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BUFFS AT A GLANCE

Location: Boulder, Colo.
Enrollment: 38,128
Elevation: 5,435 Feet above Sea Level
Colors: Silver, Black and Gold
Nickname: Buffaloes
Mascot: Ralphie V
Home Facilities: Balch Fieldhouse (Indoor), Potts Field (Outdoor)
NCAA Affiliation: NCAA Division I
Conference: Big 12 (Joined 1996)
President: Bruce Benson
Chancellor: Phil DiStefano
Vice Chancellor-Student Affairs: Julie Wong
Athletic Director: Mike Bohn
Senior Woman Administrator: Ceal Barry
University Switchboard: 303/492-0111
Athletic Department Phone: 303/492-7931

TRACK AND FIELD

Head Coach: Mark Wetmore (Rutgers '78)
Phone: 303-492-5227
Best Time to Reach: Mornings
Assistant Coaches: Heather Burroughs (Distance and Middle Distance); Jeremy Dodson (Volunteer Sprints/Hurdles); Casey Malone (Throws); Lindsey Malone (Combined Events/Jumps); Drew Morano (Sprints/Hurdles); Emily Pearson (Volunteer Combined Events)
Assistant Coach/Recruiting Coordinator: Billy Nelson (Distance and Middle Distance)
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2010 IN REVIEW:

Indoors

Big 12 Indoor Championships: Men 12th, Women 12th
NCAA Indoor Championships: Men NTS, Women NTS
Conference Champions (0): none
All-Americans (0): none

Outdoor

Big 12 Outdoor Championships: Men 6th, Women 12th
NCAA Outdoor Championships: Men t37th, Women 24th
Conference Champions (1): Emma Coburn (Steeplechase)
All-Americans (5): Joe Bosshard (10k), Jeremy Dodson (200), Emma Coburn (Steeplechase), Shalaya Kipp (Steeplechase), Richard Medina (5k)

CREDITS

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ON THE COVER

2010 Returning All-Americans: Joe Bosshard, Emma Coburn, Shalaya Kipp and Richard Medina.

Student-athletes have signed waivers disclosing their academic standing.



MARK WETMORE
**Head Coach/Distance/
 Middle Distance**
16th Season

As Colorado head coach Mark Wetmore enters his 16th season at Colorado, he does so as the only NCAA Division I coach to win all four NCAA cross country titles at the same school.

Wetmore's squads have won five team titles since 2000. His women's team won the championship at Iowa State in 2000, while his men won the following year at Furman. Both men's and women's teams won the championship again in 2004 (CU became only the third school to win both championships in the same year) and in 2006 his men's team won the title again. He has coached Adam Goucher (1998), Jorge Torres (2002) and Dathan Ritzenhein (2003) to men's individual titles, while Kara Grgas-Wheeler won the 2000 women's crown.

Wetmore's coaching career began immediately after high school with a USATF club team, while simultaneously he coached the distance runners at his alma mater Bernards High. Wetmore served a three year stint at Seton Hall (from 1988-1991) once again as the coach of the men's and women's distance events before moving to Boulder in 1991 and accepting an assistant position in 1992.

On November 6, 1995, Wetmore became CU's sixth head cross country and track and field coach. Just weeks later at the 1995 NCAA Cross Country Championship in Ames, Iowa, both teams finished on the podium; the women took second and the men placed fourth.

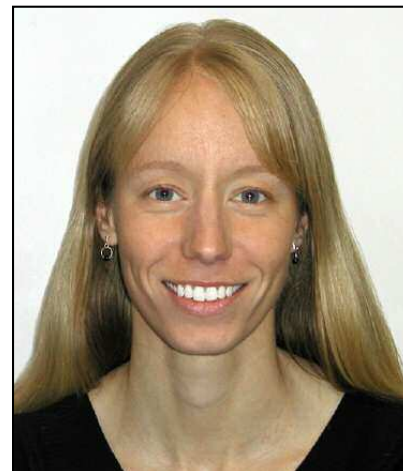
Wetmore has tutored 47 individual conference champions and nine individuals who have combined for 16 NCAA titles. He has coached 76 individuals to 220 All-American selections. Wetmore has produced 26 conference

championship teams, most recently capturing the 2008 Big 12 Men's Outdoor Track and Field Championship at CU's Potts Field.

Wetmore's distance runners have represented the United States at dozens of international competitions. During their collegiate careers, eight athletes have qualified for the World Junior Cross Country Championships and seven have earned berths in the Senior World Cross Country Championships. In 2007, Jenny Barringer captured the USA steeplechase title and represented the U.S. at the IAAF World Championships in Osaka, Japan. In 2008 she made the U.S. Olympic Team and broke her own American record with her ninth-place finish in the Beijing final. Barringer topped that in 2009 when she won the U.S. title again and went on to a fifth-place finish at the IAAF World Championships in Berlin; breaking her own American record by almost 10 seconds (9:12.50). Barringer also won the inaugural USTFCCA The Bowerman award on 2009, which goes to the top collegiate track and field athlete.

His graduates have experienced post-collegiate success that is unrivaled by any NCAA distance program. Twenty-three of his athletes have earned professional running contracts and have combined for 10 USA Cross Country National Titles and 37 berths on USA teams that compete at the IAAF World Cross Country Championships. On the track, CU graduates have won 11 USA Championships and nine individuals have represented the U.S. at the IAAF World Track and Field Championships. Since 2000, eight graduates have combined for 11 spots on the U.S. Olympic Team roster.

A native of Bernardsville, N.J., Charles Mark Wetmore graduated with a bachelor's degree in English Education from Rutgers in 1978 and then completed a M.Ed. in movement sciences from Columbia in 1988.



HEATHER BURROUGHS
**Assistant Coach/Distance/Middle
 Distance**
Seventh Season

Colorado's first female three-time cross country All-American, Heather Burroughs is in her seventh season assisting head coach Mark Wetmore with men's and women's middle and long distance runner.

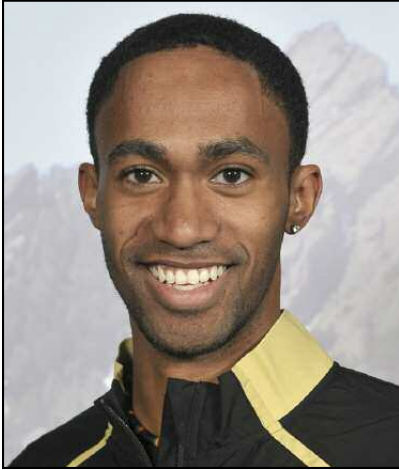
Since joining the CU staff in 2004, Burroughs has coached 26 individual conference champions, nine conference team championships, four individual national champions, three NCAA team championships and USA National steeplechase champion and Olympian Jenny Barringer.

In her own collegiate career, she was a top five and all-conference cross country performer in 1994, 95, 97 and 98, including a runner-up finish in 1995. Burroughs claimed all-region honors in those same years and was an All-American in 94, 95 and 98. On the track she was a 15-time conference scorer, the 1995 indoor conference newcomer of the year and an All-American in the 5,000-meter run in 1998. In all, Burroughs competed in six NCAA indoor and outdoor track races.

Burroughs was born Feb. 25, 1976 in Kansas City, Kansas. She graduated from CU in 1999 with a degree in biology.

CU Coaching Timeline

Mark Wetmore	1995-present
Jerry Quiller	1986-1994
David Troy	1980-1985
Dean Brittenham	1976-1979
Don Meyers	1969-1975
Frank Potts	1927-1968



JEREMY DODSON
Volunteer Assistant Coach
Sprints/Hurdles

First Season

Jeremy Dodson is in his first season as a volunteer assistant coach at Colorado.

He was one of the top sprinters to ever compete at CU, owning the indoor and outdoor school records in the 200-meter dash. His outdoor time (20.37) broke a 32-year-old record set by Ray Prior in 1976 (20.58). He ran his fastest non-elevation time at 20.40 at the NCAA West Preliminaries for the second fastest in CU history. Dodson owns six of the top 10 times on the outdoor chart and 12 of the top 20. In the 100, he owns three of the top 10 marks. His time of 10.27 ranks fifth overall.

Dodson left his mark in the CU indoor record book as he is the only Buff to ever run the 200 in less than 21 seconds, doing so twice (20.88 and 20.95). Dodson is tied for fourth in the 60 with a time of 6.72 and ranks third on the performer chart. As a member of the relays, he has served as the anchor, leading CU to several top marks. The 4x100m relay broke a 37-year-old record twice (39.47, 39.59) in 2008. In fact, he is a member of nine of the top 10 marks. Dodson is a 12-time All-Big 12 performer and is a four-time All-American (three times at CU and once at Arkansas).

The Denver, Colorado native graduated from CU in June, 2010 and is currently enrolled in CU Law School.



CASEY MALONE
Assistant Coach/Throws
11th Season

Casey Malone, a 1998 NCAA Champion and two-time Olympian, is in his 11th season as the men's and women's throws coach at Colorado.

A four-time All-American and 1998 NCAA discus champion at Colorado State, he owns a 224 foot, 8 inch personal record in the event, thrown at the Colorado Elite meet in Fort Collins, Colo. It was the best throw by an American in 2009 and he was the fifth best performer in the event in the world that year.

Malone was also the 1996 Junior National and Junior World Champion and finished sixth at the 1998 Goodwill Games. He competed in the 1996 Olympic Trials, finishing 18th, improving to ninth four years later for a shot at the 2000 Olympic Games. Four-years and another trial later, he was named to the U.S. roster when he finished third at the trials in Sacramento. The only American to advance to the finals at the Olympic Games, he would go on to finish sixth in Athens.

Following the 2004 Olympic Games, Malone received invitations to compete on the European Grand Prix circuit. In Brussels he finished fourth, throwing 64 meters in the Golden League Meet and sixth in Berlin in the ISTAF Golden League Meet. He had earned enough Grand Prix points to compete in the World Athletic Final in Monaco, where he finished seventh before returning to the States.

Malone once again took third at the U.S. Trials in 2008 to advance to his second Olympic Games. He placed 19th in the prelims of the discus at Beijing. The two-time Olympian won his first USATF title in 2009 with a final toss of 213-03. He went on to take fifth at the IAAF World Championships in Berlin that August.

The summer of 2010 was a good one for Malone. He started off by capturing his second straight USA title with a throw of 205-03. Malone competed in five stops of the IAAF Samsung Diamond League to finish sixth overall in the series. He recorded a season-best throw (216-7) at the Prefontaine Classic in Eugene, Ore. on July 3.

At the foot of the Flatirons, Malone has coached a pair of school record holders in both the women's indoor weight throw (Cortney Hutmacher, 62-08.50) and men's indoor weight (Zach Hazen, 63-09.50) along with the men's outdoor weight throw (Zach Hazen, 210-11). He has also tutored six NCAA qualifiers, 12 regional qualifiers, four junior national qualifiers and several Big 12 scorers and champions. At the 2007 Big 12 Outdoor Championships, Malone had four throwers score for the Buffs, which included his first Big 12 Champion in Hannah Warfield-Ruffatto (javelin). Zach Hazen scored in two events for the Buffs, taking second in the hammer throw and eighth in the discus. Warfield-Ruffatto earned the Olympic 'A' Qualifying standard and Hazen recorded the 'B' standard during the season. In 2008, he coached James Begley to the Big 12 Discus crown. Malone kept the streak alive in 2009 as Brandin Williams won the Big 12 javelin title with the sixth best throw in CU history (222-01).

Born April 6, 1977, Malone is a Wheat Ridge, Colo. native and lettered in football, basketball and track at Arvada West. He graduated from Colorado State in 2000 with a bachelor's degree in fine arts with a concentration in painting. In his free time he still creates discus-inspired, figural artwork.

Malone married the former Lindsey Malmgren, an assistant track and field/combined events/jumps coach at Colorado, in Sept. 2005.



LINDSEY MALONE **Assistant Coach/Combined Events/ Jumps**

Fourth Season

Lindsey Malone is in her fourth year as the CU combined events & jumps coach. Malone coaches the long jump, triple jump, high jump, pentathlon, heptathlon and decathlon for the Buffs. She is still competing and jumped over 5-8 in 13 meets in 2009; including two meets where she cleared 5-10.

During her first year (2008) coaching for CU, she guided long jumper Hugh Charles to the second longest jump in CU history at 25 feet, 3.25 inches. Charles placed seventh in the long jump at the USA Indoor Track & Field Championships, fourth at the Big 12 Outdoor Championships and sixth at the NCAA Midwest Regional Championships.

Malone also saw success with the combined event program at CU in her inaugural season. During the indoor season freshman Alex Von Hagen set the Balch Fieldhouse record in the heptathlon and during the outdoor season freshman Adam Salzmann placed ninth in the decathlon at the Big 12 Championships and qualified for the USA Junior National Championships. On the women's side, Malone helped first year heptathlete, Chelsea Haverty, secure points for the women's team with a seventh-place finish at the Big 12 Outdoor Championships.

In 2009, Brianne Beemer, only a freshman, ran the fastest indoor 800-meter run for a pentathlete. During the outdoor season, Beemer ran the second fastest 800 for a heptathlete. At the Big 12 Indoor Championship, Beemer and Salzmann set the Gilliam Track & Field Stadium records (which have since been broken). In June she guided Beemer (sixth), Katie Dreher (11th) and Alyssa Frank (18th) to the USA Junior Nationals in the heptathlon.

The 2010 season was another great one for the combined events program. Beemer placed seventh at the indoor Big 12 Championship in the pentathlon and seventh in the heptathlon at the outdoor conference meet. Adam Salzmann earned

his first All-Big 12 honor by taking fourth in the decathlon. Eddie Taylor and Alex Von Hagen placed seventh and eighth, respectively, also earning their first all-conference honor.

Malone has continued to coach Emily Pearson, a volunteer assistant coach with the Buffaloes. Under Malone's guidance, Pearson placed ninth in the pentathlon at the indoor USA Championship and 11th in the heptathlon at outdoor nationals in 2009. Pearson was fifth in the heptathlon in 2010. Both seasons she was named a member of the Thorpe Cup team. Malone was selected as an assistant coach of the Thorpe Cup team in 2010.

Prior to her arrival at CU, Malone was an assistant coach at Colorado State where she coached the heptathlon, decathlon, high jump and pole vault. She coached 14 Mountain West Conference Champions in six events – high jump, long jump, pentathlon, heptathlon, decathlon and hurdles. Malone coached athletes on CSU's first two conference championship teams (2002 indoor men and 2006 indoor women).

During her time at CSU, Malone's athletes earned the 2003 MWC Indoor Freshman Athlete of the Year Award, the 2006 MWC Outdoor High Point Award, 2007 MWC Indoor High Point Award, 2007 Indoor Outstanding Performance of the Meet Award and the 2007 Outdoor High Point Award. Under Malone's tutelage, the combined events and jumps athletes scored over 500 points in conference meets.

Malone's athletes have qualified for the NCAA Midwest Regional Meet in the long jump, high jump, pole vault, javelin and hurdles. She has coached athletes to achieve NCAA qualifying marks 10 times, with her first All-American in 2007. During her time with the Rams, her athletes set school records in the pole vault, pentathlon, heptathlon and decathlon.

As an athlete at CSU, she competed at conference championships in the high jump, pentathlon, heptathlon, javelin and 4x400-meter relay. Malone held the school record in the heptathlon until 2004 when she coached one of her athletes to break her record. When competing in the heptathlon, Malone ranked as high as 13th in the US. Malone has competed in the high jump at three USA Championships- 2002 Outdoors, 2003 Indoors and 2008 Indoors. In 2008 Malone placed second at Modesto Relays and won nine high jump competitions throughout the year.

In 2004 Malone was selected to be a clinician for the NCAA YES Program during the NCAA Outdoor Championships. She is a graduate of the 2007 NCAA Women Coaches Academy and was honored with the 2007 Judy Sweet Spirit Award.

Malone graduated from CSU in 2001, earning her Bachelor of Arts degree with concentrations in education and painting. While at CSU, she was the president of the Student-Athlete Advisory Committee and the CSU representative to the Mountain West Conference SAAC.

The former Lindsey Malmgren is married to Colorado's throwing coach and 2004 and 2008 Olympian Casey Malone.



DREW MORANO **Assistant Coach/Sprints & Hurdles** **Second Season**

Drew Morano is in his second year as the assistant coach for sprints and hurdles at Colorado, but is in his third year with the program as he served as a volunteer in 2009.

Morano coached one of CU's all-time best sprinters in Jeremy Dodson. Dodson is the Buffaloes' indoor and outdoor 200-meter dash record holder and is a member of the record setting 4x100-meter relay team. Dodson had an outstanding season in 2010, qualifying for nationals in the 100 and 200, as well as with the 4x100. Dodson advanced to the finals in the 200 and earned his highest ever finish at nationals by taking fifth. It was Dodson's third All-American honor while at CU. He owns eight of the top 15 times in the 200 and set four of those during the 2010 season.

The 4x100 relay had an excellent showing during the 2010 season under Morano's leadership. The relay, made up of Dodson, Quinton Dodson, A.J. Whitaker and Kyle MacIntosh, ran the eighth best time in school history during the first round of nationals (39.91). The relay was 17th the following week in the semifinals.

Morano was a standout at Colorado State University in the 200 and 400-meter dashes and earned four letters as a Ram. He was named All-Mountain West Conference six times (three indoor and three outdoor). Morano currently owns the CSU school records in the indoor (46.74) and outdoor 400 (45.65). He was a three-time MWC Champion and a two-time runner-up in the 400. Morano qualified for the NCAA Championship in 2008 and also qualified for the U.S. Olympic trials.

As a volunteer, Morano helped to coach CU recorder holder Jeremy Dodson (indoor and outdoor 200-meter run) as well as Dodson's brother A.J. Whitaker who became the eighth fastest performer in the 60-meter dash as a freshman in 2009.

The 2007 graduate of CSU earned a bachelor's degree in health and exercise science. Morano graduated from St. Thomas Aquinas High School in 2003 and earned letters in football, track and baseball.



BILLY NELSON
**Assistant Coach/Distance/
Middle Distance**
Recruiting Coordinator
First Season

Billy Nelson, a 2008 Olympian, has returned to CU and is in his first year as an assistant coach and recruiting coordinator for the Buffs's cross country and track & field program.

Nelson, who still runs professional with Nike as his sponsor, was a decorated distance runner while at CU; earning All-American honors six times. He won three Big 12 individual titles while at CU, winning the indoor 5,000-meter run in 2006 and the steeplechase in 2007 and '08. Nelson was a part of the men's track and field team that won the first Big 12 outdoor title for CU in 2008, the first conference title for the men since 1947.

During Nelson's final season with the Buffs, he won the steeplechase at the conference and regional meet and capped off his collegiate career with a runner-up finish at the NCAA Championship. Nelson went on to compete at the U.S. Olympic Trials and captured a second-place finish in the finals of the steeplechase with a personal record of 8:21.47; earning a spot on the Olympic roster. At the 2008 Olympic Games, Nelson was 11th in the second prelim.

As a member of the cross country team, he was a four-time All-Big 12 and three-time all-region honoree. Nelson was named the Big 12 Newcomer of the Year in 2002 when he was the fifth racer to cross the finish (fourth Buff). He won the 2005 NCAA Mountain Region title, leading CU to its 12th consecutive region title (at that point).

Nelson also shone on the junior national stage. He was the USA Junior Cross Country Champion and junior 5k champion in 2003. Nelson placed eighth at the world cross country junior championship and was the top American finisher.

The Taft, Calif. native graduated from CU in

2008 with a degree in ethnic studies. He ranks second on the all-time performers list in the steeplechase at CU (8:28.85) and has the third and fourth fastest time in school history. Nelson also ranks fifth on the outdoor 5k performers list (13:46.80).

Nelson is married to the former Alisa Crane. They have a daughter, Arabella, and a son, Noah. They reside in Longmont, Colo.



EMILY PEARSON
**Volunteer Assistant
Coach/Combined Events/ Jumps**
Third Season

Emily Pearson is in her third year as a volunteer assistant coach at Colorado and rejoins her former collegiate coach Lindsay Malone.

Pearson was a very decorated combined events athlete at Colorado State and earned four letters as a Ram (three under Malone). She owns three school records, including in the heptathlon with 5,605 points. Pearson is also a member of the 4x100-meter relay team (45.29) and the indoor 4x400-meter relay (3:47). Colorado State won its first indoor conference title in 2008 and then the outdoor title in 2008. Pearson was the female high points scorer in 2007 (22.5) and 2008 (26.25).

The two-time Mountain West Conference Athlete of the Week qualified for regionals in 2006 (javelin), 2007 (javelin, 100-meter hurdles) and 2008 (javelin, 100-meter hurdles and heptathlon). Pearson advanced to the NCAA Championship in 2008 (heptathlon) and earned All-America honors by placing 10th.

Pearson has continued to train with Malone and qualified for the U.S. team at the Thorpe Cup in August of 2009 and 2010.

Pearson graduated from CSU in 2008 with a bachelor's degree in 2008. She lettered in track, softball and basketball at La Junta High School in 2004.



KAREN LECHMAN
Director of Operations
Ninth Season

Karen Lechman is in her fourth year as the director of operations, but her ninth year overall with the program as she was the administrative assistant prior to her promotion.

She has had an office management career since graduating college. Lechman has worked for companies in software development, commercial finance, scientific research and office products. Lechman was also a certified fitness instructor from 1993-2005 and taught kick-boxing and step aerobics.

Lechman earned her bachelor's degree from Colorado in 1983 in communications. The former Karen Marcy has been married to Brian Lechman since 1985. The couple resides in Broomfield, Colo., and has two daughters, Mychelle and Kimberly.

2011 Schedule

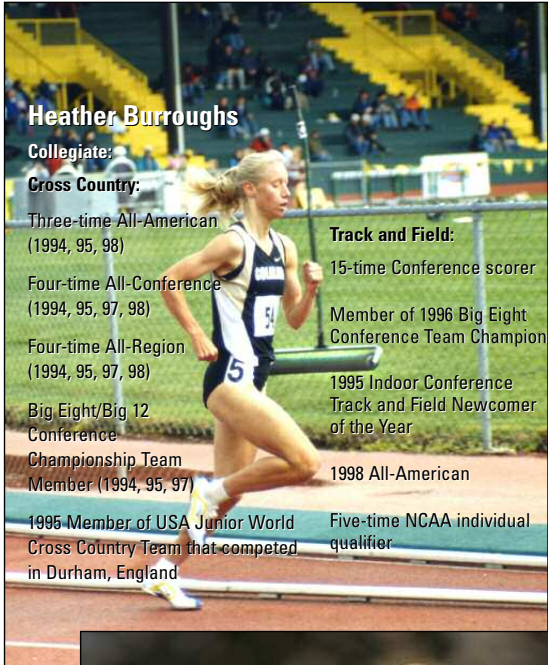
INDOOR

December 8	Black and Gold Intra-Squad	Balch Fieldhouse	Boulder, Colo.
January 14	Air Force All-Comers	Cadet Field House	Colorado Springs, Colo.
January 21-22	Potts Indoor Invitational	Balch Fieldhouse	Boulder, Colo.
January 29	UW Invitational	Dempsey Indoor	Seattle, Wash.
January 29	Don Barrett Duals	Cadet Field House	Colorado Springs, Colo.
February 4-5	New Mexico Classic	Albuquerque Convention Center	Albuquerque, N.M.
February 4-5	Frank Sevigne Husker Invitational	Bob Devaney Sports Center	Lincoln, Neb.
February 11-12	Air Force Collegiate Invitational	Cadet Field House	Colorado Springs, Colo.
February 12	Husky Classic	Dempsey Indoor	Seattle, Wash.
February 18	Mines Twilight Open	Steinhauer Field House	Golden, Colo.
February 25-26	Big 12 Indoor Championships	Bob Devaney Sports Center	Lincoln, Neb.
March 4-5	Last Chance Qualifiers	TBA	TBA
March 11-12	NCAA Indoor Championships	Gilliam Track & Field Stadium	College Station, Texas

OUTDOOR

March 17-18	Northridge Relays	Matador Track	Los Angeles, Calif.
March 19	Potts Collegiate Invitational	Potts Field	Boulder, Colo.
March 25-26	Stanford Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
April 1-2	Texas Relays	Mike A. Myers Track & Soccer Stadium	Austin, Texas
April 9	CU Invitational	Potts Field	Boulder, Colo.
April 13-14	Mt. Sac Multis	Hilmer Lodge Stadium	Walnut, Calif.
April 14-16	Mt. Sac Relays	Hilmer Lodge Stadium	Walnut, Calif.
April 16	Michael Johnson Classic	Hart-Patterson Track & Field Complex	Waco, Texas
April 21-22	Glenn Morris Combined Events	Jack Christiansen Track	Fort Collins, Colo.
April 23	Jack Christiansen Invitational	Jack Christiansen Track	Fort Collins, Colo.
April 30	Front Range Classic	TBA	TBA
April 30	Cardinal Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
May 6	Oregon Twilight	Hayward Field	Eugene, Ore.
May 7	Fum McGraw Open	Jack Christiansen Track	Fort Collins, Colo.
May 13-15	Big 12 Conference Championships	John Jacob Track & Field Complex	Norman, Okla.
May 26-28	NCAA West Preliminary Championships	Hayward Field	Eugene, Ore.
June 8-11	NCAA Outdoor National Championships	Drake Stadium	Des Moines, Iowa
June 22-26	USATF Outdoor Championships	Hayward Field	Eugene, Ore.

* Schedule is tentative and subject to change



Heather Burroughs

Collegiate:
 Three-time All-American (1994, 95, 98)
 Four-time All-Conference (1994, 95, 97, 98)
 Four-time All-Region (1994, 95, 97, 98)
 Big Eight/Big 12 Conference Championship Team Member (1994, 95, 97)
 1995 Member of USA Junior World Cross Country Team that competed in Durham, England

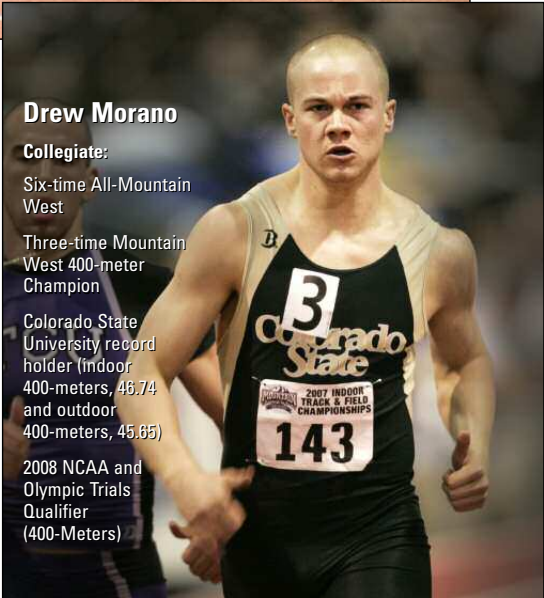
Track and Field:
 15-time Conference scorer
 Member of 1996 Big Eight Conference Team Champion
 1995 Indoor Conference Track and Field Newcomer of the Year
 1998 All-American
 Five-time NCAA individual qualifier



Lindsey Malone

Professional:
 2003 U.S. Indoor National Championships (10th, High Jump)
 2002 U.S. Indoor National Championships participant

Collegiate:
 2001 Colorado State Heptathlon record
 2001 Mountain West Conference Pentathlon (3rd)
 1999 Set CSU Indoor High Jump record
 1998 Tied CSU Outdoor High Jump record
 1998 All-Western Athletic Conference (High Jump, 3rd)
 Owns high jump stadium records at Northern Colorado and Colorado School of Mines



Drew Morano

Collegiate:
 Six-time All-Mountain West
 Three-time Mountain West 400-meter Champion
 Colorado State University record holder (Indoor 400-meters, 46.74 and outdoor 400-meters, 45.85)
 2008 NCAA and Olympic Trials Qualifier (400-Meters)



Professional:
 2009 and 2010 Thorpe Cup participant

Collegiate:
 2008 All-American (Heptathlon)
 Colorado State University record holder (Heptathlon, 5, 605; 4x100m relay, 45.29; indoor 4x400m relay)
 2007 and 2008 MWC High Points Scorer
 Two-time MWC Athlete of the Week
 Five-time NCAA Midwest Region Qualifier (Javelin, 100-meter hurdles)
 2008 NCAA Championship and Olympic Trials Qualifier (Heptathlon)



Casey Malone (Discus)

Professional:
 Competed on the IAAF Samsung Diamond League series
 2010 USATF Champion
 Was the fifth best performer in the world and the top American for the 2009 season with a PR of 224-08
 2009 IAAF World Athletic Final, Berlin (5th)
 2009 USATF Champion
 2008 Olympian
 USA Championships (1st/2010, 1st/2009, 11th/2007, 2nd/2006, 5th/2005, 9th/2003, 5th/2002, 10th/2001, 6th/1999, 5th/1998, 8th/1997)
 Olympic Trials (3rd/2008, 3rd/2004, 9th/2000, 18th/1996)
 2004 Olympian (sixth)
 2004 IAAF World Athletic Final, Monaco (7th)
 2004 IATF Golden League Meet, Berlin (6th)
 2004 Golden League Meet, Brussels (4th, 64m)
 2003 IAAF World Athletic (10th, qualifying)
 2002 Ranked fourth nationally
 2002 Threw a career best 218-5 in Greeley, Colo., which is the farthest throw in Colo.
 2000 Ranked seventh nationally

Collegiate:
 1998 NCAA Champion
 Four-time All-American (1996, 97, 98, 2000)
 Three-time conference champion (Mountain West Conference meet record holder)
 2000 NACAC Age 25 and Under Champion
 1996 Junior National Champion and meet record holder

The Buffaloes will kick off the 2011 track and field season by hosting the Potts Indoor Invitational January 21-22 at Balch Fieldhouse, their only home meet of the indoor campaign.

This is the last season that CU will compete in the Big 12 Conference and the Buffs look to end the Big 12 era on a good note before moving to the Pac-12 Conference this July. Each discipline has made huge improvements in the off-season to pick up points at the conference and national meets.

DISTANCE

Colorado continues to have a dominant distance program, winning 12 Big 12 men's cross country titles and 11 women's titles over the past 15 years under the direction of head coach Mark Wetmore and assistant coach Heather Burroughs. Both teams placed second at the Big 12 Championship this past fall and many of those athletes are ready to compete on the track.

Matt Tebo and Christian Thompson are the two seniors on the roster. Tebo is an eight-time All-Big 12 Performer and has earned All-American honors in the 5,000-meter run, while Thompson has been an All-Big 12 honoree twice on the track. They will lead a very capable group of men this season.

Juniors Richard Medina and Andy Wacker and sophomores Joe Bosshard and Aric Van Halen will add a great deal of depth in the distance events. Bosshard was an All-American as a freshman in the 10k and both he and Wacker are fresh off All-American status from the 2010 cross country season.

Emily Hanenburg and Laura Thweatt are two seniors who have scored for the Buffs at the conference championships in the past. Shalaya Kipp had a breakout season as a freshman, placing fifth in the steeplechase at the 2010 NCAA Outdoor Championship. She earned her second All-American honor this past fall on the cross country course.

Katie Cumming, Camille Logan and Allie McLaughlin have all been members of the cross country varsity roster and bring great depth to the women's side. In addition, Jessica Pixler, a 12-time NCAA Division II All-American, joined the Buffs this season and has outdoor eligibility remaining. She has a great deal of range from the 800 to the 5,000-meter runs.

MIDDLE DISTANCE

Coaches Wetmore and Burroughs also have a talented young group of middle distance runners. Matthew Biegner and Steven Kasica were very close to scoring at the Big 12 Championships last year and should break into the top-eight this season for the men.

