m | 2:06.10 | Rebecca Johnstone, Simon Fraser | 2005 |
| 1500m | 4:25.91 | Patty Ley, Tacoma Dodge | 1994 |
| 3000m | 9:20.56 | Lori Durward, Kajaks TC | 1997 |
| Steeplechase | 10:58.7 | Karin Rohde, Seattle Pacific | 2006 |
| 5000m | 16:26.34 | Regina Joyce, Brooks | 1995 |
| 10,000m | 33:24.09 | Sandra Guidotti, Club Northwest | 1991 |
| 100m Hurdles | 13.5 | Anita Sartin, Seattle Pacific | 1987 |
| 400m Hurdles | 58.50 | Kelsey Sheppard, Washington | 2002 |
| 4 x 100m Relay | 45.87 | Washington (Smith, Moore, Pentz, Bledsoe) | 2000 |
| 4 x 400m Relay | 3:42.75 | Washington (Sheppard, Pentz, Moore, Bledsoe) | 2000 |
| High Jump | 6-1 1/2 | Mary Moore, unat. | 1988 |
| | | Vicki Borsheim, Westwood TC | 1990 |
| Pole Vault | 12-8 | Kathleen Donahue, unat. | 2005 |
| Long Jump | 20-5 3/4 | Ruky Abdulai, Simon Fraser | 2006 |
| Triple Jump | 42-8 1/4 | Karin Grelsson, Seattle Pacific | 1993 |
| Shot Put | 51-10 1/2 | Nuna Abashidze, Kajaks TC | 1996 |
| Discus | 186-3 | Aretha Hill, Washington | 1996 |
| Javelin | 177-0 | Helena Uusitalo, unat. | 1988 |
| Hammer | 201-1 | Caroline Wittrin, Kajaks TC | 1999 |
| Heptathlon | 5129 | Juli Van Pelt, Falcon TC | 1990 |

Men

| | | | |
|----------------|----------|--|------|
| 100m | 10.35 | Rod Mapstone, Australia | 1992 |
| 200m | 20.97 | Ja'Warren Hooker, Washington | 1999 |
| 400m | 44.91 | Ja'Warren Hooker, Washington | 2000 |
| 800m | 1:48.82 | Nick Symmonds, Willamette | 2005 |
| 1500m | 3:42.6 | Roosevelt Jackson, Evergreen Harriers | 1988 |
| Steeplechase | 8:29.9 | Marty Strosheim, unat. | 1992 |
| 5000m | 14:25.06 | Andy Maris, Portland State | 1996 |
| 10,000m | 31:44.2 | Greg Crowther, Club Northwest | 1996 |
| 110m Hurdles | 14.36 | Dana Hall, Washington | 1989 |
| 400m Hurdles | 51.05 | Paul Thompson, Moscow USA | 1998 |
| 4 x 100m Relay | 40.39 | Washington (Ryan, Rose, Renz, Hooker) | 1999 |
| 4 x 400m Relay | 3:08.70 | Washington (Bryant, Merritt, McKay, Ellison) | 1990 |
| High Jump | 7-2 1/2 | Chuck Ways, Club Ballard | 1994 |
| | | Rick Noji, unat. | 1995 |
| Pole Vault | 18-4 1/2 | Matt Phillips, Club Northwest | 2002 |
| Long Jump | 25-7 1/2 | Billy Ayers, Club Ballard | 1992 |
| Triple Jump | 55-5 1/2 | Mike Harris, Club Ballard | 1993 |
| Shot Put | 61-7 1/2 | Ernie Conwell, Washington | 1996 |
| Discus | 197-6 | Ben Lindsey, Washington | 1998 |
| Hammer | 226-9 | Scott Boothyb, Club Northwest | 2003 |
| Javelin | 262-11 | Masorui Yoshida, unat. | 1990 |
| Decathlon | 6962 | Kyle Gough, Seattle Pacific | 1996 |

GNAC RECORDS

Great Northwest Athletic Conference Records

| <i>Women</i> | <i>Overall</i> | | <i>Championship</i> | |
|---------------|----------------|---|---------------------|---|
| 100m | 12.13 | Keyanna Jenkins, Western Oregon, 2006 | 12.0 | Jody Binder, Central Washington, 2002 |
| 200m | 25.07 | Mary Pearce, Alaska Anchorage, 2006 | 25.08 | Mary Pearce, Alaska Anchorage, 2006 |
| 400m | 54.20 | Mary Pearce, Alaska Anchorage, 2006 | 55.65 | Mary Pearce, Alaska Anchorage, 2006 |
| 800m | 2:08.41 | Sarah Kraybill, Seattle Pacific, 2003 | 2:12.92 | Sarah Kraybill, Seattle Pacific, 2002 |
| 1500m | 4:28.23 | Alicen Maier, Central Washington, 2002 | 4:31.844 | Alicen Maier, Central Washington, 2002 |
| Steeplechase | 10:36.95 | Kelly Fullerton, Seattle University, 2005 | 11:09.21 | Karin Rohde, Seattle Pacific, 2006 |
| 3000m | 9:53.04 | Ashlee Vincent, Western Washington, 2003 | 10:06.86 | Alicen Maier, Central Washington, 2002 |
| 5000m | 16:59.08 | Ashlee Vincent, Western Washington, 2003 | 17:24.11 | Mandy Kaempf, Alaska Anchorage, 2006 |
| 10,000m | 34:08.64 | Karen Dickson, Seattle Pacific, 2005 | 37:31.43 | Ellie Enos, Western Oregon, 2002 |
| 100m Hurdles | 13.70 | Danielle Ayers-Stamper, Seattle Pacific, 2005 | 13.82 | Danielle Ayers-Stamper, Seattle Pacific, 2005 |
| 400m Hurdles | 1:01.24 | Jawea Harder, Seattle Pacific, 2002 | 1:02.43 | Jawea Harder, Seattle Pacific, 2002 |
| 4 x 100 Relay | 47.58 | Western Oregon, 2005 | 47.73 | Western Oregon, 2005 |
| 4 x 400 Relay | 3:51.03 | Seattle Pacific, 2004 | 3:51.83 | Central Washington, 2006 |
| High Jump | 5-8 3/4 | Danielle Ayers-Stamper, Seattle Pacific, 2005 | 5-8 3/4 | Danielle Ayers-Stamper, Seattle Pacific, 2005 |
| Pole Vault | 12-4 | Ally Studer, Seattle Pacific, 2004 | 12-4 | Ally Studer, Seattle Pacific, 2004 |
| Long Jump | 19-8 | Stephanie Huffman, Seattle Pacific, 2002 | 19-0 3/4 | Danielle Ayers-Stamper, Seattle Pacific, 2005 |
| Triple Jump | 38-10 1/4 | Shelley Comstock, Western Oregon, 2002 | 38-0 | Kim Bascom, Western Washington, 2006 |
| Shotput | 47-4 1/2 | Dionna Anderson, Seattle Pacific, 2002 | 44-5 1/2 | Dionna Anderson, Seattle Pacific, 2002 |
| Discus | 165-9 | Jessica Houston, Alaska Anchorage, 2005 | 149-4 | Jessica Telleria, Western Washington, 2006 |
| Hammer | 184-7 | Jennifer Dunkin, Western Oregon, 2003 | 178-10 | Audrey Oawald, Humboldt State, 2006 |
| Javelin | 160-4 | Katie McMeel, Central Washington, 2006 | 148-04 | Stephanie Huffman, Seattle Pacific, 2002 |
| Heptathlon | 5606 | Danielle Ayers-Stamper, Seattle Pacific, 2005 | 5053 | Bridget Johnson, Western Oregon, 2006 |
| | | | | |
| <i>Men</i> | <i>Overall</i> | | <i>Championship</i> | |
| 100m | 10.51 | Mike Hinshaw, Western Oregon, 2003 | 10.51 | Mike Hinshaw, Western Oregon, 2003 |
| 200m | 21.11 | Mike Hinshaw, Western Oregon, 2002 | 21.37 | Isaac Frederick, Western Oregon, 2003 |
| 400m | 48.24 | Isaac Frederick, Western Oregon, 2003 | 48.24 | Isaac Frederick, Western Oregon, 2003 |
| 800m | 1:49.31 | Paul Mach, Seattle Pacific, 2005 | 1:49.31 | Paul Mach, Seattle Pacific, 2005 |
| 1500m | 3:50.44 | Nathanael Castle, Seattle Pacific, 2002 | 3:53.82 | Nathan Carlson, Saint Martin's, 2005 |
| Steeplechase | 8:38.88 | Kurt Hartmaier, Western Washington, 2004 | 9:08.2 | Ethan Barrons, Western Oregon, 2005 |
| 5000m | 14:27.24 | David Kiplagat, Alaska Anchorage, 2006 | 14:55.75 | Jasper Peach, Humboldt State, 2006 |
| 10,000m | 30:21.65 | Sean Rivers, Alaska Anchorage, 2002 | 31:22.80 | Sam Scotchmer, Central Washington, 2005 |
| 110m Hurdles | 14.54 | Damien Davis, Western Oregon, 2003 | 14.78 | Damien Davis, Western Oregon, 2003 |
| 400m Hurdles | 52.19 | Paul Mach, Seattle Pacific, 2003 | 52.91 | Paul Mach, Seattle Pacific, 2003 |
| 4x 100 Relay | 41.48 | Western Oregon, 2003 | 41.80 | Western Oregon, 2003 |
| 4 x 400 Relay | 3:14.67 | Western Oregon, 2003 | 3:18.85 | Western Oregon, 2003 |
| High Jump | 6-9 1/2 | Eric Draper, Alaska Anchorage, 2006 | 6-9 1/2 | Eric Draper, Alaska Anchorage, 2006 |
| Pole Vault | 16-8 3/4 | Justin Miller, Humboldt State, 2002 | 15-9 1/4 | Spike Olsen, Western Oregon, 2003 |
| Long Jump | 25-2 3/4 | Jamil Wynn, Western Oregon, 2002 | 23-1 3/4 | Justin Lawrence, Central Washington, 2002 |
| Triple Jump | 49-11 | Justin Lawrence, Central Washington, 2004 | 49-2 1/2 | Justin Lawrence, Central Washington, 2003 |
| Shot put | 51-5 | T.J. Aimonetti, Humboldt State, 2003 | 55-8 1/4 | Cameron Neel, Central Washington, 2005 |
| Discus | 175-5 | Cameron Neel, Central Washington, 2006 | 168-7 | Isaiah Haines, Western Oregon, 2003 |
| Hammer | 206-4 | Pro Escobedo, Western Oregon, 2003 | 196-8 | Pro Escobedo, Western Oregon, 2003 |
| Javelin | 212-3 | James Thomas, Northwest Nazarene, 2002 | 204-1 | Justin Brewer, Western Washington, 2005 |
| Decathlon | 7872 | Chris Randolph, Seattle Pacific, 2006 | 6584 | Josh Freeman, Western Washington, 2005 |

INDOOR TOP PERFORMERS

Women's Records

55 Meters

| | | |
|------|---------------------|------|
| 7.12 | Shavonne Colebrooke | 1995 |
| 7.42 | Laura Widman | 2000 |
| 7.44 | Karen Summers | 2000 |

60 Meters

| | | |
|-------|---------------------|------|
| 7.76* | Shavonne Colebrooke | 1995 |
| 7.94 | Kinyatta Leonhardt | 2005 |
| 8.09* | Laura Widman | 2000 |

200 Meters

| | | |
|-------|---------------------|------|
| 24.99 | Shavonne Colebrooke | 1996 |
| 25.40 | Kinyatta Leonhardt | 2004 |
| 25.66 | Karen Summers | 2001 |

400 Meters

| | | |
|-------|----------------|------|
| 57.54 | Karen Summers | 2001 |
| 57.74 | Sarah Kraybill | 2000 |
| 57.91 | Cyrena Bell | 2001 |

800 Meters

| | | |
|---------|----------------|------|
| 2:09.53 | Sarah Kraybill | 2003 |
| 2:11.19 | Rachel Ross | 2001 |
| 2:13.11 | Teona Perkins | 2006 |

Mile

| | | |
|---------|---------------|------|
| 5:00.37 | Mary Moriarty | 2006 |
| 5:03.75 | Karin Rohde | 2006 |
| 5:04.61 | Rachel Ross | 2002 |

3000 Meters

| | | |
|----------|---------------|------|
| 10:17.69 | Mary Moriarty | 2006 |
| 10:23.10 | Jamie Witt | 2001 |
| 10:37.66 | Karin Rohde | 2005 |

5000 Meters

| | | |
|----------|---------------|------|
| 16:34.72 | Karen Dickson | 2005 |
| 18:18.70 | Karin Rohde | 2006 |
| 18:32.03 | Brandi McCoy | 2006 |

55m Hurdles

| | | |
|------|--------------|------|
| 7.8 | Karen Lauve | 1991 |
| 8.04 | Anita Sartin | 1987 |

60m Hurdles

| | | |
|-------|------------------------|------|
| 8.66 | Danielle Ayers-Stamper | 2005 |
| 8.78* | Karen Lauve | 1991 |
| 8.78* | Anita Sartin | 1987 |

4 x 400m Relay

| | | |
|---------|-------------------------------------|------|
| 3:50.29 | Bell, Kraybill, Stewart, Summers | 2000 |
| 4:00.33 | Sexton, Soule, Kolb, Leonhardt | 2005 |
| 4:01.3 | Lyon, Colebrooke, Casto, Malmin | 1995 |

Distance Medley Relay

| | | |
|----------|--|------|
| 11:47.46 | Kar. Rohde, Leonhardt, Lavin, Dickson | 2005 |
| 11:55.21 | Lavin, Leonhardt, Sexton, Dickson | 2005 |
| 12:30.0 | Soule, Beaman, T. Perkins, McCoy | 2006 |

High Jump

| | | |
|----------------------------------|------------------------|------|
| 5-11 ³ / ₄ | Juli Van Pelt | 1988 |
| 5-9 ³ / ₄ | Danielle Ayers-Stamper | 2005 |
| 5-8 | Teona Perkins | 2006 |

Pole Vault

| | | |
|-----------------------------------|--------------|------|
| 12-4 | Ally Studer | 2004 |
| 12-1 ¹ / ₄ | Amy Harris | 2005 |
| 11-11 ³ / ₄ | Allie Hedges | 2005 |

Long Jump

| | | |
|----------------------------------|------------------------|------|
| 19-9 ¹ / ₂ | Karin Grelsson | 1993 |
| 19-5 ¹ / ₂ | Danielle Ayers-Stamper | 2005 |
| 18-9 ¹ / ₂ | Karen Lauve | 1991 |

Triple Jump

| | | |
|----------------------------------|----------------|------|
| 41-4 ¹ / ₂ | Karin Grelsson | 1993 |
| 37-2 ¹ / ₂ | Natalie Dorow | 2001 |
| 35-8 | Danae Clark | 2004 |

Shot Put

| | | |
|----------------------------------|-----------------|------|
| 44-7 ³ / ₄ | Susan Jung | 1997 |
| 44-5 ¹ / ₄ | Dionna Anderson | 2002 |
| 40-7 | Jennifer Pyeatt | 2003 |

20 lb. Weight Throw

| | | |
|----------------------------------|-----------------------|------|
| 42-5 ¹ / ₄ | Lauren Kooy | 2004 |
| 42-1 ¹ / ₂ | Jennifer Urrutia | 2005 |
| 36-6 ¹ / ₂ | Gabrielle R-Spaulding | 2005 |

Pentathlon

| | | |
|------|------------------------|------|
| 4007 | Danielle Ayers-Stamper | 2005 |
| 3939 | Karen Lauve | 1990 |
| 3837 | Juli Van Pelt | 1988 |

INDOOR TOP PERFORMERS

Men's Records

55 Meters

| | | |
|------|-----------------|------|
| 6.84 | Jon Holmen | 1995 |
| 6.8 | Andrew Tolleson | 1992 |

60 Meters

| | | |
|------|----------------|------|
| 7.15 | Ryan Jewell | 2005 |
| 7.23 | Chris Randolph | 2006 |
| 7.32 | Dan Holmen | 1993 |

200 Meters

| | | |
|-------|---------------|------|
| 22.46 | Ryan Jewell | 2005 |
| 23.19 | Kurt Engelson | 2005 |
| 23.31 | Micah Kelly | 2002 |

400 Meters

| | | |
|-------|-----------------|------|
| 49.99 | Chris Randolph | 2005 |
| 50.47 | Daunte Gouge | 1991 |
| 50.85 | Eddie Strickler | 2006 |

800 Meters

| | | |
|---------|------------------|------|
| 1:51.49 | Paul Mach | 2004 |
| 1:52.9 | Ted Hamlin | 1992 |
| 1:53.37 | Nathanael Castle | 2003 |

Mile

| | | |
|---------|------------------|------|
| 4:12.27 | Nathanael Castle | 2003 |
| 4:14.41 | Brian Cronrath | 2006 |
| 4:18.30 | Doug Gibson | 2005 |

3000 Meters

| | | |
|----------|------------------|------|
| 8:42.33 | Nathanael Castle | 2002 |
| 8:46.32 | Tim LeCount | 2005 |
| 8:47.35 | Doug Gibson | 2005 |
| 9:30.1+ | Jim Ross | 1964 |
| + 2-mile | | |

5000 Meters

| | | |
|----------|---------------|------|
| 15:27.78 | Tim LeCount | 2005 |
| 16:04.03 | Bjorn Bostrom | 2006 |
| 16:30.33 | Lee O'Connor | 2004 |

55m Hurdles

| | | |
|------|-----------|------|
| 7.94 | Jack Hoyt | 1987 |
|------|-----------|------|

60m Hurdles

| | | |
|-------|-----------------|------|
| 8.38 | Chris Randolph | 2006 |
| 8.66* | Jack Hoyt | 1987 |
| 9.26 | Jason Childress | 2005 |

1600m Relay

| | | |
|---------|--------------------------------------|------|
| 3:21.25 | Kelcy, Van Hess, Randolph, Mach | 2003 |
| 3:26.55 | Fryett, Mach, Hunter, Kelcy | 2002 |
| 3:28.05 | Randolph, Kelcy, Radel, Strickler | 2004 |

Distance Medley Relay

| | | |
|----------|--|------|
| 10:17.75 | Gibson, Randolph, Strickler, LeCount | 2005 |
| 10:25.55 | Gibson, Randolph, Strickler, Cronrath | 2005 |
| 10:28.71 | Cronrath, Strickler, Gibson, Randolph | 2006 |

High Jump

| | | |
|---------------------------------|----------------|------|
| 6-9 | Kyle Gough | 1996 |
| 6-8 | Bryan Gough | 1996 |
| 6-6 ³ / ₄ | Chris Randolph | 2004 |

Pole Vault

| | | |
|----------------------------------|----------------|------|
| 14-11 | Chris Randolph | 2006 |
| 14-1 ¹ / ₄ | Aaron Bass | 2000 |
| 13-0 | John Masters | 1984 |

Long Jump

| | | |
|-----------------------------------|----------------|------|
| 22-11 | Chris Randolph | 2006 |
| 22-3 ¹ / ₂ | Zeph Shepard | 2000 |
| 21-11 ¹ / ₂ | Jack Hoyt | 1987 |

Triple Jump

| | | |
|-----------------------------------|-----------------|------|
| 50-8 ¹ / ₂ | Steve Gough | 1970 |
| 41-10 ³ / ₄ | Tyrone Hattingh | 2004 |

Shot Put

| | | |
|-----------------------------------|------------|------|
| 59-7 ³ / ₄ | Mike Olson | 1993 |
| 50-6 | Bob Davis | 1968 |
| 47-11 ¹ / ₂ | Kyle Gough | 1996 |

35-Pound Weight

Pentathlon

| | | |
|------|----------------|------|
| 3145 | Chris Randolph | 2003 |
|------|----------------|------|

Heptathlon

| | | |
|------|----------------|------|
| 5508 | Chris Randolph | 2006 |
|------|----------------|------|

HISTORICAL



INTERNATIONAL HONORS

Women's International Honor Roll

Olympic Team Members

| | | |
|------|--------------------------|-------------|
| 1956 | Marcia Cosgrove* | 100/200m |
| 1964 | Karen Frisch* | 80mH |
| 1968 | Doris Heritage* | 800m |
| | Karen Frisch* | 80mH |
| 1972 | Doris Heritage* | 1500m |
| 1976 | Pam Spencer | High Jump |
| | Sherron Walker | Long jump |
| 1980 | Pam Spencer | High Jump |
| | Lorna Griffin | Shot/Discus |
| 1984 | Lorna Griffin | Discus |
| | Bente Moe (Norway) | Marathon |
| | Pam Spencer | High Jump |
| 1988 | Bente Moe (Norway) | Marathon |
| 1992 | Gitte Karlshoj (Denmark) | 3000m |

Pan American Games

| | | |
|------|------------------|------------|
| 1967 | Janet Johnson* | Pentathlon |
| | Doris Heritage* | 800m |
| 1971 | Lynette Matthews | Discus |
| | Doris Heritage | 800m |
| 1975 | Pam Spencer | High Jump |
| | Lynn Bjorklund* | 3000m |
| | Cheryl Roulier* | 100/200m |
| 1979 | Pam Spencer | High Jump |

National Team Members (in addition)

| | | |
|---------|----------------------------|-------------|
| 1967 | Janet Johnson* | Pentathlon |
| 1969 | Heku Tuayer* | Discus |
| 1977 | Denise Anderson | 400mH |
| 1977 | Marcia Mecklenburg | Discus |
| 1977 | Theresa Smith | Heptathlon |
| 1978 | Debbie Quatier | 3000m |
| 1981 | Julie Hansen | Discus |
| 1984 | Gail Volk | 20k Road |
| 1990 | Charlotte Jensen (Denmark) | Distance |
| 1987-94 | Gitte Karlshoj (Denmark) | 3000m |
| 1987-89 | Anita Sartin | Heptathlon |
| 1992 | Karin Grelsson (Sweden) | Triple Jump |
| 2005 | Danielle Ayers-Stamper | Heptathlon |