The women are young, but also have a great deal of talent. Elizabeth Tremblay became one of the fastest Buffs in the 800-meter run as a freshman and should be able to improve on that accomplishment this year. Her twin sister Laura Tremblay, a redshirt freshman, will also help guide the middle distance group although she can also run the longer distances if needed. Junior Emma Coburn isn't just a distance runner. She has scored in the 800, mile and steeplechase for the Buffs and will look to improve on her times and position in the recordbook this season. Coburn was the runner-up at the 2010 NCAA Outdoor Championship in the steeplechase.

JUMPS/COMBINED EVENTS

Assistant coach Lindsey Malone continues to make the combined events and jumps program at CU one that will compete against the top programs in the conference and in the nation.

Seniors Alex Von Hagen and Adam Salzman, along with junior Eddie Taylor each scored at the outdoor Big 12 meet and just missed scoring at the indoor meet last season. The trio is joined by sophomores Brock Emory and Jason DeWitt who have each made great strides from their freshman campaigns.

Junior women Brianne Beemer, Katie Dreher and Alyssa Frank are a solid trio for Malone. Beemer scored at the indoor and outdoor conference championship, placing seventh at each meet. Dreher and Frank have come close to scoring and should break through this season. They are accompanied by sophomore Holly Odneal and freshman Genny Mayden.

Junior Jake Timmons and sophomore Laurisa Canini are Malone's jumpers. Each of them has shown great work in the offseason and are on the verge of scoring this season.



Matthew Biegner



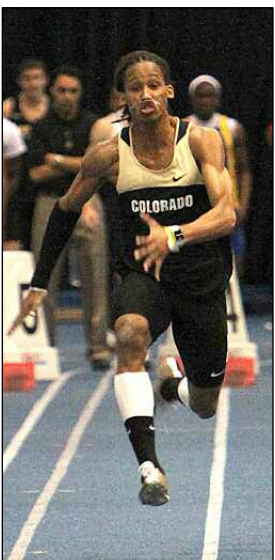
Alyssa Frank



Emily Hunsucker



Shalaya Kipp



Joe Morris

SPRINTS/HURDLES

Assistant coach Drew Morano is in his second season at the helm of the Buffalo sprinters. Despite losing the indoor and outdoor 200-meter dash record holder Jeremy Dodson to graduation, Morano has a very talented group of athletes that are led by juniors Quinton Dodson and A.J. Whitaker. But perhaps the biggest impact on the group will come from sophomore transfer Joe Morris. Morris redshirted the 2010 season after transferring from Tennessee and looks to make a huge mark in the Buffaloes' recordbook during his first season in the black and gold.

Seniors Joi and Toi Windham are the lone seniors on the women's team and look to finish their careers strong at CU. Junior Amber Rozier has made some big strides in the offseason and will look to earn her first points for the Buffs this season. Another person to watch is Brooke Regan. She has trained with the middle distance group in the past, but has seemed to find her niche in the 400-meter and 600-yard dashes.

THROWS

Casey Malone, a two-time Olympian and USA Discus Champion, will lead the Buff throwers for the 11th season.

Senior Trey Mullen and is one of the elders in Malone's crew and has been showing a great deal of improvement in the offseason. He is joined by upperclassmen Niklas Cederstrom, Dane Chobanian, Michael Field and Cameron Hutchins. Freshman Alex Kizirian will look to make a big impact in his first season.

During the outdoor season, Malone adds javelin throwers Brandin Williams and Kevin Fasing to the line-up for one of the best 1-2 punches in the conference. Brian Owens will join that duo to give CU a very strong outdoor throwing group.

The women have a young, but still talented group. Seniors Max Van Dyke and Kirsten Wicks look to lead the Buffs with the help of sophomore Emily Hunsucker. Malone recruited freshmen Kellie Lind and Adrienne Lettew and will regain the services of redshirt freshman Kajsa Bank, adding more depth to the team. Jessica McLaughlin will join the team in the spring as she specializes in the javelin.

THE MEET SCHEDULE

Colorado officially kicks off the indoor season at the Potts Indoor Invitational and will mainly stay on the Front Range for the indoor season. A group of middle and long distance runners will compete at a pair of meets at the University of Washington and some of the combined events group will compete at the New Mexico Classic. There will also be a chance for the team to compete at the Frank Sevigne Husker Invitational to preview the track at the University of Nebraska for the final Big 12 Championship.

The Huskers host the 2011 Big 12 Indoor Championship in Lincoln, Neb., February 25-26. It will be the final conference championship that NU and CU will compete in as they are both departing the Big 12 after this season. The following weekend CU will send athletes to a variety of last chance meets to qualify for the NCAA Indoor Championship, March 11-12, at Texas A&M University in College Station, Texas.

There will be no rest for the Buffs as just a week separates the NCAA Indoor Championship and the first meet of the outdoor season, which is CU's Potts Invitational, March 19, at Potts Field. Colorado will host its second meet, the CU Invitational, on April 9. Once again the schedule includes many competitions along the Front Range, but just like in the past, CU's schedule includes many meets around the country. Stanford, Oregon and the star-studded Mt. SAC Relays will be the west coast stops for CU. The Buffs' sprinters will have an option to compete twice in Texas at the Michael Johnson Classic and the Texas Relays.

Oklahoma will host the 2011 Big 12 Outdoor Championships on May 13-15 in Norman, Okla. and Oregon will host the NCAA West Preliminary, May 26-28 at Hayward Field. The 2011 NCAA Outdoor Championship is June 8-11 in Des Moines, Iowa and the USATF Championships will take place in Eugene, Ore. June 22-26.



Matt Tebo



Elizabeth Tremblay



Alex Von Hagen



Brandin Williams



Joi Windham

2011 Track And Field Rosters

MEN	Ht.	Yr.	In/Out	Event(s)	Hometown (High School/Previous College)
Jordan Aguilar-Wynn	6-1	So.	VR/VR	Hurdles	Aurora, Colo. (Regis Jesuit)
Brendon Aylaian	5-9	Fr.	HS/HS	Distance	Stow, Mass. (Nashoba Regional)
Tyler Baker	5-11	Fr.	HS/HS	Hurdles	Santa Rosa, Calif. (Marin Carrillo)
Blake Berens	5-11	Fr.	HS/HS	Sprints	Loveland, Colo. (Loveland)
Matthew Biegner	6-4	So.	VR/VR	Middle Distance	Broomfield, Colo. (Broomfield)
Joe Bosshard	6-0	So.	VR/1L	Distance	Crested Butte, Colo. (Crested Butte Academy)
Garrett Carmichael	5-10	Fr.	HS/HS	Distance	Nashville, Tenn. (Ensworth)
Niklas Cederström	6-3	Jr.	VR/VR	Throws	Greeley, Colo. (Greeley Central)
Dane Chobanian	6-7	So.	VR/VR	Throws	San Diego, Calif. (Scripps Ranch)
Cameron Clayton	6-2	Jr.	VR/VR	Distance	Superior, Colo. (Monarch)
Jason DeWitt	6-3	So.	VR/VR	Combined Events	Arvada, Colo. (Ralston Valley)
Quinton Dodson	5-9	Jr.	VR/1L	Sprints	Denver, Colo. (George Washington)
Hugh Dowdy	6-1	Fr.	HS/HS	Distance	Petaluma, Calif. (Petaluma)
Brock Emory	6-4	So.	VR/VR	Combined Events	Colorado Springs, Colo. (Fountain Fort Carson)
Kevin Fasing	6-3	Jr.	VR/1L	Javelin	Denver, Colo. (Mullen)
Michael Field	6-5	So.	TR/TR	Throws	Wheat Ridge, Colo. (Mesa State/Wheat Ridge)
Adrian Gomez	6-0	Sr.	1L/1L	Sprints	Keenesburg, Colo. (Weld Central)
Michael Goodger	5-11	Fr.	HS/HS	Distance	Carlsbad, Calif. (Carlsbad)
Cameron Hutchins	6-6	So.	VR/VR	Throws	Centennial, Colo. (Arapahoe)
Evan Johnston	5-10	Jr.	VR/VR	Middle Distance	Granby, Colo. (The Middle Park)
Stephen Kasica	6-2	Jr.	1L/1L	Middle Distance	Grand Junction, Colo. (Fruita Monument)
Andrew Kemmer	5-10	Fr.	HS/HS	Hurdles	Loveland, Colo. (Thompson Valley)
Alexandre Kizirian	6-2	Fr.	HS/HS	Throws	Thornton, Colo. (Mountain Range)
Brennan Lynch	5-6	So./Fr.	VR/RS	Distance	Santa Cruz, Calif. (Santa Cruz)
Kyle MacIntosh	6-2	So.	VR/1L	Sprints	Littleton, Colo. (Littleton)
Matthew McCathran	6-0	Sr.	VR/VR	Sprints	Marshall, Texas (Marshall)
Martin Medina	5-6	So.	VR/RS	Distance	Grand Junction, Colo. (Grand Junction)
Richard Medina	5-5	Jr.	1L/2L	Distance	Grand Junction, Colo. (Grand Junction)
Joe Morris	5-11	So.	RS/RS	Sprints	Golden, Colo. (Golden/Tennessee)
Trey Mullen	6-4	Jr.	VR/VR	Throws	Lyons, Colo. (Lyons)
Brian Owens	6-4	Fr.	RS/RS	Javelin	Elmer, N.J. (Woodstown)
Jerome Perkins	6-3	Jr./So.	VR/VR	Distance	Franklin Lakes, N.J. (Indian Hills)
Travis Putnam	5-10	So.	VR/VR	Middle Distance	Aurora, Colo. (Cherokee Trails)
Blake Reimer	6-0	Fr.	HS/HS	Sprints	Fort Collins, Colo. (Fort Collins)
Nathan Rice	5-10	Jr.	VR/VR	Distance	Lafayette, Colo. (Peak to Peak Charter/Metro State)
Adam Salzmann	6-5	Sr./Jr.	VR/1L	Combined Events	Wheat Ridge, Colo. (Wheat Ridge)
Ryan Savercool	5-11	Fr.	RS/RS	Distance	Chester, N.J. (Mendham)
Dillon Shije	5-8	So./Fr.	VR/RS	Distance	Zia Pueblo, N.M. (Sandia Preparatory)
Stewart Shoemaker	5-11	Fr.	HS/HS	Distance	Daphne, Ala. (Bayside Academy)
Jonny Stevens	6-3	Jr./So.	1L/RS	Distance	Vail, Colo. (Battle Mountain)
Rodney Stewart	5-6	Jr./Jr.	HS/HS	Sprints	Westerville, Ohio (Brookhaven)
Geo Tam	5-8	So.	VR/VR	Middle Distance	Boulder, Colo. (Boulder)
Eddie Taylor	6-1	Jr.	VR/1L	Combined Events	Detroit Lakes, Minn. (Detroit Lakes)
Matt Tebo	5-9	Jr./Sr.	1L/3L	Distance	Albuquerque, N.M. (Eldorado)
Blake Theroux	5-8	Fr.	HS/HS	Distance	Chesapeake, Va. (Western Branch)
Christian Thompson	5-10	Sr.	VR/2L	Distance	Candor, N.Y. (Candor)
Jake Timmons	6-3	Jr.	VR/VR	Jumps	Franktown, Colo. (Ponderosa)
Aric Van Halen	5-11	Jr./So.	VR/VR	Distance	Los Angeles, Calif. (Oakwood)
Alex Von Hagen	5-10	Sr./Jr.	VR/1L	Combined Events	Broomfield, Colo. (Legacy)
Andy Wacker	5-11	Jr.	VR/1L	Distance	Pinehurst, N.C. (Pinecrest)
Garrett Ward	6-0	Fr./So.	VR/VR	Distance	Pleasanton, Calif. (Amador Valley)
Jeff Warren	5-9	So./Fr.	VR/VR	Distance	Highlands Ranch, Colo. (Mountain Vista)
A.J. Whitaker	5-6	Jr.	VR/1L	Sprints	Denver, Colo. (George Washington)
Brandin Williams	6-2	Sr.	VR/2L	Javelin	Moreno Valley, Calif. (Canyon Springs/Riverside CC)

TRACK & FIELD 2011 Track And Field Rosters

WOMEN	Ht.	Yr.	In/Out	Event(s)	Hometown (High School/Previous College)
Heather Balbier	5-6	Fr.	HS/HS	Distance	Laguna Niguel, Calif. (Dana Hills)
Kajsa Bank	5-8	Fr.	RS/RS	Throws	Louisville, Colo. (Monarch)
Brianne Beemer	5-7	Jr.	1L/2L	Combined Events	Loveland, Colo. (Mountain View)
Courtney Bouchet	5-4	So.	VR/VR	Distance	Estes Park, Colo. (Estes Park)
Megan Burrell	5-5	Sr./Jr.	VR/VR	Distance	Colorado Springs, Colo. (Coronado)
Laurisa Canini	5-7	So.	VR/VR	Jumps	Colorado Springs, Colo. (Lewis Palmer)
Emma Coburn	5-8	Jr.	1L/2L	Distance	Crested Butte, Colo. (Crested Butte)
Katie Cumming	5-6	Jr.	1L/VR	Distance	Hudson, Wis. (Hudson)
Sydney Davis	5-5	So.	VR/VR	Sprints	Red Oak, Texas (Skyline)
Katharine Dreher	5-7	Jr.	VR/VR	Combined Events	Salida, Colo. (Salida)
Staci Foster	5-6	So./Fr.	VR/RS	Distance	Anaheim Hills, Calif. (Orange Lutheran)
Alyssa Frank	5-9	Jr.	VR/VR	Combined Events	Union, Ky. (Ryle)
Diana George	5-9	Fr.	RS/RS	Distance	Livermore, Calif. (Livermore)
Jennifer Gruver	5-6	So.	VR/VR	Sprints	Loveland, Colo. (Thompson Valley)
Emily Hanenburg	5-9	Sr.	VR/1L	Distance	Colorado Springs, Colo. (The Classical Academy)
Lara Heigis	5-6	Fr.	HS/HS	Distance	Walpack, N.J. (Pope John XXIII Regional)
Lindsey Hubbard	5-5	Fr.	HS/HS	Sprints/Hurdles	LaSalle, Colo. (Valley)
Emily Hunsucker	5-6	So.	VR/VR	Throws	Arvada, Colo. (Pomona)
Kelly King	5-10	So.	VR/VR	Distance	Longmont, Colo. (Silver Creek)
Shalaya Kipp	5-7	So.	VR/1L	Distance	Salt Lake City, Utah (Skyline)
Adrienne Lettow	5-8	Fr.	HS/HS	Throws	Arvada, Colo. (Valley)
Kellie Lind	5-8	Fr.	HS/HS	Throws	Gig Harbor, Wash. (Gig Harbor)
Camille Logan	5-6	So.	VR/VR	Distance	Littleton, Colo. (Littleton)
Nikki Look	5-2	So.	VR/VR	Middle Distance	Castle Rock, Colo. (Douglas County)
Genny Mayden	5-9	Fr.	HS/HS	Combined Events	Nashville, Tenn. (Ensworth)
Allie McLaughlin	4-10	Fr.	RS/RS	Distance	Colorado Springs, Colo. (Air Academy)
Jessica McLaughlin	5-4	Jr.	VR/VR	Javelin	Elizabeth, Colo. (Elizabeth)
Jhenya Nahreini	5-4	So.	VR/VR	Distance	Broomfield, Colo. (Peak to Peak Charter)
Holly Odneal	5-10	So.	VR/VR	Combined Events	Palisade, Calif. (Palisade)
Rachel Opgenorth	5-6	Fr.	HS/HS	Sprints	Denver, Colo. (Cherry Creek)
Jessica Pixler	5-6	Gr.	TR	Distance	Sammamish, Wash. (Seattle Pacific)
Becky Popiel	5-0	Fr.	HS/HS	Distance	Montclair, N.J. (Montclair)
Brooke Regan	5-9	So.	VR/VR	Middle Distance	Loveland, Colo. (Thompson Valley)
Amber Rozier	5-4	Jr.	VR/VR	Sprints/Hurdles	Pearland, Texas (Pearland)
Elizabeth Smit-Perkins	5-5	Gr.	TR	Distance	Bellevue, Wash. (Calvin College)
Paige Throckmorton	5-4	Fr.	TR/TR	Distance	Albuquerque, N.M. (Albuquerque Academy/TCU)
Laura Thweatt	5-4	Jr./Sr.	2L/VR	Distance	Durango, Colo. (Durango)
Elizabeth Tremblay	5-7	So.	1L/VR	Middle Distance	Loveland, Colo. (Thompson Valley)
Laura Tremblay	5-4	Fr.	RS/RS	Distance	Loveland, Colo. (Thompson Valley)
Max Van Dyke	5-9	Sr.	VR/VR	Combined Events	Vail, Colo. (Battle Mountain)
Rachel Viger	5-5	Fr.	HS/HS	Distance	Fort Collins, Colo. (Fort Collins)
Kirsten Wicks	6-2	Sr.	VR/VR	Throws	Wheaton, Ill. (Wheaton)
Te'Qin (Toi) Windham	5-2	Sr.	VR/1L	Sprints/Hurdles	Dallas, Texas (Greenhill)
TianEn (Joi) Windham	5-2	Sr.	VR/VR	Sprints/Hurdles	Dallas, Texas (Greenhill)

PRONUNCIATION GUIDE

Matt BIEGNER.....big-ner	Alexandre KIZIRIANKEH-zeer-E-ian	KAJSA BankKI (like high)-sa	JHENYA NAHREINIjen-ya
Joe BOSSHARDboss-HARD	Blake REIMERREAM-er	Courney BOUCHETBOO-shay	nah-ha-reen-ya
Dane CHOBANIANCHOO-bay-NE-an	Dillon SHIJESHE-hay	Laurisa CANINIKA-knee-knee	Amber ROZIER.....ROW-zier
Kevin FASINGFaze-ING	Blake THEROUXTHER-row	Lara HEIGISHIGH-gis	Rachel VIGERVEE-jay
Stephen KASICAKAH-si-CA	BRANDIN Williams.....Bran-DIN	GENNY Mayden.....Jenny	

JORDAN AGUILAR-WYNN



Sprints
Sophomore, HS
Aurora, Colo.
(Regis Jesuit)

PERSONAL BESTS

INDOOR

400 Meters: 51.22 (2010)
 600 Yards: 1:21.11 (2010)

OUTDOOR

100 Meters: 12.01 (2010)
 200 Meters: 22.7
 110 Meter Hurdles: 15.2
 400 Meter Hurdles: 54.21 (2010)

2010: Indoor: Aguilar competed in the 400-meter and 600-yard run in his first season with the Buffs. He ran his personal best in the 400 at the Air Force Invite (2/12), clocking a time of 51.22 to place 30th overall. Aguilar's top time in the 600 was 1:21.11 at the Potts Invite (1/23).

Outdoor: During the outdoor campaign Aguilar concentrated on the 40-meter hurdles; running the event at five meets. He recorded his best time of the season at the Fum McGraw Open (5/8) by finishing in 54.21, earning him sixth overall. Aguilar raced in the 110 and 400 hurdles at the Jack Christiansen Invite (4/24) and recorded top-10 performances in each. He ran a time of 16.06 in the 110 hurdles (taking 10th) and was second in the 400 hurdles with a mark of 55.22.

HIGH SCHOOL: Aguilar won the 2008 Colorado 5A State Championship in the 300-meter hurdles with a time of 38.25 seconds. In 2009, he placed fifth overall in the event. Aguilar was a member of the RJHS 4x800-meter relay team that set the school record of 7:59.44. He was a four-year letterwinner for the Raiders and was a two-time Aurora City Champion in the 300-meter hurdles in 2008 and '09. The RJHS team won the 2007 Continental League Championship. Aguilar-Wynn was also earned two letters as a member of the football team.

HIGH SCHOOL BESTS: 200-meters: 22.7; 110-meter hurdles: 15.2; 300-meter hurdles: 38.25; 4x800-relay: 7:59.44.

IN THE CLASSROOM: Aguilar is a civil engineering major. He was an academic all-state honorable mention selection. Aguilar is a member of the Big 12 Commissioner's Honor Roll. He was the Co-President of the Diversity Action Group and Multicultural Alliance in high school.

PERSONAL: Jordan Alexander Aguilar-Wynn was born on January 6, 1991 in Denver, Colo. He is the son of Charlene Aguilar and is the oldest of four boys, Jarett, Joshua and Jayce. His cousin Devin Aguilar is a member of the football team at Washington. Aguilar-Wynn lists his hobbies as sports, cooking and playing video games. He has also volunteered coaching little league football and basketball.

BRENDON AYLAIAN



Distance
Freshman, HS
Stow, Mass.
(Nashoba Regional)

PERSONAL BESTS

1,600 Meters: 4:23 (2009)
 3,200 Meters: 9:24 (2009)
 5,000 Meters: 15:13 (2009)

HIGH SCHOOL: Aylaian lettered four times in cross country, four times in outdoor track and field and three times during the indoor track season at Nashoba Regional. Aylaian was named Central Massachusetts District All-Star in both his freshman and sophomore years. He lists his biggest moment from his high school career as winning the Central Massachusetts Meet in the mile during his sophomore year. He finished 43rd at the 2008 Foot Locker Northeast Regionals. Aylaian owns the NRHS record in the mile at 4:23 and was a member of the 4x800-meter relay team (7:58) that set the school record.

HIGH SCHOOL BESTS: 1,600-meters: 4:23; 3,200-meters: 9:24; 5,000-meters: 15:13.

IN THE CLASSROOM: Aylaian is an arts and science major. He owns a greater than 3.00 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Brendon Johnston Aylaian was born February 13, 1992 in Stow, Mass. His parents are Doug and Lisa Aylaian. He has one younger brother, Justin, and two younger sisters, Ashley and Courtney. Aylaian enjoys running and hanging out with friends. He has done volunteer work for the Relay for Life Cancer Walk.

TYLER BAKER



Sprints
Freshman, HS
Santa Rosa, Calif.
(Maria Carrillo)

PERSONAL BESTS

400 Meters: 50.09 (2010)
 300 Meter Hurdles: 39.05 (2010)

HIGH SCHOOL: Baker owns a pair of school records at MCHS. He set the record in the 400 (50.09) on May 14, 2010. Less than one month earlier (April 10, 2010) he was a part of the 4x100-meter relay that recorded a time of 44.21. He was an all-league first team selection as a senior and was a member of the second team his junior year. As a sophomore Baker was an honorable mention selection. He earned four letters while a member of the Pumas' track and field team.

HIGH SCHOOL BESTS: 400 Meters: 50.09; 300 Meter Hurdles: 39.05.

IN THE CLASSROOM: Baker is an arts and sciences major. He owns a GPA greater than 3.00 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Tyler James Baker was born on September 25, 1991. He is the son of Bill and Terri Baker of Santa Rosa, Calif. He has two sisters, Julianne and Kelli. Baker lists his hobbies as snowboarding, golf and fishing.

BLAKE BERENS



Sprints
Freshman, HS
Loveland, Colo.
(Loveland)

PERSONAL BESTS

100 Meters: 11.15 (2010)
 200 Meters: 21.63 (2010)

HIGH SCHOOL: Berens earned three letters as a member of the Indians track and field team. His team was a 2010 Colorado State 5A finalist.

HIGH SCHOOL BESTS: 100 Meters: 11.15; 200 Meters: 21.63.

IN THE CLASSROOM: Berens is majoring in architectural engineering. He was a member of the honor roll in high school.

PERSONAL: Blake Nathan Berens was born on May 24, 1992. He is the son of Marshall and Bonnie Berens and has one sister, Melinda.

MATT BIEGNER



Middle Distance
Sophomore, VR/VR
Broomfield, Colo.
(Broomfield)

PERSONAL BESTS

INDOOR

800-Meters: 1:54.53 (2010)
 1,000-Meters: 2:27.23 (2010)
 Mile: 4:09.44 (2010)

OUTDOOR

400-Meters: 49.6
 800-Meters: 1:51.97 (2010)
 1,500-Meters: 3:51.76 (2010)

2010: Indoor: Biegner was one of CU's top middle distance runners. He won the mile at the Potts Invite (1/23) with a time of 4:26.90 and the 800 at the Don Barrett Duals (1/30) with a time of 1:54.53. Biegner earned his personal best in the mile at the Husky Classic (2/13). His time was 4:09.44 and he took 14th overall in the unseeded section. Biegner debuted in the 1,000 at the Big 12 meet. He just missed the finals as he took ninth overall with a time of 2:27.23. The time was the 16th best in CU history and placed him eighth overall on the performers list.

Outdoor: Once again Biegner hit the track hard, concentrating on the 800 and 1,500. He ran a season-best of 1:51.97 in the 800 at the CU Invite (4/10). The mark earned him a fourth-place finish. Biegner's top time in the 1500 was at the Mt. SAC Relays (4/16). He clocked a time of 3:51.76 and was 41st in the university/open division. Biegner ran in both the 800 and 1500 at the conference meet. He was 26th in the 800 (1:55.03) and took 14th in the 1500 (3:52.59).

2009: Redshirt. Did not compete.

CROSS COUNTRY: (2010) Biegner earned a spot on the varsity roster as a sophomore. He was 31st at the Rocky Mountain Shootout, 29th at the NCAA Pre-National Meet,

47th at the Big 12 Championship, 60th at regionals and finished the season 234th at nationals. Biegner's fastest 8k time of the season was 25:46.30 at the Big 12 meet. (2009) Biegner ran in three races. He was 59th at the Rocky Mountain Shootout and took 24th at the Fort Hays Invite. Biegner ran unattached in his final race of the season and took 30th at the Rocky Mountain Athletic Conference open race. (2008) Biegner ran in two open races. He was the 32nd to finish the Rocky Mountain Shootout in 28:06. Biegner was third in the (21:05.85) 6k at the Air Force Open.

HIGH SCHOOL: Biegner earned four letters as a member of the track and field team at BHS. He was a member of the relay team that holds school records in the 3,200-meter relay (7:54) in 2006 and the distance medley relay (10:58) in 2007 (which has since been broken). Biegner was an all-state track performer all four years and was all-conference in cross country three times. His main events were the 400 and 800-meter runs. He was the Northern Conference and Region Champion in the 800.

HIGH SCHOOL BESTS: 200-meters: 22.15; 400-meters: 49.6; 800-meters: 1:55.9; 5,000-meters: 16:26; 10,000-meters: 36:28.

IN THE CLASSROOM: Biegner is majoring in business and is also interested in pre-med. He owns a GPA greater than 3.5 and is a member of the Big 12 Commissioner's Honor Roll. Biegner was named to the Academic All-Big 12 First Team in 2010. He was a member of the honor roll and National Honor Society in high school.

PERSONAL: Matthew James Biegner was born on October 21, 1989 in Denver, Colo. He is the son of Rob and Laura Biegner and has one younger sister, Alex. His father ran track at Bowling Green and his grandfather played semi-pro basketball and baseball. Biegner lists his hobbies as skiing, golfing, tennis, basketball, music, movies and traveling.

JOE BOSSHARD



Distance
Sophomore, VR/1L
Crested Butte, Colo.
(Crested Butte Academy)

PERSONAL BESTS

OUTDOOR

800 Meters: 2:04
 1,500 Meters: 3:53.86 (2010)
 5,000 Meters: 14:07.31 (2010)
 10,000 Meters: 29:31.68 (2010)

BIG 12 SCORING

2010 (O) 10,000-Meter Run, 6th (29:31.68)

NCAA CHAMPIONSHIP SCORING

2010 (O) 10,000-Meter Run, 6th (28:59.87)

HONORS

2010 10k All-American

2010: Indoor: Did not compete.

Outdoor: Bosshard had a breakout freshman campaign which started with a runner-up finish in the 1,500 (3:53.86) at the CU Invite (4/10). The time ranked seventh on the year for the Buffs. He followed that up with a time of 3:53.86 at the Fum McGraw Open (5/8) which earned him a first-place finish and was the sixth best time by a Buff in 2010. Bosshard's debut in the 5k was at the Mt. SAC Relays. He ran a season-best mark of 14:07.31. At the Big 12 Outdoor Championship and NCAA West Preliminary,

Bosshard raced in both the 5k and 10k runs. He ran a time of 29:31.68 in his 10k debut, which scored points for CU with a sixth-place finish. It was one of the fastest debuts by a CU freshman and ranks 18th on the CU all-time performers list. Two days after the 10k, Bosshard barely missed picking up more points for CU in the 5k with a ninth-place finish (14:14.15). He advanced to the NCAA West Prelims in the 5k and 10k two weeks later. He finished seventh overall in the 10k, with an automatic bid to advance to nationals (29:40.29). Bosshard followed that up with another great performance in the 5k (14:21.04) but was 17th and did not advance to nationals. At the NCAA Championship, Bosshard gave another strong performance and once again did not disappoint. He ran a time of 28:59.87 to place sixth overall for his first-ever All-America honor. The time also made him the 10th fastest performer in the event and was the fastest by a Buff during the 2010 season.

2009: Redshirt. Did not compete.

CROSS COUNTRY: (2010) Bosshard led CU in four of its five varsity races. He won the Rocky Mountain Shootout with the sixth fastest time in course history (24:44). Bosshard earned all-conference and all-region honors by placing sixth and eighth, respectively, in those races and was named an All-American after finishing 26th at the NCAA Championship. He was named the CU Athlete of the Week for that performance. (2009) Bosshard earned his way onto the varsity roster after winning the Fort Hays State Open. He crossed the finish in 24:09.73 and was named the CU Athlete of the Week as well as the Big 12 Runner of the Week for his performance. Bosshard was 19th at the Big 12 Championship and earned his first all-region honor as he finished 24th at regionals. Bosshard was the fourth Buff to cross the finish at nationals and placed 80th overall.

HIGH SCHOOL: Bosshard won three letters in cross country and four on the track. While competing in Wisconsin, he was a two-time member of the Mississippi Valley Conference cross country first team. On the track he earned MVC honorable mention honors in the 3,200-meter run. Bosshard finished fourth at the 2006 Wisconsin Division III Cross Country Championships. In 2007, he placed 27th at the Foot Locker Midwest Cross Country Championship. He also placed second in the 3,200 at Mt. Sac Relays. Bosshard competed in the 2007 Nike Outdoor National Meet in the 5,000 and ran a mark of 15:12 to finish 12th overall.

HIGH SCHOOL BESTS: 800-meters: 2:04; 1,600-meters: 4:22; 3,200-meters: 9:11; 5,000-meters: 15:12.

ACADEMICS: Bosshard is majoring in management at Colorado and has been a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Joseph William Bosshard was born on October 30, 1989 in La Crosse, Wis., to William and Diane Bosshard. He has four siblings: Andrew, Makenzie, Carley and John. Bosshard was a world champion logroller for the 6 and under division.

GARRETT CARMICHAEL



Distance
Freshman, HS
Nashville, Tenn.
(Ensworth)

PERSONAL BESTS

800 Meters: 1:56.5 (2009)
 1,600 Meters: 4:24
 3,200 Meters: 9:33
 5,000 Meters: 15:46

HIGH SCHOOL: Carmichael owns EHS records in the 5k (15:46), 800 (1:56.5), 1,600 (4:24) and 3,200-meter runs (9:33). He earned letters as a member of the cross country and track and field teams for four years. At the Nike Outdoor Nationals in 2009, Carmichael's 4x800-meter relay team won the emerging elite section. His 4x800 relay won the state championship during his sophomore season. Carmichael earned numerous all-state and all-region honors while in high school.

HIGH SCHOOL BESTS: 800-meters: 1:56.5; 1,600-meters: 4:24; 3,200-meters: 9:33; 5,000-meters: 15:46.