*Falcon Track Club

Men's International Honor Roll

National Team Members

| | | |
|------|----------------|-----------|
| 1973 | Steve Gough | Decathlon |
| 1990 | Jack Hoyt | Decathlon |
| 2006 | Chris Randolph | Decathlon |



Doris Heritage competed in scores of major international meets, including the 1968 and '72 Olympic Games



Debbie Quatier represented the U.S. while running for SPU in the Seventies

NATIONAL CHAMPIONS

Women's Collegiate National Champions



Karin Grelsson won five NCAA track & field championships, and remains the only women to capture consecutive heptathlon crowns

NCAA/AIAW Champions

| | | |
|------|-----------------------------|-------------|
| 1973 | Lynette Matthews * | Discus |
| 1973 | Lynette Matthews* | Shot |
| 1973 | Laurel Miller * | 2 mile |
| 1974 | Lynette Matthews* | Shot |
| 1976 | Sherron Walker | Long Jump |
| 1981 | Cathy Wilson | Heptathlon |
| 1985 | Chris Klausman | 800m |
| 1986 | Bente Moe | 5000m |
| 1987 | Bente Moe | 10,000m |
| 1987 | Anita Sartin | Heptathlon |
| 1987 | Gitte Karlshoj | 3000m |
| 1988 | Bente Moe | 5000m |
| 1989 | Bente Moe | 10,000m |
| 1990 | Michelle DeVries | Javelin |
| 1992 | Karin Grelsson | Heptathlon |
| 1992 | Tiffany Colman | Javelin |
| 1992 | Karin Grelsson | Triple Jump |
| 1993 | Karin Grelsson (indoor) | Triple Jump |
| 1993 | Karin Grelsson | Heptathlon |
| 1994 | Karin Grelsson (indoor) | Triple Jump |
| 2005 | Danielle Ayers-Stamper (in) | High Jump |

*AIAW Championships

Men's Collegiate National Champions

NCAA/NAIA Champions

| | | |
|------|---------------------|--------------|
| 1953 | Ben Moring | 880 |
| 1954 | Ben Moring | 880 |
| 1968 | Steve Gough | Triple Jump |
| 1970 | Steve Gough | Decathlon |
| 1974 | Steve Sooter | Steeplechase |
| 1992 | Mike Olson | Shot |
| 1993 | Mike Olson (indoor) | Shot |
| 2005 | Chris Randolph | Decathlon |
| 2006 | Chris Randolph | Decathlon |

*NAIA Championships



Ben Moring first put the Falcons on the map by winning back-to-back NAIA 880 titles in the Fifties

ALL-AMERICA



Distance and cross country runner Bente Moe is the most decorated athlete in SPU history with five NCAA championships, 12 All-America honors and an NCAA Postgraduate Scholarship



Before making the U.S. Olympic team, Pam Spencer was a three-time All-American in the high jump

Women's All-America

- | | | | |
|------|--|------|---|
| 1975 | Lynette Matthews, shot, 3rd Lynette Matthews, discus, 3rd Denise Anderson, 400mH, 5th Laurel Miller, 2 mile, 5th | 1991 | Charlotte Jensen, 1500m, 2nd Gina Taylor, javelin, 3rd Jennifer Norman, heptathlon, 5th Charlotte Jensen, 3000m, 5th Wendy Becker, 10,000m, 7th Jenny Vale, 400mH, 8th |
| 1976 | Sherron Walker, long jump, 1st Pam Spencer, high jump, 2nd Marcia Mecklenburg, shot, 2nd Denise Anderson, 400mH, 2nd Sonja Bennett, javelin, 3rd Susie Griffith, 800m, 5th Laurel Miller, 3 mile, 6th | 1992 | Karin Grelsson, heptathlon, 1st Tiffany Colman, javelin, 1st Karin Grelsson, triple jump, 1st Karin Grelsson, long jump, 2nd Charlotte Jensen, 3000m, 2nd Charlotte Jensen, 1500m, 2nd Jennifer Norman, heptathlon, 6th Eden Judd, javelin, 8th |
| 1977 | Lorna Griffin, discus, 2nd Pam Spencer, high jump, 2nd Lorna Griffin, shot, 5th Julia Hansen, discus, 5th Sonja Bennett, javelin, 5th Debbie Quatier, 3000m, 6th Marcia Mecklenburg, discus, 6th | 1993 | Karin Grelsson, heptathlon, 1st Eden Judd, javelin, 2nd Karin Grelsson, triple jump, 2nd Heidi Hamlin, 800m, 3rd Karin Grelsson, long jump, 4th Jenny Vale, 400mH, 4th Jennifer Norman, heptathlon, 6th Jenny Vale Jennifer Casto Shavonne Colebrooke Heidi Hamlin, 4 x 400m, 7th |
| 1978 | Pam Spencer, high jump, 3rd Lorna Griffin, discus, 3rd Julia Hansen, discus, 4th Lorna Griffin, shot, 5th | 1994 | Heidi Hamlin, 800m, 4th |
| 1979 | Julia Hansen, discus, 3rd | 1995 | Tiffany Colman, javelin, 2nd Nicole Trammell, javelin, 4th Shavonne Colebrooke Joleen Schwarzmilller Jennifer Casto Lisa Malmin, 4 x 400m, 6th |
| 1981 | Cathy Wilson, heptathlon, 1st Anna Solomonson, heptathlon, 4th Laurie Bannink, 800m, 5th | 1996 | Tiffany Colman, javelin, 3rd Shavonne Colebrooke, 100m, 4th Ronelle Lamkin, high jump, 4th Sarah Gerlitz Lisa Malmin Joleen Schwarzmilller Shavonne Colebrooke, 4 x 100m, 7th |
| 1982 | Dottie Meyers, 10,000m, 3rd Dottie Meyers, 5000m, 4th Chris Klausman, 800m, 4th Laurie Bannink, 800m, 6th | 1997 | Susie Keller, heptathlon, 8th |
| 1983 | Connie Benson, 10,000m, 3rd Chris Klausman, 400mH, 4th Rhonda Haag, javelin, 5th Lisa Koelfgen, 1500m, 6th | 1998 | Linnea Jarvits, heptathlon, 3rd Julie Swann, 1500m, 6th Susie Jacobsen, javelin, 8th |
| 1985 | Chris Klausman, 800m, 1st | 1999 | Stephanie Huffman, heptathlon, 2nd Laura Widman, heptathlon, 5th Rachel Ross, 800m, 6th |
| 1986 | Bente Moe, 5000m, 1st Anita Sartin, heptathlon, 3rd Bente Moe, 10,000m, 3rd | 2000 | Laura Widman, heptathlon, 2nd Karen Summers, 400mH, 7th Jennifer Pyeatt, 400mH, 8th |
| 1987 | Bente Moe, 10,000m, 1st Anita Sartin, heptathlon, 1st Gitte Karlshoj, 3000m, 1st Juli Van Pelt, heptathlon, 3rd Anita Sartin, javelin, 3rd Bente Moe, 5000m, 3rd Juli Van Pelt, high jump, 6th Kim Huey, long jump, 8th | 2001 | Stephanie Huffman, javelin, 3rd Rachel Ross, 1500m, 4th Stephanie Huffman, heptathlon, 4th Rachel Ross, 800m, 5th Ally Studer, Pole vault, 5th Karen Summers, 400mH, 6th |
| 1988 | Bente Moe, 5000m, 1st Bente Moe, 10,000m, 2nd Gitte Karlshoj, 3000m, 2nd Gitte Karlshoj, 1500m, 2nd Michelle DeVries, javelin, 2nd Juli Van Pelt, heptathlon, 3rd Traci Baker, 800m, 5th Juli Van Pelt, high jump, 6th Gina Taylor, javelin, 7th | 2002 | Stephanie Huffman, heptathlon, 2nd Stephanie Huffman, javelin, 3rd Dionna Anderson, shot put, 7th Ally Studer, pole vault, 7th |
| 1989 | Bente Moe, 10,000m, 1st Bente Moe, 5000m, 2nd Gitte Karlshoj, 3000m, 2nd Gitte Karlshoj, 1500m, 3rd Juli Van Pelt, heptathlon, 3rd Traci Baker, 800m, 4th Michelle DeVries, javelin, 4th Karen Lauve, 100m, 4th Gina Taylor, javelin, 5th Juli Van Pelt, high jump, 6th Karen Lauve, heptathlon, 7th | 2003 | Danielle Ayers-Stamper, heptathlon, 2nd Sarah Kraybill, 800m, 3rd |
| 1990 | Michelle DeVries, javelin, 1st Karen Lauve, heptathlon, 2nd Gina Taylor, javelin, 3rd Jenny Vale, 400mH, 5th Karen Lauve, 100mH, 5th Eden Judd, javelin, 8th | 2004 | Danielle Ayers-Stamper, heptathlon, 4th Sara Johnson, javelin, 6th |
| | | 2005 | Danielle Ayers-Stamper, heptathlon, 2nd Lauren VerMulm, javelin, 4th Amy Harris, pole vault, 5th Danielle Ayers-Stamper, 100 hurdles, 7th Kelsey Cooley, heptathlon, 8th |
| | | 2006 | Lauren VerMulm, javelin, 5th Kelsey Cooley, heptathlon, 6th Linda Blake, heptathlon, 8th |

NOTE: Prior to 1982 SPU competed at the AIAW Championships

ALL-AMERICA



Steve Gough, shown here after winning the 1970 NCAA decathlon, is the only seven-time All-America for the SPU men's team



Mike Olson won both indoor and outdoor NCAA titles in the shot put

Men's All-America

- 1952 Ben Moring
Gene Peterson
Denton Palmer
Wes Thompson, mile relay, 3rd
- 1953 Ben Moring, 880, 1st
Gene Peterson, 880, 4th
- 1954 Ben Moring, 880, 1st
- 1956 Gordon Fee, 400mH, 3rd
Roy Duncan, 100m, 3rd
Lloyd Pugh, 1500m 5th
- 1957 Marlin Reimer, steeplechase, 3rd
Lloyd Pugh, steeplechase, 5th
Don Worrell, pole vault, 6th
Roy Duncan, 220, 6th
- 1958 Roy Duncan, 100, 3rd
- 1959 Don Worrell, pole vault, 2nd
Jim Douglas, high jump, 6th
- 1960 Jim Douglas, high jump, 3rd
- 1961 Bob O'Brien, steeplechase, 6th
- 1962 Bob Bartlett, 120yH, 4th
Bob Bartlett, 220yH, 7th
- 1968 Steve Gough, triple jump, 1st
Steve Gough, long jump, 4th
Jerry Bamberg, 1500m, 6th
- 1969 Steve Gough, triple jump, 5th
Steve Gough, javelin, 6th
Walt Notter, 3 mile, 5th
Bob Rorabaugh, 3 mile, 6th
- 1970 Steve Gough, decathlon, 1st
Steve Gough, triple jump, 3rd
Clyde Foreman, javelin, 5th
- 1971 Bill Spaet, decathlon, 3rd
Clyde Foreman, javelin, 4th
- 1972 Bill Spaet, pole vault, 5th
Bill Spaet, javelin, 6th
Steve Sooter, steeplechase, 6th
- 1973 Bill Spaet, pole vault, 2nd
Bill Spaet, javelin, 3rd
- 1974 Steve Sooter, steeplechase, 1st
Bill Thun, 880, 6th
- 1984 Terry Hodge, steeplechase, 5th
- 1987 Jack Hoyt, decathlon, 4th
- 1991 Ted Hamlin, 800m, 2nd
Mike Olson, shot, 3rd
- 1992 Mike Olson, shot, 1st
- 1994 Jon Holmen, decathlon, 4th
Mike Olson, shot, 7th
- 1995 Jon Swanson, 1500m, 8th
- 1996 Kyle Gough, decathlon, 3rd
- 1997 Kyle Gough, decathlon, 3rd
- 1998 Kyle Gough, decathlon, 8th
- 2002 Nathanael Castle, 1500m, 8th
- 2004 Chris Randolph, decathlon, 3rd
- 2005 Chris Randolph, decathlon, 1st
Paul Mach, 800m, 4th
- 2006 Chris Randolph, decathlon, 1st

NOTE: Prior to 1962 SPU competed at the NAIA Championships

Women's Conference Champions

- 2000 Lindsey Stewart, 100m
Laura Widman, 200m, Hj, Lj
Sarah Kraybill, 400m
Rachel Ross, 800m, 1500m
Jennifer Pyeatt, 100mH, 400mH
Natalie Dorow, triple jump
Summers, Harder, Stewart, Bell,
4 x 100m Relay
Summers, Stewart, Bell, Kraybill,
4 x 400m Relay
- 2001 Karen Summers, 100m, 400mH
Cyrena Bell, 200m, 400m
Rachel Ross, 800m, 1500m
Stephanie Huffman, Lj, Javelin
Natalie Dorow, Tj
Dionna Anderson, shot put
Summers, Harder, Stewart, Bell
4x100m Relay
Bell, Kraybill, Ross, Summers
4x400m Relay
- 2002 Sarah Kraybill, 800m
Jawea Harder, 400mH
4x400 Relay
Stephanie Huffman, long jump
Dionna Anderson, shot put
Stephanie Huffman, javelin
Stephanie Huffman, heptathlon
- 2003 Sarah Kraybill, 800m
Sarah Kraybill, 1500m
Danielle Ayers-Stamper, 100mH
Dianna Grossglass, high jump
Danielle Ayers-Stamper, long jump
Ally Studer, pole vault
Danielle Ayers-Stamper, heptathlon
- 2004 Jennifer Marsh, 800m;
Janna Schaafsma, 400mH;
Sara Johnson, javelin;
Linda Blake, heptathlon;
4x400 relay
- 2005 Mary Moriarty, 3000m;
Karin Rohde, steeplechase;
Amy Harris, pole vault;
Lauren VerMulm, javelin;

Men's Conference Champions

- 2001 Paul Mach, 400mH
- 2002 Nathanael Castle, 800m
Nathanael Castle, 1500m
Paul Mach, 400mH
- 2003 Paul Mach, 400mH
- 2004 Tim LeCount, 5000m
- 2005 Paul Mach, 800m;
Tim LeCount, 5000m
- 2006 Chris Randolph, 400m;
Eddie Strickler, 800m

ACADEMIC/COACHING AWARDS

Academic Awards

Women

Academic All-America (CoSIDA)

| | |
|------|---|
| 1993 | Karin Grelsson, first team Eden Judd, third team Heidi Hamlin, third team |
| 1994 | Karin Grelsson, first team |
| 1997 | Lisa Malmin, second team |
| 1998 | Lisa Malmin, second team |
| 2003 | Sarah Kraybill, third team |
| 2006 | Linda Blake, third team |

Academic All-District (CoSIDA)

| | |
|------|---|
| 1992 | Karen Lauve |
| 1993 | Karin Grelsson Eden Judd |
| 1994 | Karin Grelsson Heidi Hamlin |
| 1995 | Jennifer Casto |
| 1996 | Lisa Malmin |
| 1997 | Ronelle Lamkin Lisa Malmin |
| 1998 | Lisa Malmin Julie Swann |
| 2002 | Stephanie Huffman Laura Widman Leah Wiest |
| 2003 | Sarah Kraybill Laura Widman Ally Studer |
| 2004 | Linda Blake Jamie Witt |
| 2005 | Linda Blake Karen Dickson |
| 2006 | Linda Blake |

Men

Academic All-America (CoSIDA)

| | |
|------|-------------------------|
| 1992 | Ted Hamlin, third team |
| 1997 | Matt Cooper, third team |
| 1998 | Matt Cooper, third team |
| 2004 | Paul Mach, third team |
| 2005 | Paul Mach, second team |

Academic All-District (CoSIDA)

| | |
|------|--------------------------|
| 1992 | Ted Hamlin |
| 1997 | Matt Cooper |
| 1998 | Matt Cooper |
| 2002 | Nathanael Castle |
| 2003 | Paul Mach |
| 2004 | Tim LeCount Paul Mach |
| 2005 | Tim LeCount Paul Mach |

NCAA Woman of the Year

| | |
|------|-------------------------------------|
| 1994 | Karin Grelsson (State) |
| 1995 | Heidi Hamlin (State/Nat'l Finalist) |
| 1998 | Lisa Malmin (State) |

Postgraduate Scholarships

| | |
|------|-----------------------|
| 1989 | Bente Moe, NCAA |
| 1994 | Karin Grelsson, NCWSF |
| 1998 | Lisa Malmin, NCAA |
| 2001 | Karen Summers, NCAA |
| 2003 | Laura Widman, NCAA |
| 2005 | Paul Mach, NCAA |
| 2006 | Linda Blake, NCAA |

Coaching Awards

Women's National Coach of the Year

| | |
|------|-------------|
| 2000 | Ken Foreman |
|------|-------------|

Women's Regional Coach of the Year

| | |
|------|-------------|
| 1999 | Ken Foreman |
| 2000 | Ken Foreman |

Women's Conference Coach of the Year

| | |
|------|--------------------|
| 2000 | Jack Hoyt |
| 2001 | Jack Hoyt |
| 2002 | Jack Hoyt |
| 2004 | Jack Hoyt (indoor) |
| 2006 | Karl Lerum |

TEAM HISTORY

The Big Meets

Apr. 26, 1953 at DesMoines, Ia.

Drake Relays

Ben Moring-anchored mile relay takes fourth place. Moring goes on to win first of two NAIA titles in 880

June 7-8, 1968 at Hayward, Ca.

NCAA Championships

Men break into top 20 (11th) for first time, led by triple-jump champion Steve Gough

May 7-8, 1976 at Boise, Id.

NCWSA Regionals

Women's team wins 10 of 18 events, defeating second-place Oregon 149-82

May 14-15, 1976 at Manhattan, Ks.

AIAW Championships

Falcons finish second nationally (behind Prairie View A&M) among all schools, and long-jumper Sherron Walker becomes first women's collegiate champion

May 20-23, 1987 at Cape Girardeau, Mo.

NCAA Championships

Women crack top five for first time in 11 years with Bente Moe (10,000), Anita Sartin (heptathlon) and Gitte Karlshoj (3000) winning titles

Nov. 15, 1980 at Seattle

AIAW Championships

Women's cross country team hosts national meet at Tye Golf Course and finishes second in Div. II, with Lauri Shansby third overall

Nov. 17, 1985 at Marshalls Creek, Pa.

NCAA Championships

Norwegian Olympic marathoner Bente Moe wins cross country championship, the first of five national running titles during her career

May 23-25, 1992 at San Angelo, Tx.

NCAA Championships

Altogether, three men and women athletes--Tiffany Colman (javelin), Karin Grelsson (heptathlon, triple jump) and Mike Olson (shot put)--win four events. Grelsson sets meet and Swedish records in triple, and women are fourth overall

May 6, 2000, at Monmouth, Or.

Pacific West Championships

Laura Widman wins three events and Rachel Ross and Jennifer Pyeatt two each as the Falcon women win the inaugural conference meet by a margin of 90 points

Feb. 21, 2004, at Nampa, Id.

GNAC Indoor Championships

Kinyatta Leonhardt won the 60 and 200 dashes, sparking the Falcon women to the inaugural indoor championship. SPU got won six wins altogether to prevail by 23.5 points

Seattle Pacific Track & Field History

Seattle Pacific's celebrated track & field team first surfaced as a varsity sport in 1949, but it was a year later, after the arrival of Ken Foreman, when the Falcons began their ascent to a nationally-renowned program. Foreman, who had previously coached at Los Angeles Pacific High School, devoted 37 years as a mentor to generations of Falcons before retiring in 2000.

Within two years of Foreman's arrival, Seattle Pacific captured local attention by sending its promising men's 2-mile relay to the prestigious Drake Relays in 1953 where they finished fourth. Later that season, the mile relay qualified for the NAIA National Championships, with the foursome of Ben Moring, Gene Peterson, Denton Palmer and Wes Thompson taking third place. Moring was the catalyst for much of the early success; he won the NAIA 880-yard run in 1953 and repeated as champion in '54.

In 1955, Foreman became a forerunner in women's athletics by founding the Falcon Track Club, a team open to gifted females. Marcia Cosgrove, a 16-year-old Renton native, qualified for the AAU Indoor Championships. A year later, Cosgrove won the AAU 50-meter dash, then finished second in the 200 at the Olympic Trials and qualified for the U.S. Olympic Team.

Foreman returned to Los Angeles from 1957-60 to complete his doctorate. By 1962, when he resumed his position, the track & field program competed at the NCAA Championships and the Falcon Track Club was becoming world famous. In 1964, Doris Brown set a world indoor record, running the first sub-5 minute mile, and Virginia Husted was second in the javelin at the Olympic Trials. Brown went on to establish world and American records for the 880 and 1500 meters, and make the 1968 and '72 U.S. Olympic teams. From 1967-71, she won five consecutive world cross country titles.

The men's program gained momentum once again with emergence of Steve Gough as, first, a NCAA champion triple jumper in 1968, and, in 1970, a winner in the decathlon. In fact, Gough would later challenge for a berth on the 1972 Olympic team.

In 1975, varsity status was given to the women's team and instantly Seattle Pacific was a respected power, dueling with the Division I likes of Tennessee and UCLA for the AIAW collegiate crown. At the 1976 nationals, the Falcons, with three future national team members, finished second. When the AIAW began sponsoring divisional championships, the SPU administration opted for Division II, and there were other changes in store as well. Foreman, who been named coach of the U.S. Olympic team, resigned and Doris Brown Heritage took over.

Foreman's return in 1985 ushered in an era when the Falcons put greater emphasis on multiple events and distance/middle-distance running. It was a fortuitous move as the women finished among the top 10 in the NCAA eight consecutive years from 1986-93. The 2000 season was one of significant change as Jack Hoyt, a protege' of both Heritage and Foreman, was named head coach, and SPU won it's first of three consecutive women's conference championships.