IN THE CLASSROOM: Carmichael is majoring in environmental design. He owns a GPA of 3.359 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Garrett Morris Carmichael was born on May 29, 1991 in Nashville, Tenn. He is the son of Oliver and Kathy Carmichael and has a twin sister, Olivia. Carmichael enjoys the outdoors and sports and served as a Kids Academy Counselor during the summer in high school.

NIKLAS CEDERSTRÖM



Throws
Junior, VR/VR
Greeley, Colo.
(Greeley Central)

PERSONAL BESTS

INDOOR

Shot Put: 48-08.50 (2010)
 Weight Throw: 51-07.25 (2010)

OUTDOOR

Shot Put: 44-05.50 (2009)
 Hammer Throw: 153-04 (2010)
 Discus: 146-10 (2009)

2010: Indoor: Cederström recorded season-bests at the Colorado School of Mines Open (2/19). He recorded a toss of 51-07.25 in the weight throw, placing him fifth overall. In the shot put, Cederström's best throw was 45-08.50, good for sixth.

Outdoor: During the outdoor campaign, he threw the shot put, discus and hammer. He notched personal records in the shot put and hammer throws. His best performance in the shot put was 44-00.50, done at the CU Invite (4/10). Cederström was 14th overall. At the Jack Christiansen Invite (4/24), he launched a throw of 153-04 to place 12th in the hammer throw. Cederström also recorded his season-best in the discus at the JCI at 141-09 to place 17th.

2009: Indoor: Cederström competed in the shot put and weight throw during the indoor season, recording season-bests in both events. His throw of 44-00.50 in the shot put

earned him an eighth-place finish at the Colorado School of Mines Twilight Meet (2/20). Cederström took fifth at the Potts Indoor Invite (1/24) with a toss of 48-03.50.

OUTDOOR: Cederström led the Buffs in the shot put during the outdoor season. He launched his best throw of 44-05.50 at the Front Range Classic (5/2) and took ninth. Cederström placed 10th with a PR of 146-10 in the discus in the first meet of the season (Potts Invite, 3/21).

HIGH SCHOOL: Cederström earned four letters as a member of the Greeley Central track and field team. As a senior, he won the 4A state discus championship with a personal record of 159-05. Cederström was the first discus thrower at GCHS to win the discus throw. He also won the regional and conference championship as a junior and senior.

HIGH SCHOOL BESTS: Discus: 159-05.

ACADEMICS: Cederström is majoring in psychology at Colorado and is also interested in philosophy and Nordic studies. He was named to the Big 12 Commissioner's Honor Roll during the fall of 2009.

PERSONAL: Niklas Bror David Cederström was born on April 22, 1989 in Stockholm, Sweden. He is the son of Bror and Nancy Cederström of Greeley, Colo. He has two older brothers, Marcus and Christopher. Cederström lists snowboarding and going to concerts as his hobbies.

DANE CHOBANIAN



Throws
Sophomore, VR/VR
San Diego, Calif.
(Scripps Ranch/UCLA)

PERSONAL BESTS

INDOOR

Shot Put: 50-02.50 (2010)
 Weight Throw: 54-06.75 (2010)

OUTDOOR

Shot Put: 49-05.50 (2010)
 Discus: 182-03 (2010)

HONORS

CU Athlete of the Week (April 22, 2010)
 Hammer Throw: 158-05 (2010)

CAREER UPDATE: Chobanian ranks fourth on the CU all-time performers list in the discus and is tied for the 13th best performance in the history of CU at 182 feet, 3 inches; all as a redshirt freshman.

2010: *Indoor:* Chobanian recorded the top two marks in the shot put for CU. His season best throw of 50-02.50 came at the Potts Invite (1/23). Chobanian's mark was good for second. His second best throw was 49-11 at the Husky Classic (2/13). Chobanian's best mark in the weight throw came at the Big 12 meet (2/26). He launched a throw of 54-06.75 which placed 12th overall. That was the fourth highest mark by a Buff on the season.

Outdoor: Chobanian led the Buffs in the discus (throwing the top five marks of the season) and had the second best throw in the shot put. His best mark in the discus was 182-03, thrown at the Beach Invitational (4/17) and tied for the 13th best all-time in CU history. It also put him fourth on the all-time performers list. The performance earned him the CU Athlete of the Week honor. Chobanian also recorded four throws in the between 162-02 and 168-06. At the Big 12 Championship he was 12th with a toss of 158-05. At the NCAA West Preliminary, he placed 39th after throwing a mark of 155-11. Chobanian's top mark in the shot put was 49-05.50, recorded at the Tom Benich Classic

(4/3). He notched a mark of 43-05 at the conference meet and placed 15th.

2009 (at UCLA): Redshirt. Did not compete.

HIGH SCHOOL: Chobanian was a four-year letterwinner at Scripps Ranch High School. He was a three-time CIF competitor and ranked in the top-10 in 2008. Chobanian is the SRHS record holder in the discus (177-1) and ranks second all-time in the shot put (57-03).

IN THE CLASSROOM: Chobanian is majoring in environmental science and is also interested in architecture. He has been a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Dane Thomas Chobanian was born on October 26, 1989, in Pasadena, Calif. He is the son of Don Chobanian and John Goldenring and Barbara Whitesides of San Diego. He also has one brother, Blake. His uncle, Jim Whitesides, played basketball for the U.S. Naval Academy. Chobanian lists his hobbies as Tae Kwan Do, astronomy and physics and has volunteered with Habitat for Humanity.

CAMERON CLAYTON



Distance
Junior, VR/VR
Superior, Colo.
(Monarch)

PERSONAL BESTS

INDOOR

Mile: 4:31.16 (2010)
 3,000 Meters: 8:30.31 (2010)

OUTDOOR

1,500 Meters: 4:07.45 (2010)
 3,000 Meter Steeplechase: 9:24.9h (2010)
 5,000-Meters: 15:34

2010: *Indoor:* Clayton ran in a pair of meets, competing in the mile and the 3,000-meter run. He recorded a time of 4:31.16 at the Don Barrett Duals (1/30) and was seventh overall. Two weeks later he ran in the 3k at the Husky Classic (2/13) and finished with a time of 8:30.30.

Outdoor: Clayton ran in one 1,500 but mainly concentrated on the steeplechase as a sophomore. He started off in the steeplechase with a time of 10:04.38 at the Tom Benich Classic (4/3) and just one week later shaved over 21 seconds off his time with a mark of 9:42.97 to win the race. Clayton's season best in the event was at the Mt. SAC Relays, finishing with a hand-time of 9:24.9. He also ran at the Big 12 meet and took 15th (9:32.80).

2009: *Indoor:* Clayton did not compete during the indoor season.

Outdoor: Clayton ran in a pair of meets as a redshirt freshman. He ran a time of 4:07.45 in the 1,500-meter run at the CU Invite (4/11). Clayton also tried the steeplechase, recording a time of 10:03.44 at the Jack Christiansen Invite (4/25), which was good for third.

2008: Redshirt. Did not compete.

CROSS COUNTRY: (2010) Clayton ran all five varsity races, starting with a 13th-place finish at the Rocky Mountain Shootout. He was the fifth scorer for CU at Pre-Nats, placing 64th overall. Clayton was CU's sixth runner the last three races, placing 24th at Big 12s, 42nd at regionals and 210th at nationals. (2009) Clayton ran in three races for the Buffs during his freshman campaign. He was 27th overall at the Rocky Mountain Shootout. At the Fort Hays Invite, he was CU's No. 5, finishing 32nd

overall. His best finish came at the Air Force Invite, where he was the second scorer for the Buffs and was fifth overall in a season best mark of 26:36.26. (2008) Did not compete. (2007) Clayton took 10th at the Rocky Mountain Shootout and was 15th at NCAA Pre-Nationals in the open race.

HIGH SCHOOL: Clayton was a three-time All-Front Range First Team selection in cross country and earned honorable mention honors on the *Rocky Mountain News* All-Colorado team. He also earned first-team recognition on the all-state team as a freshman, junior and senior and was on the second team as a sophomore. Clayton was fifth in the state meet as a senior and was sixth as a junior. He owns the MHS record in the 1,600-meter run at 4:25 and the 3,200-meter run at 9:36. In the 2007 Colorado State 5A Championship, he placed eighth in the 3,200 and was 13th in the 1,600.

HIGH SCHOOL BESTS: 1,600-meters: 4:25; 3,200-meters: 9:36; 5,000-meters: 15:34; 10,000-meters: 32:58.

ACADEMICS: Clayton is majoring in MCDB and Spanish at Colorado. He is a member of the Big 12 Commissioner's Honor Roll. Clayton was a member of the All-Colorado Academic team as a senior and an academic all-conference performer as a junior in high school.

PERSONAL: Cameron Clayton was born on July 6, 1988 in Reno, Nevada to Brad and Lori Clayton. He is the youngest of two. His older brother Jon-Eric plays volleyball on the Colorado club team. Clayton's hobbies include scuba, reading, computer games, watching movies, backpacking, hiking, biking and kayaking. He climbed Mt. Kilimanjaro.

JASON DEWITT



Combined
Events/Jumps
Sophomore, VR/VR
Arvada, Colo.
(Ralston Valley)

PERSONAL BESTS

INDOOR

60-Meter Hurdles: 8.82 (2010)
 High Jump: 6-06.75 (2010)
 Long Jump: 19-03.25 (2010)

OUTDOOR

Decathlon: 5,557 (2010)
 100 Meters: 11.88 (2010)
 Long Jump: 22-11.50 (2009)
 Shot Put: 33-05.75 (2010)
 High Jump: 6-08 (2010)
 400 Meters: 55.89 (2010)
 110-Meter Hurdles: 14.65 (2009)
 Discus: 83-11 (2010)
 Pole Vault: 11-11.75 (2010)
 Javelin: 110-02 (2010)
 1,500 Meters: 5:20.77 (2010)
 Triple Jump: 45-01 (2009)

2010: *Indoor:* DeWitt led the Buffs in the high jump in the indoor season. He recorded a season-best jump of 6-06.75 on three occasions, the last time at the Air Force Invite (2/13). DeWitt won the Don Barrett Duals with that jump (1/30) and tied for first at the Air Force All-Comers Meet (1/15).

Outdoor: DeWitt stuck with the high jump during the outdoor campaign but also competed in one decathlon. He recorded a score of 5,557 points for fourth-place at the Glenn Morris meet 4/22-23). He tied for second in the long jump (20-00.25) and was second in the high jump (6-

03.25), 110-hurdles (15.69) and javelin (110-02). DeWitt reached a height of 6-08, the best by a Buff, at the Front Range Classic (5/1) and was third in the meet.

HIGH SCHOOL: DeWitt was an all-conference selection for four years in the high jump and was all-conference in the long jump as a junior. The two-time all-state selection in the high jump was named the Ralston Valley High School Male Athlete of the Year. DeWitt owns school records in the high jump (6-6) and the long jump (22-11.50). While at RVHS, he earned eight letters and was named the track MVP as a senior.

HIGH SCHOOL BESTS: High Jump: 6-6; Long Jump: 22-11.50; 110-meter hurdles: 14.65; Triple Jump: 45-01.00.

IN THE CLASSROOM: DeWitt is majoring in international affairs.

PERSONAL: Jason Kelly DeWitt was born on June 25, 1991 in Wheatridge, Colo. He is the son of Kelly and Debbie DeWitt of Arvada, Colo. and has two sisters. DeWitt enjoys playing the guitar and has volunteered as a freshman mentor and as an outdoor lab instructor.

QUINTON DODSON



Sprints
Junior, VR/1L
Denver, Colo.
(George Washington)

PERSONAL BESTS

INDOOR

60-Meters: 6.92 (2009/10)
200-Meters: 21.84 (2009)
400-Meters: 48.19 (2009)
Long Jump: 23-08.25

OUTDOOR

100-Meters: 10.61 (2010)
200-Meters: 21.29 (2010)

BIG 12 SCORING

2010 (O) 4x100-Meter Relay, 5th (40.46)

2010: *Indoor:* Dodson tied his personal record in the 60-meter dash when he ran a time of 6.92 at the Air Force All-Comers Meet. At the same meet, he also recorded a time of 22.03 in the 200. Dodson ran the 60 two other times, both at the Potts Indoor Invite (1/23). He ran 6.94 in the prelims and 6.97 in the finals for fifth place.

Outdoor: Dodson competed in both the 100 and 200, as well as the relays during the outdoor campaign. He clocked a season-best, although wind-aided mark, of 10.52 in the Jack Christiansen Invite (4/24) to finish third. At the Fum McGraw Open (5/8), he ran a non-wind-aided time of 10.61. In the 200, Dodson ran a PR of 21.29 at the FMO and took second overall. At the Big 12 Championship, he ran a time of 21.45 in the prelims, placing 12th. Dodson was also a key part of the 4x100 and 4x400-meter relay teams. At the NCAA Preliminaries in Austin, the relay ran the eighth fastest time in CU history at 39.91. It was the fastest time run by a CU relay since 2008. The relay placed 12th overall and automatically qualified for semifinals at nationals. At NCAAs, the team ran 40.35 but did not advance to the finals. The relay also ran the 14th best time in history at the Fum McGraw Open (40.19). Dodson earned his first letter when the relay placed fifth with a mark of 40.46.

2009: *Indoor:* Dodson mostly ran the 60 and 200-meter dashes during the indoor season of his freshman campaign. He notched a personal record of 6.92 in the 60 at the Air Force Invite (2/13) and placed fourth. The time also placed him 10th on the CU all-time performers list.

Dodson's best run in the 200 came at the New Mexico Classic (2/7). He clocked a time of 21.84 and placed sixth overall. Dodson also participated in the long jump at a pair of meets for the Buffs. His best performance came at the Air Force Duals when he took third with a leap of 22-00.25.

Outdoor: During the outdoor season, Dodson was the top performer for the Buffs in the 100, clocking a time of 10.73 at the CU Invite (4/11) to place third. He ranked second on the team in the 200 with a mark of 21.51 (at the same meet). Dodson placed fifth in that event.

HIGH SCHOOL: Dodson was an NCIS All-American as a junior at George Washington and the Patriots won the state championship the same year. Dodson is a part of two relay records. In 2007, his 4x200-meter relay ran a mark of 1:25.52 and his 4x100 relay set the Littleton Invite record of 41.61. As a senior, Dodson raced to an eighth-place finish in the 100m at the AAU National Championship with a time of 10.81.

HIGH SCHOOL BESTS: 100-meters: 10.71; 200-meters: 21.61; 400-meters: 48.19; 4x100-meter relay: 41.52; 4x200-meter relay: 1:25.52; Long Jump: 23-08.25.

ACADEMICS: Dodson is an open major at Colorado.

PERSONAL: Quinton Dodson is the son of Cyrus Dodson and Peggy Mauala. His older brothers Deon and Shannon were high school All-Americans. His brother Jeremy set the CU records in the indoor and outdoor 200 and was part of the record setting 4x100 relay. His other brother, A.J. Whitaker, is also a sophomore on the CU track team. He lists his hobbies as art.

HUGH DOWDY



Distance
Freshman, HS
Petaluma, Calif.
(Petaluma)

PERSONAL BESTS

800 Meters: 1:56 (2010)
1,600 Meters: 4:15.77 (2010)
3,200 Meters: 9:39 (2010)

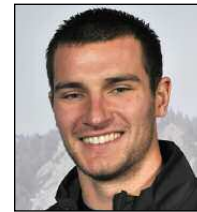
HIGH SCHOOL: Dowdy helped his cross country team to the Sonoma County League Championships in his sophomore, junior and senior years, and the North Coast Championships in his sophomore and senior years. He also helped his team to a second-place finish his sophomore year and a third-place finish his junior year at state. Dowdy lists his biggest moments from high school as finishing sixth in the mile at the state championships and placing eighth in state in cross country.

HIGH SCHOOL BESTS: 800-meters: 1:56; 1,600-meters: 4:15.77; 3,200-meters: 9:39.

IN THE CLASSROOM: Dowdy intends to major in engineering or physics. He owns a GPA greater than 3.00 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Hugh William Dowdy was born on September 10, 1992 in Petaluma, Calif. His parents are Gilbert Dowdy and Marsha Busekists. He has an older sister, Erin. Dowdy enjoys building things and relaxing with friends.

BROCK EMORY



Combined Events/Jumps
Sophomore, VR/VR
Colorado Springs, Colo.
(Fountain Fort Carson)

PERSONAL BESTS

INDOOR

Heptathlon: 4,081 (2010)
60-Meters: 7.57 (2010)
Long Jump: 18-11.25 (2010)
Shot Put: 35-05.25 (2010)
High Jump: 6-02.75 (2010)
60-Meter Hurdles: 8.69 (2010)
Pole Vault: 9-06.25 (2010)
1,000-Meters: 3:07.90 (2010)

OUTDOOR

Pole Vault: 11-11.75 (2010)
High Jump: 6-4
Javelin: 116-07 (2010)
100-Meters: 12.30 (2010)
110-Meter Hurdles: 14.76

2010: *Indoor:* Emory competed in one heptathlon in his first season, recording 4,081 points at the CU Invite (1/22-23). He concentrated on the 60-meters and 60-meter hurdles when he wasn't competing in the heptathlon. He clocked his season-best 7.57 at the Air Force Invite (2/13) and ran 8.69 in the 60-hurdles at the Colorado School of Mines Twilight (2/19) to place second overall. Emory participated in the high jump three times. His best jump was 6-02.75 at the AFA All-Comers Meet (1/15).

Outdoor: Emory competed in five different events during the outdoor season. He reached a height of 11-11.75 in the pole vault, 5-10.75 in the high jump and threw the javelin 166-07 in the field events. On the track he ran 12.30 in the 100 and 15.93 in the 110 hurdles.

HIGH SCHOOL: Emory was a three-sport athlete and earned nine letters at Fountain Fort Carson. He earned three in track and field, three in football and three in wrestling.

HIGH SCHOOL BESTS: High Jump: 6-4; 110-meter hurdles: 14.76; 300-meter hurdles: 40.80.

IN THE CLASSROOM: Emory is majoring in integrative physiology.

PERSONAL: Brock Belue Emory was born on September 4, 1990 in Wadesboro, N.C. He is the son of Lyn and Lorraine Emory of Colorado Springs, Colo. Emory is the oldest of four (siblings are Luke, Alexandria and Samantha). The Eagle Scout lists his hobbies as fishing, working out, hiking and spending time with family. His father played football for Catawba College and his grandfather, Melvin, played football at Clemson. Emory's great grandfather, Gene Belue, played baseball at Duke and for the Pittsburgh Pirates.

KEVIN FASING



Javelin
Junior, VR/1L
Denver, Colo.
(Mullen)

PERSONAL BESTS

OUTDOOR

Javelin: 216-06 (2007)

BIG 12 SCORING

2007 (O) Javelin, 5th (194-03)

HONORS

All-Big 12

2007 USATF Junior Nationals, 2nd (216-06)

CAREER UPDATE: Kevin Fasing ranks sixth on the CU chart in the javelin with a throw of 216-06. He is also the fourth best performer at CU. Fasing has one All-Big 12 honor under his belt and will look to add more in the 2010 season.

2010: Fasing returned to the javelin after redshirting the 2009 season. He recorded a throw of 189-11 at the CU Invite (4/10) to place third. Fasing placed 14th at the Big 12 meet when he recorded a toss of 179-11.

2009: Redshirt. Did not compete.

2008: Fasing started the outdoor season with a season-best throw of 204-02 at the Potts Invite, which was also a regional qualifying mark. It was his only first place finish of the season. Fasing took a trio of second place finishes at the Front Range Classic, CU Invite and Rob Upton Invite and a sixth place finish at the Oregon Relays.

2007: Fasing quickly picked up the javelin and has earned a role on the varsity team in just his first season. He owns five of the top-10 marks in CU history (sixth-10th). His first-ever throw as a Buffalo was 188-11 at the Potts Invite, which was sixth all-time at that point. At the Jack Christianson Invite, he earned his first crown with a throw of 194-08. Fasing recorded a fifth-place finish at the Big 12 Championship (194-03) and his first all-conference honor. His top marks earned him the privilege of competing at the USATF junior nationals, where he placed second overall. Fasing bettered his former PR by more than two feet with a throw of 216-06.

HIGH SCHOOL: Fasing earned first team honors as a sophomore and second team honors his junior and senior seasons at Mullen.

ACADEMICS: Fasing is majoring in integrated physiology at Colorado. He owns a GPA greater than 3.0 and is a member of the Big 12 Commissioner's Honor Roll. Fasing was named to the Academic All-Big 12 First Team in 2010.

PERSONAL: Fasing is the son of Greg and Suzanne Fasing of Denver, Colo. He has one older brother, Jim, who attends CU.

MICHAEL FIELD



Throws
Sophomore, VR
Wheat Ridge, Colo.
(Wheat Ridge/Mesa State)

PERSONAL BESTS

INDOOR

Shot Put: 48-04 (2010)

Weight Throw: 47-06.25 (2010)

OUTDOOR

Shot Put: 49-11 (2010)

Hammer Throw: 130-02 (2010)

2010: *Indoor:* Field started his career at Colorado at the Don Barrett Duals (1/30). He placed 14th in the shot put (46-00.75) and the weight throw (44-03.50). Field PR'd in the shot put at the Air Force Invite (48-04) and recorded his best throw of 47-06.25 in the weight at the Colorado School of Mines Twilight Meet (2/19).

Outdoor: Field competed in the shot put and the hammer throw during the outdoor campaign. He recorded his personal best in the shot put at the Jack Christiansen Invite (4/24) after launching a toss 49-11, good for sixth place overall. Field's season best in the hammer throw came at the CU Invite (4/10). He placed 28th with a throw of 130-02.

2007-09 (at Mesa State): Field was a member of the football team at Mesa State. He redshirted the 2007-08 season and was on the offensive line during the 2008-09 campaign.

HIGH SCHOOL: Field earned one letter on the WRHS track and field team throwing shot put in 2007. He placed second at regionals and third in state his first year of throwing. Field also earned second team all-conference honors and was honorable mention all-state. He was a member of the Farmer's football team that won the 2006 Colorado State 4A State Championship.

IN THE CLASSROOM: Field is majoring in economics.

PERSONAL: Michael Patrick Field was born on July 11, 1989 in Wheat Ridge, Colo., to John and Katie Field. His mother competed in track and field at Nebraska. He has one sister, Elizabeth and one brother, Andrew. Field enjoys anything outdoors.

ADRIAN GOMEZ



Sprints
Senior, 1L/1L
Keenesburg, Colo.
(Weld Central)

PERSONAL BESTS

INDOOR

200-Meters: 22.63 (2010)

400-Meters: 48.87 (2009)

600-Yard: 1:12.32 (2010)

800-Meters: 1:57

OUTDOOR

100-Meters: 10.99 (2010)

200-Meters: 22.12 (2009)

400-Meters: 48.53 (2008)

800-Meters: 1:56.63 (2008)

400-Meter Hurdles: 52.69 (2009)

BIG 12 SCORING

2008 (O) 4x400-Meter Relay, 6th (3:09.27)

2009 (I) Distance Medley Relay, 8th (9:56.44)

2010: *Indoor:* Gomez ran a personal record in the 200-meter dash (22.63) at the Iowa State Classic. But his main focus was the 600-yard run. He raced to a PR of 1:12.32 in the prelims at the Big 12 Championship although he did not advance to the finals. Gomez was also a member of the mile and 4x400-meter relay teams. The 4x400 team ran the 10th best time in CU history at the Big 12 Championships, clocking a mark of 3:15.23 for 10th place. *Outdoor:* During the outdoor campaign Gomez once again focused on the 400-meter hurdles. His fastest time of the season was 54.33 which he ran at the CU Invite (4/10). He placed sixth overall.

2009: *Indoor:* Gomez concentrated on the 400 and the 600 during the indoor season. He recorded a personal best of 48.87 in the 400 at the Air Force Invite (2/13) to place fifth overall. Gomez set a then-PR of 1:13.25 in the 600 at the Big 12 Indoor Championship and took 17th overall in the prelims. He earned his first letter at the meet as a part of the distance medley relay that finished eighth (9:56.44).

Outdoor: Gomez focused on the 400 hurdles during the outdoor season and just missed out qualifying for regionals after clocking a time of 52.69 and taking first at the Front Range Classic (qualifying time is 52.51). He ran the event at the conference outdoor championship and placed 15th (53.39) with his second-best time of the year. Gomez was a member of the 4x400-meter relay and helped it to a season-best time of 3:15.20 at the CU Invite.

2008: *Indoor:* Gomez ran in four meets for the Buffs, racing in the 200, 400 and 800-meter runs and the 600-yard dash as well as a part of two relays. He ran the 600 at the Big 12 Championship and placed 15th overall with a season-best of 1:13.41. He was also part of the 4x400 relay which competed at the meet and took 11th.

Outdoor: During the outdoor season Gomez concentrated on the 400. He earned his first collegiate crown in the 800 at the Potts Invite with a time of 1:56.63. His best time in the 400 was at the conference championship. He ran a mark of 48.53 and took 18th in the prelims. He ran the third leg of the 4x400 relay which placed sixth. The time of 3:09.27 ranks eighth in school history.

HIGH SCHOOL: Gomez lettered in track all four years for the Rebels. He was named the overall most valuable player his senior season as he scored the most points for WCHS. Gomez competed in four events as a senior at the state championship.

HIGH SCHOOL BESTS: 100-meters: 11.3; 200-meters: 22.8; 400-meters: 51.00; 800-meters: 1:57.

ACADEMICS: Gomez is majoring in Spanish at Colorado. He was a member of the National Honor Society in high school.

PERSONAL: Adrian Gomez was born on June 10, 1988 in Boulder, Colo. He is the son of Rafael and Rosalinda Rosas Gomez. He has one older brother, Joshua. Gomez has a twin brother, Adam, and younger twin brothers Adolfo and Rafael. Gomez is bilingual.

MICHAEL GOODGER



Distance
Freshman, HS
Carlsbad, Calif.
(Carlsbad)

PERSONAL BESTS

800 Meters: 1:58 (2010)
1,600 Meters: 4:14 (2010)
3,200 Meters: 9:12 (2010)
5,000 Meters: 15:41 (2010)

HIGH SCHOOL: Goodger holds the CHS record in the 1600 (4:14) and 3200-meter (9:12) runs. He recorded his 1,600 record on May 14, 2010 and the 3,200 on April 30, 2010. Goodger lettered twice in cross country and three times on the track. During his junior year he finished second team All-North County in cross country and first team All-Palomar League in track. In his senior year Goodger was named first team All-Palomar League, Scholar-Athlete of the Year, Most Valuable Player and received the Best Distance Award for Men, all in track. He lists his biggest moment of his high school career when he qualified for the California State Championships for the first time as a junior by running a 4:15.91 and taking the third and final spot to state.

HIGH SCHOOL BESTS: 800-meters: 1:58; 1,600-meters: 4:14; 3,200-meters: 9:12; 5,000-meters: 15:41.

IN THE CLASSROOM: Goodger is majoring in accounting.

PERSONAL: Michael Ryan Goodger was born on January 5, 1992 in San Diego, Calif. His parents are Steve and Cindy Goodger of Carlsbad, Calif. He has one younger sister, Cara. After college he wants to either run professionally or be an accountant. He lists snowboarding, bodysurfing, swimming, and video games as his hobbies. Goodger also does volunteer work with Habitat for Humanity and the Arthritis Foundation Walk.

CAMERON HUTCHINS



Throws
Sophomore, VR/VR
Centennial, Colo.
(Arapahoe)

PERSONAL BESTS

INDOOR
Weight Throw: 46-06.25 (2010)
OUTDOOR
Discus: 131-00 (2010)
Hammer Throw: 134-04 (2010)

2010: *Indoor:* Hutchins made his debut for the Buffs in the weight throw at the Potts Indoor Invite (1/23). He recorded a mark of 42-11.75 for ninth place. Hutchins improved throughout the season and recorded his PR of 46-06.25 at the Colorado School of Mines Twilight (2/19), also taking ninth overall.

Outdoor: The outdoor season saw Hutchins throwing the discus and hammer. His best throws in both events came at the Fum McGraw Open (5/8). Hutchins recorded a throw of 131-00 in the discus and 134-04 in the hammer.

2009: Redshirt. Did not compete.

HIGH SCHOOL: Hutchins was a member of the Arapahoe High School track and field team which won the state championship in 2008. He qualified for the meet in the discus. Hutchins earned three letters at AHS.

HIGH SCHOOL BESTS: Shot put: 49-11; Discus: 154-03.

ACADEMICS: Hutchins is majoring in Classics at Colorado. He is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Cameron Stuart Hutchins was born on March 10, 1990 in Denver. He is the son of Stuart and Susan Hutchins of Centennial, Colo. Stuart played football and basketball at Bowdoin. He has one younger brother, Zachary, and a younger sister, Jessica. Hutchins lists camping, hunting, reading, fishing, scuba diving and archery as his hobbies.

EVAN JOHNSTON



Middle Distance
Junior, VR/VR
Granby, Colo.
(The Middle Park)

PERSONAL BESTS

INDOOR
800-Meters: 1:55.19 (2009)
OUTDOOR
800-Meters: 1:58.06 (2010)

2010: *Indoor:* Did not compete.

Outdoor: Johnston ran in a pair of 800-meter runs. His season debut was at the Tom Benich Invite (4/3) where he finished in 1:59.32. One week later at the CU Invite (4/10) Johnston clocked a time of 1:58.06.

2009: *Indoor:* Johnston only competed during the indoor season for the Buffs and ran the 800. He recorded his best time of the season at the Big 12 Championship with a mark of 1:55.19 and placed 11th overall.

Outdoor: Did not compete.

HIGH SCHOOL: Johnston was a member of the track and field and ski teams for the Panthers. He was the individual state runner-up in the slalom in 2006. He won the state 3A championship in the 800-meter run on the track in 2006 and owns the school record in the event (1:57.71). As a senior he was named the Athlete of the Year and was named to the Wall of Fame.

HIGH SCHOOL BESTS: 400-meters: 51.7; 800-meters: 1:57.71.

IN THE CLASSROOM: Johnston is majoring in English at Colorado.

PERSONAL: Evan T. Johnston was born on April 7, 1989. He is the son of Jeffrey and Bridget Johnston and has two sisters, Brittany and Sydney. Brittany plays volleyball at Bates College. He lists his hobbies as skiing, fly fishing, playing the guitar and bird calling.

STEPHEN KASICA



Middle Distance
Junior, 1L/1L
Grand Junction, Colo.
(Fruita Monument)

PERSONAL BESTS

INDOOR
800-Meters: 1:50.50 (2010)
OUTDOOR
400-Meters: 51.13 (2010)
800-Meters: 1:51.59 (2010)

BIG 12 SCORING

2009 (I) Distance Medley Relay, 8th (9:56.44)
2010 (O) 800-Meter Run, 7th (1:51.99)

HONORS

Academic All-Big 12 First Team (2010)
Two-time All-Big 12 Performer

CAREER UPDATE: Kasica is fast becoming one of CU's best middle distance runners. He is the fourth fastest performer in the indoor 800-meter run (1:50.50). Kasica has the sixth and 10th best times in school history.

2010: *Indoor:* Kasica ran the two top times in the 800-meter run of the season for the Buffs and three of the top four times. He PR'd at the Husky Classic (2/13) when he raced to a time of 1:50.50, the sixth fastest in CU history. It also made him the fourth fastest performer in the 800. Kasica also clocked the 10th fastest time at 1:50.80 in the prelims of the Big 12 Championships. He just missed advancing to the finals with a ninth-place finish. Kasica also ran the 800 in the distance medley relay at the conference championship.