As the track & field program enters the 2006 season, the honor roll for both men and women lists 24 national and Olympic team members, 29 collegiate champions and 206 All-Americans.



The 1954 mile relay of Ben Moring, Denton Palmer, Charles Byers and Gene Peterson

WOMEN'S ALL-TIME ROSTER

Women's Track & Field All-Time Roster

Team MVP (High Points)

Women

1985 Leslie Ramstad, Dist.
 1986 Anita Sartin, Hep.
 1987 Anita Sartin, Hep.
 1988 Bente Moe, Dist.
 1989 Bente Moe, Dist.
 Karen Lauve, Hept.
 Gitte Karlshoj, Mid.
 1990 Karen Lauve, Hep.
 1991 Jennifer Norman, Hep.
 1992 Karen Lauve, Hept.
 Karin Grelsson, Hep.
 1993 Karin Grelsson, Hep.
 1994 Heidi Hamlin, Mid.
 1995 Shavonne Colebrooke, Spt.
 1996 Shavonne Colebrooke, Spt
 1997 Susie Keller, Hep.
 1998 Joleen Schwarzmilller, Spt.
 1999 Rachel Ross, Mid.
 Laura Widman, Hep.
 2000 Laura Widman, Hep.
 2001 Stephanie Huffman, Hep.
 Rachel Ross, Mid.
 2002 Stephanie Huffman, Hep.
 2003 Sarah Kraybill, Mid. Dist.
 2004 Sara Johnson, Throws
 2005 Danielle Ayers-Stamper
 2006 Lauren VerMum

A

Altman, Sue 1983
 Anderson, Denise 1975,76,77,78
 Anderson Dionna 2001,02
 Anderson, Monica 2005,06
 Anunson, Joan 1990
 Armstrong, Hailey 2001
 Austin, Ann 1979
 Ayco, Gina 1991,92
 Ayers-Stamper, Danielle 2003,04,05
B
 Bagby, Katie 1990
 Baker, Traci 1986,87,88,89
 Bannink, Laurie 1981,82,83,84
 Barnes (Hornbuckle), Molly 2004,05,06
 Bates, Shirley 1979,80,81
 Baumgartner, Schaylee 1998,99,00, 01
 Beaman, Kim 2006
 Becker, Wendy 1991
 Beddell, Diane 1983
 Bell, Cyrena 1998,99,00,01
 Bennett, Sonja 1976,77
 Benson, Connie 1981,82,83,84
 Benanaya, Hanane 2005,06
 Bethel, Tamara 1990
 Bjella, Sharon 2004,05,06
 Bjork, Kirsten, 2001,02,03
 Black, Diane 1984,85
 Blake, Linda 2003,04,05,06
 Blizzard, Tina 1978
 Bolibol, Jennifer 1994
 Botha, Erika 1997
 Boyd, Valerie 1999
 Brown, Trish 1985,86,87
 Brown, Celia 1979
 Bryant, Brandy 1989
 Buchanan, Michelle 1978
 Burggraaf, Janice 1979
 Byron, Annie 1979
C
 Cantrell, Dana 2001
 Carter, Debrah 1978,79,80,81
 Casto, Jennifer 1993,94,95
 Christoff, Melissa 1990,91
 Clark, Danae 2004
 Clark, Heidi 1992
 Clausen, Capri 1979
 Colebrooke, Shavonne 1993,94,95,96
 Colman,Tiffany 1992,94,95,96
 Cooley, Kelsey 2005,06
 Corbin, Joan 1979
 Covington, Sarah 1997,98,99
 Cowden, Amy 1998,99,00,01
 Cray, Kathy 1987,88
 Crocker, Mary Kay 1980
 Crunican, Ashleigh 1997,98,99
 Cummings, Cyndie 1977,78,79
D
 Damm, Jennifer 1990
 Daniel, Kirsten 1999
 de Marval, Sandrine 1988,89
 DeVine, Rachel 1995,96,97
 DeVries, Michelle 1988,89,90
 Dickson, Karen 2004,05
 Donely, Karen 1984
 Donner, 1975
 Dorow, Natalie 1998,00,01
 Doser, Lois 1979
 Duringer, Julie 2004
E
 Eldrenkamp, Diane 1979
 Eggers, Heidi 1993
 Elde, Kristin 2000
 Ennes, Laura 1991
 Ereminaitite, Marija 1997
F
 Farthing, Amber 2001
 Ferguson, Mindy Lee 1997
 Fernandez, Lisa 1997
 Frazee, Rene 1986,87,88,89
G
 Gabelein, Sandy 1982,83,84,85
 Gerlitz, Sarah 1996,97,98,99
 Gibbs, Rashel 1997
 Gilbert, Melinda 1996,98
 Gjerset, Ilene 1986,87,88,89
 Gleason, Kelsey 2003,04
 Goering, Christie 2000,01
 Graham, Dawn 1980
 Grelsson, Karin 1992,93
 Gribble, Heidi 1994

Griffin, Lorna 1977,78
 Griffith, Sue 1975,76,77,78
 Grossglass, Dianna 2003,04
 Groth, Abby, 2003,04
H
 Haag, Rhonda 1982,83
 Hamlin (Bomengen), Heidi 1991,92,93,94
 Hankins, Joey 1992
 Hansen, Julie 1977,78,79
 Hansen, Penny 1997
 Hansey, Karen 1982
 Harbaugh, Ruth, 2003,04,05
 Harder, Jawea 1999,00,01,02
 Harris, Abby 1998,99,00,01
 Harris, Amy 2003,04,05,06
 Harris, Bethany 1990
 Hart, Katie 2006
 Harwood, Glynnette 1980,81
 Hankinson, Ruth 2000,01,02,03
 Hedeges, Allie 2003,04,05,06
 Herrmann, Julie 1992
 Ho, Tara 1997
 Holthusen, Jacque 1997,98
 Howell, Brenda 1996
 Huey, Kim 1987,89
 Huffman,Stephanie 1998,99,01,02
I
 Iddings, Linda 1975
 Irwin, Linda 1978,79,80
 Issacs, Jessica 1997
J
 James, Corina 2006
 Janney, Kristin 2004,05
 Jarvits, Linnea 1994,96,97,98
 Jensen, Charlotte 1991,92
 Jensen, Nikki 2004,05,06
 Johnson, Lori 1987,88
 Johnson, Linda 1986,87
 Johnson, Lisa 1975,76
 Johnson, Sara 2004,05
 Jordan, Kris 1987
 Judd, Eden 1990,91,92,93
 Jung, Susan 1996,97
K
 Karlshoj, Gitte 1987,88,89
 Kearney, Brigid 1987
 Keller (Jacobsen), Susie 1996,97,98
 Kelly, Alice 1975
 Kincaid, Ashley 1997
 King, Tammie 1994
 Kirby, Pat 1985
 Kjaersgaard, Hanne 1988
 Klausman, Chris 1982,83,84,85
 Knox, Becky 2003,04,05,06
 Koelfgen, Lisa 1983,84
 Kolb, Jean 2003,04, 05,06
 Kooy, Lauren 2001,02,03,04
 Kraybill, Sarah 2000,01,02,03
 Kuhn, Tracy 2005
 Kuipers, Wendy 1999
L
 Lamkin, Ronelle 1994,95,96
 Larson, Lonna 1991,92
 Lauve, Karen 1988,89,90,92
 Lavallee, Sarah 1999,00
 Lavin, Josie 2002,03,05,06
 Leitch, Rosalyn 2006
 Leonhardt, Kinyatta 2004,05
 Levan, Marianne 1983,84,86,87
 Lindberg, Erica 1997
 Lindberg, Julie 1984,85
 Lindstrom, Krissy 1983
 Little, Brooke 2002
 Lush, Christine 1989
 Lyne, Sarah 2000,01
 Lyon, Alicia 1995,96,97,98
M
 Macaraig, Mimi 1992
 Malmin, Lisa 1995,96,97,98
 Marnach, Jennifer 1998
 Marsh, Jennifer 2004,05,06
 Marsh, Kelley 1994,95,96,97
 Marshall, Ashley 2004
 Marston, Camille 1989,90
 Maschmedt, Gena 1985
 Matthews, Lynette 1975
 McBride, Kelsey 2005,06
 McCabe, Annie 2000,01
 McClary, Amanda 2002

McCormick, Sheri 1979,80
 McCoy, Brandi 2003,04,05,06
 McDowell, Janice 1983
 McGlade, Brenda 1980,81
 McMahan, Sue 1975
 Mecklenburg, Marcia 1976,77,78,79
 Medeiros, Lisa 1984
 Meyers, Dottie 1982
 Milicic, Jan 1980
 Miller, Jenny 1989,90
 Miller, Kristie 1978
 Miller, Laurel 1975,76
 Moe, Bente 1986,87,88,89
 Mohr, Joy 1980
 Moriarty, Mary 2006
N
 Nelson, Missi 1981,82,83
 Newkirk, Martha 1981
 Newsom, Katrina 2000
 Ng, Jennifer 1999
 Nichols, Lory 1993
 Norman, Jennifer 1990,91,92,93
 Northwall, Lindsey 2001
O
 O'Brien, Mary 1987,88
 Ocampo, Angie 2002,03
 O'Conner, Stephanie 1989
 Ocken, Sue 1986
 Owens, Candy 2001,02
 Owens, Erica 2000,01
P
 Park, Ilene 1985,86,87,88
 Parrish, Kerri 1979,80,81
 Pennington, Andrea 2004
 Pepper, Kati 1985
 Perkins, Teona 2006
 Perkins, Victoria 2004,05,06
 Peterson, Heidi 2006
 Petite, Jenny 1994
 Polk, Linn 1975
 Pothoff, Michelle 1984
 Preboski, Erica 2004
 Price, Jo 1986,87,88
 Probst, Rachae 1999,00,01
 Puckett, Danice 1985
 Pycatt, Jennifer 2000,02,03
Q
 Quatier, Debbie 1977,78
 Quigley, Molly 1979
R
 Ramstad, Leslie 1984,85,86,87
 Ranta, Morgan 1999,00,01,02
 Ray, Judy 1980,81
 Ray, Shana 1998
 Reed, Jeanette 1990,91,92
 Lavin, Josie 2002
 Richard, Kara 2002,03
 Ritter, Gina 1994,95,96,97
 Robinson-Spaulding, Gabrielle 2004,05
 Rogers, MacKenzie 2001,02
 Rohde, Kaitlin 2005,06
 Rohde, Karin 2005,06
 Rohm, Breanne 2002,03,04,05
 Rose, Amber 2001,02,03,04
 Ross, Rachel 1999,00,01,02
 Roulier, Cheryl 1981,82,83
S
 Sartin, Anita 1986,87
 Scandurra, Anita 1977,78
 Schaaftma, Janna 2003,04
 Schill, Linda 2000
 Schlumpf, Alena 1999,00
 Schroeder, Chris 1975,76
 Schroeder, Peggy 1975
 Schwarzmilller, Joleen 1995,96,97,98
 Scott, Amber 1999
 Seana, Nicole 2000,01,02,03
 Seebeck, Maisha 2006
 Senger, Marnee 1991
 Setera, Jeanna 1981
 Sexton, Bridgette 2005
 Shannon, Claudia 1993,94,95,96
 Shansby, Laurie 1981,82,83
 Simmons, Terri 1980,81
 Simon, Patti 1983,84,85
 Skinner, Carol 1983
 Skipper, Angela 1998
 Smathers, Shelley, 1990,91
 Smiley, Jeanette 1975,76