Outdoor: Kasica had a great outdoor season. His fastest 800 of the season was at the CU Invite (4/10). He placed second overall and ran 1:51.80, the second best time of the year for a Buff. Kasica ran a personal best of 1:51.59 in the prelims of the 800 and placed second in his heat to automatically advance to the finals. The time was the fastest of the year. Kasica was seventh (2:51.99) in the finals at the Big 12 meet to record his first individual All-Big 12 honor.

2009: *Indoor:* Kasica recorded his indoor season-best of 1:56.37 at the Air Force Invite (2/14) and placed eighth overall. Kasica ran the third leg of the distance medley relay at the conference championship, which took eighth place (9:54.44) and earned him his first letter.

Outdoor: Kasica ran the 800 four times. He ran a then-personal best of 1:52.21 at the Oregon Relays (4/24). Kasica was 19th in the prelims at the Big 12 Championship.

CROSS COUNTRY: (2010) Kasica ran in two races for CU. He was 61st at the Rocky Mountain Shootout and placed 30th overall at the Fort Hays State Open. (2009) Kasica was 41st at the Rocky Mountain Shootout and took 26th at the Fort Hays Invite. Kasica also ran unattached at the Rocky Mountain Athletic Conference open race and placed 33rd overall.

HIGH SCHOOL: Kasica won the 2007 Colorado State 5A 800-meter run. In 2008 he was the runner up and recorded a school record time of 1:53.24. Kasica placed sixth in the 800 at the 2008 Simplot Games. He earned three letters on the cross country team and four letters on the track & field team.

HIGH SCHOOL BESTS: 400-meters: 51.15; 800-meters: 1:53.24.

IN THE CLASSROOM: Kasica is majoring in news-editorial at CU. He has earned a GPA of 3.651 and is a member

of the Big 12 Commissioner's Honor Roll. Kasica was named to the Academic All-Big 12 First Team in 2010.

PERSONAL: Stephen Wayne Kasica was born on September 27, 1989 in Melbourne, Fla. He is the only son of Robert and Ronda Kasica of Grand Junction, Colo. He likes to go cycling in his spare time.

ANDREW KEMMER



Hurdles
Freshman, HS
Loveland, Colo.
(Thompson Valley)

PERSONAL BESTS

100 Meters: 11.10 (2010)
200 Meters: 22.34 (2010)
400 Meters: 51.70 (2010)

HIGH SCHOOL: Kemmer earned four letters at TVHS as a member of the track and field team. As a senior he was fourth at state in the 200. Kemmer was an all-conference selection in the 100 as well. As a sophomore he was third in the region in the 100 and 200.

HIGH SCHOOL BESTS: 100 Meters: 11.10; 200 Meters: 22.34; 400 Meters: 51.70.

IN THE CLASSROOM: Kemmer is an English major at CU. He owns a GPA greater than 3.30 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Andrew James Kemmer was born on October 13, 1991 in Loveland, Colo. He is the son of Jay and Susan Kemmer and has one brother, Stuart, and one sister, Jamie. Stuart was a member of the swim team at Metro State.

ALEXANDRE KIZIRIAN



Throws
Freshman, HS
Westminster, Colo.
(Mountain Range)

PERSONAL BESTS

Discus: 167-00
Shot Put: 52-11

HIGH SCHOOL: Kizirian earned two letters as a member of the track & field team at MRHS. He owns school records in the shot put (50-09) and the discus (156-11). Kizirian placed in both events at the state championship in 2010. He was second in the discus at the Front Range League championship. He also earned a letter as a member of the football team.

HIGH SCHOOL BESTS: Discus: 167-00; Shot Put: 52-11.

IN THE CLASSROOM: Kizirian is an engineering major and owns a GPA greater than 3.00. He is a member of the Big 12 Commissioner's Honor Roll. Kizirian was a member of the honor roll in high school and graduated in the top five percent of his class.

PERSONAL: Alexandre Vassilev Kizirian was born on April 28, 1992 in Bulgaria. He is the son of Vasil Kizirian and Emilia Mileva of Thornton, Colo. Kizirian is fluent in Bulgarian, Spanish and English.

BRENNAN LYNCH



Distance
Sophomore/Freshman,
VR/RS
Santa Cruz, Calif.
(Santa Cruz)

PERSONAL BESTS

INDOOR
Mile: 4:16.46 (2010)
3,000-Meters: 8:41.09 (2010)

2010: *Indoor:* Lynch started his CU career at the Potts Indoor Invite (1/23), running in the mile. He finished in 4:27.53 to take second place. He earned his PR in the mile at the Husky Classic (2/13) where he ran 4:16.46 at sea-level. Lynch ran in a pair of 3,000-meter runs. His top time was 8:41.09 at the Big 12 Championship.

Outdoor: Did not compete.

CROSS COUNTRY: (2010) Lynch ran in one race, placing 26th overall at the Rocky Mountain Shootout.

HIGH SCHOOL: Lynch ran to a second-place finish at the state cross country championship his senior year, improving from a seventh-place finish his junior year. He earned four letters as a member of the Cardinals. Lynch owns the SCHS record in the 1,600-meter run (4:17). He lists his biggest moment in high school as "finding my passion for running."

HIGH SCHOOL BESTS: 800-meters: 1:58; 1,600-meters: 4:17; 3,200-meters: 9:19.

IN THE CLASSROOM: Lynch is majoring in studio art and is also interested in environmental science. He has a GPA greater than 3.0 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Brennan Lynch was born on November 8, 1990 in Santa Cruz, Calif. He is the son of Jerry Lynch and Jan Zeff. Lynch has three siblings, Lauren, Sean and Danny. His hobbies include art and outdoor activities.

KYLE MacINTOSH



Sprints
Sophomore, VR/1L
Littleton, Colo.
(Littleton)

PERSONAL BESTS

INDOOR
60-Meters: 7.21 (2010)
200-Meters: 22.42 (2010)
400-Meters: 49.46 (2010)
OUTDOOR
200-Meters: 21.74
400-Meters: 48.06
400-Meter Hurdles: 54.50 (2010)

BIG 12 SCORING

2010 (O) 4x100-Meter Relay, 5th (40.46)

2010: *Indoor:* MacIntosh concentrated on the 400-meter run during his first season as a Buff. He ran his best time, and the fastest by a Buff in 2010, at the Air Force All-Comers Meet (1/15). MacIntosh finished in 49.46 and placed third. At the conference meet he took 21st in the prelims. MacIntosh ran on the 4x400-meter relay team at

the conference championship. The relay placed 10th overall but they finished with the 10th fastest time in CU history at 3:15.23.

Outdoor: MacIntosh focused on the 400-meter hurdles. He earned his best time of the season at the CU Invite (4/10). MacIntosh finished in 53.38 for second place. At the Big 12 meet, he was 18th in the prelims (54.52). MacIntosh was also a key part of the 4x100 and 4x400-meter relay teams. At the NCAA Preliminaries in Austin, the relay ran the eighth fastest time in CU history at 39.91. It was the fastest time run by a CU relay since 2008. The relay placed 12th overall and automatically qualified for semifinals at nationals. At NCAAs, the team ran 40.35 but did not advance to the finals. The relay also ran the 14th best time in history at the Fum McGraw Open (40.19). MacIntosh earned his first letter when the relay placed fifth with a mark of 40.46.

HIGH SCHOOL: MacIntosh owns the LHS record in the 300-meter hurdles at 37.58. In 2009 the Lions won the state 5A team championship and he won the 300-hurdle championship. MacIntosh earned gold in the 400, 60 hurdles and 4x400 relay at the Simplot Games. During the 2009 indoor season, he recorded three top-10 U.S. marks in the 60 hurdles, the 200 and 400. MacIntosh was an all-state honoree as a junior and senior.

HIGH SCHOOL BESTS: 200-meters: 21.74; 400-meters: 48.06; 60-meter hurdles: 7.90; 300-hurdles: 37.58.

IN THE CLASSROOM: MacIntosh is majoring in management. He was a member of the all-state academic team and honor roll at LHS.

PERSONAL: Kyle William MacIntosh was born on July 10, 1991, in Denver, Colo. He is the son of Bill and Nancy MacIntosh and has one sister, Kendra. His father played baseball at CSU. MacIntosh lists his hobbies as playing Xbox, especially Call of Duty, and hanging out with his friends.

MATTHEW McCATHRAN



Sprints
Senior, VR/VR
Marshall, Texas.
(Marshall)

PERSONAL BESTS

INDOOR
200-Meters: 22.65 (2009)
400-Meters: 49.43 (2009)
600-Yards: 1:11.47 (2010)
OUTDOOR
200-Meters: 22.40 (2009)
400-Meters: 49.09 (2009)
400-Meter Hurdles: 54.50 (2010)

2010: *Indoor:* McCathran ran the top two times in the 600-yard run for the Buffs in 2010. He PR'd at the Big 12 Championship with a time of 1:11.47, the sixth fastest ever at CU. The time also made him the fourth fastest performer in the event. McCathran also owns the 14th best time in the 600 (1:11.97), which he ran at the Iowa State Classic (2/13). McCathran was also part of the 10th-place 4x400-meter relay at the conference meet. The relay raced to a time of 3:15.23, the 10th best in school history.

Outdoor: McCathran ran his season-best time in the 400-hurdles at the CU Invite (4/10). He finished in 54.50, which was good for seventh. It was the seventh best time posted by a Buff for the season.

2009: *Indoor:* McCathran ran in the 200 and 400-meter

dashes, along with the 600-yard run during the indoor season, but once again his main focus was on the 400. He raced to a personal record of 49.43 at the New Mexico Invite and took fifth. His season debut in the 400 was 49.93, which earned him fourth place at the Air Force All-Comers meet (1/16). McCathran ran in the 600 at the conference indoor meet and was 16th (1/12/72).

Outdoor: During the outdoor season, he stuck with the 400, but also added the 400-hurdles. He ran a PR of 49.09 in the 400 at the Big 12 Championship, placing 26th overall. In the 400 hurdles, McCathran ran 55.20 for sixth at the Front Range Classic (5/2).

2008: Indoor: McCathran mainly concentrated on the 400. He ran 50.43 in the prelims of the Air Force Invitational and a 21st place finish. He took 19th in the event at the Don Barrett Open one week later.

Outdoor: During the outdoor season, he once again focused on the 400. McCathran ran 49.63 at the CSU Ram Open on April 19 and earned a sixth place finish.

HIGH SCHOOL: McCathran earned three letters on the football team at MHS. His football team was the state runner-up in 2004 and '05 for Division 17 4A Texas High Schools. He also played baseball for two years and earned one letter as a member of the track team where he ran the 800, 4x400 and did the high jump.

ACADEMICS: McCathran is majoring in environmental science. He has a GPA greater than 3.0 and is a member of the Big 12 Commissioner's Honor Roll. McCathran was named to the Academic All-Big 12 First Team in 2010.

PERSONAL: Matthew Joseph McCathran was born on April 20, 1989 in Marshall, Texas. He is the son of Eric and Jill McCathran. He has one brother, Zachary. McCathran was an extra in the movie The Great Debaters with Denzel Washington. He enjoys painting, writing and fashioning things out of wood in his free time.

MARTIN MEDINA



Distance
Sophomore, VR/RS
Grand Junction, Colo.
(Grand Junction)

PERSONAL BESTS

INDOOR

3,000-Meters: 9:05.86 (2009)
5,000-Meters: 14:38.53 (2009)

OUTDOOR

1,500-Meters: 4:06.26 (2009)

2010: Indoor: Medina placed fifth in the mile at the Potts Indoor Invite (1/23). He finished with a time of 4:34.84.

Outdoor: Did not compete.

2009: Indoor: Medina ran in a pair of races during the indoor season. He ran a time of 9:05.86 in the 3k at altitude at the Air Force All-Comers meet (1/16) and took second overall. Medina moved up to the 5k at the Husky Classic (2/14) and placed sixth in his section with a time of 14:38.53.

Outdoor: Medina only raced one 1,500 during the outdoor season; clocking a time of 4:06.26 at the Potts Invite (3/21) to take seventh place.

CROSS COUNTRY: (2010) Medina ran in two races for the Buffs. He placed 28th at the Rocky Mountain Shootout and finished 56th overall at the Big 12 Championship, both times as CU's No. 9 runner. (2009) Medina competed at the 2009 USA Cross Country Junior Championship and placed 27th overall. He started his collegiate season that fall with

a 12th-place finish at the Rocky Mountain Shootout (CU's No. 8 runner). He ran in the open race at pre-nats to earn another 12th-place finish. Medina's final race of the season was the Big 12 Championship where he placed 54th. (2008) Medina finished the course in 25:49. (2008) Did not compete.

HIGH SCHOOL: Medina earned a third-place finish at the 5A Colorado State High School Cross Country meet in 2007. In the race, he recorded a personal best of 16:06. Medina helped Grand Junction High School claim second place at the state meet in 2006. That year he placed 12th overall. On the track he was 12th in the 1,600-meter run in 2007 and '08. Medina was 10th in the 3,200m in 2007 and 15th in '08. His personal records are 4:26 in the 1,600 and 9:30 in the 3,200.

HIGH SCHOOL BESTS: 1,600-meters: 4:26; 3,200-meters: 9:30; 5,000-meters: 16:06.

IN THE CLASSROOM: Medina is majoring in psychology.

PERSONAL: Martin Medina was born on April 27, 1990 in Torrance, Calif. to Martin and Rose Medina of Grand Junction, Colo. He is the second oldest of four. His older brother Richard is a member of the Colorado cross country and track & field team. His younger siblings are Stephanie and Charlie.

RICHARD MEDINA



Distance
Sophomore, 1L/2L
Grand Junction, Colo.
(Grand Junction)

PERSONAL BESTS

INDOOR

3,000-Meters: 8:26.02 (2008)
5,000-Meters: 14:04.65 (2008)

OUTDOOR

1,500-Meters: 3:58.58 (2008)
5,000-Meters: 13:51.58 (2008)
10,000-Meters: 30:44.47 (2008)

BIG 12 SCORING

2008 (I) 5,000-Meters, 4th (14:18.64)
2008 (O) 5,000-Meters, 4th (14:40.92)
2008 (O) 10,000-Meters, 5th (30:44.46)
2010 (O) 5,000-Meters, 2nd (14:07.23)
2010 (O) 10,000-Meters, 5th (29:28.18)

HONORS

Five-time All-Big 12 Performer
2010 All-American (Outdoor 5k)
Academic All-Big 12 (second team)

CAREER UPDATE: Richard Medina ranks 12th on the indoor 5,000-meter top performers CU record book, 13th in the outdoor 5k and 15th in the 10k. He has earned five all-conference honors (one indoor, two outdoor) and qualified for the NCAA Outdoor Championships twice in the 5k, earning his first All-America honor in 2010 when he finished ninth.

2010: Indoor: Medina ran in one race during his redshirt sophomore indoor season. He raced to a personal record of 14:04.24 at the Husky Classic (2/13) and placed 20th overall. It was the fastest time by a Buff for the 2010 season.

Outdoor: Medina got back into the swing of things during the outdoor season. He ran the fastest 2010 times for a Buff in the 1,500 (3:48.50) at the Payton Jordan Cardinal

Invite and the 5k (13:48.26) at the Mt. SAC Relays. At the Big 12 Championship, Medina once again raced the 5 and 10k's, just two days apart. He placed fifth in the 10k with a time of 29:28.18 to become the 15th best CU performer in the event. Medina dug deep during the 5k, looking to win it all, but was passed in the final 200 meters to finish second overall. He clocked a time of 14:07.23 to record his fifth all-conference track honor. Medina advanced to the NCAA West Preliminaries in the 5k and advanced to the finals by finishing seventh (14:02.30). At nationals he fought hard but just missed scoring for the Buffs as he was the ninth person to cross the finish (13:55.66), but Medina was named a USTFCCA All-American in the process.

2009: Redshirt. Did not compete indoor or outdoor seasons.

2008: Indoor: Medina concentrated on the 5,000-meter run during the indoor and outdoor seasons. He placed first at the Air Force Invite with a debut of 15:23.50 at altitude. Four weeks later he earned his first all-conference honor by taking fourth in the 5k (was also 20th in the 3k). Medina earned his PR of 14:04.65 just one week later at the Seattle Last Chance Meet but did not advance to nationals. His mark put him at 11th in the top 5k indoor performers at CU.

Outdoor: Medina continued to excel during the outdoor season. He took second at the prestigious Mt. Sac Relays in April and recorded a PR of 13:51.58. At the conference meet, he took fourth in the 5k (14:40.92) just two days after placing fifth in the 10k (30:44.46). Medina's Mt Sac time qualified him for nationals and he placed 24th in the prelims.

CROSS COUNTRY: (2010) Did not compete. (2009) Medina was consistently the second or third Buff to finish the race. He started the season at the Rocky Mountain Shootout with a fourth-place finish. At pre-nats, he took 17th. Medina was named all-conference after finishing 12th at the Big 12 Championship and earned his third all-region title with a sixth-place finish. He finished the season with a 57th-place finish at nationals. (2008) Medina had a few setbacks, but was able to help the Buffs when needed. He came out strong at the Big 12 Championship by placing 15th to earn his first all-conference honor. Two weeks later, he moved up to eighth at regionals to take his second all-region honor. At the NCAA Championship, Medina placed 64th, an improvement of 114 places from last season. (2007) Medina quickly earned a spot on the varsity roster by placing seventh overall at his collegiate debut, the Rocky Mountain Shootout. He was the fourth Buff to cross the finish. Medina also scored for the Buffs at pre-nats (81st/fifth score). He would be the sixth racer for CU in the next two meets. He just missed all-conference honors by placing 17th overall at the Big 12 meet, but earned all-region honors by placing 22nd. In his first nationals, Medina was 178th and was CU's seventh man.

HIGH SCHOOL: Medina did not start competing in athletics until his sophomore season. He is a four-time 5A state champion on the track and in cross country. Medina won his first title during his junior year in the 3,200-meter run. He finished in 9 minutes and 13 seconds setting a GJHS record, which he lists as the biggest moment in his high school career. As a senior, he won the 5A state cross country title, finishing the 5k course in 15:19 and another school record. At the state track championships, he won the 1,600 in a GJHS record of 4:16 and the 3,200 in 9:15. Medina was also successful at the Foot Locker Championships. In 2005, he placed 28th in the Midwest region. He improved to eighth-place in 2006, qualifying for the national competition where he would finish 18th overall.

HIGH SCHOOL BESTS: 1,600-meters: 4:16; 3,200-meters: 9:13; 5,000-meters: 15:18.

ACADEMICS: Medina is majoring in Spanish. He is a

member of the Big 12 Commissioner's Honor Roll and has a greater than 3.00 GPA. Medina was a member of the 2010 Academic All-Big 12 Second Team.

PERSONAL: Richard Medina was born on June 15 in Torrance, Calif. to Martin and Rose Medina of Grand Junction, Colo. He is the oldest of four. Martin is just 10 months younger and is a member of the CU cross country and track & field teams. Stephanie and Charlie are the youngest. Medina is bilingual (Spanish). He had never participated in sports until he began running for the cross country team his sophomore year. Medina lists his hobbies as mountain/road biking, camping, reading and hanging out with family and friends.

JOE MORRIS



Sprints
Sophomore, RS
Golden, Colo.
(Golden/ Tennessee)

PERSONAL BESTS

INDOOR
 60-Meters: 6.65
 200-Meters: 21.52 (2009)
OUTDOOR
 100-Meters: 10.46 (2009)
 200-Meters: 21.31 (2009)

2010: Did not compete.

2009 (at Tennessee): Morris had a successful season for the Tennessee Volunteers and ranks 10th in school history in the 60-meter dash with a time of 6.71 seconds, which he ran during the prelims of the SEC Indoor Championship. Morris just missed scoring for UT at the meet by taking ninth in the 60 finals (6.83). He also was 19th in the 200 (21.52). During the outdoor season, he qualified for the regional meet in the 100, 200 and the 4x100-meter relay. Morris placed 15th in the 100 (10.62) and 19th in the 200 (21.32). The 4x100 relay team recorded a season-best time of 38.90 and placed seventh.

HIGH SCHOOL: Morris won a pair of national championships in the 60-meter dash during his senior year, one at Nike Nationals and the other at the Simplot Games. In high school, Morris ran the fifth-best time nationally in the 60 for high school runners at 6.65. He was the Colorado State 4A 100-meter dash champion and was a member of the 4x100 and 4x200-meter relay teams that placed at the state championship. The former Demon owns school records in the 100, 200 and long jump at GHS.

HIGH SCHOOL BESTS: 55-meters: 6.29; 60-meters: 6.65; 100-meters: 10.41; 200-meters: 21.30.

IN THE CLASSROOM: Morris is majoring in sociology.

PERSONAL: Joseph Benjamin Morris was born on October 4, 1989 in Denver, Colo. He is the son of Ben and Joyce Morris. Morris has a twin sister, Andi, who runs track at CSU-Pueblo, and twin younger brothers, Xander and Silas. Morris lists his hobbies as writing and running. He started running during his junior year.

TREY MULLEN



Throws
Junior, VR/VR
Lyons, Colo.
(Lyons)

PERSONAL BESTS

INDOOR
 Shot Put: 40-11.50 (2009)
 Weight Throw: 55-08.25 (2010)
OUTDOOR
 Discus: 156-02 (2010)
 Hammer Throw: 171-00 (2010)

2010: *Indoor:* Mullen concentrated on the weight throw his second year at CU. He recorded a personal record 55-08.25 at the Colorado School of Mines Twilight meet and placed second overall. It was the best throw all season for the Buffs. At the Big 12 meet one week later, Mullen launched the weight 54-08.25 to place 11th.

Outdoor: Mullen threw the discus and hammer during the outdoor campaign. He took seventh in the hammer at the Fum McGraw Open (5/8) with a PR of 171-00, the fourth best of the season for CU. He placed 16th at the conference meet in the hammer after recording his top throw of 163-01. Mullen also took 16th at Big 12s in the discus with a PR throw of 156-02.

2009: *Indoor:* Mullen threw the shot put and the weight throw during the indoor season. He launched a toss of 40-11.50, a personal record, at the Air Force Invite (2/14). Mullen's best toss in the weight throw came at the Big 12 meet where he recorded a mark of 53-01.00 and placed 17th.

Outdoor: Mullen shifted gears in the outdoor season to the discus and hammer throws. He placed ninth at the Jack Christianson Invite (4/25) with a PR of 162-07. His best event was the discus and he launched a personal best of 155-09 at the Big 12 Meet, which placed 15th overall.

HIGH SCHOOL: Mullen was the Colorado State 2A Champion in the discus with a personal and school record throw of 159-10. He was named all-state and all-conference. Mullen also threw the shot put. He also was a member of the football and basketball teams. Mullen was named the player of the year (basketball) as a senior.

ACADEMICS: Mullen is majoring in ecology and evolutionary biology.

PERSONAL: Trey Steven Mullen was born on Nov. 9, 1988 in Eugene, Ore. His parents are Steve, who played football at Montana State, and Donna of Lyons, Colo. He has two siblings, Chase (who threw on the track and field team) and McCall. He lists his hobbies as hiking, mountain biking, fishing, snowboarding and basketball.

BRIAN OWENS



Throws
Freshman, RS
Elmer, N.J.
(Woodstown)

PERSONAL BESTS

Javelin: 191 (2008)

HONORS

CU Athletes Choice Award (2010)

2010: Redshirt. Did not compete.

HIGH SCHOOL: Owens was a three-sport athlete at Woodstown HS. He earned two letters in track and field, two in baseball and three in football. Owens is the WHS javelin record holder (191-00).

HIGH SCHOOL BESTS: Javelin: 191-00.

IN THE CLASS ROOM: Owens is majoring in environmental studies at Colorado. He was also a member of the honor roll in high school.

PERSONAL: Brian S. Owens Jr. was born on November 7, 1989. He is the son of Brian and Shannon Owens of Elmer, N.J. He has three siblings, Mattie, Montana and Lane. Montana and Lane compete in the USATF program in New Jersey. Owens and his father have identical tattoos that read BRAVEHEART in honor of his brother Mattie, who passed away in 2005. The tattoo symbolizes the way the Owens' family lives their lives. Owens lists his hobbies as fishing, hunting, hiking, kayaking and going to Yellowstone with his family.

JEROME PERKINS



Distance
Junior/Sophomore,
VR/VR
Franklin Lakes, N.J.
(Indian Hills)

PERSONAL BESTS

INDOOR
 Mile: 4:40.93 (2010)
 3,000-Meters: 9:20.95 (2010)
OUTDOOR
 1,500-Meters: 4:13.90 (2010)
 3,000-Meters: 8:56.46 (2010)
 5,000-Meters: 15:34.73 (2010)

HONORS

Academic All-Big 12 First Team

2010: *Indoor:* Perkins recorded personal bests in the mile and 3,000-meter run. He started the season at the Potts Indoor Invite (1/23) and placed ninth in the mile with a time of 4:40.93. Just one week later he ran a time of 9:20.95 in the 3k at the Don Barrett Duals (1/30) and took sixth.

Outdoor: Perkins raced in three meets during the outdoor campaign, running three more PR's. He ran a time of 4:13.90 in the 1,500 at the Tom Benich Classic (4/3). A week later he ran 8:56.46 in the 3k at the CU Invite. Perkins finished his season at the Jack Christiansen Invite, winning the 5k in 15:34.73.

2009: *Indoor:* Perkins ran in three meets during the indoor season. He placed sixth at Air Force (2/13) with a time of

4:53.16. Perkins ran a season-best 3k time at the Air Force Duals (1/31) when he finished in 9:50.61.

Outdoor: Perkins ran one 3k during the outdoor season. He finished eighth at the Potts Invite (3/21) with a time of 9:27.03.

CROSS COUNTRY: (2010) Perkins ran in two races for CU. He was 27th at the Rocky Mountain Shootout and placed 52nd in the open section of the NCAA Pre-National meet.

HIGH SCHOOL: Perkins earned letters all four years on the cross country and track and field team at IHHS and was first team all-county and all-league on the cross country team his junior and senior years. He was also an all-state second team selection in his final season in cross country. He was named all-league in the spring of '07 and the winter of '08 in the 3,200.

HIGH SCHOOL BESTS: 1,600-meters: 4:35; 3,200-meters: 9:41.

IN THE CLASSROOM: Perkins is majoring in applied math. He has a GPA of 3.848 and is a member of the Big 12 Commissioner's Honor Roll. Perkins was named to the Academic All-Big 12 First Team in 2010. He was a member of the National Honor Society in high school.

PERSONAL: Jerome Philippe Perkins was born on November 5, 1990 in Binghamton, N.Y. His parents are Jeffrey and Isabelle Perkins, and he has two brothers, Cedric and Adrien.

TRAVIS PUTNAM



Middle Distance
Sophomore, VR
Aurora, Colo.
(Cherokee Trail)

PERSONAL BESTS

INDOOR

600-Yards: 1:17.35 (2010)

800-Meters: 1:58.70 (2010)

OUTDOOR

800-Meters: 1:55.96 (2010)

2010: *Indoor:* Putnam concentrated in the middle distances, starting with one race in the 600-yard run. He was eighth in the 600 at the Potts Indoor Invite (1/23) after running 1:17.35. Putnam ran three 800's. He ran a personal best 1:58.70 in the prelims at the Air Force Invite (1/12) to place fifth. Putnam finished seventh in the finals the following day (1:59.50).

Outdoor: Putnam participated in five 800's during the outdoor season. He recorded his best time and finish (1:55.96, third) at the Fum McGraw Open (5/8) to end his freshman campaign.

HIGH SCHOOL: Putnam was a member of the 2007 Colorado State 4A Track & Field Championship team at Cherokee Trail, where the team was also, conference and regional champions. The Cougars also won the league championship in 2009.

HIGH SCHOOL BESTS: 800-meters: 1:56.8.

IN THE CLASSROOM: Putnam is majoring in Spanish. He was a member of the National Honor Society and was a recipient of the International Baccalaureate certificate while in high school.

PERSONAL: Travis Putnam was born on January 26, 1991, in Aurora, Colo. to Todd and Dany Putnam. He has one sister, Jeanine. His hobbies are playing sports, video games and reading. Putnam volunteered at Adam's Camp (a camp in the mountains for special needs children). He is also half Peruvian and is fluent in Spanish.

BLAKE REIMER



Sprints
Freshman, HS
Fort Collins, Colo.
(Fort Collins)

PERSONAL BESTS

200 Meters: 22.44 (2009)

400 Meters: 48.46 (2009)

HIGH SCHOOL: Reimer was a member of the FCHS track and field team and focused mainly on the 400-meter dash. He was all-conference and the team's MVP his junior year.

HIGH SCHOOL BESTS: 200 Meters: 22.44; 400 Meters: 48.46.

IN THE CLASSROOM: Reimer is a physics major. He owns a GPA greater than 3.00 in his first semester and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Blake Main Reimer is the son of Nathan Reimer, who played football at Colorado State, and Christine Reimer of Fort Collins. He has one sister, Audrey. Reimer lists his hobbies as cycling, swimming and golfing. He has also volunteered with Habitat for Humanity.

NATHAN RICE



Distance
Junior, VR
Lafayette, Colo.
(Peak to Peak
Charter/Metro State)

PERSONAL BESTS

INDOOR

Mile: 4:37.64 (2010)

OUTDOOR

1,500-Meters: 4:17.81 (2010)

3,000-Meters: 8:58.53 (2010)

5,000-Meters: 15:46.61 (2010)

2010: *Indoor:* Rice earned an eighth-place finish in the mile at the Potts Invite (1/23). He ran a time of 4:37.64.

Outdoor: Rice started the season with a PR of 4:17.81 in the 1,500 at the Tom Benich Classic (4/3). One week later at the CU Invite (4/10), he placed 17th overall after clocking a time of 8:58.53. Rice earned a fourth-place finish in the 5k at the Jack Christiansen Invite (4/24). He recorded a PR of 15:46.61.

CROSS COUNTRY: (2010) Rice ran in a pair of meets for the Buffs. He placed 69th at the Rocky Mountain Shootout and then led CU at the Fort Hays State Open with a 17th-place finish.

HIGH SCHOOL: Rice owns a trio of school records, two in track and one in cross country. On the track he has the 1,600 and 3,200-meter run records, while in cross country Rice has the 5k course record. All three marks were set during his senior year. Rice raced to a time of 17:22 during the cross country season (2007) and then recorded times of 4:40 (1,600) and 9:50 (3,200) in 2008. Rice won the regional championship in the 3,200 in 2008 and finished third overall at the state championship.

HIGH SCHOOL BESTS: 1,600-meters: 4:40; 3,200-meters: 9:50.

ACADEMICS: Rice is majoring in film and owns a GPA greater than 3.00. He is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Nathaniel Wesley Rice was born on June 29, 1989, in Boulder, Colo. He is the son of Robert and Mary Rice. Rice is the second oldest of seven children. His hobbies include writing songs and being creative.

ADAM SALZMANN



Combined Events
Senior/Junior, VR/1L
Wheat Ridge, Colo.
(Wheat Ridge)

PERSONAL BESTS

INDOOR

Heptathlon: 5001 (2009)

60-Meters: 7.26 (2010)

Long Jump: 21-11.75 (2010)

Shot Put: 36-01.25 (2010)

High Jump: 6-03.25 (2009)

60-Meter Hurdles: 8.55 (2010)

Pole Vault: 14-09 (2010)

1,000-Meters: 2:36.03 (2009)

400-Meters: 50.28 (2009)

OUTDOOR

Decathlon: 6,879 (2010)

100-Meters: 11.37 (2008)

Long Jump: 21-05.25 (2008)

Shot Put: 38-11.75 (2008)

High Jump: 5-10.75 (2008)

400-Meters: 48.80 (2008)

110-Meter Hurdles: 15.34 (2008)

Discus: 116-08 (2008)

Pole Vault: 12-03.50 (2008)

Javelin: 143-04 (2008)

1,500-Meters: 4:30.45 (2008)

400-Meter Hurdles: 52.94 (2010)

BIG 12 SCORING

2010 (O) Decathlon, 4th (6,879)

HONORS

2010 All-Big 12

CU Athlete of the Week (April 8, 2010)

CAREER UPDATE: Salzmann has put his name all over the CU Combined Events indoor and outdoor record book. He owns the fastest two times ever in the 1,000-meter run, third in the 60, fourth in the 60-hurdles and long jump and is fifth in the pole vault and heptathlon. In the decathlon, he ranks third in the pole vault and 1,500 and is sixth in the 400.