Smith, Sharon 1980
 Smith, Theresa 1976,77,78,79
 Sokoloskis, Benita 1988,89,90
 Solomonson, Anna Marie 1980,81
 Sommer, Kathi 1979,80
 Soule, Anna 2005,06
 Spencer, Pam 1976,77,78
 Stevens, Janelle 2003,04,06
 Stewart, Lindsey 2000,02
 Strickler, Suzie 2006
 Strid, Laurey 1986,87
 Studer, Ally 2001,02,03,05
 Sturn, Vicki 1977,78
 Summers, Karen 1999,00,01
 Swann, Julie 1997,98,99
T
 Tayet Hillary 2003
 Taylor, Amy 2005
 Taylor, Gina 1988,89,90,91
 Teeter, Janet 1981
 Templeman, Wendy 1984,86
 Terpstra, Brenda 1984,86
 Todd, Carrie 1980
 Townsend, Alisha 1999,00
 Tozier, Janet 1979,80
 Trammell, Nicole 1995
 Turner, Natalie 1994,95,96,97
 Tysseing, Amy 1992,94
U
 Underhill, Elisa 1980,81
 Urfer, Lynne 1990
 Urrutia, Jennifer 2004,05
V
 Vale, Jenny 1990,91,92,93
 Van Pelt, Juli 1986,87,88,89
 Vasey, Pam 1985
 Vaughn, Debra 1996,97
 VerMum, Lauren 2005,06
 Vick, Melinda 1987,88
 Volk, Gail 1980,81
W
 Waggoner, Dawn 1980
 Walker, Sherron 1976
 Wallace, Heather 1997,98,99,00
 Warawa, Lori 1981
 Wayman, Gina 1992,93
 Weed, Angela 2006
 Weinz, Becky 1998
 Weitz, Diane 1979
 Weitz, Janet 1981
 Weitz, Judy 1983,84,85
 Weyers, Emily 2002
 Whitebeck, Kelly 1986,87,88,89
 Whitehead, Simone 1988
 Whitfield, Jackie 1998,00
 Widman, Laura 1999,00,02,03
 Wiest, Leah 2002
 Wilburn, Rebecca 1983
 Williamson, Michelle 1978
 Wilson, Cathy 1980,81
 Winslow, Kim 1979
 Witt, Jamie 2001,03,04
 Wood, Paula 1979
 Wrightman, Megan 2005,06
Y
 Yeager, Rachel 1975,76,77,78
Z
 Zamora, Jasmine 2003
 Zender, Julie 1986

MEN'S ALL-TIME ROSTER

Men's Track & Field All-Time Roster

Team MVP Track & Field

Men

1985 Jack Hoyt, Dec.
1986 Brian Wick, 800m
1987 Jack Hoyt, Dec.
1988 Brent Ruby, Sprints
1989 Daunte Gouge, Spts.
1990 Ted Hamlin, Mid.
1991 Mike Olson, Throws
1992 Mike Olson, Throws
1993 Jon Swanson, Mid.
1994 Mike Olson, Throws
1995 Jon Swanson, Mid.
1996 Kyle Gough, Dec.
1997 Kyle Gough, Dec.
1998 Kyle Gough, Dec.
1999 Dan Snowden, Jumps
2000 Christian Berkey, Mid.
2001 Paul Mach, Hurdles
2001 Paul Mach, Hurdles
2002 Nathanael Castle, Mid.
2003 Paul Mach, Hurdles
2004 Chris Randolph, Dec.
2005 Chris Randolph, Dec.
2006 Chris Randolph, Dec.

A

Acob, Cliff 1993,94,95
Akins, Jim 1965
Al-Haddad, Musaed 1996
Anderson, Bob 1957,58
Anderson, Dennis 1964,65
Anderson, Dominic 2003
Anderson, Jeremy 1991
Anderson, Jim 1959
Anderson, Steve 1965
Andrews, Ed 1956
Archer, Jim 1969,70,71
Arendt, Chris 1990
Arksey, Matt 1983,84,85
Arnold, Dave 1966
Arnold, Rob 1971,72,73
Ayers, Jeff 2006
B
Backen, Kelsey 1998,00,01
Baker, Dave 1965
Bamburg, Jerry 1965,66,67,68
Barber, Dusty 1968,69,70
Barrett, Brad 1981
Bartlett, Bob 1960,61,62,63
Bartlett, Doug 1962,64
Bass, Aaron 2000
Bates, Mike 1972,73,74,75
Bauer, John 1979
Bayley, Phil 2004,06
Beckett, Scott 1996
Beechick, Andy 1971,72,73,74
Bellmore, Jim 1951,52,53,54
Benner, Robert 1989
Bennett, John 1960,61
Bennett, Kirk 1981
Berkey, Christian 1997,98,99,00
Berry, Nick 2002
Berry, Rusty 1992
Bettger, Al 1955
Birbaum, Mike 1996
Bixby, Marvin 1969
Bjella, Clint 2002,03,04
Bjornson, Ted 1956,57,58
Blackburn Gary 1972
Blackmen, Dan 1972
Blackwell, John 1967
Blowers, Steve 1963,64,65,66
Bolin, Paul 1974,75,76
Bone, Len 1974
Borton, John 1969,70
Bostrom, Bjorn 2004,05,06
Boucher, George, 1989
Bradford, Lee 1972,73
Bragg, Eric 1984
Brooks, Dean 1953,54
Brown, Don 1960,61,62,63
Brown, Jerry 1974
Bryson, Gerald 1967,68,69,70
Burgess, Tim 1979
Burke, Mike 1983
Burleson, Ryan 2002
Busby, Jeff 1964
Bush, Martin 1972
Byers, Charles 1953,54,55
C
Camp, John 1964
Cannon, Dave 1957,58,59,60
Card, Rob 1980
Carlson, Craig 1965,66,67,68
Carnevali, Gary 1962
Carter, Chuck 1952
Carter, Frank 1967
Carter, Mike 1983
Casebeer, Jon 1983
Castle, Nathanael 1999,00,01,02
Childers, Casey 1979
Childress, Jason 2005
Christianson, Mark 1980
Clapp, Martin 1981,82,83
Clapp, Mike 1979
Cleveland, Richard 1996
Clubine, George 1995,96
Cole, Claire 1956
Cole, Paul 1988
Collins, Eric 1996,97,98,99
Comstock, John 1967,69,70
Conover, Bob 1969
Cooper, Matt 1996,97,98
Corn, Darrell 1978,79,80,81
Cornellison, Eric 1987,88

Costello, Steve 1997,98,99,00
Cottrill, Craig 1973,74
Courson, Jim 1979,80,81
Cowles, Dave 1963,64,65
Craig, Steve 1962,65
Creson, Dennis 1976
Cronrath, Brian 2005,06
Crowston, Lloyd 1956
Cummings, Ralph 1963,64,65,66
Custer, Bryan 1986,87
Custer, Dave 1987
D
Dalziel, Don 1987,88,90,91
Daniel, Brent 1999
Davis, Ben 1984,85,87
Davis, Bob 1967,68,69
Dawn, Jonathan 1970,72
Deffenbaugh, Theo 1982,83,84
Delamarter, Harold 1967
Dennert, Bill 1955
Denniston, David 2001
Devers, Art 1974
Dexter, Roger 1961,62
Dickerson, Geoff 1977
Dietzman, Dale 1961,62,63,64
Douglas, Jim 1956,59,60,61
Dow, Jeremy 1999,00
Duke, David 2005,06
Duncan, Roy 1955,56,57,58
Durand, Dave 1989,90
Dykes, Randy 1980,81,82,83
E
Eckert, Ron 1990
Edmondson, Matt 1996
Eggum, John 1962
Elkins, David 1987,88,89,90
Elmore, Jeff 1980
Endicott, Rick 1974
Endicott, Randy 1974,75,76
Engelson, Kurt 2005
Erwin, Dave 1984
Ewing, Bob 1974,75
F
Fagan, Peter 1978
Fallon, Shannon 1991,92,93,94
Farris, Steve 1995,96,97,98
Fechter, Kirk 1973
Fee, Gordon 1953,54,55,56
Finkbeiner, John 1958
Flowers, Greg 2004,05,06
Foreman, Chris 1997
Forbes, Ed 1959
Forbing, John 1962,64
Ford, Adam 1998
Ford, Mike 1968
Foreman, Clyde 1968,69,70,71
Fowler, Terry 1967
Fredrickson, Marty 1988
Freed, Rodney 1964
Fry, Jim 1969,70,71,72
Fryett, Neal 1999,00,01,02
Furst 1957
G
Galloway, Terry 1971,72
Gavareski, Michael 2004,05,06
Gerdes, Jeff 1991,92
Gilson, Jim 1954,55,56
Gibson, Doug 2005,06
Gibson, Keith 1952
Givens, Joel 1996
Glancy, John 1967,68,69,70
Glancy, Nick 1999
Goertz, Larry 1976
Goshorn, Ernie 1962,63
Gouge, Daunte 1989,90,91,92
Gough, Bryan 1993,95,96,97
Gough, Chris 1997,98,99,00
Gough, Kyle 1995,96,97,98
Gough, Steve 1967,68,69,70
Graham, Greg 1960
Grant, Dave 1964,65,66,67
Grant, Julius 1966
Gray, Merlin 1952
Greene, Ted 1990
Griffin, Paul 1983,84
Griffith, 1972
Groom, Lester 1981,82,83
Grove, Carl 1984
Guest, Robert 1988
Gustafson, Nate 1997