2010: *Indoor:* Salzmann's indoor season was cut short due to injury, but he did compete at the New Mexico Classic and the Big 12 Championship. Salzmann recorded a season-high 4,887 points at the New Mexico Classic to place seventh. He notched personal bests in three events, the 60 (7.26), long jump (21-11.75) and the pole vault (14-09). His time in the 60 is the third best all-time at CU while the pole vault mark was fifth overall. At the conference meet, he placed 12th with 4,517 points, despite not clearing a height in the high jump. Salzmann ran PR's in the 60-hurdles (8.55) and the 1,000 (2:36.03). His time in the 1,000 is the fastest in combined events history, and the 60-hurdles time ranks fourth.

Outdoor: Salzmann started the outdoor season by placing

fourth overall with 6,739 points at the Jim Click Invite (4/1-2). He was named the CU Athlete of the Week after running the third fastest time in CU combined events history in the 1,500, he finishing the race in 4:25.92. Salzman won the Glenn Morris meet with 6,865 points. He recorded PR's in the 100 (11.21) and the high jump (6-02). His break out meet was the Big 12 Championship. There Salzman battled bad weather to record a fourth-place finish and score points for the Buffs' team score. He picked up a career-high 6,879 points in the meet, the 11th best total ever at CU. Salzman had a pair of personal bests in the discus (116-09) and the pole vault (15-05). (The pole vault was contested indoors due to safety concerns for the athletes.)

2009: Indoor: Salzman competed in one complete heptathlon during the indoor season and was the second Buff to ever record over 5,000 points (5,001). That performance came at the Big 12 Indoor Championship. Salzman recorded marks of 7.37 in the 60, 20-05.25 in the long jump, 35-05.75 in the shot put and ended the first day with a jump of 6-02.00 in the high jump. The second day he recorded a time of 8.66 in the 60 hurdles and 13-07.25 in the pole vault. Salzman ended the day by running the 1,000-meter run in 2:37.85, the then-fastest time by a combined events athlete at CU. At the time, it was also the fastest time in the heptathlon in the Texas A&M facility. The time was bettered in 2010.

Outdoor: Redshirt. Did not compete due to injury.

2008: Indoor: Salzman had a successful first year competing in combined events for the Buffs. During the indoor season, he participated in three heptathlons. In Salzman's collegiate debut, he recorded 3,948 points at the Potts Invite and took fifth. He improved two weeks later with a score of 4,682 at the Air Force Invite. Salzman recorded his season-best of 4,755 at the indoor championship where he placed 13th. He recorded four PRs at the Air Force Invite in the 60m (7.37), long jump (21-11.75), shot put (36-01.25) and high jump (5-11.50).

Outdoor: Salzman competed in a trio of decathlons in the outdoor season. His PR of 6,437 points was captured at the Big 12 meet (11th overall). He took second at the Glenn Morris Combined Events meet (6,179) and was 16th at the USA Jr. Championships (5,125). Salzman set four PRs at the Big 12 meet in the 100 (11.37), 1,500 (4:35.45), pole vault (12-03.50) and the javelin (143-04).

HIGH SCHOOL: Salzman lettered in cross country (3), track and field (4) and golf (4) in high school. He set the school record in the 300-meter hurdles (38.7), pentathlon and decathlon (6,159), all which still stand. The 2007 WRHS Track and Field Most Valuable Player of the Year recorded a personal record 6,159 points at the Colorado State Championship where he finished in second. At the Region 10 Championships, he won the crown with 6,072 points, more than 1,720 points better than the second-place finisher. Salzman was ninth at nationals with 5,879 points where he ran a personal best in the 1,500-meter run, the final event, in 4:40.01 which was the second best time.

HIGH SCHOOL BESTS: Decathlon: 6,154; 300-meter hurdles: 38.7.

ACADEMICS: Salzman is majoring in integrative physiology and psychology at Colorado. He was a Scholar Athlete at WRHS as a junior and senior.

PERSONAL: Adam Robert Salzman was born on January 26, 1989 in Wheat Ridge, Colo. He is the son of Allen and Carol Salzman. He has two sisters, Anna and Brita. Salzman lists his hobby as back packing.

RYAN SAVERCOOL



Distance
Freshman, RS
Chester, N.J.
(Mendham)

PERSONAL BESTS

INDOOR

1,600-Meters: 4:19.5
3,200-Meters: 9:34.1

2010: Redshirt. Did not compete.

CROSS COUNTRY: (2010) Savercool raced in the black and gold in one meet, the Fort Hays State Open. He placed 34th overall and was CU's fifth runner.

HIGH SCHOOL: Savercool owns two individual and two relay indoor records at MHS, as well as two outdoor relay records. He owns the indoor 1,600-meter (4:20.5) and 3,200 (9:41.7). The indoor relay records are in the 4x800 and distance medley relay and the outdoor relays are the 4x1,600 and DMR. Savercool ranks second all-time in the outdoor 1,600 and is third all-time in the 3,200. The Minutemen won the 2009 Indoor Iron Hills Conference Championship.

HIGH SCHOOL BESTS: 1,600-meters: 4:19.5; 3,200-meters: 9:34.1.

IN THE CLASSROOM: Savercool is an open major. He owns a GPA greater than 3.00 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Ryan Savercool was born on May 10, 1991 in Denville, N.J. He is the son of Mike and Shawn Savercool of Chester, N.J. Savercool enjoys Karaoke and aspires to be a doctor.

DILLON SHIJE



Distance
Sophomore/Freshman,
VR/RS
Zia Pueblo, N.M.
(Sandia Preparatory)

PERSONAL BESTS

INDOOR

Mile: 4:36.42 (2010)
3,000-Meters: 9:06.64 (2010)

2010: Indoor: Shije raced in a pair of meets during the indoor season. He clocked a time of 4:36.42 for a seventh-place finish in the mile at the Potts Indoor Invite (1/23). Shije also ran the 3k at the Don Barrett Duals. There he finished fourth in a time of 9:06.64.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2010) Shije competed at the 2010 USA Junior Cross Country Championships and took 20th overall with a time of 25:40. In the fall, he ran in three meets for CU. Shije was 19th overall at the Rocky Mountain Shootout, 185th at pre-nats and 51st at the Big 12 Championship. (2009) Did not compete.

HIGH SCHOOL: Shije became the first Sundevil to place on the podium during the track season for Sandia Preparatory. In 2009 he placed second in the 3,200-meter

run, recording a time of 10:01.85. At the same meet, he placed seventh in the 1,600 (4:36.36). He did that after not competing most of the 2009 season due to an injury; returning to the track two weeks prior to the state meet. Shije also competed in basketball as a freshman and sophomore and was awarded the Iron Man Award for his participation in three sports (was also a member of the cross country team). He finished third at the state cross country championship in 2008 and won districts; the best finish for a Sundevil in school history. Shije was named top Native American runner in the nation as a junior and senior and was named most inspirational as a senior

HIGH SCHOOL BESTS: Mile: 4:36; Two mile: 10:01.

IN THE CLASSROOM: Shije is majoring in mathematics. He was an all-district all-academic team member in high school.

PERSONAL: Dillon Shije was born on May 22, 1991 in Zia Pueblo, N.M. and is the son of Myron Galvan and Marie Shije. He has one younger brother, Levi. Shije enjoys sports, drawing, hiking, camping, painting and hunting. He has also volunteered as a running facilitator throughout New Mexico and Arizona Indian reservations. Shije is Native American.

STEWART SHOEMAKER



Distance
Freshman, HS
Daphne, Ala.
(Bayside Academy)

PERSONAL BESTS

800 Meters: 1:56.56
1,600 Meters: 4:22.54

HIGH SCHOOL: Shoemaker was a state champion on the track and helped his cross country team to a state title in 2007. During his senior year he earned the National Merit Commended award.

HIGH SCHOOL BESTS: 800-meters: 1:56.56; 1,600-meters: 4:22.54.

IN THE CLASSROOM: Shoemaker is majoring in business. He earned a 4.00 GPA in his first semester at CU to get a spot on the Dean's List and the Big 12 Commissioner's Honor Roll.

PERSONAL: Stewart Marshall Shoemaker was born on December 1, 1991 in Corpus Christi, Texas. His parents are Marshall, who swam at the University of Alabama, and Claudia Shoemaker of Point Clear, Ala. He has a younger sister, Mary Katherine.

JONATHAN STEVENS



Distance
Junior/Sophomore,
1L/VR
Vail, Colo.
(Battle Mountain)

PERSONAL BESTS

INDOOR

Mile: 4:17.21 (2009)
 3,000-Meters: 8:27.39 (2010)

OUTDOOR

1,500-Meters: 4:04.07 (2009)
 Steeplechase: 9:55.61 (2009)

BIG 12 SCORING

2009 (I) Distance Medley Relay, 8th (9:56.44)

2010: Indoor: Stevens raced a season-best mark of 4:22.58 at the Husky Classic (2/13). His best time at altitude was 4:29.58, which he ran at the Don Barrett Duals (1/30). Stevens placed fifth overall. He ran a PR of 8:27.39 in the 3k at the Big 12 Championship. He placed 23rd.

Outdoor: Did not compete.

2009: Indoor: Stevens mostly competed in the mile during the indoor campaign. He ran a personal record of 4:17.21 at the Husky Classic (2/14) after running a pair of times (4:29.61/Air Force Duals; 4:32.54/Potts Indoor Invite) at altitude. Stevens competed in the 3,000-meter run at the Big 12 Championship, finishing in 8:37.50.

Outdoor: Stevens only ran in two meets during the outdoor season, and due to injury was awarded a medical redshirt. Stevens earned a mark of 4:04.07 in the 1,500 at the CU Invite (4/11) and a time of 9:55.61 in the steeplechase at the Potts Invite (3/21).

CROSS COUNTRY: (2010) Stevens raced in two meets for the Buffs. He was 38th at the Rocky Mountain Shootout and placed 74th in the open section of the NCAA Pre-National meet.

HIGH SCHOOL: Stevens earned eight letters at Battle Mountain on the cross country and track teams. The Huskies won the conference championship in 2006 and 07; they were also the regional champions from 2005-07. BMHS men's track team won the regional title in 2008. Stevens set the school record in the 5k for cross country at 15:58, which still stands as well as the 4x800-meter relay (7:52). He helped lead the Huskies to a 4A state championship in 2007. Stevens recorded a fourth place finish. He also finished 11th in the 2007 Nike Team Nationals Southwest Cross Country Meet. Stevens was the cross country team captain and all-state selection his sophomore through senior seasons. He was also a standout on the varsity hockey team, earning four letters and was named the Denver Post Hockey Player of the Year. He was all-state his junior and senior seasons and was the team captain his senior year.

HIGH SCHOOL BESTS: 800-meters: 1:56.8; Mile: 4:26; Two mile: 9:18.

ACADEMICS: Stevens is majoring in business. He was named an AP Scholar his senior year and was a member of the honor roll all four years.

PERSONAL: Jonathan Stevens was born on November 24, 1989. His parents are Jerry and Nancy Stevens of Vail, Colo. Stevens has a twin sister, McKenzie, who will play varsity hockey at Middlebury College. McKenzie also played varsity hockey with Stevens in high school. He has a younger sister, Maddie. His hobbies are running, reading, going to concerts and camping.

RODNEY STEWART



Sprints
Junior, HS
Westerville, Ohio
(Brookhaven)

PERSONAL BESTS

100-Meters: 10.7

AT COLORADO (FOOTBALL): Stewart is fifth on CU's all-time rushing list with 2,744 yards, needing just 256 yards to become the fourth Buff to rush for 3,000 yards in a career. He ranks sixth in yards from scrimmage with 3,123 total yards (2,744 rushing and 379 receiving). Stewart is eighth in all-purpose yards at CU (3,142) and ranks 20th overall in total offense (2,744).

HIGH SCHOOL: He earned first-team All-State, All-District and All-City honors as a senior, when he rushed for 2,036 yards and 33 touchdowns, averaging 10.8 yards per carry (with a long of 75, one of six runs over 50 yards). He also caught 20 passes for 215 yards and three scores, and returned one punt-for 65 yards and a TD. He did not play as a junior as he suffered a knee injury (ACL), but as a sophomore, he rushed for 1,200 yard and 15 touchdowns and had 700 yards and six scores as a freshman. He rushed for just shy of 4,000 career yards with 54 touchdowns. He played cornerback as an underclassmen, with four interceptions his sophomore season after picking off three as a frosh. He had five games of 200-plus yards and 15 100-plus yard games in his prep career; three of his top games came during his senior year: in a 49-7 win over Centennial, he rushed for his career-best 243 yards and scored all seven of his team's touchdowns... in a 69-0 romp over Mifflin, he rushed for 212 yards and six touchdowns... and in a 55-7 win over Whetstone, he had 212 yards and five scores. Under coach Tom Blake, Brookhaven was 9-2 his senior year, losing in the first round of the playoffs, after going 6-4 his junior year; BHS was also 9-2 his sophomore season (first round playoff setback) but was 15-0 his freshman year, winning the Division II state championship. He also will letter four times in track (sprints, relays), as he was a member of the 2005 state championship team. He owned a career prep best 10.7 in the 100-meter dash.

HIGH SCHOOL BESTS: 100-meters: 10.7.

IN THE CLASSROOM: He is majoring in Sociology at Colorado. He maintained a 3.0 grade point average in high school.

PERSONAL: Rodney Stewart was born on January 3, 1990 in Columbus, Ohio. His hobbies include most sports in general, bowling, dancing, listening to music and watching comedy movies. Stewart's nickname is "Speedy." His second cousin is a CU football teammate Douglas Rippey, who actually got him interested in the Buffaloes and vice-versa. Both were members of the same 2008 recruiting class.

GEO TAM



Middle Distance
Sophomore, VR/VR
Boulder, Colo.
(Boulder)

PERSONAL BESTS

INDOOR

600-Yards: 1:17.35 (2010)
 800-Meters: 2:01.55 (2010)

OUTDOOR

400-Meters: 56.30 (2010)
 800-Meters: 1:57.62 (2010)

2010: Indoor: Tam ran in a pair of races. He clocked a time of 1:17.35 in the 600-yard run at the Potts Indoor Invite (1/23) to take ninth overall. At the Don Barrett Duals (1/30) he clocked a time of 2:01.55 in the 800-meter run, placing 12th.

Outdoor: Tam mainly focused on the 800 during the outdoor season. He ran a pair of sub-two minute 800's. He ran a then-PR of 1:58.92 at the Front Range Classic (5/1), but just one week later Tam bettered that performance with a time of 1:57.62 at the Fum McGraw Open (5/8).

HIGH SCHOOL: Tam started running his senior year. He ran the anchor leg of the BHS 4x800-meter relay which won the Front Range League Championship in 2009. The relay qualified for the state championship and placed 11th overall.

IN THE CLASSROOM: Tam is majoring in studio art. He owns a greater than 3.00 GPA.

PERSONAL: Geoffrey Waikin Tam was born on March 16, 1990, in Denver, Colo. He is the son of Joe and Barbara Tam of Boulder, Colo., and has one brother, Ryder. Tam lists playing soccer, hiking, snowboarding and running as his hobbies. He was homeschooled through middle school and high school.

EDDIE TAYLOR



Combined Events
Junior, VR/1L
Detroit Lakes, Minn.
(Detroit Lakes)

PERSONAL BESTS

INDOOR

Heptathlon: 4,766 (2010)
 60-Meters: 7.34 (2010)
 Long Jump: 20-06.25 (2010)
 Shot Put: 38-08.75 (2010)
 High Jump: 6-00.50 (2010)
 60-Meter Hurdles: 9.32 (2010)
 Pole Vault: 13-09.25 (2010)
 1,000-Meters: 2:40.24 (2010)
 400-Meters: 51.11 (2010)
 800-Meters: 2:05.80 (2009)

OUTDOOR

Decathlon: 6,212 (2010)
 100-Meters: 11.21 (2010)
 Long Jump: 20-03 (2010)
 Shot Put: 38-07.50 (2010)
 High Jump: 6-00.75 (2010)
 400-Meters: 50.93 (2009)
 110-Meter Hurdles: 16.60 (2010)
 Discus: 110-08 (2010)
 Pole Vault: 13-11.25 (2010)
 Javelin: 122-10 (2010)
 1,500-Meters: 4:30.47 (2010)
 400-Meter Hurdles: 57.00 (2010)

BIG 12 SCORING

2010 (O) Decathlon, 7th (6,212)

HONORS

2010 All-Big 12

CAREER UPDATE: Taylor is making his mark on the CU combined events record book. During the indoor season, he recorded the third best throw in the shot put (38-08.75) and ran the fourth fastest time in the 1,000 (2:40.24). Taylor also owns the eighth best mark in the pole vault (13-09.25). In the outdoor record book, Taylor owns the ninth best shot put throw (38-07.50) and the 10th best time in the 1,500 (4:30.47).

2010: Indoor: Taylor had a great sophomore campaign in the heptathlon. He started the season off with a third-place finish at

the Potts Indoor Invite (4,683). At the meet, Taylor recorded four personal records. He ran 7.34 in the 60 and 9.32 in the 60-hurdles, jumped 6-00.50 in the high jump and cleared 13-09.25 in the pole vault. His pole vault PR ranks eighth on the all-time CU combined events chart. Taylor better his PR in the heptathlon at the Big 12 meet when he scored 4,766 points to take 10th overall. He threw the shot put 38-08.75 for the third best throw all-time at CU for a heptathlete. Taylor also ran a time of 2:40.24 in the 1,000, the fourth best at CU.

Outdoor: Taylor showed even more improvement in the decathlon. He was 10th at the Jim Click meet (4/1-2) and notched personal bests in the long jump (20-03) and discus (110-08). Taylor placed second at the Glenn Morris meet (4/22-23). There he earned PR's in the high jump (6-00.75) and the pole vault (13-11.25). Taylor's top performance came at the Big 12 Championship. He scored 6,212 points to take seventh overall and earned his first letter. He notched career-highs in the shot put (38-07.50), javelin

(122-10) and the 1,500 (4:30.47). His shot put throw was the ninth best all-time at CU and his 1,500 time is the 10th best ever.

2009: Indoor: Taylor competed in two heptathlons. At the Air Force Duals, he ran the fifth-best times in combined events history in the 60-meter dash and the 1,000, 7.35 and 2:47.13, respectively. At the meet, Taylor recorded PRs in total points, long jump, shot put, high jump, pole vault, 60 and 1,000-meters.

Outdoor: Taylor competed in two decathlons. His best finish was at the Cal State Northridge Spring Break Open when he recorded 5,768 points and finished fifth. At that meet, Taylor recorded personal bests in the high jump, discus and pole vault. At the time he ran the 11th and 13th fastest times in combined events history in the 1,500 and both earned him first-place finishes (4:38.18 and 4:38.53, respectively).

HIGH SCHOOL: Taylor earned four letters as a member of the Lakers' track and field team. He competed in the pole vault as well as 400 and 800-meter runs. Taylor was a member of the basketball and soccer teams as well.

ACADEMICS: Taylor is majoring in mathematics. He is a member of the Big 12 Commissioner's Honor Roll and was an AP Scholar in high school.

PERSONAL: Kenneth Eddie Taylor was born on May 8, 1990. His mother is Linda Jackson of Detroit Lakes, Minn. He has one younger sister, Rose. He enjoys skateboarding, snowboarding, wakeboarding and snowmobiling.

MATT TEBO



Distance
Junior/Senior, 1L/3L
Albuquerque, N.M.
(Eldorado)

PERSONAL BESTS

INDOOR

3,000-Meters: 8:10.80 (2008)
 5,000-Meters: 13:53.60 (2008)

OUTDOOR

1,500-Meters: 3:55.50 (2010)
 5,000-Meters: 13:50.17 (2010)
 10,000-Meters: 30:33.92 (2010)

BIG 12 SCORING

2008 (I) 3,000-Meter Run, 3rd (8:10.80)
 2008 (I) Distance Medley Relay, 6th (10:01.66)
 2008 (O) 5,000-Meter Run, 7th (14:55.35)
 2008 (O) 10,000-Meter Run, 3rd (30:41.22)
 2009 (O) 5,000-Meter Run, 2nd (14:24.22)
 2009 (O) 10,000-Meter Run, 4th (30:48.60)
 2010 (O) 5,000-Meter Run, 7th (14:10.75)
 2010 (O) 10,000-Meter Run, 7th (29:33.92)

NCAA MIDWEST REGION

CHAMPIONSHIP SCORING

2008 (O) 5,000-Meter Run, 7th (14:06.04)
 2009 (O) 5,000-Meter Run, 6th (14:06.31)

HONORS

2008 CU Freshman of the Year
 2008 (I) 5,000-Meter Run All-American (10th, 14:14.88)
 Eight-time All-Big 12 Performer
 Academic All-Big 12 Second Team

CAREER UPDATE: Tebo was CU's eighth fastest 5k indoor performer in the event after his freshman year and is cur-

rently ninth. He was named the 2008 CU Freshman of the Year for his performance on the indoor track and is an eight-time All-Big 12 performer, as well as an indoor All-American. His 5k mark of 13:53.60 ranks third on the top freshman list (Dathan Ritzenhein owns the top two marks, his second and third career races).

2010: Indoor: Tebo raced in three meets. He ran a season-best time of 8:13.98 in the 3k at the UW Invite (1/30). Two weeks later he ran in the Husky Classic, this time running the 5k. He clocked a time of 14:24.35. At the Big 12 meet, he was 13th in the 3k after losing his shoe midway through the race. Tebo's time was 8:20.73.

Outdoor: Tebo had a better outdoor season, starting with a personal best in the 5k at the Mt. SAC Relays. Tebo raced to a time of 13:50.17 to place seventh in the Olympic Development section. He also earned a PR in the 1500 at the Front Range Classic (5/1) to place second with a time of 3:55.50. At the Big 12 Championship in Missouri, Tebo came away with a pair of seventh-place finishes in the 5 and 10k runs. He ran a time of 14:10.75 in the 5k and 29:33.92 in the 10k. Tebo advanced to the NCAA West Preliminaries in the 5k, but was 27th overall (14:38.09), ending his season.

2009: Indoor: Medical Hardship year.

Outdoor: He ran in the 1,500, 5k and 10k. Tebo's personal record in the 1,500 came at the Oregon Relays (4/24). He finished in 3:56.36 and took ninth. Tebo raced once in the 10k at the Big 12 Championship where he took fourth to lead the Buffs. The 5k was Tebo's main focus as he raced it four times. He earned a regional qualifying mark of 13:56.46 at the Payton Jordan Cardinal Invite (5/2). Two weeks later he followed that up with a runner-up finish at the Big 12 Championship (14:24.22). Tebo qualified for the NCAA Championship after taking sixth at the regional meet (14:06.31). He was 19th in the prelims at nationals with a time of 14:19.67.

2008: Indoor: Tebo started off on the fast track during the indoor season in his freshman campaign. His first two races were in the 3,000-meters. His debut of 8:37.68 placed him second at the Air Force Invite. He improved on that time a few weeks later at the Big 12 meet and took third with a PR of (8:10.80). Tebo decided to try his luck at the 5k and it worked out well. Tebo ran the 14th best time in school history at 13:53.60 at the Seattle Last Chance Qualifier and earned a spot at the NCAA Championship. The mark made his the eighth fastest Buff in the event but was also the fastest debut by a CU freshman. Tebo became the first true freshman since Dathan Ritzenhein in 2002 to qualify for indoor nationals. Tebo finished 10th at NCAAs and earned his first All-America honor.

Outdoor: Tebo continued to shine during the outdoor season. He focused mainly on the 5k, running in three races. His first race was a seventh place finish at the Mt. Sac Relays. Tebo finished the 5k with a time of 13:46.20, which was also a regional qualifying mark. At the Big 12 Championships, Tebo scored for the Buffs in the 5 and the 10k. He took third in his debut of the 10k, running a time of 30:41.22. Two days later Tebo finished seventh in the 5k. The freshman took to regionals in the 5k and just missed advancing to nationals by placing seventh.

CROSS COUNTRY: (2010) Tebo's first race of the season was at pre-nats, where he took 90th overall. He improved to 18th at the Big 12 meet and followed that performance up with an all-region honor after finishing 16th at regionals. Tebo finished his CU cross country career by placing 109th at nationals. (2009) Tebo ran to a third-place finish at the Rocky Mountain Shootout and was the second Buff to finish the race. At the end of the month, Tebo finished 32nd at the conference meet (eighth Buff), but bounced back to 11th at the regional meet to earn all-region honors. He finished the season by placing 162nd at nationals. (2008) Tebo kept his roster spot in 2008 and took third at

the Iowa State Invite. He recorded a eight place finish at the Rocky Mountain Shootout to tie his performance from the previous year. At pre-nats, Tebo finished 115th overall (CU's No. 6). During the Big 12 Championship, he placed 23rd (No. 6) and just missed all-region honors by placing 26th (No. 6). He scored for the Buffs at nationals and placed 146th. (2007) Tebo was one of two true freshmen to make the varsity roster. He placed eighth overall at the Rocky Mountain Shootout which was his collegiate debut and scored as CU's No. 5 runner. Tebo placed 101st at pre-nats two weeks later but did not score since he was the sixth Buff to cross the finish. At the Big 12 meet, he placed 33rd overall. Tebo served as the alternate on the regionals and NCAA squads.

HIGH SCHOOL: Tebo represented the U.S. at the 2007 World Cross Country Championships in Kenya. He earned the trip by placing third at the U.S. Championships the previous February (in Boulder) and placed third overall in the junior men's division. Tebo won the 2006 Foot Locker West Regional, earning all-region honors and a trip to nationals where he placed fifth. While at EHS, he was a three-time state champion. As a junior, Tebo was 16th at the Foot Locker Nationals. On the track, he ran the 3,200-meter run in 8:47 at the Nike Outdoor Nationals, which was one of the best times ever recorded by a high school junior and the all-time high school record in New Mexico. He placed second in the meet. Tebo was also a three-time state champion on the track and owns the state record in the 3,200 (9:07).

HIGH SCHOOL BESTS: 800-meters: 1:59; Mile: 4:17; Two mile: 8:47.

ACADEMICS: Tebo is majoring in studio art at Colorado and owns a GPA greater than 3.00. He is a member of the Big 12 Commissioner's Honor Roll and was a member of the 2010 Academic All-Big 12 Second Team.

PERSONAL: Matt Tebo was born on March 17, 1989 to Michael, who played water polo at Florida State, and Chris Tebo, who was a swimmer at Clemson, in Albuquerque, N.M. He has one older sister, Kim, and a younger brother, Luke.

BLAKE THEROUX



Distance
Freshman, HS
Chesapeake, Va.
(Western Branch)

PERSONAL BESTS

- 800 Meters: 1:55
- 1,000 Meters: 2:30
- 1,600 Meters: 4:14
- 3,200 Meters: 9:13
- 5,000 Meters: 15:09

HIGH SCHOOL: Theroux earned All-American honors as a member of the 2010 Nike Indoor Nationals sprint relay team championship team. His indoor track team won the 2007, 08 and 10 AAA state titles and his outdoor team won the 2008 and 09 state titles. Theroux owns WBHS records in the 5k (15:09), 3,200 (9:13), 1,600 (4:14), 4x800 relay (7:49), distance medley relay (10:09) and the sprint medley relay (3:30). He was all-state in cross country and track & field his sophomore through senior years.

HIGH SCHOOL BESTS: 800-meters: 1:55; 1,000-meters: 2:30; 1,600-meters: 4:14; 3,200-meters: 9:13; 5,000-meters: 15:09.

IN THE CLASSROOM: Theroux intends to major in history and is also interested in literature.

PERSONAL: Blake Andrew Theroux was born on March 16, 1992 in Orlando, Fla. He is the son of Paul and Tina Theroux. He has two brothers, Brett and Joel, and one sister, Lindly.

CHRISTIAN THOMPSON



Distance
Senior, VR/2L
Candor, N.Y.
(Candor)

PERSONAL BESTS

- INDOOR**
Mile: 4:10.99 (2008)
3,000-Meters: 8:11.80 (2010)
5,000-Meters: 14:15.67 (2010)
OUTDOOR
1,500-Meters: 3:58.46 (2009)
Steeplechase: 8:49.38 (2009)

BIG 12 SCORING

- 2009 (O) Steeplechase, 5th (9:07.68)
- 2010 (O) Steeplechase, 7th (9:08.18)

NCAA MIDWEST REGION CHAMPIONSHIP SCORING

- 2009 (O) Steeplechase, 9th (9:07.31)

HONORS

- Two-time All-Big 12 Performer
- Academic All-Big 12 Second Team

2010: *Indoor:* Thompson recorded a pair of personal records in the 3k and 5k, both in Seattle, Wash. Thompson finished the 3k at the UW Invite (1/30) in 8:11.80 and was 20th overall. Two weeks later, at the Husky Classic, he ran the 5k in 14:15.67. Thompson raced both events at the conference championship. He was 12th in the 5k (14:33.25) and 16th in the 3k (8:22.96).

Outdoor: Thompson focused on the steeplechase, racing his season best at the Mt. SAC Relays (4/16). He finished 14th in the invitational section after clocking a time of 9:03.04. Thompson recorded his second all-conference honor with a seventh-place finish in the steeplechase. He finished in 9:08.18. Thompson advanced to the NCAA West Preliminary in the steeplechase, but did not advance to the semis after placing 32nd (9:09.27).

2009: *Indoor:* Thompson competed in a pair of 3,000-meter runs in the indoor campaign. He PR'd in the 3k with a performance of 8:14.55 at the Husky Classic (2/14). Thompson missed scoring at the Big 12 meet when he took 15th (8:18.60).

Outdoor: During the outdoor season he ran a couple of 1,500's but mainly focused on the steeplechase. Thompson's personal record in the 1,500 came at the Oregon Relays (4/24). He ran a time of 3:58.46 and took second in the 'B' second. Thompson's best time in the steeplechase was at the Payton Jordan Cardinal Invite. He earned a time of 8:49.39, which was a regional qualifying time. Thompson scored for the Buffs at the Big 12 meet in the steeplechase with a fifth-place finish and a time of 9:07.68. Two weeks later he took ninth at regionals but advanced to nationals on his PR time. Thompson finished 20th overall at NCAA's in the prelims.

2008: *Indoor:* Thompson competed in the mile and 3,000-

meter runs during the indoor season. He ran the 3k at the conference meet and placed 22nd with a time of 8:30.44. Thompson raced to his season-best in the 3k of 8:17.42 at the Husky Invite and placed 28th overall. His PR in the mile (4:10.99) came at the Seattle Last Chance meet where he finished 10th.

Outdoor: Thompson focused on the 3,000-meter steeplechase during the outdoor season and he ran a then-PR of 9:06.68 at the Cardinal Invite (5/4), which qualified him for regionals. He just missed out earning his first all-conference honor as he took 10th in the event (9:42.67). At regionals, he finished 13th with a mark of 9:12.88. Impressively he finished the last half of the race with only one shoe.