H

Haakenson, Erick 1970
Hagen, Wes 1967,69,70
Hahnemann, Marcus 1991
Hallman, Rod 1974,75
Hambly, Jay 1969
Hamlin, Ted 1989,90,91,92
Hankinson, Mike 1986
Hansen, Dave 1973,74
Hansen, Doug 1969,70
Hansen, Rick 1978
Hansen, Roger 1966,67,68,69
Hanson, Dave 1975
Hanson, Larry 1988,89
Hanson, Mark 1999
Hanssen, Jeff 2003
Hattingh, Tyrone 2004,05,06
Hedges, Dick 1954,55,56,57
Henderson, Paul 2006
Henderson, Steve 2000
Heplews 1960
Hergert, Brett 1998
Heritage, Ralph 1956
Herron, Tom 1969
Hettmerspenger, Greg 1976,77,78,79
Higgins, Scot 1999
Hill, Mike 1986
Hill, Walt 1954,55
Hilliard, Jeremy 1998
Hilliard, Jim 1968
Hines, Paul 1995
Hines, Phil 1997
Hoberg, Chester 1982
Hodge, Terry 1981,82,83,84
Hodson, Don 1953
Hoefler, Greg 1972,73,74
Hollowett 1958
Holmen, Dan 1991,92,93,94
Holmen, Jon 1993,94,95,96
Holmgren, Greg 1979,80
Holt, Jim 1975
Hopkins, Joe 1960
Hoppis, Adam 1988,89
Horton 1953,54
Hotaling, Steve 1980,81
Houser, Wayne 1951,52
Houston, Jack 1964,65
Howell, Dennis 1972,73
Howell, Gary 1964,65,66
Hoyt, Jack 1983,84,85,87
Hunter, B. 1954
Hunter, Brian 2002,03
Hunter, Chris 2005
Husenik, Chris 1976
I
Irwin, Dave 1984
Ishii, D. 1954
Iverson, Verlyn 1955,56,57,58
J
Jackson, 1977
Jackson, Lonni 1983
Jacobsen, Eldon 1978
Jameison, John 1963
Jansen, Larry 1979
Jewell, Ryan 2005
Johnson, Carl 1953,54
Johnson, Darron 1955
Johnson, Dwayne 1982,83,84,85
Johnson, Ron 1959
Jolley, F. 1954
Jones, Jason 1992
Jounhson, Dwayne 1984
Jurgens, Bill 1950
Jurgensen, John 1962
K
Kaemingk, Wayne 1974
Keller, Bob 1962
Kellogg, Keith 1981,82,83,84
Kelley, Micah 2002,03,04
Kelly, Aaron 1995,96,98
Kendell, Elmer 1953
Kester, Ralph 1959,60
Kinzer, Scott 1978,79,80,81
Klatt, Armin 1956,57,58,59
Klein, Geoff 1969
Klinkman, Jon 1981,82
Kyte, Randy 1977
L
Lang, Tim 1999

Larimer, Dan 2004,06
Larson, 1956
Larson, Dean 1984,85
Larson, Gary 1989
Laughlin, Matt 2002
Leahy, Dave 1977
LeCount, Tim 2002,03,04,05
Lee, David 1966,67,68,69
Leensvaart, Ryan 1995
Lemm, Bill 1966,67
Lepse, Bob 1952
Lewis, Duane 1963,65,66
Lewis, Randy 1971
Libadisos, Aaron 2002,03,04
Lim, Daniel 2005
Lindner, Peter 1980
Lingren, Lee 1975
Liscan, Mark 1978
Littlefield, Brandon 2001
Ljunghammer, Ralph 1972
Lotz, Thomas 1984
Louvier, Doug 1969,70,71
Lowry, John 1964,65
Lozano, Carlo 2005
Lucey, Shane 2006
M
Mach, Paul 2001,02,03,05
Macpherson, Jason 1992
Marston, Cliff 1965
Marston, Phil 1969,70
Marston, Tim 2001
Martin, Bruce 1971
Mason, Donald 1964
Masters, John 1983,84,85,86
Maxwell, Bill 1963
Maynes, Orlando 1974
McCormack, Brian 1982
McCown, Mark 1983
McDonald, Cal 1956,60
McGlothlam, Kirk 1971
McIntyre, Steve 1983,84,85,86
McMinn, Bob 1976
McNichols, Mel 1966
Meier, Nathan 1999
Mendez, Adrian 2006
Millay, D.J. 1984
Miller, Frank 1964
Miller, Glen 1966,67,68,69
Miller, Ray 1954,55,56
Miller, Stan 1959,60,62,63
Miller, Steven 2005
Miller, Will 1999
Milliken, Marv 1960
Mingus, Gary 1956
Miyabe, John 1967
Moffitt, Dave 1962,63,64,65
Moffitt, Roger 1965,66,67,68
Molinerio, Tony 1976
Monaghan, Kevin 1998
Moody, Colin 1992
Moon, Rick 1964
Moring, Ben 1952,53,54
Morrison, Darrell 1963,64
Morrison, Dwayne 1981
Morrison, Jerald 1981
Moulton, Rod 1970,71
Mouracade, John 1993
Munsell, Terry 1967
N
Nanka-Bruce, Richard 1957
Nash, Ryan 1999,00,01
Newcomer, David 1965
Newkirk, Marti 1979
Newsome, Pierre 1989
Newton, Ron 1952
Nienaber, Mark 1969
Noble, Ronald 1981
Nordvedt, Tom 1964
Norman, Larry 1965
Norman, Rich 1972,73
Notter, Tom 1961
Notter, Walt 1967,68,69
O
O'Brien, Bob 1960,61,62
Oaklund 1957
O'Connor, Lee 2004
Ohler, Ron 1955,56,57,58
Ohlund, Tim 1966,67
Olsen, Dan 1988

MEN'S ALL-TIME ROSTER

Olson, Mike 1990,91,92,94
Olson, Roger 1976,79
Olson, Vern 1966
Oraker, Jim 1961
Overholt, Chris 1988,89
Overholt, Rich 1987,88

P

Palmer, Bruce 1977,78,79
Palmer, Denton 1952,53,55
Parkins, George 1957
Parris, Doug 1970
Peters 1960
Peterson, Gene 1951,52,53,54
Peterson, Mike 1961,62
Peterson, Stan 1969
Phillips, Ian 1992,93
Phillips, Ryan 2004,05,06
Pietz, John 1991,92
Popp, Andy 1993
Porteous, Bob 1965
Posey, Stan 1964,65,66
Potts, Steve 1984
Protzman, Hughes 1962,63,64
Pugh, Lloyd 1956,57,58

Q

Quckert, Paul 1976

R

Radel, Jason 2003,04
Raines, Mike 1971
Ramerman, Wayne 1962
Randolph, Chris 2003,04,05,06
Rankin, Todd 1987
Reece, Tony 1987
Reeves, Tim 2003,04
Reid, Jerry 1953
Reimer, Albert 1980,81,82,83
Reimer, Marlin 1957,58
Rennick, Garry 1955
Righter, Kemper 1969
Robeck, Jim 1952,53,54
Robinson, Cecil 1981
Robinson, Ken 1989
Rochelle, Bob 1958
Rohn, Jeff 1979
Ronhaar, Dean 1973,74,75
Rorabaugh, Bob 1966,67,68,69
Rorabaugh, Mike 1970
Ross, Jim 1962,63,64,65
Rosser, James 2004,05,06
Rosser, Paul 1969
Ruby, Brent 1987,88,89
Ruby, Jay 1989
Russi, Jim 1964
Rydman, Mike 1976,77

S

Sandin, Sean 2002
Sargent, Jim 1951,52
Schefter, Michael 2002
Schultz, Chuck 1988,89,90,92
Schweiss, Jon 1976
Sessler, Brad 1989,90
Shannon, Stan 1964
Sharp, Trevor 1998,99,00,01
Sharpe, 1976
Sheeks, Mark 1978
Shelton, Al 1976
Shepard, Zeph 2001
Sherrill, John 1968
Simpson, Bob 1956
Small, John 1973
Smith, Bill 1977,78
Snowden, Dan 1998,99
Snyder, James 1995
Sooter, Steve 1971,72,73,74
Sorenson, Darren 1988
Spaet, Bill 1970,71,72,73
Sparks, Sparky 1985
Stark, Paul 1987
Stark, Rick 1969,70,71,72
Starr, Zach 2001
Steele, Aaron 1994
Steiner, Andrew 2000,01,02,03
Stemp, Andrew 1996,97,98
Stensland, Mark 1980
Stewart, Mike 2003
Stiles, Finney 1952
Stocker, Gary 1965
Strand, Greg 1977,78
Stream, Mark 1973,74,75
Strickler, Eddie 2004,05,06

Sund, Brad 2000
Swanson, Dale 1960,61,62,63
Swanson, David 1990
Swanson, Jim 1966,67,68,69
Swanson, Jon 1991,92,93,95
Swinney, Rick 1975,77,78

T

Takano, Dan 1985
Taylor, Pat 1977
Telfer, Tom 1980,81
Thomas, J. 1954
Thomas, Steve 1971
Thompson, Wes 1951,52
Threet, Gerald 1981
Thuline, Dale 1964
Thun, Bill 1971,72,73,74
Tollessen, Andrew 1990,91,92
Tomsic, Joe 1993
Tucker, Darrell 1956,57

U

Utterback, Micha 1996,97

V

Van Buskirk, Jay 1963,64
Van Hess, Scott 2000,01,02,03
VanWagner, DiRon 1990
Vinson, Ray 1992,94
Volburg, Ray 1957

W

Waddell, Gary 1973
Wagoner, Tim 1971,72
Wahl, Larry 1962,63,64,65
Walls, Forrest 1957,58
Warbinek, Mark 1976
Wassink, Kip 1996,97
Watkins, Ryan 1991,92
Watson, Max 1997
Wegner, Phil 1982,83
Wennerlind, Steve 1967,68,69,70
West, Ron 1960
Wette 1958
Whitehead, Matt 1978
Whitman, Blake, 2001
Whitney, Brent 1983,84
Wick, 1960
Wick, Steve 1983,84,85,86
Wick, Brian 1986,87,88,89
Wilhelm, Brett 1990
Willems, Andrew 1998
Williams, Dave 1984
Willis, Geoff 1994
Winckler, Gary 1973,74
Wirick, Randy 1980
Wirtz, Douglas 1984
Worrall, Don 1956,57,58,59
Worzner, Jens 1989
Wright, Eugene 1952

Y

Yeadon, Loren 1960
Yoder, Mike 1967
Youngren, Harold 1962,63,64

Z

Zatloukal, Jim 1971
Zetterberg, Mike 2006
Ziemann, Michael 2000
Henderson, Steve 2000

OUTDOOR CHAMPIONSHIP HISTORY

SPU at Nationals

| Men's | Place | Pts | Meet |
|-------|-------|-----|------|
| 1952 | 26th | 6 | NAIA |
| 1953 | 8th | 14 | NAIA |
| 1954 | 14th | 10 | NAIA |
| 1956 | 9th | 14 | NAIA |
| 1957 | 19th | 9 | NAIA |
| 1968 | 11th | 15 | NCAA |
| 1969 | 33rd | 6 | NCAA |
| 1970 | 11th | 18 | NCAA |
| 1971 | 25th | 10 | NCAA |
| 1972 | 38th | 4 | NCAA |
| 1973 | 15th | 14 | NCAA |
| 1974 | 20th | 11 | NCAA |
| 1984 | 46th | 8 | NCAA |
| 1987 | 33rd | 5 | NCAA |
| 1991 | 20th | 14 | NCAA |
| 1992 | 26th | 10 | NCAA |
| 1994 | 28th | 5 | NCAA |
| 1995 | 44th | 1 | NCAA |
| 1996 | 31st | 6 | NCAA |
| 1997 | 34th | 6 | NCAA |
| 1998 | 51st | 1 | NCAA |
| 2002 | 51st | 1 | NCAA |
| 2004 | 32nd | 6 | NCAA |
| 2005 | 15th | 15 | NCAA |
| 2006 | 29th | 10 | NCAA |

| Women's | Place | Pts | Meet |
|---------|-------|------|-------|
| 1973 | 4th | 21 | AIAW* |
| 1974 | 8th | 15 | AIAW* |
| 1975 | 10th | 16 | AIAW* |
| 1976 | 2nd | 51 | AIAW |
| 1977 | 7th | 24 | AIAW |
| 1978 | 11th | 18 | AIAW |
| 1979 | 31st | 6 | AIAW |
| 1981 | 12th | 18 | AIAW |
| 1983 | 13th | 38 | NCAA |
| 1985 | 18th | 10 | NCAA |
| 1986 | 10th | 22 | NCAA |
| 1987 | 4th | 52 | NCAA |
| 1988 | 6th | 55.5 | NCAA |
| 1989 | 3rd | 62 | NCAA |
| 1990 | 7th | 33 | NCAA |
| 1991 | 10th | 25 | NCAA |
| 1992 | 4th | 58 | NCAA |
| 1993 | 5th | 47 | NCAA |
| 1994 | 28th | 5 | NCAA |
| 1995 | 15th | 16 | NCAA |
| 1996 | 12th | 18 | NCAA |
| 1997 | 39th | 1 | NCAA |
| 1998 | 22nd | 10 | NCAA |
| 1999 | 16th | 15 | NCAA |
| 2000 | 24th | 11 | NCAA |
| 2001 | 9th | 27 | NCAA |
| 2002 | 19th | 17 | NCAA |
| 2003 | 16th | 14 | NCAA |
| 2004 | 32nd | 8 | NCAA |
| 2005 | 13th | 20 | NCAA |
| 2006 | 26th | 8 | NCAA |