CROSS COUNTRY: (2010) Thompson raced in all five varsity meets for the Buffs. He placed fourth overall at the Rocky Mountain Shootout and followed that performance up with a 30th-place finish at pre-nats. Thompson was all-conference again with a seventh-place finish (CU's No. 3) and earned all-region recognition after placing 19th at the NCAA Mountain Region Championship. He finished the season with a 90th-place finish at nationals. (2009) The season proved to be a breakout year for Thompson as he led the Buffs in a pair of races and was the second or third Buff twice. He started the year by taking fifth at the Rocky Mountain Shootout and was the fourth Buff harrier to cross the finish. Thompson's first time leading the Buffs came at pre-nats when he finished 14th and led the Buffs to a second-place team finish. He was ninth overall at the Big 12 Championship (second on the team) and was 10th at the regional meet (third Buff) to earn his first all-region and all-conference honors. Thompson led the Buffs at nationals with a 44th-place finish and just missed his first All-American honor. (2008) Thompson got out to a good start as he finished eighth overall (CU's No. 7) at the Iowa State Invite. A few weeks later at the Rocky Mountain Shootout he was sixth overall and the No. 3 harrier for CU. After the return of some of Thompson's teammates, he moved down to the No. 5 runner at the pre-national meet (finishing 79th). Thompson earned a spot on the post-season roster and placed 29th at Big 12s, 34th at regionals and 208th at nationals. (2007) Did not compete.

HIGH SCHOOL: Thompson was 11th at the Northeast Foot Locker Championships in 2006. He won three Class D New York State Public High School Association Cross Country Titles. Thompson was a four-time Interscholastic Athletic Conference selection. As a senior, he was an all-state selection and a second team member as a junior. He finished third in the 2007 USATF Junior Championships in the 3,000-meter steeplechase. Thompson was a two-time state champion in the steeplechase.

HIGH SCHOOL BESTS: 1,600-meters: 4:22.4; 3,200-meters: 9:24.75; steeplechase: 9:17.20.

ACADEMICS: Thompson is majoring in International Affairs. He was a member of the honor roll in high school. Thompson is a member of the Big 12 Commissioner's Honor Roll and was named to the Academic All-Big 12 Second Team.

PERSONAL: Christian Charles Thompson was born on July 2, 1988, in Johnson City, N.Y. His parents are Robert and Valerie Thompson of Candor, N.Y. He has one younger brother, Patrick, who plays soccer at Hartwick College. Thompson lists his hobbies as snowshoeing, cross country skiing and traveling.

JAKE TIMMONS



Combined Events
Junior, VR
Franktown, Colo.
(Ponderosa)

PERSONAL BESTS

INDOOR

High Jump: 6-06

OUTDOOR

High Jump: 6-07 (2010)

HONORS

Academic All-Big 12 Second Team
 Big 12 Athlete of the Week (5/12/09)

2010: *Indoor:* Timmons cleared 6-04.75 in the high jump four different times during the indoor season. He took second with that height at the Don Barrett Duals (1/30) and tied for second at the Potts Indoor Invite (1/23).

Outdoor: Timmons recorded the second best jump by a Buff during the 2010 season at 6-07. He cleared that height at the CU Invite (4/10) to tie for second. Timmons also cleared 6-04.75 at the Tom Benich Invite (4/3), tying for fourth.

2009: *Indoor:* Timmons competed in one heptathlon for the Buffs during the indoor season. He recorded 3,694 points and placed sixth overall. Timmons mainly focused on the high jump the rest of the season. He cleared a height of 6-02.75 at the Air Force Duals (1/31) and took third. Timmons cleared 6-00.75 at three different meets.

Outdoor: During the outdoor season he competed in several events but once again focused on the high jump. Timmons jumped 6-05.50 at the CSU Ram Open (5/9) and tied for third. He also jumped 6-04.74 for his second best mark of the season at the CU Invite (4/11) and tied for second.

HIGH SCHOOL: Timmons served as the captain of the PHS track team as a senior. He was all-state honorable mention as a senior. Timmons took third in the high jump in 2008 with a PR of 6 feet, 6 inches. He recorded his high school PR in the triple jump at regionals, also in 2008, at 43-07.50. Timmons is part of the school record holding high jump relay (which consists of four jumpers) at 24-2.

HIGH SCHOOL BESTS: High Jump: 6-6; Triple Jump: 43-07.50.

ACADEMICS: Timmons is majoring in mechanical engineering with a GPA greater than 3.00 and is a member of the Big 12 Commissioner's Honor Roll. He was named to the Academic All-Big 12 second team in 2010. Timmons was a member of the National Honor Society in high school.

PERSONAL: Jake Williams Timmons was born on April 1, 1990 in Littleton, Colo. His parents are Kyle and Amy Timmons of Franktown, Colo. He has one younger sister, Haley. Two of his uncles, Noel and Chan Timmons ran cross country and track at the University of Nebraska-Kearney. He lists his hobbies as scuba diving, skiing and hiking.

ARIC VAN HALEN



Distance
Junior/Sophomore,
VR/VR
Los Angeles, Calif.
(Oakwood)

PERSONAL BESTS

INDOOR

Mile: 4:19.93 (2010)

3,000-Meters: 8:18.07 (2010)

OUTDOOR

1,500-Meters: 3:59.16 (2010)

Steeplechase: 9:12.42 (2010)

5,000-Meters: 14:50.36 (2010)

2010: *Indoor:* Van Halen ran a personal record of 8:18.07 at the Husky Classic (2/13). At the Big 12 meet, he ran in the 3k and the mile. He finished the 3k in 8:30.73 to place 30th overall. Van Halen fared better in the mile as he finished with a PR (4:19.93) to place 16th.

Outdoor: Van Halen had some success in the steeplechase during his first outdoor campaign. He ran the fifth best time for a Buff in 2010 at the Mt. SAC Relays, crossing the finish in 9:12.7 (hand-timed). He improved on that time when he ran 9:12.42 at the Big 12 Championship. Van Halen just missed scoring when he finished 10th. Earlier in the season he PR'd in the 1,500. Van Halen recorded a time of 3:59.16 for third place at the Fum McGraw Open (5/8).

2009: *Indoor:* Van Halen started his collegiate career by running a 4:30.03 mile at the Potts Invite (1/24), placing third overall. At the Big 12 Indoor meet, he raced a time of 8:23.83 in the 3,000-meter run and was 23rd overall.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2010) Van Halen continued to show improvement on the cross country course as a sophomore, starting with a 17-place finish at the Rocky Mountain Shootout. He placed 22nd at the pre-nats meet and then earned his first All-Big 12 honor by taking 10th at the Big 12 Championship. Van Halen followed that up with his first all-region honor after running to a 14th-place finish at regionals. He finished the season with a 177th-place finish at nationals. (2009) Van Halen earned a spot on the varsity roster as a redshirt freshman. He started the season at the Rocky Mountain Shootout and placed 18th as the eighth Buff to finish the race. Van Halen raced at pre-nats in the open race and was the eighth runner to finish in 25:20.7. At the Big 12 Championship, he was 21st overall and followed that performance up with a 42nd overall placing at regionals. Van Halen finished the season with a 130th finish at NCAAs. (2008) Did not compete.

HIGH SCHOOL: Van Halen won the 2007 Division V California State Cross Country Championship. Van Halen helped to lead Oakwood High School to its first state appearance in 2005. Van Halen has school records in the 400m (53.1), 800m (2:00), 1,600m (4:22) and 3,200m (9:19).

HIGH SCHOOL BESTS: 800-meters: 2:00; 1,600-meters: 4:22; 3,200-meters: 9:19.

ACADEMICS: Van Halen is a pre-journalism and film major.

PERSONAL: Aric Alexander Van Halen was born on October 6, 1989 in Los Angeles, Calif. His parents are Alex and Kelly Van Halen. He has one younger brother, Malcolm and a younger sister, Stella. Van Halen was the first American born in his family. He lists his hobbies as cars, scuba diving, ultimate Frisbee and cycling.

ALEX VON HAGEN



Combined Events/Jumps
Senior/Junior, VR/1L
Broomfield, Colo.
(Legacy)

PERSONAL BESTS

INDOOR

Heptathlon: 4967 points (2009)

60-Meters: 7.35 (2008)

1,000-Meters: 2:43.78 (2009)

60-Meter Hurdles: 9.09 (2009)

Long Jump: 22-10 (2007)

Shot Put: 35-08.50 (2009)

High Jump: 6-6

Pole Vault: 14-03.25 (2009)

OUTDOOR

Decathlon: 6,584 points (2009)

100-meters: 11.18

Long Jump: 21-10 (2010)

Shot Put: 37-02.25 (2010)

High Jump: 6-06.25 (2009)

400-meters: 50.88

100-Meter Hurdles: 16.51 (2010)

Discus: 118-10 (2010)

Pole Vault: 13-09 (2010)

Javelin: 188-06 (2010)

1500-meters: 4:26.83 (2010)

BIG 12 SCORING

2010 (0) Decathlon, 8th (6,143)

HONORS

CU Athlete of the Week (February 10, 2010)

CAREER UPDATE: Von Hagen became the fourth Buff to record more than 5,000 points in the heptathlon and ranks third overall with 5,083 points. Von Hagen became the first Buff to throw the shot put further than 40 feet when he launched a toss of 40-04. In CU combined events history, he also ranks second in the high jump (6-05.50) and the long jump (22-11), is third in the 1,000 (2:38.62) and sixth in the 60 (7.29) and the pole vault (14-03.25). Von Hagen's name is also all over the decathlon record book. He recorded the best throw in the javelin after a toss of 188-06 at the Big 12 meet. Von Hagen's throw also made him the sixth best performer in the event at CU. He is also seventh in the high jump (6-06.25).

2010: *Indoor:* Von Hagen won the heptathlon at the Potts Indoor Invite (1/22-23) with 4,995 points. He became the fourth Buff to ever record more than 5,000 points in the heptathlon at the New Mexico Classic (2/5-6). He earned 5,042 points and placed fifth overall. Von Hagen recorded season-bests at the NMC in the long jump (22-02.25) and the high jump (6-04.75). Von Hagen was just out of scoring position for CU at the Big 12 Championship when he placed ninth. He recorded a PR of 5,083 points. He became the first Buff heptathlete to throw the shot put over 40 feet, recording a toss of 40-04.00. In the final event, the 1,000, he finished in 2:38.62 for the third fastest time in CU combined event history.

Outdoor: Von Hagen had a great outdoor campaign, starting at the Jim Click meet (4/1-2). He finished 13th overall, but recorded PR's in the long jump (21-10) and shot put (37-02.25). Von Hagen competed in the javelin at the Fum McGraw Open (5/8) and notched a huge PR at 182-02 for

second place. One week later, Von Hagen earned his first points for the Buffs at the Big 12 Championship. He recorded 6,143 points for eighth place, despite missing his three attempts at the pole vault. Part of Von Hagen's success was winning the 1,500 in 4:26.83 (his teammates were second and third). He also received big points in the javelin, as he recorded a toss of 188-06. It was the farthest throw ever by a combined event Buff, and the throw also made him the sixth best performer ever in the event at CU.

2009: Indoor: Von Hagen competed in three heptathlons, Potts Invite (1/23-24), Air Force Duals (1/30-31) and at the Big 12 Championship (2/27-28). Von Hagen's point total of 4,967 points is the third best in school history. He placed 14th overall at the championship, but Von Hagen recorded PRs in six of the seven events. The only event he didn't PR in was the high jump.

Outdoor: During the outdoor season Von Hagen participated in two decathlons. His best performance was at the Cal State Northridge Spring Break Open with 6,584 points. Von Hagen recorded personal bests in six of the 10 events, including the 100, shot put, 400, discus, pole vault and javelin. His toss of 161-04 in the javelin ranks 10th all-time for combined event athletes. Von Hagen recorded a pair of PRs at the California Invite in the high jump and 1,400. His jump of 6-6.25 is seventh all-time and his time of 4:38.28 is 14th all-time.

2008: Indoor: Von Hagen recorded a PR and took first place in his first meet at CU with 4,784 points. At the Big 12 Championship, he recorded 4,893 points for 15th. He ran his fastest 1,000-meter run with a mark of 2:46.21 and took sixth in that race. Von Hagen earned first place finishes in the long and high jumps at the Potts Invite.

Outdoor: Redshirt. Did not compete.

HIGH SCHOOL: Von Hagen placed third at the 2007 AAU Junior Olympics and ranked seventh overall in the nation in the decathlon. He scored a personal record of 6,565 at the AAU Championships. Von Hagen won the 2007 Colorado State Championship in the long jump. He is a five-time All-Colorado jumper, three times in the high jump and two in the long jump. Von Hagen owns LHS records in the 400, 4x100, 4x200, 4x400, high jump (which he shares with current CU teammate Ryan Dresen), long jump, javelin, Pentathlon and Decathlon. He lists his biggest moment of his high school career as winning the 5A state championship in the long jump as a senior. Von Hagen earned four letters in track at Legacy High School. He also earned two in football and one in cross country. He was the track team captain his senior season and won the MOMTAA (Most Outstanding Male Track Athlete Award) three times at LHS.

HIGH SCHOOL BESTS: Long Jump: 23-11.75; High Jump: 6-6; Pole Vault: 14-00; Javelin: 158-06; Shot Put: 38-06; Discus: 112-06; 100-Meters: 11.18; 400-Meters: 50.88; 1,500-Meters: 4:46; 110-Meter Hurdles: 15.58.

ACADEMICS: Von Hagen is majoring in sociology and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Alex Von Hagen was born on March 7, 1989 in Thornton, Colo. He is the son of Luke and Pam Von Hagen. He has an older sister, Laura, who was an all-state pitcher while at Legacy High School. Von Hagen's hobbies include running, working out, hanging out with friends and listening to music.

ANDY WACKER



Distance
Junior, VR/1L
Pinehurst, N.C.
(Pinecrest)

PERSONAL BESTS

INDOOR

3,000-Meters: 8:24.42 (2009)

5,000-Meters: 14:21.16 (2009)

OUTDOOR

1,500-Meters: 3:52.21 (2009)

5,000-Meters: 14:01.74 (2010)

10,000-Meters: 29:31.03 (2010)

BIG 12 SCORING

2010 (O) 5,000-Meter Run, 8th (14:13.10)

2010 (O) 10,000-Meter Run, 8th (29:39.37)

HONORS

Academic All-Big 12 First Team

Two-time All-Big 12 Performer

2010: Indoor: Did not compete.

Outdoor: Wacker came back to the track after missing the indoor season, and the rest did him well as he PR'd in the 10k by almost two minutes (previous personal record was 31:30.83). He ran a time of 29:31.03 to become the 18th fastest performer at CU. Wacker also earned a personal best in the 5k after running a time of 14:01.74 at the Mt. SAC Relays. He ran both events at Big 12s, placing eighth in both to record his first two points for CU. Wacker ran the 5k in 14:13.10 and the 10k in 29:39.37. At the NCAA West Preliminaries Wacker once again did the distance double. He was 14th in the 10k (29:57.20) and 30th in the 5k (14:40.40).

2009: Indoor: Wacker ran in four races during the indoor campaign, two in the 3k and two in the 5k. He recorded a personal record of 14:21.16 in the 5k at the Husky Classic (2/14) and was 14th overall at the Big 12 Championship when he ran a time of 14:43.56. Wacker also raced the 3k at the conference championship and PR'd with a time of 8:24.42. He took 25th overall.

Outdoor: Wacker recorded a regional qualifying time in the 5k when he ran 14:06.39 at the Mt. SAC Relays (4/17). He went on a week later to run a season best 3:52.21 in the 1,500 at the Oregon Relays. Wacker ran his first 10k at the Big 12 Championships and just missed scoring as he took ninth (31:30.83). He was 14th in the 5k (15:03.08). At regionals, Wacker finished 19th in the 5k (14:43.19).

2008: Redshirt. Did not compete.

CROSS COUNTRY: (2010) Wacker was the runner-up at the Rocky Mountain Shootout, starting his junior year off on a great note. He was 17th at the NCAA Pre-National Invitation. Wacker was CU's No. 2 runner in all but one meet, the Big 12 Championship, where he led the Buffs with a fifth-place finish and collected all-conference honors. He was ninth at the NCAA Mountain Region Championship, earning all-region honors in the process. Wacker capped off the season by placing 37th at nationals; earning his first All-American honor. (2009) Wacker started the season by placing eighth at the Rocky Mountain Shootout and was the fifth Buff to score. At pre-nats, he was the 39th runner across the finish (24:22.5) with his best time of the year. Wacker earned his first all-conference and all-region honors after taking 13th and 25th, respectively, at each meet. He finished the season at

NCAAs as the 70th finisher and the No. 3 scorer for the Buffs. (2008) Wacker made the varsity team immediately, placing eighth overall in his debut at the Iowa State Invite (CU's No. 7), finishing in 26:04.77. A couple of weeks later at the Rocky Mountain Shootout, he placed 12th and moved up a spot as CU's No. 6. At pre-nats, Wacker placed 116th in an 8k best of the year 25:02.0. Wacker's final race of the season was the conference championship. He finished 41st. Wacker served as the alternate at regionals and nationals. (2007) Did not compete. (2009) Wacker started the season by placing eighth at the Rocky Mountain Shootout and was the fifth Buff to score. At pre-nats, he was the 39th runner across the finish (24:22.5) with his best time of the year. Wacker earned his first all-conference and all-region honors after taking 13th and 25th, respectively, at each meet. He finished the season at NCAAs as the 70th finisher and the No. 3 scorer for the Buffs.

HIGH SCHOOL: Wacker earned six letters as a member of the Pinecrest High School Cross Country team and six on the track team. His cross country team won the conference title from 2001-06, as well as the 2005 and 06 regional championship and 2004 state championship. Wacker was the Mid-Southeastern Conference champion his senior year and the East Region champion his junior and senior seasons. He was also selected to the all-state team four times (freshmen through senior seasons).

HIGH SCHOOL BESTS: 800-meters: 1:56; 1,600-meters: 4:24; mile: 4:16; 3,000-meters: 8:38; 3,200-meters: 9:19; indoor 5,000-meters: 15:12; outdoor 5,000-meters: 14:59.

ACADEMICS: Wacker is majoring in evolutionary biology and owns a greater than 3.0 GPA. He is a member of the Big 12 Commissioner's Honor Roll and was a member of the honor roll in high school. Wacker was a member of the Academic All-Big 12 first team in 2010.

PERSONAL: Andrew James Wacker was born on September 24, 1988 in Houston, Texas. His parents are Charles and Karin Wacker of Pinehurst, N.C. He has one older brother, Ben, who attends North Carolina. Wacker lists swimming, biking, kayaking and drawing as his hobbies. He has been an active member and office in Key Club, a service based club, for four years. He has also taught Sunday school and helped his community through Boy Scouts.

GARRETT WARD



Distance
Freshman/Sophomore,
VR/VR
Pleasanton, Calif.
(Amador Valley)

PERSONAL BESTS

OUTDOOR

1,500-Meters: 4:11.68 (2010)

3,000-Meters: 9:06.23 (2010)

2010: Indoor: Did not compete.

Outdoor: Ward ran in a pair of races. He debuted at the Tom Benich Classic (4/3) where he placed 25th with a time of 4:11.68. Ward also ran in the 3k at the CU Invite (4/1). There he took 21st and finished in 9:06.23.

CROSS COUNTRY: (2010) Ward ran for the Buffs at the Fort Hays State Open, placing 22nd overall.

HIGH SCHOOL: Ward won the East Bay Athletic League 3,200-meter run as a senior and was a member of the AVHS cross country team that won the league title in 2007 and 08. He was an all-league selection as a senior in both cross country and track.

HIGH SCHOOL BESTS: 1,600-meters: 4:27; 3,200-meters: 9:27.

IN THE CLASSROOM: Ward is an open major at CU. He is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Garrett Andrew Ward was born on February 15, 1991 in Sacramento, Calif. He is the son of Martin and Janell Ward of Pleasanton, Calif., and has one brother Matt. He lists skiing and cycling as his hobbies and has volunteered with the Special Olympics.

JEFF WARREN



Distance

**Sophomore/Freshman,
VR/VR
Highlands Ranch, Colo.
(Mountain Vista)**

PERSONAL BESTS

INDOOR

Mile: 4:30.62 (2010)
3,000-Meters: 8:50.60 (2010)

2010: *Indoor:* Warren raced the mile and 3,000-meter runs his first season at CU. He recorded a time of 4:30.62 in the mile at the Potts Indoor Invite (1/23), which was good for third. His best time in the 3k was 8:50.60, which Warren ran at the Husky Classic (2/13).

Outdoor: Did not compete.

CROSS COUNTRY: (2010) Warren ran in a pair of races for CU. He was 43rd at the Rocky Mountain Shootout and placed 21st at the Fort Hays State Open.

HIGH SCHOOL: Warren owns three individual school track records (800, 1,600 and 3,200-meter runs) and one relay (4x800) at MVHS. He qualified for the state 5A championship in two events during his junior year (800 and 1,600) and two during his senior year (1,600 and 3,200) and was the Golden Eagle's first state distance qualifier. Warren's best finish at state came in 2009 when he won the bronze in the 1,600. He also took fifth in the 3,200. Warren's personal record in the 800 (1:56.06) came at the Kansas Relays in 2009. He also competed on the cross country team and was the first harrier to ever qualify to the state championship from MVHS.

HIGH SCHOOL BESTS: 800-meters: 1:56.06; 1,600-meters: 4:22.02; 3,200-meters: 9:29.

IN THE CLASSROOM: Warren is majoring in molecular, cellular and developmental biology. He owns a greater than 3.00 GPA and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Jeff Warren was born on April 7, 1991 in Beaverton, Ore., to Doug and Mary Warren. He has one younger sister, Kathryn. Warren lists his hobbies as downhill mountain biking and playing Airsoft. During the summer of 2009 he volunteered at the Littleton Hospital.

A.J. WHITAKER



Sprints

**Junior, VR/1L
Denver, Colo.
(George Washington)**

PERSONAL BESTS

INDOOR

60-Meters: 6.81 (2010)
200-Meters: 21.43 (2009)

OUTDOOR

100-Meters: 10.55 (2008)
200-Meters: 21.43 (2007)

BIG 12 SCORING

2010 (O) 4x100-Meter Relay, 5th (40.46)

CAREER UPDATE: Whitaker currently ranks eighth on CU's all-time list in the indoor 60-meter dash.

2010: *Indoor:* Whitaker ran the fastest 60-meter time for the 2010 indoor season at the first meet of the season. He ran 6.81 at the AFA All-Comers meet and placed third overall. His second fastest time was 6.92 in the prelims at the Big 12 Championship. He was 16th overall. Whitaker's fastest time in the 200 came at the conference meet. He recorded a mark of 22.05 in the prelims to place 13th. Whitaker also ran on the 4x400-meter relay team at the league championship. The relay placed 10th overall but they finished with the 10th fastest time in CU history at 3:15.23.

Outdoor: Whitaker ran the 100 and 200 during the outdoor season. His fastest times came at the Fum McGraw Open (5/8). He took fourth in the 200 (21.54) and was fifth in the 100 (10.66). Whitaker ran the 100 at the Big 12 meet and took 16th in the prelims after running 10.79. He was a member of the 4x100-meter relay that placed fifth at conference (40.46) to earn his first letter. At the NCAA Preliminaries in Austin, the 4x100 relay ran the eighth fastest time in CU history at 39.91. It was the fastest time run by a CU relay since 2008. The relay placed 12th overall and automatically qualified for semifinals at nationals. At NCAAs, the team ran 40.35 but did not advance to the finals. The relay also ran the 14th best time in history at the Fum McGraw Open (40.19). Whitaker earned his first letter when the relay placed fifth with a mark of 40.46.

2009: *Indoor:* Whitaker turned on the heat as a freshman at Colorado by racing to a personal record of 6.86 at the Air Force Invite (2/14). He placed third overall, but with the time, it also makes him the eighth fastest performer of all time at CU. Whitaker raced the 60 eight times. His time of 7.00 in the prelims at the Big 12 championship was 14th overall. He also ran the 200 and earned a PR of 21.71 at the Air Force Duals (1/31) as well as a second-place finish. *Outdoor:* During the outdoor season, Whitaker ran the 100 and 200; running season-bests in both events at the CU Invite (4/11). He clocked a fourth-place finishes in each, 10.76 in the 100 and 21.45 in the 200.

HIGH SCHOOL: Whitaker earned four letters at George Washington and Montbello, competing in the 100, 200 and 4x200-meter relay. He was a member of the 4x200 team that set the state record at 1:25.54 and helped the Patriots win the 2007 state championship. Whitaker also owns the Montbello High School 100-meter record at 10.55. He was an all-league selection all four years and was all-state as a freshman and junior. His junior season he was named an indoor All-American.

HIGH SCHOOL BESTS: 100-meters: 10.55; 200-meters: 21.43.

ACADEMICS: Whitaker is majoring in economics.

PERSONAL: A.J. Whitaker was born on Sept. 20, 1989 in New Orleans, La. He is the son of Robert (III) and An'Drea Whitaker of Denver. He has one sister, Lakysha Clark, and five brothers, Clayton Clark, Robert Whitaker IV, Jeremy and Quinton Dodson, and Kourtne Stancil. Jeremy owns the CU records in the indoor and outdoor 200-meter dashes and was a three-time All-American at Colorado. Quinton is currently a junior on the track team.

BRANDIN WILLIAMS



Javelin

**Senior, VR/2L
Moreno Valley, Calif.
(Canyon Springs/
Riverside CC)**

PERSONAL BESTS

INDOOR

Shot Put: 36-08.25 (2009)

OUTDOOR

Javelin: 222-01 (2009)

BIG 12 SCORING

2008 (O) Javelin, 3rd (210-04)
2009 (O) Javelin, 1st (222-01)

CAREER UPDATE: Williams owns 13 of the top 20 marks in CU history in the javelin. He is the third best performer in the event all-time and his PR of 222-01 is the sixth best throw ever for a Buffalo. Williams became the fifth Buff to ever win a Big 12 javelin title and was the first since 1962.

2010: Did not compete

2009: *Indoor:* Williams competed in the shot put during the indoor season, throwing a PR of 36-08.25 at the Colorado School of Mines Twilight meet (2/20).

Outdoor: The outdoor season he turned his focus back to the javelin, earning five first-place finishes on the year. Williams' best toss of the season came in his final throw at the Big 12 Championship when he launched the javelin 222-01, the sixth best throw in CU history. It was the first time since 1965 that a CU throw has surpassed 220 feet. With the throw, Williams won the Big 12 title, becoming part of a very elite group of five men to have won javelin titles at CU and the first since 1962. At regionals he finished 12th with a throw of 201-02 but his Big 12 winning throw was good enough to qualify him for nationals. At NCAAs Williams recorded a throw of 202-10 in the prelims and was 23rd.

2008: *Outdoor:* Williams did not compete during the indoor season as a javelin thrower but he did have a breakout season for the Buffs, earning four first-place finishes on the javelin. He earned his first top honor at the Rob Upton Invite with a throw of 187-08. Williams kept getting better and at the Big 12 Championship, he launched a throw of 210-04, which bettered his previous best by more than 10 feet, and placed third overall to help the Buffs win the conference title. It was the eighth best throw in CU history and he became the fourth best performer in the event. The mark also qualified him for regionals at which his best throw was 198-09 and was good for 18th.

2006 (Riverside CC): Williams recorded his personal record of 198-09 in the javelin at the California Junior College State Meet in 2007.

HIGH SCHOOL: Williams earned three letters in football and one in track at Canyon Springs High School. He ran the 100-meter dash in 10.7 in high school.

ACADEMICS: Williams is majoring in history and psychology at Colorado.

PERSONAL: Brandin Williams was born on Sept. 5, 1988 in Los Angeles, Calif. He is the son of Frank and Sheila Williams of Moreno Valley, Calif. He has three brothers, Dahltin, Adrian and Corbin. Adrian is a shortstop on the UCLA baseball team. His father was a member of the football and track and field teams at Cal and his cousins, Carl Ray and Lee Harris, played football at Fresno State. He lists music and movies as his hobbies.

HEATHER BALBIER



Distance
Freshman, HS
Dana Point, Calif.
(Dana Hills)

PERSONAL BESTS

800 Meters: 2:13 (2009)
 1,600 Meters: 4:54 (2009)
 3,200 Meters: 10:46 (2009)

HIGH SCHOOL: Balbier owns DHHS records in the 800 (2:13), 1,600 (5:54) and on the cross country course (16:54). She also owns the South Coast League 800 record (2:13, which was set in May, 2009). Balbier was all-league and all-county in track and cross country all four years of high school.

HIGH SCHOOL BESTS: 800-meters: 2:13; 1,600-meters: 4:54; 3,200-meters: 10:46.

IN THE CLASSROOM: Balbier is majoring in pre-communications and owns a greater than 3.00 GPA. She is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Balbier was born on July 6, 1991 in Westlake Village, Calif. She is the daughter of Tom and Karen Balbier and has one sister, Karen. She lists surfing and snowboarding as her hobbies.

KAJSA BANK



Throws
Freshman, RS
Louisville, Colo.
(Monarch)

PERSONAL BESTS

Shot Put: 35-02.50 (2009)
 Discus: 100-04 (2008)

2010: Redshirt. Did not compete.

HIGH SCHOOL: Bank is the MHS shot put record holder (35-02.5) and has held the record for the last three years. She placed 10th overall at the state championship and lists her biggest moment as moving up from 16th to ninth to qualify for finals at state. Bank was also an all-conference selection (Front Range League) and was third in the Boulder County Championships on the track. Bank was also a member of the swimming and tennis teams for the Coyotes. She earned four letters on the swim team and one in tennis.

HIGH SCHOOL BESTS: Shot Put: 35-02.50; Discus: 100-04.

IN THE CLASSROOM: Bank is majoring in psychology.

PERSONAL: Kajsa Johanna Bank was born on June 25, 1991 in Boulder, Colo. She is the daughter of Holden Bank and Annette (Tännander) Bank. Her mother was a two-time Olympian in the high jump and heptathlon and competed at CU as a member of the track and field team. Bank's aunt, Kristine Tännander, was also an Olympian (heptathlon) and her grandfather, Kjell Tännander, also competed at the Olympics in the decathlon. All three were members of the Swedish national team. Her father was a swimmer at Duke. She has one brother, Tobias, and one sister, Karolina. Bank lists her hobbies as swimming, photography, sports, snowboarding and hanging out with friends. She is fluent in Swedish and goes to Sweden every summer to visit family that still lives there.

BRIANNE BEEMER



Combined Events
Junior, 1L/2L
Loveland, Colo.
(Mountain View)

PERSONAL BESTS

INDOOR

Pentathlon: 3,625 (2010)
 60-Meter Hurdles: 9.21 (2010)
 High Jump: 5-05.25 (2010)
 Shot Put: 33-04.50 (2010)
 Long Jump: 17-00.00 (2010)
 800-Meters: 2:13.99 (2010)
 400-Meters: 56.92 (2010)
OUTDOOR
 Heptathlon: 4,707 (2009)
 100-Meter Hurdles: 15.08 (2010)
 High Jump: 5-04.25 (2010)
 Shot Put: 31-04.00 (2009)
 200-Meters: 26.24 (2010)
 Long Jump: 16-10.50 (2009)
 Javelin: 99-10 (2009)
 800-Meters: 2:13.20 (2010)
 400-Meter Hurdles: 1:00.96 (2010)

BIG 12 SCORING

2009 (O) 400-Meter Hurdles, 8th (1:03.79)
 2010 (I) Pentathlon, 7th (3,611)
 2010 (I) Distance Medley Relay, 5th (11:34.32)
 2010 (O) Heptathlon, 7th (4,680)

HONORS

Four-time All-Big 12 honoree
 CU Athlete of the Week

CAREER UPDATE: Beemer has become one of the best 800-meter combined events athletes to wear the black and gold. She owns the top two marks in the 800 (pentathlon), both of which came at the Big 12 Championships. Her time of 2:13.99 came at the 2010 meet and is also the seventh fastest in CU's overall history. The second fastest time is 2:15.39, which she ran at the 2009 meet. During the outdoor season (heptathlon), Beemer took six of the top nine marks. She set the record (2:13.20) in Tucson, Ariz. on April 2, 2010.