*Falcon Track Club

NCAA Division II Championships

| Year | Men's Champion | Women's Champion | Site |
|------|------------------------------|-----------------------|---------------------|
| 1963 | Maryland-Eastern Shore | | Chicago |
| 1964 | Fresno State | | Fresno, Ca. |
| 1965 | San Diego State | | Long Beach, Ca. |
| 1966 | San Diego State | | Chicago |
| 1967 | Long Beach State | | Ogden, Ut. |
| 1968 | Cal Poly SLO | | Hayward, Ca. |
| 1969 | Cal Poly SLO | | Ashland, Oh. |
| 1970 | Cal Poly SLO | | St. Paul, Mn. |
| 1971 | Kentucky State | | Sacramento |
| 1972 | Eastern Michigan | | Ashland, Oh. |
| 1973 | Norfolk State | Texas Woman's* | Crawfordsville, Il. |
| 1974 | Eastern Illinois/Norfolk St. | Prairie View A&M* | Charleston, Il. |
| 1975 | Cal State Northridge | UCLA* | Sacramento |
| 1976 | UC Irvine | Prairie View A&M* | Slippery Rock, Pa. |
| 1977 | Cal State Hayward | UCLA* | Fargo, ND |
| 1978 | Cal State Los Angeles | Cal State Northridge* | Macomb, Il. |
| 1979 | Cal Poly SLO | Cal State Northridge* | Macomb, Il. |
| 1980 | Cal Poly SLO | Cal State Northridge* | Pomona, Ca. |
| 1981 | Cal Poly SLO | Cal Poly SLO+ | Macomb, Il. |
| 1982 | Abilene Christian | Cal Poly SLO | Sacramento |
| 1983 | Abilene Christian | Cal Poly SLO | Cape Girardeau, Mo. |
| 1984 | Abilene Christian | Cal Poly SLO | Cape Girardeau, Mo. |
| 1985 | Abilene Christian | Abilene Christian | Los Angeles |
| 1986 | Abilene Christian | Abilene Christian | Los Angeles |
| 1987 | Abilene Christian | Abilene Christian | Cape Girardeau, Mo. |
| 1988 | Abilene Christian | Abilene Christian | San Angelo, Tx. |
| 1989 | St. Augustine's | Cal Poly SLO | Hampton, Va. |
| 1990 | St. Augustine's | Cal Poly SLO | Hampton, Va. |
| 1991 | St. Augustine's | Cal Poly SLO | San Angelo, Tx. |
| 1992 | St. Augustine's | Alabama A&M | San Angelo, Tx. |
| 1993 | St. Augustine's | Alabama A&M | Abilene, Tx. |
| 1994 | St. Augustine's | Alabama A&M | Raleigh, NC |
| 1995 | St. Augustine's | Abilene Christian | Emporia, Ks. |
| 1996 | Abilene Christian | Abilene Christian | Riverside, Ca. |
| 1997 | Abilene Christian | St. Augustine's | Edwardsville, Il. |
| 1998 | St. Augustine's | Abilene Christian | Edwardsville, Il. |
| 1999 | Abilene Christian | Abilene Christian | Emporia, Ks. |
| 2000 | Abilene Christian | St. Augustine's | Raleigh, NC |
| 2001 | St. Augustine's | St. Augustine's | Edwardsville, Il. |
| 2002 | Abilene Christian | St. Augustine's | San Angelo, Tx. |
| 2003 | Abilene Christian | Lincoln | Edwardsville, Il. |
| 2004 | Abilene Christian | Lincoln | Walnut, Ca. |
| 2005 | Abilene Christian | Lincoln | Abilene, Tx. |
| 2006 | Abilene Christian | Lincoln | Emporia, Ks. |

*AIAW Champion (contested at different site than NCAA men)

+AIAW Div. II Champion (contested at different site than NCAA men)

Great Northwest Athletic Conference Championships

| Year | Men's Champion | Women's Champion | Site |
|-------|--------------------|------------------|-----------------|
| 2000* | Western Oregon | Seattle Pacific | Monmouth, Or. |
| 2001* | Western Oregon | Seattle Pacific | Monmouth, Or. |
| 2002 | Western Oregon | Seattle Pacific | Bellingham, Wa. |
| 2003 | Western Oregon | Western Oregon | Bellingham, Wa. |
| 2004 | Western Oregon | Western Oregon | Monmouth, Or. |
| 2005 | Western Washington | Western Oregon | Ellensburg, Wa. |
| 2006 | Central Washington | Seattle Pacific | Monmouth, Or. |

*Pacific West Conference

INDOOR CHAMPIONSHIP HISTORY

SPU at Nationals

| <i>Men's</i> | <i>Place</i> | <i>Pts</i> | <i>Meet</i> |
|--------------|--------------|------------|-------------|
| 1970 | 27th | 4 | NCAA Div. I |
| 1993 | 9th | (tie) 10 | NCAA |
| 1994 | 15th | (tie) 6 | NCAA |

| <i>Women's</i> | <i>Place</i> | <i>Pts</i> | <i>Meet</i> |
|----------------|--------------|------------|-------------|
| 1993 | 6th | (tie) 18 | NCAA |
| 1994 | 11th | (tie) 10 | NCAA |
| 2002 | 37th | (tie) 1 | NCAA |
| 2003 | 17th | 9.5 | NCAA |
| 2005 | 8th | 25 | NCAA |
| 2006 | 38th | 3 | NCAA |

NCAA Division II Indoor Championships

| <i>Year</i> | <i>Men's Champion</i> | <i>Women's Champion</i> | <i>Site</i> |
|-------------|------------------------------|-------------------------|------------------------|
| 1985 | Southeast Missouri State | St. Augustine's | Fargo, ND |
| 1987 | St. Augustine's/Abilene Chr. | St. Augustine's | Fargo, ND |
| 1988 | Abilene Christian | Abilene Christian | Vermillion, SD |
| 1989 | St. Augustine's | Abilene Christian | Vermillion, SD |
| 1990 | St. Augustine's | Abilene Christian | Vermillion, SD |
| 1991 | St. Augustine's | Abilene Christian | Vermillion, SD |
| 1992 | St. Augustine's | Alabama A&M | University Center, Mi. |
| 1993 | Abilene Christian | Abilene Christian | Vermillion, SD |
| 1994 | Abilene Christian | Abilene Christian | Fargo, ND |
| 1995 | St. Augustine's | Abilene Christian | Indianapolis, In. |
| 1996 | Abilene Christian | Abilene Christian | Indianapolis, In. |
| 1997 | Abilene Christian | Abilene Christian | Indianapolis, In. |
| 1998 | Abilene Christian | Abilene Christian | Indianapolis, In. |
| 1999 | Abilene Christian | Abilene Christian | Indianapolis, In. |
| 2000 | Abilene Christian | Abilene Christian | Boston, Ma. |
| 2001 | St. Augustines's | St. Augustine's | Boston, Ma. |
| 2002 | Abilene Christian | North Dakota State | Boston, Ma. |
| 2003 | Abilene Christian | St. Augustine's | Boston, Ma. |
| 2004 | Abilene Christian | Lincoln | Boston, Ma. |
| 2005 | Abilene Christian | St. Augustine's | Boston, Ma. |
| 2006 | St. Augustine's | Lincoln | Boston, Ma. |

Women's All-America

| | |
|------|---|
| 1993 | Karin Grelsson, triple jump, 1st Karin Grelsson, long jump, 2nd |
| 1994 | Karin Grelsson, triple jump, 1st |
| 2002 | Dionna Anderson, shot put, 8th |
| 2003 | Sarah Kraybill, 800m, 4th Ally Studer, pv, 4th Karin Rhode, Kinyatta Leonhardt, Josie Lavin, Karen Dickson, medley relay, 7th |
| 2005 | Danielle Ayers-Stamper, high jump, 1st Karen Dickson, 5000, 2nd Danielle Ayers-Stamper, long jump, 4th |
| 2006 | Teona Perkins, high jump, 6th |

Men's All-America

| | |
|------|-------------------------------|
| 1970 | Steve Gough, triple jump, 2nd |
| 1993 | Mike Olson, shot, 1st |
| 1994 | Mike Olson, shot, 3rd |

GNAC Indoor Championships

| <i>Year</i> | <i>Men's Champion</i> | <i>Women's Champion</i> | <i>Site</i> |
|-------------|-----------------------|-------------------------|-------------|
| 2004 | Western Oregon | Seattle Pacific | Nampa, Id. |
| 2005 | Western Washington | Seattle Pacific | Nampa, Id. |
| 2006 | Western Washington | Seattle Pacific | Nampa, Id. |

Women's GNAC Champions

| | |
|------|---|
| 2004 | Kinyatta Leonhardt, 60m Kinyatta Leonhardt, 200m Jennifer Marsh, 800m Jamie Witt, mile |
| 2005 | Danielle Ayers-Stamper, 60H Danielle Ayers-Stamper, high jump Danielle Ayers-Stamper, long jump Kinyatta Leonhardt, 60m Josie Lavin, 800m Karen Dickson, mile Karin Rhode, 5000m Distance Medley Relay Allie Hedges, pole vault |
| 2006 | Linda Blake, 60H Teona Perkins, high jump Amy Harris, pole vault Anna Soule, 60m |

Men's GNAC Champions

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| 2004 | Paul Mach, 800m Chris Randolph, long jump |
| 2005 | Chris Randolph, 400m Chris Randolph, long jump Chris Randolph, high jump Ryan Jewell, 200m |
| 2006 | Chris Randolph, long jump Brian Cronrath, Chris Randolph, Eddie Strickler, Doug Gibson, medley relay |

Coaching Awards

Women's Conference Coach of the Year

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| 2004 | Jack Hoyt |
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