2010: *Indoor:* Beemer continues to impress in the com-

binated events area, as well as single events. She recorded her best overall pentathlon performance with 3,635 points at the New Mexico Classic (2/5). The total made her the fifth-best performer in the event. Beemer recorded four personal records at the meet. She ran the 60-meter hurdles in 9.21, reached a height of 5-05.25 in the high jump, threw the shot put 33-04.50 and jumped 17-00 in the long jump. Beemer had also been working on her short distances and ran the fastest 400-meter time (56.92) for CU in eight years after placing fourth in the finals of the event at the Air Force Invite (2/13). Two weeks later at the Big 12 Championship, Beemer earned two All-Big 12 honors. Her first came after she placed seventh overall in the pentathlon (3,611). Beemer had a strong performance in the final event, the 800-meter run, as she set the CU pentathlon 800 record with a time of 2:13.99. The mark is the seventh fastest ever in CU overall history and made her the sixth fastest performer in the event. The second honor came after she helped the distance medley relay team to a fifth-place finish with the second-fastest time in school history at 11:34.32.

Outdoor: Beemer continued to impress in the combined events, recording the top three scores by a Buff in 2010. She placed third overall with 4,540 points at the Glenn Morris Combined Events meet (4/22-23) and recorded a PR of 26.24 in the 200. Beemer earned another All-Big 12 honor as she placed seventh overall in the heptathlon at the conference meet with a season-high total of 4,680 points, the best by a Buff in 2010. She recorded a PR in the high jump (5-4.25) and notched a season-best throw of 30-03.75 in the shot put. Beemer also won the 800-meter run part of the heptathlon with a time of 2:13.20, a PR and the best time ever run by a CU heptathlete. After the conference meet, Beemer advanced to the NCAA West Preliminaries in the 400-hurdles due to her time of 1:00.96, a personal record she clocked at the Fum McGraw Open (5/8). In the prelims, Beemer finished the race in 1:01.60 to finish 37th overall.

2009: *Indoor:* Beemer competed in three pentathlons during the indoor season and her best performance came at the Air Force Duals where she finished third overall with a score of 3,209. Beemer recorded personal record in the 60-meter hurdles (9.44 seconds) and shot put (29 feet, 2 inches). She had a good showing for CU at the indoor conference championship in the pentathlon. Beemer took 12th, but finished strong in the final event, the 800, after running a time of 2:15.39, which is the best ever by a combined events athlete. She surpassed a time of 2:17.00 that had been run by Pam Owen (2/26/93) at the Big Eight Championship in Ames, Iowa. Beemer also ran times of 2:19.20 and 2:21.13 that are third and fourth on the list.

Outdoor: Beemer shone in the heptathlon as well as the 400-meter hurdles. At the Big 12 Championship, she earned her first letter for the Buffs by taking eighth in the 400-meter hurdles (63.79). Beemer just missed scoring in the heptathlon at the meet with 4,415 points for 10th place. She recorded PRs in the 100 hurdles (15.43) and 200 (26.31). Beemer qualified for the USA Junior Championships and bettered her PR by 292 points. She scored 4,707 points and placed sixth overall with five personal records in the high jump (5-03.00), shot put (31-04), long jump (16-10.50), javelin (99-10) and 800 (2:14.81). Beemer's time in the 800 was just .01 seconds shy the combined events record of 2:14.80. She owns three of the top six marks all-time.

HIGH SCHOOL: Beemer earned 12 letters at MVHS as a member of the cross country, track & field and basketball teams. Her 2004 cross country team won the state 4A

championship. Beemer was also a part of the 4x800-meter relay which won the 2005 state championship (she was the anchor leg), as well as a part of the 2008 state championship sprint medley relay team. Beemer earned seven all-state honors (three in cross country and four in track) and eight all-conference honors. She owns school records in the 400-meter dash (59.13), 800-m (2:16), 1600-m (5:18.39), 300-hurdles (44.61) and the 4x400 (59.13), 4x800 (1:48.25) and sprint medley relay (9:37.76) teams. Beemer won the 2008 Student Athlete Milk Mustache Scholarship, was named the MVHS Female Athlete of the Year, the Reporter-Herald Female Athlete of the Year and was also one of six finalists for the Steinmark Award.

HIGH SCHOOL BESTS: High Jump: 5-03; Pentathlon: 2,992; Heptathlon: 4,252.

ACADEMICS: Beemer is majoring in finance and owns a GPA better than a 3.00. She is a member of the Big 12 Commissioner's Honor Roll and was named to the Academic All-Big 12 Second Team in 2010.

PERSONAL: Beemer was born on April 26, 1990 in Poway, Calif. Her parents are Jeff and Teresa Beemer of Loveland, Colo. Teresa played softball at Colorado State. She has an older sister, Oriana, and a younger brother, Darryl. Beemer's hobbies include oil painting, dancing and knitting. She was an active member of 4-H and has her own flock of Rambouillet Sheep.

COURTNEY BOUCHET



Distance
Sophomore, VR
Estes Park, Colo.
(Estes Park)

PERSONAL BESTS

OUTDOOR
800-Meters: 2:26.26 (2010)
1,500-Meters: 5:05.36 (2010)

2010: *Indoor:* Did not compete.

Outdoor: Bouchet competed in the 800 and 1,500-meter runs. She ran a season-best 2:26.26 at the Front Range Classic (5/1) in the 800 for eighth place. Her best time in the 1,500 was 5:05.36 which she ran at the Fum McGraw meet (5/18).

CROSS COUNTRY: (2010) Bouchet ran at the Fort Hays State Open and placed 12th overall.

HIGH SCHOOL: Bouchet was a member of the EPHS cross country and track & field teams. She was named the track & field MVP her freshman, sophomore and junior seasons. Bouchet was an all-conference first team selection all four years. She was a member of the 4x800-meter relay team that placed fourth at the state championship in 2009.

HIGH SCHOOL BESTS: 5,000-Meters: 19:47.

ACADEMICS: Bouchet intends to major in molecular, cellular and developmental biology. She owns a GPA greater than 3.00. Bouchet was a member of the honor roll in high school as well as an academic all-state honoree.

PERSONAL: Courtney Anne Bouchet was born on May 28, 1991 in Boulder, Colo. She is the daughter of Neal and Linda Bouchet of Westminster, Colo. She has one brother, Chris. Bouchet enjoys playing billiards, playing sports and watching her favorite television shows, Friends and Scrubs.

MEGAN BURRELL



Distance
Senior/Junior, VR/VR
Colorado Springs,
Colo.
(Coronado)

PERSONAL BESTS

INDOOR
Mile: 5:05.96 (2008)
3,000-Meters: 10:48.28 (2010)
OUTDOOR
800-Meters: 2:28.95 (2009)
1,500-Meters: 4:52.31 (2010)
3,000-Meters: 10:42.62 (2010)

2010: *Indoor:* Burrell ran in three indoor races, competing in the mile and 3,000-meter run. She clocked a third place finish in the mile at the Air Force Invite (2/13) with a time of 5:19.22. Burrell raced the 3k once at the Don Barrett Duals. She placed sixth with a mark of 10:48.28.

Outdoor: Burrell ran a pair of personal bests in the 1,500 and 3,000-meter runs. She ran the 3k in 10:42.62 at the CU Invite (4/10). Burrell took third in the 1,500 at the Jack Christiansen Invite (4/24). She finished in 4:52.31.

2009: *Indoor:* Did not compete.

Outdoor: Burrell ran in three races during the outdoor season. She started the season running the 800-meter run at the CU Invite (4/11). She finished in 2:28.95 and took 16th overall. Burrell's final two races were in the 1,500. She raced a season-best at the Front Range Classic (5/2) with a time of 4:55.02 and took seventh.

2008: *Indoor:* Burrell only competed in three races during the indoor season. She ran a time of 5:05.96 in the mile at the Big 12 Championship and placed 12th overall. Burrell also ran a pair of 3,000-meter runs. She took first at the Air Force Open (11:02.82) and was third at the Don Barrett Open (10:48.77).

Outdoor: Did not compete.

CROSS COUNTRY: (2010) Burrell raced twice for CU. She took 22nd at the Rocky Mountain Shootout and was 50th in the open section at the NCAA Pre-National Invitational. (2009) Burrell raced in a CU uniform for the first time at the 2009 Rocky Mountain Shootout. She finished 51st and was the seventh Buff to finish.

HIGH SCHOOL: Burrell is a four-time letter winner in track and three-time in cross country at Coronado High School in Colorado Springs. She owns the school record in the 1,600-meter run at 5:07, set in 2007. During her senior season, she took 10th in the state cross country meet and was fifth in the 1,600 and ninth in the 3,200. Burrell was a Gazette First Team selection for cross country and second team for track as a senior. She was the 2006-07 CHS Athlete of the Year. Burrell was also a standout in soccer at CHS. She earned four letters and was named to the 5A State soccer team as a freshman.

HIGH SCHOOL BESTS: 800-Meters: 2:20; 1,600-Meter: 5:07; 3,200-Meters: 11:22.

ACADEMICS: Burrell is an integrative physiology major and would like to pursue a career in sports medicine. Burrell is a member of the Big 12 Commissioner's honor roll and owns a GPA of 3.36. She was named to the Academic All-Big 12 First Team in 2010. Burrell was a member of the National Honor Society in high school.

PERSONAL: Born on January 4, 1989 in Colorado Springs, Colo., Megan Burrell is the middle child of Greg, who ran

cross country and track at Idaho State, and Cheryl Burrell. Her older brother Ian ran at the University of Georgia and her younger sister Kaitlin attends middle school. Burrell enjoys backpacking and climbing 14,000-foot peaks in Colorado.

LAURISA CANINI



Jumps
Sophomore, VR
Colorado Springs,
Colo.
(Lewis Palmer)

PERSONAL BESTS

INDOOR
High Jump: 5-5 (2010)
OUTDOOR
High Jump: 5-6 (2010)

2010: *Indoor:* Canini competed at five meets during the indoor campaign, recording two first-place finishes. She tied for first at the Potts Invite (1/23) with a jump of 5-02.25. Canini's other win was her last of the season, reaching a height and season-best of 5-05 at the Colorado School of Mines Twilight Meet (2/19).

Outdoor: Canini added the long jump to her repertoire during the outdoor season. She earned her season-best in the high jump at the CSU-Pueblo Invite (4/17); placing second with a jump of 5-06. At the Big 12 Championship, she tied for 11th after jumping 5-05. Canini earned her best mark of the season in the long jump with a leap of 16-03.75 at the Jack Christiansen Invite. She was seventh overall.

HIGH SCHOOL: Canini placed sixth at the state meet her senior year in the high jump. In 2005, she placed eighth at nationals.

IN THE CLASSROOM: Canini is an open major at Colorado. She was a member of the National Honor Society and was an academic honorable mention in high school. Canini has a GPA greater than 3.0 and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Laurisa Arielle Canini was born on February 7, 1991 in Laurel, Maryland. She is the daughter of Laura Canini of Colorado Springs, Colo. Canini has two siblings, Julian Canini and Gabe Lee. She enjoys reading, hiking, swimming and woodworking.

EMMA COBURN



**Middle Distance/
Steeplechase**
Junior, 1L/2L
Crested Butte, Colo.
(Crested Butte)

PERSONAL BESTS

INDOOR

800-Meters: 2:19.98 (2009)
1,000-Meters: 2:52.43 (2009)
Miles: 4:42.56 (2010)

3,000-Meters: 9:48.89 (2009)

OUTDOOR

800-Meters: 2:09.81 (2010)
1,500-Meters: 4:21.37 (2010)
Steeplechase: 9:51.86 (2010)

BIG 12 SCORING

2009 (O) Steeplechase, 4th (10:33.49)
2010 (I) Mile, 6th (4:43.87)
2010 (I) Distance Medley Relay, 5th (11:34.32)
2010 (O) 800-Meter Run, 6th (2:12.44)
2010 (O) Steeplechase, 1st (9:56.53, meet record)

NCAA CHAMPIONSHIP SCORING

2010 (O) Steeplechase, 2nd (9:51.86)

HONORS

Five-time All-Big 12 honoree
2010 Big 12 Steeplechase Champion
2010 All-American (Steeplechase, 2nd)
CU Co-Female Athlete of the Year (2010)
USA Junior Steeplechase record holder
(10:06.21, 2009)
CU Athlete of the Week (March 9, April 22 and
May 3, 2010)
Big 12 Athlete of the Week (April 20)

CAREER UPDATE: Coburn is already leaving her mark on the CU record book. She currently is the seventh best performer at CU in the indoor 1,000-meter run (2:52.43) and the mile (4:42.56). She was a member of the fourth best distance medley relay team (11:34.32). On the outdoor track, she is the fourth fastest in the 800 (2:09.81), seventh in the 1,500 (4:21.37) and second in the steeplechase (9:51.86). Coburn became just the second Buff to run a sub-10 minute steeplechase when she debuted during the 2010 season at the Mt. SAC Relays. There Coburn ran 9:56.29. She finished the season with a time of 9:51.86 and a second-place finish at NCAAs.

2010: Indoor: Coburn concentrated on the mile during her sophomore indoor campaign, dropping her personal best by more than 10 seconds from 4:53.27 to 4:42.56. She ran the 10th and 15th fastest times ever at CU, including her PR of 4:42.56 at the UW Final Qualifier (3/2). Coburn ran a time of 4:43.87 in the finals of the mile at the Big 12 meet and recorded a sixth-place finish. She also helped the Buffs to a fifth-place finish in the distance medley relay. The team (Katie Cumming, Elizabeth Tremblay, Brienne Beemer and Coburn) ran a time of 11:34.32, the fourth fastest ever at CU.

Outdoor: Coburn continued to lead the Buffs during the outdoor season. She started the season by running the 800 at the CU Invite (4/10). Coburn finished first and in the process became the seventh fastest CU female in the event. She followed up that performance when she debuted in the steeplechase at the prestigious Mt. SAC Relays (4/16). Coburn clocked the then-fastest time in the world at 9:56.29 to win the race and become just the sec-

ond Buffalo to finish the race in less than 10 minutes. Her next race was a 1500, where she knocked off six seconds from her pr (4:27.69) when she ran 4:21.37 to finish fifth in the second section to become the seventh fastest performer in the event at Colorado. Coburn was the high points scorer for the Buff once again at the Big 12 Championship when she recorded 13 points. She qualified for the finals in the 800 after running the 12th best time in CU history (2:09.81). Coburn came back in the finals to run 2:12.44 and secure a sixth-place finish. It also made her the fourth fastest performer ever in the event. Just prior to scoring for the Buffs in the 800, Coburn won her first Big 12 title, setting a conference record of 9:56.53. She focused on the steeplechase for nationals and easily made it through the NCAA West Prelims in the event after running the second fastest time (10:08.35). The semis were also a breeze for the sophomore as she finished second overall (9:59.69). Coburn had a strong finish to her season when she placed second in the finals. Penn State's Bridget Franek won the race in 9:38.86, but Coburn crossed the finish in 9:51.86, the 18th fastest time at CU. She had the second fastest time in all of the NCAA Division I for the season and improved on her 2009 season best by 14.35 seconds.

2009: Indoor: Coburn had a great first season on the track for the Buffs. She ran in a pair of events at the Big 12 Indoor Championship and just missed scoring in the 1,000-meter run when she placed ninth with a time of 2:52.43. Coburn was 17th overall in the 3k with a personal best of 9:48.89.

Outdoor: Coburn concentrated on the 3,000-meter steeplechase but did run the 800 and 1,500 as well. She earned her first letter on the track after she placed fourth (10:33.49) at the conference championships. Coburn advanced to the regional meet and placed ninth overall (10:25.82). Due to her personal record at the time (10:06.54 at the Payton Jordan Cardinal Invite), she qualified for the NCAA Championship. Coburn advanced to the finals after running a then-PR of 10:06.21, which doubled as the USA Junior record in the event. She ended up 11th in the finals to cap off her first season for the Buffs.

CROSS COUNTRY: (2010) Coburn stepped into a leadership role her junior year. She started the season by taking second place at the Rocky Mountain Shootout, finishing just one second behind teammate Laura Tremblay. Two weeks later she placed 14th overall at pre-nats. Coburn added to her list of accomplishments after earning all-conference and all-region honors. She placed fifth at the Big 12 Championship and was 11th at the regional meet. Coburn ended the year by taking 53rd overall at nationals. (2009) Coburn continued as part of the varsity roster. She started strong with a third-place finish at the Rocky Mountain Shootout behind teammates Jenny Barringer and Allie McLaughlin. At pre-nats, she was 32nd overall and scored for the Buffs as the No. 5 racer. Coburn once again finished as the fifth scorer for CU at the Big 12 Championships and was 22nd overall. Regionals was the best personal performance for Coburn as she took 16th overall to earn her first all-region honor. At the NCAA championship, Coburn placed 115th. (2008) Coburn made an immediate impact for the Buffs as a freshman, earning a spot on the varsity roster. She took 25th overall and was the No. 6 harrier for CU in her debut at the ISU Open. Coburn followed it up by taking eighth at the Rocky Mountain Shootout. A few weeks later at Pre-Nationals, she was CU's No. 5 (139th). Coburn moved up to the Buffs third racer at the conference (27th) and regional (30th) meets.

HIGH SCHOOL: Coburn was an all-state performer for four years for the Titans; including two fourth place finishes at the state cross country meet in 2006 and 2007. She placed 29th at the 2007 Foot Locker Midwest Championship. On the track Coburn is an eight-time 2A state champion. She owns five CBHS records: 400m (1:02),

800m (2:16), 1,600m (5:11), 3,200m (11:32), the 4x800-meter relay and in the high jump (5 feet, 1 inch). She ran the 2,000-meter steeplechase at Nike Outdoor Nationals. Coburn placed second in 2008 and fourth in 2007 to earn a pair of All-American honors. Her time in 2008 was the fifth fastest time in high school history. Coburn was a member of the basketball and volleyball in high school.

HIGH SCHOOL BESTS: 1,600-Meters: 5:09; 2,000-Meter Steeplechase: 6:42.

ACADEMICS: Coburn is majoring in marketing at Colorado and is a member of the Big 12 Commissioner's Honor Roll. She owns a greater than 3.00 GPA and was named to the Academic All-Big 12 Second Team in 2010.

PERSONAL: Emma Jane Coburn was born on October 19, 1990 in Boulder, Colo. She is the daughter of Bill and Annie Coburn of Crested Butte, Colo. She has three siblings, Willy, Gracie and Joe. Willy and Gracie both attend CU. Coburn has volunteered with Living Journeys Cancer Foundation and the Mountain Adventure Kid's Camp.

KATIE CUMMING



Distance
Junior, 1L/VR
Hudson, Wis.
(Hudson)

PERSONAL BESTS

INDOOR

800-Meters: 2:24.96 (2009)
1,000-Meters: 3:02.03 (2009)
3,000-Meters: 9:37.60 (2010)

OUTDOOR

800-Meters: 2:16 (2007)
1,500-Meters: 4:33.58 (2009)
5,000-Meters: 18:04.57 (2009)

BIG 12 SCORING

2010 (I) Distance Medley Relay, 5th (11:34.32)

2010: Indoor: Cumming ran in three 3,000-meter races during the indoor season, recording a personal-best 9:37.60 at the Husky Classic (2/13). She competed in the 3k at the Big 12 Championship (9:53.98), placing 24th overall. Cumming was also a part of the distance medley relay that placed fifth at the conference meet. She ran the first leg of the race and was followed by Elizabeth Tremblay, Brienne Beemer and Emma Coburn; the team finished in 11:34.32 which was the fourth best time in school history.

Outdoor: Did not compete.

2009: Indoor: Cumming competed at four meets for the Buffs during the indoor season. She ran the 800-meter run twice, placing third overall at the Potts Invite with a season best of 2:24.96. At the Big 12 meet, Cumming was 18th in the 1,000-meter run, finishing in 3:02.03.

Outdoor: The outdoor season saw Cumming running in the 800, but she concentrated mainly on the 1,500 when she went to sea-level races. Cumming played 10th overall at the Oregon Relays (4/24) with a time of 4:33.58. At the Big 12 Championship she was just outside of scoring for CU when she crossed the finish 11th overall (4:40.86). Cumming also raced in the 5k at the conference championship and was 23rd.

CROSS COUNTRY: (2010) Cumming missed the Rocky Mountain Shootout, but made it back to the line-up for the NCAA Pre-National Invitational where she placed 69th. Cumming then raced to a 37th-place finish at the conference championship. She was 27th at the NCAA Mountain Region Championship and ended her season by running a

215th-place finish. (2009) Cumming started the season off well after racing to a ninth-place finish at the Rocky Mountain Shootout. Cumming recorded a top-75 finish at pre-nats when she finished 72nd overall as CU's No. 7 harrier. Cumming improved on her performances as conference and regionals by placing 33rd and 27th, respectively. At her first NCAA Championship, Cumming finished 150th, scoring for CU as the No. 4 runner. (2008) Cumming earned a spot on the varsity roster immediately as a freshman. Her highest finish of the season was at the Rocky Mountain Shootout when she placed 11th overall (CU's No. 6). Cumming took 49th at conference and was 58th at regionals.

HIGH SCHOOL: Cumming earned eight letters in cross country and track & field at Hudson High School. She was an all-conference selection all four years. Cumming owns Hudson High School records in the 3,200-meter run (10:53, June '08), the 4x400-meter relay (4:05.37, June '05) and the 4x800 (9:27.74). Her 3,200m and 4x800 records are also Big Rivers Conference records. HHS won two conference cross country titles, three track conference titles, four regional and three sectionals titles. She lists her biggest moment when the Raiders won the high school track meet in 2007 and three girls won state titles, including Cumming.

HIGH SCHOOL BESTS: 800-Meters: 2:16; 1,600-Meters: 4:58; 3,200-Meters: 10:53.3.

ACADEMICS: Cumming is majoring in philosophy and owns a 3.44 GPA. She is a member of the Big 12 Commissioner's Honor Roll. Cumming was named to the Academic All-Big 12 First Team in 2010. She was a member of the honor roll in high school and a Wisconsin Academic All-State selection all four years. She was named the Wisconsin Intercollegiate Athletic Association Scholar Athlete as a senior.

PERSONAL: Catherine Mackenzie Cumming was born on May 20, 1990 in Hudson, Wis. Her parents are Robert Cumming and Ann Blide of Hudson, Wis. She has one younger brother, Jacob. Cumming's hobbies include skiing, boating, reading, gardening, fishing, hiking and scuba diving. She has volunteered with Stuff-A-Truck food drives, Adaptive Floor Hockey and the American Cancer Society.

SYDNEY DAVIS



Sprints
Sophomore, VR
Red Oak, Texas
(Skyline)

PERSONAL BESTS

INDOOR

60-Meters: 8.10 (2010)
200-Meters: 27.08 (2010)
400-Meters: 60.72 (2010)

OUTDOOR

200-Meters: 27.00 (2010)

2010: *Indoor:* Davis competed in the 60, 200 and 400-meter dashes. She was second in the 60 (8.10) and fourth in the 200 (27.08) at the Potts Invite (1/23). She also recorded a season-best in the 400 at the ISU Classic with a time of 60.72.

Outdoor: Davis ran in a pair of 200-meter races in the outdoor campaign. Her best time of the season was 27.00 at the CU Invite (4/11).

HIGH SCHOOL: Davis earned three letters as a member of the Skyline High School track team. She was a part of the Texas 5A State Champion 4x400-meter relay team in 2008 and the 4x200 relay team in 2009. Davis was also recruited by TCU, North Texas and Sam Houston State.

IN THE CLASSROOM: Davis is majoring in psychology. She graduated from high school with honors.

PERSONAL: Sydney Lynn Davis was born in Dallas, Texas. She is the daughter of Carver, who played football at Northeastern State, and Andrea Davis. She has one brother, Carver, and one sister, Lauren. Davis enjoys horseback riding and hanging out with her friends. One summer she volunteered with a summer church camp called Project Turnaround. Davis also helped out at a horse therapy camp for mentally challenged people.

KATHARINE DREHER



Combined Events/Jumps
Junior, VR
Salida, Colo.
(Salida)

PERSONAL BESTS

INDOOR

Pentathlon: 3,347 (2010)
60-Meter Hurdles: 9.34 (2010)
High Jump: 5-3 (2010)
Shot Put: 31-01.75 (2010)
Long Jump: 17-08.25 (2009)
800-Meters: 2:19.6H (2010)
Triple Jump: 38-02.75 (2009)

OUTDOOR

Heptathlon: 4,515 (2010)
100-Meter Hurdles: 15.31 (2010)
High Jump: 5-01.75 (2009)
Shot Put: 30-07.75 (2009)
200-Meters: 26.17 (2010)
Long Jump: 17-01.50 (2010)
Javelin: 104-02 (2010)
800-Meters: 2:20.14 (2010)
Triple Jump: 38-5

2010: *Indoor:* Dreher recorded the fifth best pentathlon score for a Buff in 2010 after recording 3,347 at the Potts Indoor Invite (1/22). She was 12th overall at the Big 12 Championship with 3,264 points. Her best event was the 800-meter run and she finished second overall with a time of 2:19.6h. Dreher was the best horizontal jumper on the team, leading CU in the long and triple jumps. She recorded a fourth-place finish in the long jump at the Air Force All-Corners Meet (1/15), leaping 17-03.50. Most impressively, Dreher became the fourth best performer in the triple jump after recording a jump of 37-11.50 at the Air Force Invite (2/13). It was the 20th best jump in CU history.

Outdoor: Dreher continued to improve during the outdoor campaign. She completed the fourth best heptathlon by a Buff in 2010 at the Jim Glick Combined Events meet (4/2) with 4,515 points and placed ninth overall. Dreher recorded four personal records in the meet. She jumped 5-01.75 in the high jump, 17-01.50 in the long jump, threw the javelin 104-02 and ran 2:20.14 in the 800-meter run. Dreher became the ninth-best performer in CU history in the triple jump after recording a PR of 37-02.25, the best jump for a CU athlete in 2010. Dreher competed at the Big

12 meet and placed 11th in the heptathlon (4,445 points) and earned a PR of 28-08.25 in the shot put. She was also 15th in the triple jump (35-05.75).

2009: *Indoor:* Dreher's freshman campaign saw her competing in the pentathlon during the indoor season. She recorded a season best 3,023 points at the Big 12 Championship in the pentathlon, finishing 13th. Dreher recorded PRs in the high jump (4-11.75), shot put (25-06.25) and the 800-meter run (2:23.86) en route to the finish. Her 800 time also ranks eight in combined events history at CU. She also competed in the long jump (aside from in the pentathlon) at the conference meet and placed 18th overall with a jump of 17-00.50.

Outdoor: The outdoor season saw Dreher record a then-PR in the heptathlon at the CSU-Northridge Spring Break Open when she placed third with 4,328 points. She had season bests in five events: shot put (30-07.75), long jump (16-07.25), javelin (102-11) and 800 (2:22.07). Dreher also qualified for the USA Junior Championships and was 11th overall with 4,282 points.

HIGH SCHOOL: Dreher was a two-time state champion in the triple jump (3A) her junior and senior seasons. As a freshman, she earned a fourth place finish and moved up to third her sophomore season before capturing her two titles. Dreher also took third in the 400-meter dash as a senior and qualified for the state cross country championship. She was named the SHS Spartan Fighting Heart Trophy/Scholarship for the best senior athlete and was named the Spartans' female athlete of the year as well as earning the Presidential Academic Fitness Award, U.S. Marine Corps Distinguished Athlete Award, Outstanding Art Achievement Award and the Salida High School Track Leadership Award. As a sophomore, Dreher placed second in the 4x400m relay, fifth in the 800 medley relay and seventh in the 4x200 relay. Her freshman year she was as member of the 4x400 relay which placed seventh.

HIGH SCHOOL BESTS: Triple Jump: 38-05.

ACADEMICS: Dreher is majoring in Spanish at Colorado. She carries a GPA greater than 3.0 and is a member of the Big 12 Commissioner's Honor Roll. Dreher was named to the Academic All-Big 12 Second Team in 2010.

PERSONAL: Katharine Perkins Dreher was born on August 10, 1990 in Red Lake, Ontario, Canada and is the daughter of Steven and Sarah Dreher. She enjoys traveling and has been to seven different countries. Dreher was named the 2007 SHS Homecoming Queen. She also plays the bassoon and piano, both of which she has received many honors and awards for playing.

STACI FOSTER



Distance
Sophomore/Freshman,
VR/RS
Anaheim Hills, Calif.
(Orange Lutheran)

PERSONAL BESTS

INDOOR

Mile: 5:19.31 (2010)

OUTDOOR

800-Meters: 2:17 (2009)
1,600-Meters: 4:49 (2009)
3,200-Meters: 10:37 (2009)

2010: *Indoor:* Foster ran a pair of mile runs at the Air Force Academy in her first season. She clocked a season-best time of 5:19.31 to place third at the Don Barrett Duals

(1/30). Foster finished sixth at the Air Force Invite (2/13) with a time of 5:38.15.

Outdoor: Did not compete.

CROSS COUNTRY: (2010) Foster ran in a pair of races for the Buffs. She recorded a 28th-place finish at the Rocky Mountain Shootout and then placed 85th overall at the NCAA Pre-National Invitational.

HIGH SCHOOL: Foster owns the Lancer's record in the 1,600-meter run (4:49) and the 3,200 (10:37) and is a member of the school record relay 4x400, 4x800, 4x1600 and DMR teams. Foster had an outstanding senior season. She also owns four OLHS cross country course records (Mt. Sac – 17:56, state – 18:10, Orange County – 17:32, league – 18:04). She was named the OLHS and Trinity League Athlete of the Year as well as the league's athlete of the year for cross country and track. Foster was all-state in cross country and track and won the CIF, Orange County and Trinity League 1600 as well as the Trinity League 3200. She finished sixth in the 5k open division at Nike Nationals. As a junior, she was All-Trinity League (cross country, 1,600) and All-CIF SS and all-state in cross country. Foster was named the Trinity League MVP and earned the Outstanding Sophomore Award (cross country) her sophomore year. She was the Trinity League Champion in the 800, 1,600, 3,200 and 4x400 meter relay.

HIGH SCHOOL BESTS: 800-Meters: 2:17; 1,600-Meters: 4:49; 3,200-Meters: 10:37.

IN THE CLASSROOM: Foster is majoring in psychology.

PERSONAL: Staci Foster was born on August 12, 1991 in Anaheim, Calif. She is the daughter of Greg and Sherri Foster of Anaheim Hills, Calif. Foster has one younger brother, Cody. Her grandfather, Norman Gray, played baseball and basketball at Cal Tech as well as baseball at the U.S. Naval Academy. She lists scrapbooking and wakeboarding as her hobbies.

ALYSSA FRANK



Combined Events/Jumps
Junior, VR
Union, Ky.
(Larry A. Ryle)

PERSONAL BESTS

INDOOR

Pentathlon: 3,468 (2010)
60-Meter Hurdles: 9.36 (2010)
High Jump: 5-07 (2009)
Shot Put: 33-01 (2010)
Long Jump: 17-07.25 (2010)
800-Meters: 2:31.0h (2010)
60-Meters: 8.73 (2010)
400-Meters: 1:04.29 (2009)
OUTDOOR
Heptathlon: 4,510 (2010)
100-Meter Hurdles: 15.7 (2010)
High Jump: 5-06.50 (2009)
Shot Put: 34-04.75 (2010)
200-Meters: 27.47 (2009)
Long Jump: 17-07.75 (2009)
Javelin: 105-08 (2010)
800-Meters: 2:32.69 (2009)

2010: *Indoor:* Frank competed in three pentathlons during the indoor season. She recorded a personal record 3,468

points at the New Mexico Classic (2/5), the third best total in 2010 for a Buff. She had four PRs at the meet in the 60-hurdles (9.36), high jump (5-7), shot put (33-01) and long jump (16-10). Frank's PR in the high jump was 10th best jump in combined events history and tied her for eighth on the CU all-time performers list. Frank participated in the high jump and pentathlon for the Buffs at the conference championship. She was 10th in the pentathlon (3,344) and tied for 14th in the high jump (5-03.25).

Outdoor: Frank participated in two heptathlons as a sophomore and recorded a personal best 4,510 points at the Big 12 Championship, placing 10th overall. She tallied personal bests in the 100-hurdles (15.68), high jump (5-06.50), shot put (34-04.75), 200 (27.62) and 800 (2:32.80). Once again Frank's mark in the high jump moved her into the CU record book. She tied for the 10th best jump in combined events history and the height made her the ninth best performer in Buffs' history.

2009: *Indoor:* Frank only competed in one pentathlon during her freshman campaign but recorded 3,155 points for third place at the Potts Invite (1/23). Frank mainly focused on the high jump. Her best finish came at the Air Force Duals when she passed a height of 5-7 and took third.

Outdoor: Frank competed in three heptathlons during the second half of her season. It all came together for her at the Big 12 Championship when she placed 11th with 4,283 points and earned PRs in four events (100-meter hurdles, high jump, shot put and 200). Frank tied for first in the high jump (in the heptathlon) with a jump of 5-06.50. She qualified for the USA Junior Championships in the pentathlon and notched 3,996 points, with a PR in 2:32.69.

HIGH SCHOOL: Frank was a three-year letterwinner on the Larry A. Ryle High School track and field team. She was named to Kentucky's First Team for Track and Field and the LARHS Most Valuable Player for track and field twice. Frank was named the Northern Kentucky Female Athlete of the Year and the 2007-08 LARHS Female Athlete of the Year. She owns school records in the long jump (17-07.25), triple jump (36-11.25) and 100-meter hurdles (15.75). Frank won the state championship in the triple jump and was second in the high jump and 100m hurdles as a senior. She also placed third in the long jump that season. As a junior, she earned a pair of runner-up finishes in the high and triple jumps and was also second in the high jump as a sophomore.

HIGH SCHOOL BESTS: Long Jump: 17-02.25; Triple Jump: 36-11.25; High Jump: 5-4.5; 100-Meter Hurdles: 15.75; 300-Meter Hurdles: 48.84.

ACADEMICS: Frank is a mechanical engineering major and has earned a 3.675 GPA as well as a spot on the Big 12 Commissioner's Honor Roll. She was named to the Academic All-Big 12 First Team in 2010. Frank was a member of the honor roll in high school and graduated in the top 10 percent of her class. Frank was a member of the National, Math and Hispanic Honor Societies.

PERSONAL: Alyssa Ann Frank was born on February 4, 1990 in Kalamazoo, Mich. to Timothy and Dorothy Frank. Timothy competed in track and field at South Dakota School of Mines. She has one older sibling, Jaime. Frank lists golfing, dancing, bowling and skiing as her hobbies.

DIANA GEORGE



Distance
Freshman, RS
Livermore, Calif.
(Livermore)

PERSONAL BESTS

800-Meters: 2:15.09 (2008)
1,600-Meters: 4:52 (2007)
3,200-Meters: 10:35 (2007)

2010: Redshirt. Did not compete.

HIGH SCHOOL: George was honored with the Contra Coast Times All-Times Capsule Award her sophomore through senior seasons at LHS. The nine-time East Bay Area League Champion won the 800-meter run twice (junior and senior), the 1,600 all four years and the 3,200 her sophomore through senior campaigns. George took first place at the North Coast Section Meet of Champions in both the 1,600 and 3,200 (10th and 11th grades) and was second in the 1,600 and third in the 800 as a senior. She qualified for the state track meet six times from 10th to 12th grade. Her highest finish at the CIF State Championships was as a sophomore when she was fifth in the 3,200 and also took ninth in the 1,600. As a junior and senior she finished seventh in the 1,600 and ninth in the 3,200. George was a 10-time all-league honoree in her high school career and was named the EBAL Athlete of the Meet as a junior after winning the 800, 1,600 and 3,200.

HIGH SCHOOL BESTS: 800-Meters: 2:15.09; 1,600-Meters: 4:52; 3,200-Meters: 10:35.

CROSS COUNTRY: (2010) George ran in three varsity meets for the Buffs. She started the year by taking 62nd at the Rocky Mountain Shootout. George was the 10th competitor to cross the finish in the open section of the NCAA Pre-National Invitational. Her final race of the season was the Big 12 Championship where she placed 55th overall. (2009) Did not compete.

IN THE CLASSROOM: George is majoring in mechanical engineering and is also interested in biomechanical engineering. George owns an impressive 3.910 GPA and is a member of the Big 12 Commissioner's Honor Roll. She received the Sandia Women's Committee Award in Mathematics as a junior in high school and was a constant on the Principal's Honor Roll her freshman through senior years.

PERSONAL: Diana Marie George was born on February 7, 1991 in Livermore, Calif. She is the daughter of Edward and Susan George. She also has one older brother, Christopher. George enjoys jigsaw puzzles and has volunteered with the Interact Club. George earned the Livermore High School Musical Achievement Award.

JENNIFER GRUVER



Sprints
Sophomore, VR
Loveland, Colo.
(Thompson Valley)

PERSONAL BESTS

INDOOR

60-Meters: 8.35 (2010)
 200-Meters: 26.89 (2010)

OUTDOOR

100-Meters: 12.97 (2010)
 200-Meters: 26.27 (2010)
 400-Meters: 1:10.55 (2010)

2010: *Indoor:* Gruver competed in the 60 and 200-meter dashes during her first indoor campaign. She ran her best time of the season in the 60 at the AFA All-Comers meet (1/15) when she clocked a time of 8.35. Gruver PR'd in the 200 at the Air Force Invite when she finished in 26.89.

Outdoor: Gruver ran the 100, 200 and 400-meter dashes during the outdoor season. She clocked personal bests in the 100 and 200 at the CU Invite (4/11). Gruver ran 12.97 in the 100 to place ninth and recorded a mark of 26.27 in the 200 for 11th overall.

HIGH SCHOOL: Gruver earned one letter at TVHS on the track and field team. She was honored with the Ron Denning Spirit Award for participating in track and qualifying for nationals her senior year.

IN THE CLASSROOM: Gruver is majoring in anthropology. She was the recipient of the Jack Knight Leadership award at TVHS.

PERSONAL: Jennifer Gruver was born on October 8, 1989, at Beale Air Force Base in Calif. She is the daughter of Jeffrey and Linda Gruver of Loveland, Colo., and has one sister, Taylor. Gruver lists sailing, figure skating, riding horses, camping, hiking and snowboarding as her hobbies.

EMILY HANENBURG



Distance
Senior, VR/1L
Colorado Springs, Colo.
(The Classical Academy)

PERSONAL BESTS

INDOOR

800-Meters: 2:17 (2008)
 Mile: 5:01.50 (2009)
 3,000-Meters: 9:56.21 (2010)

OUTDOOR

800-Meters: 2:19.41 (2008)
 1,500-Meters: 4:39.67 (2008)
 5,000-Meters: 17:27.19 (2009)
 Steeplechase: 10:49.54 (2009)

BIG 12 SCORING

2009 (0) Steeplechase, 6th (10:52.16)

2010: *Indoor:* Hanenburg ran three 3,000-meter runs during the indoor season. She took third overall at the Don Barrett Duals (1/30) with a time of 10:37.24, her first race of the season. Hanenburg PR'd two weeks later at the

Husky Classic (2/13), running a time of 9:56.21. She raced at the Big 12 Championship (3k) and finished in 10:03.24.

Outdoor: The steeplechase remained Hanenburg's main event outside as she raced it twice. She was second at the Fum McGraw meet (5/8), running it in 11:08.70. Hanenburg just missed scoring at the Big 12 Championship as she was 10th overall with her season's best time of 10:57.37.

2009: *Indoor:* Hanenburg started the indoor season with a second-place finish in the 800-meter run at the Potts Invite (2:22.73). She ran the mile twice in Seattle with her best finish at the UW Invite (9th/5:01.50). At the Big 12 Championship, Hanenburg was 22nd in the 3,000-meter run (9:59.63).

Outdoor: The outdoor season focused mainly on the steeplechase for Hanenburg and it paid off as she scored for the Buffs at the conference championship with a sixth-place finish (10:52.16) behind teammates Jenny Barringer and Emma Coburn. She qualified for the regional meet and finished 16th overall.

2008: *Indoor:* Hanenburg raced to a fourth place finish in the 800 at the Don Barrett Open (2:22.98) during the indoor season. She recorded a personal best in the mile at the Husky Classic (5:04.81).

Outdoor: During the outdoor season, Hanenburg ran the 800 and 1,500-meter runs. She recorded PR's in both. Her PR of 2:19.41 came at the CU Invite and she took fourth overall. Hanenburg clocked a time of 4:39.67 in the 1,500 at the Mt. Sac Relays. Hanenburg ran the 1,500 and the 5k at the outdoor conference meet and took 12th in each.

2007: Redshirt. Did not compete.

CROSS COUNTRY: Hanenburg quickly earned a spot on the varsity roster in 2006. She competed in four races as a Buff, the Rocky Mountain Shootout, Pre-Nats, Big 12 and NCAA's. Hanenburg earned her best finish of the season at the shootout, coming in 30th overall. Hanenburg came close to scoring at NCAA's as CU's sixth harrier. She placed 214th overall. In 2007, Hanenburg competed in three races for the Buffs. She was the top finisher for CU at the Air Force Invite, placing fourth overall. Hanenburg also took 62nd overall in the pre-nats open race. In 2008, Hanenburg returned to the varsity line-up and became one of the team leaders. She led CU in a pair of races; the Rocky Mountain Shootout and the Big 12 Championship. Hanenburg placed fifth overall at the RMS and was 22nd at conference. She was the second harrier to cross the finish at regionals for the Buffs; taking 22nd overall. Hanenburg's final season (2009) started strong as she finished fifth overall at the Rocky Mountain Shootout. At pre-nationals, she helped the Buffs to an impressive win and placed 54th overall. At the Big 12 Championship, Hanenburg was 29th overall and improved to the No. 6 position on the team. At regionals, she improved to 28th place. She finished her career with CU with a 217th-place finish at nationals.

HIGH SCHOOL BESTS: 800-Meters: 2:14.77; 1,600-Meters: 5:08.03.

HIGH SCHOOL: A four-time MVP at The Classical Academy, Hanenburg helped her team to three straight 3A Colorado State and Tri-Peaks League Championships from 2003-05. Hanenburg's cross country team also won the regional championship her freshman through senior years. Hanenburg was the runner up at the 2005 state championship and was the regional champion her sophomore through senior seasons. The 2005 Gazette Area Cross Country Runner of the Year was also a four-time member of the Gazette First Team All-Area. Hanenburg was named to the TPL First Team four times and was the league's champion and Female Runner of the Year during her senior season. Hanenburg also served as the captain her senior year and finished 39th at the Foot Locker Regional in 2005. Hanenburg was an honorable mention all-state selection as a junior, otherwise, as a freshman, sophomore and senior, she was all-state.

ACADEMICS: Hanenburg is majoring in studio art at Colorado. She owns an impressive 3.903 cumulative GPA. Hanenburg is a member of the Dean's List and the Big 12 Commissioner's Honor Roll and has also been named to the Academic All-Big 12 First team three times (2008, 2009, 2010). She would like to be an elementary art teacher or a graphic artist. Hanenburg was academic All-State as a junior and senior and was also a member of the National Honor Society in high school.

PERSONAL: Emily Anne Hanenburg was born on April 12, 1988. Her parents are Barry and Anita Hanenburg of Colorado Springs. She has two younger siblings, Kaitlin and Benjamin. Barry, Kaitlin and Benjamin will often ride their unicycles with Emily when she goes on her runs. She lists art, basketball, ultimate frisbee, hiking, scrapbooking and reading as her hobbies. Hanenburg taught Sunday school while she was in high school and has also volunteered at the children's literacy center. Her aunt Donna Hanenburg ran cross country at Calvin College.

LARA HEIGIS



Distance
Senior, TR
Sparta, N.J.
(Pope John XXIII Regional)

PERSONAL BESTS

800 Meters: 2:13 (2007)
 1,600 Meters: 5:01 (2007)
 3,200 Meters: 10:40 (2007)

BROWN UNIVERSITY: Heigis was a member of the 2008 All-Ivy Conference Cross Country second team. She competed one season for BU.

HIGH SCHOOL: Heigis was the 3,200-meter Parochial A State Champion. She earned four letters as a member of the track & field team and four as a member of the cross country team. Heigis was a five-time All-American at Nike Indoor and Outdoor Nationals in the distance medley relay (one), 4x800-meter relay (three) and 4x1,600-meter relay (one).

HIGH SCHOOL BESTS: 800 Meters: 2:13; 1,600 Meters: 5:01; 3,200 Meters: 10:40.

IN THE CLASSROOM: Heigis is majoring in Spanish, literature and secondary education.

PERSONAL: Lara Fae Heigis was born on Oct. 5, 1988 in Denville, N.J. She is the daughter of James and Lee Heigis of Walpack, N.J. and has one younger sister, Jenny. Heigis enjoys painting, yoga and snowboarding.

LINDSEY HUBBARD



Sprints
Freshman, HS
Gilcrest, Colo.
(Valley)

PERSONAL BESTS

100 Meters: 12.53 (2008)
 300 Meter Hurdles: 44.51 (2009)

HIGH SCHOOL: Heigis was the 3,200-meter Parochial A

State Champion. She earned four letters as a member of the track & field team and four as a member of the cross country team. Heigis was a five-time All-American at Nike Indoor and Outdoor Nationals in the distance medley relay (one), 4x800-meter relay (three) and 4x1,600-meter relay (one).

HIGH SCHOOL BESTS: 800 Meters: 2:13; 1,600 Meters: 5:01; 3,200 Meters: 10:40.

IN THE CLASSROOM: Heigis is majoring in Spanish, literature and secondary education.

PERSONAL: Lindsey Ann Hubbard was born on February 23, 1992 in Greeley, Colo. She is the daughter of Mike and Lee Hubbard. Hubbard enjoys playing the piano, reading and traveling.

EMILY HUNSUCKER



Throws
Sophomore, VR
Arvada, Colo.
(Pomona)

PERSONAL BESTS

INDOOR

Shot Put: 41-05 (2010)

Weight Throw: 44-03.25 (2010)

OUTDOOR

Shot Put: 41-05.25 (2010)

Discus: 124-00 (2010)

Hammer Throw: 154-11 (2010)

2010: *Indoor:* Hunsucker has a successful start to her CU career, throwing both the shot put and weight in the winter. She recorded a personal record of 44-03.25 in the weight throw at the Air Force Invite (2/12). It was her best throw by 2.5 feet as her next best one was 41-07.75. Hunsucker competed in the shot put at six different meets. She had the sixth best throw of the season for a Buff with a toss of 41-05. Hunsucker recorded that mark twice, first at the Potts Invite (1/23) and then at the New Mexico Classic (2/6). Her throw at the Potts Invite was her first collegiate win.

Outdoor: Hunsucker competed in the shot put, discus and hammer throws outside. She had two of the top eight throws for CU in the hammer throw. Her PR of 154-11 came at the Big 12 Championship. That throw was the fourth best by a Buff in 2010. Prior to that toss, her previous best had been 151-01, which came at the CSU-Pueblo Invite (4/17). That mark was the sixth best for CU. Hunsucker launched the eighth best throw by a Buff in the discus with her toss of 124-00 at the CU Invite (4/10). She placed 13th overall.

HIGH SCHOOL: Hunsucker owns PHS records in the shot put and the discus throws. She launched a mark of 135-10 in the discus and had a throw of 42-08 in the shot put. Hunsucker placed first at state as a senior in the shot put and was ninth as a junior. In the discus, she recorded a third-place finish as a senior and was fifth as a junior. Hunsucker was all-conference her sophomore through senior years. As a senior, she was named the most outstanding athlete of the year and was the PHS track and field MVP. Hunsucker was named the outstanding freshman athlete of the year and also played volleyball for the Panthers.

HIGH SCHOOL BESTS: Shot put: 42-08; Discus: 135-10.

IN THE CLASSROOM: Hunsucker is majoring in business management. She owns a GPA greater than 3.0 and is a member of the Big 12 Commissioner's Honor Roll.

Hunsucker was named the Outstanding U.S. History Student as a sophomore and her junior year she was named the Outstanding AP World History Student.

PERSONAL: Emily Jean Husucker was born on April 20, 1991 in Blackhawk, Colo. She is the daughter of Todd and Christine Hunsucker of Loveland, Colo. and has one brother, Hayden, who is a member of the CSU-Pueblo football team.

KELLY KING



Distance
Sophomore, VR
Longmont, Colo.
(Silver Creek)

PERSONAL BESTS

INDOOR

800-Meters: 2:32.09 (2010)

Mile: 5:39.30 (2010)

OUTDOOR

800-Meters: 2:17

1,600-Meters: 5:07

2010: *Indoor:* King ran in a pair of races during the indoor season. She debuted at the Potts Invite (1/23), running the mile in 5:39.30 for sixth place. One week later, King was 12th in the 800-meter run at the Don Barrett Duals (1/30). She clocked a time of 2:32.09.

Outdoor: King participated in three meets for CU during the outdoor campaign. She ran a pair of 1,500-meter runs, clocking a season-best time of 5:09.29 at the Jack Christiansen Invite (4/24). King ran a time of 2:28.03 in the 800 at the CU Invite (4/10).

CROSS COUNTRY: (2010) King ran in a pair of races for the Buffs. She finished 35th overall at the Rocky Mountain Shootout and placed 94th in the open section of the NCAA Pre-National Invitational. (2009) Redshirt. Did not compete.

HIGH SCHOOL: King owns five SCHS records. She ran the fastest time in school history on the Liberty Bell 5K Cross Country Course (18:44). On the track, her records include the 800 (2:17), 1,600 (5:07), 4x400 and 4x800-meter relays. As a senior, King was named all-conference in cross country and was an honorable mention selection on the track. She was named the SCHS most valuable runner as a junior. King was the winner of the Raptor Award for Cross Country and Track and Field (the equivalent of the team MVP) her sophomore and freshman seasons. She was all-conference for the first time in her career as a freshman and did so in both sports. King was named the Raptor of the Year (the SCHS Outstanding Female Athlete of the Year). The Raptors won the conference title all four years on the track while she was there and the cross country team won her freshman, sophomore and senior seasons.

HIGH SCHOOL BESTS: 800-Meters: 2:17; 1,600-Meters: 5:07.

IN THE CLASSROOM: King is majoring in environmental science. She was named to the Big 12 Commissioner's Honor Roll and Dean's List in the fall of 2009 after receiving a 4.0. King was a member of the honor roll in high school. King currently has a GPA of 3.76. As a senior, she was named the Outstanding Student Senator of the Year, the Valedictorian and earned the President's Award for Outstanding Achievement in both Academics and Athletics.

SHALAYA KIPP



Distance
Sophomore, VR/1L
Salt Lake City, Utah
(Skyline)

PERSONAL BESTS

INDOOR

Mile: 5:13.93 (2010)

3,000-Meters: 9:45.27 (2010)

5,000-Meters: 17:03.27 (2010)

OUTDOOR

1,500-Meters: 4:29.69 (2010)

5,000-Meters: 16:29.38 (2010)

Steeplechase: 9:59.37 (2010)

BIG 12 SCORING

2010 (0) Steeplechase, 4th (10:10.48)

NCAA CHAMPIONSHIP SCORING

2010 (0) Steeplechase, 5th (9:59.37)

HONORS

2010 Steeplechase All-American

2010: *Indoor:* Kipp ran in four meets during her first season with CU. She started off by running the mile at the Potts Indoor Invite (1/23). Kipp won the race in 5:13.93. She followed that up by running a 3k at the Don Barrett Duals (1/30). Kipp also won that event with an elevated time of 10:29.15. Kipp ran one 5k (17:03.27) during the season which came at the Husky Classic (2/12). She ended the season by recording a season-best time in the 3k at the Big 12 Championship. There she placed 16th with time of 9:45.27.

Outdoor: Kipp started the season by running the 1,500 and 5,000-meter runs before turning her focus to the 3,000-meter steeplechase. She ran a personal record of 16:29.38 in the 5k to win the university/open section at the Mt. SAC Relays (4/16). Kipp recorded a season-best time of 4:29.69 in the 1,500 at the Payton Jordan Cardinal Invite (5/1) after running a time of 4:41.98 at the CU Invite (4/10). At this time, Kipp started to focus on the steeplechase, winning her debut at the Fum McGraw Open (5/8) with a time of 10:53.14. The time placed her ninth on the CU performers list, but that was a place Kipp would not stay. She improved her time in the event to 10:10.48 the following week at the Big 12 Championship. Kipp took fourth overall to earn her first All-Big 12 honor and moved up to fourth on the all-time performers list. She advanced to the NCAA West Preliminaries in the steeplechase and placed third overall with a time of 10:10.04. Kipp then advanced to the semifinals at the NCAA Championship and clocked a time of 9:59.93, good for second to earn herself a place in the finals. She became just the third Buff to ever finish the event in less than 10 minutes. Kipp capped off her season in the finals of the NCAA Championship by placing fifth overall to earn her first All-American honor. In doing so, she ran the 25th-best time for a Buff as she finished the race in 9:59.37.

HIGH SCHOOL: Kipp won the 2009 state 1,600 and 3,200-meter run titles and owns the SHS 3,200 record (10:50), which she set on May 17, 2009. Kipp was the MVP of the SHS cross country team her sophomore year and was the cross country and track and field team captain as a senior. Kipp won the Utah State 5A Cross Country Championship

in 2006 and was the runner-up in 2008. As a senior she qualified for Foot Locker nationals and placed 28th overall. Kipp earned eight letters with the Eagles.

HIGH SCHOOL BESTS: 1,600-Meters: 5:02; 3,200-Meters: 10:50, 5,000-Meters: 17:50.

CROSS COUNTRY: (2010) Kipp earned a spot on the varsity roster from the very first team race of the season, finishing as CU's No. 3 racer and third overall at the Rocky Mountain Shootout. She followed that performance up with a 12th-place finish at pre-nationals, this time as CU's No. 2 runner. Kipp recorded her first All-Big 12 honor when she placed eighth overall at the conference meet. She went on to earn all-region recognition by placing 10th at regionals. Kipp capped off the season by placing 40th overall at nationals, earning All-American status in her first season. (2009) Redshirt. Did not compete.

IN THE CLASSROOM: Kipp is majoring in integrative physiology and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Shalaya Kipp was born on August 19, 1990 in Salt Lake City, Utah. She is the daughter of Ron Kipp and Shannon Kipp-Gillette. Kipp lists her hobbies as skiing and hiking. She also alpine ski raced for 10 years.

ADRIENNE LETTOW



Throws
Freshman, HS
Arvada, Colo.
(Faith Christian)

PERSONAL BESTS

Discus: 118-10
Shot put(I): 39-07.50
Shot put(O): 39-04.50

HIGH SCHOOL: Lettow owns FCHS records in the indoor shot put (39-07.50), outdoor shot put (39-04.50) and discus (118-10). She won the state meet as a junior in the shot put with her final throw of 39-04.50. Lettow was an all-conference selection and girl's track MVP all four years. She was also named the FCHS Senior of the Year (2010).

HIGH SCHOOL BESTS: Discus: 118-10; Shot put(I): 39-07.50; Shot put(O): 39-04.50.

IN THE CLASSROOM: Lettow is a pre-communications major. She was a member of the honor roll in high school.

PERSONAL: Adrienne Elizabeth Lettow was born on November 7, 1991 in El Cajon, Calif. She is the daughter of Kris, who threw at UCLA and participated in the U.S. Olympic Trials in the discus, and Chrissie Lettow of Arvada. Her older brother, Ian, is a senior throw at Colorado State. Lettow enjoys shopping, photography and listening to music.

KELLIE LIND



Throws
Freshman, HS
Fox Island, Wash.
(Gig Harbor)

PERSONAL BESTS

Hammer: 136-11

HIGH SCHOOL: Lind earned four letters as a member of the Tides' track and field team. She placed 10th at the state championship in 2010 in the discus. That same year she was seventh in the hammer at the state competition.

HIGH SCHOOL BESTS: Hammer: 136-11.

IN THE CLASSROOM: Lind is an engineering major.

PERSONAL: Kellie Anne Lind was born on June 6, 1992 in Tacoma, Wash. She is the daughter of Chris Lind of Gig Harbor and Wendy Lind of Fox Island. Lind is the youngest of five children. She has two sisters, Katie and Amy, and two brothers, Michael and Kevin. Katie played soccer at Concordia University (Portland, Ore.). She enjoys skiing, hiking, rock climbing and camping.

CAMILLE LOGAN



Distance
Sophomore, VR
Littleton, Colo.
(Littleton)

PERSONAL BESTS

INDOOR
Mile: 5:21.07 (2010)
3,000-Meters: 10:19.77 (2010)
OUTDOOR
1,500-Meters: 4:50.65 (2010)
3,000-Meters: 10:33.85 (2010)
5,000-Meters: 17:21.38 (2010)
10,000-Meters: 36:24.92 (2010)

2010: *Indoor:* Logan ran the mile and 3,000-meter runs during her first season with the Buffs. She debuted in the mile, running a time of 5:21.07 at the Potts Invite (1/23). Logan ran a pair of 3k's after that. Her best time was 10:19.77, which she did at the Husky Classic (2/13).

Outdoor: Logan ran in several different events during the outdoor campaign, including the 1,500, 3,000, 5,000 and 10,000-meter runs. She ran her first race of the season at the CU Invite (4/11), clocking a PR of 10:33.85 for fifth place. Logan ran a personal best 17:21.38 at the Mt. SAC Relays just six days later, finishing fifth in her division. At the Big 12 Championships, Logan competed in the 5 and 10k runs. She started out with a 13th-place finish in the 10k, running a time of 36:24.92. Two days later she was 24th in the 5k, finishing just under her PR with a time of 17:25.12.

HIGH SCHOOL: Logan set three school records while a member of the LHS cross country and track and field team. She ran a school 5k Liberty Course record of 18:14 in 2008 and took fourth in the meet. On the track, Logan recorded school records in the 1,600 and 3,200-meter runs. She ran

a time of 5:03 to place third in the 1,600 and 11:03 in the 3,200 to finish 12th. Both were at the Arcadia Invitational in April of 2008. On the track she was named all-league first team her sophomore through senior years and was named All-Colorado honorable mention as a junior.

HIGH SCHOOL BESTS: 1,600-Meters: 5:03; 3,200-Meters: 11:03.

CROSS COUNTRY: (2010) Logan made her way onto the varsity roster as a redshirt freshman. She placed 13th at the Rocky Mountain Shootout and was 97th at the NCAA Pre-National Invitational. Logan finished her only Big 12 Championship with a 25th-place finish and followed that up with a 43rd-place finish at regionals. She finished the season by placing 227th at nationals. (2009) Redshirt. Did not compete.

IN THE CLASSROOM: Logan is majoring in integrative physiology. She was a member of the honor roll and was named to the highest honor roll in high school. Logan owns a GPA greater than 3.00.

PERSONAL: Camille Catherine Logan was born on August 10, 1991 in Denver, Colo. She is the daughter of Karl and Mary Logan and has two siblings, James and Jordan. Logan lists hiking and dancing as her hobbies. She used to compete in Irish step dancing and has volunteered for Habitat for Humanity.

NIKKI LOOK



Middle Distance
Sophomore, VR
Castle Rock, Colo.
(Douglas County)

PERSONAL BESTS

100-Meters: 12.85 (2008)
200-Meters: 26.14 (2008)

2010: Did not compete.

CROSS COUNTRY: (2010) Look ran in two meets for CU. She placed 36th overall at the Rocky Mountain Shootout and was 13th at the Fort Hays State Open.

HIGH SCHOOL: Look was a four-sport athlete at DCHS. She received the National Girls and Women in Sports Day Recognition Award as a junior and earned one letter as a member of the cross country team and four on the track team. Look earned the Female Sprinter Award twice, was the 2008 most valuable athlete, a two-time captain and a member of the school record setting 800-meter sprint medley (1:48.01), 4x200 (1:45.16) and 4x100 (50.20) relay on the track team. She owns the Zoom Track Club Team records in the 100 and 200. Look was a member of the 800 sprint medley relay that placed second at the state meet in 2008.

IN THE CLASSROOM: Look is majoring in applied mathematics. She has recorded a 4.0 in her three semesters and was named to the Dean's List and Big 12 Commissioner's Honor Roll. Look was named the Outstanding Female Student Athlete of the Year as a senior and was awarded the Boettcher Scholarship, which grants a full-ride scholarship to any Colorado college. She was an academic all-state selection in basketball and swimming.

PERSONAL: Nicole Look was born on October 28, 1990, in San Mateo, Calif. She is the daughter of Douglas and Lois Look of Castle Rock, Colo. She has one younger sister, Danielle. Look lists developing healthy baking habits,

scrapbooking, photography, swimming, yoga and golfing as her hobbies. She started Tae Kwon Do at the age of three and earned a black belt by the time she was eight. Look co-founded Nourish Peace which raises money to support Global Education Fund's effort in building schools around the world. She has worked as a rehabilitation aide at a physical therapy clinic, a six-year-old track coach and a ballot judge for the 2008 Presidential Election.

GENNY MAYDEN



Combined Events
Freshman, HS
Nashville, Tenn.
(Ensworth)

PERSONAL BESTS

Pentathlon: 2,942
 800 Meters: 2:42.91
 110 Meter Hurdles: 15.72
 High Jump: 5-2
 Long Jump: 16-10
 Shot Put: 33-7

HIGH SCHOOL: As a member of the track and field team at Ensworth High School, Mayden earned four letters. During her junior year, she took first place in the triple jump at the Nashville City Meet. She holds school records for the pentathlon (2942) and triple jump (35-7). She earned two letters for basketball and was a member of the team when the Tigers won the state title in 2008. Mayden was also recruited by Miami, South Carolina and Tulane.

IN THE CLASSROOM: Mayden is a studio art major with interest in photography and art history. She would like to be a photographer after college.

PERSONAL: Genny Emanuelle Mayden was born on January 27, 1992 in New York and is the daughter of Ted and Barbara Mayden. She has two sisters, Samantha and Talia. Samantha is the member of the cross country and track and field team at Muhlenberg College. She lists her hobbies as drawing, crossword puzzles, board games, hiking, traveling and music. Mayden also volunteers frequently at Nashville Animal Shelter.

ALLIE McLAUGHLIN



Distance
Freshman, RS
Colorado Springs,
Colo.
(Air Academy)

PERSONAL BESTS

INDOOR
 3,000-Meters: 9:23.31 (2010)

2010: *Indoor:* McLaughlin recorded an NCAA provisional time in the 3,000-meter run at the UW Invitational (1/30), her only race of the season. McLaughlin made her collegiate track debut in quick fashion as she clocked a time of 9:23.31. She placed third overall and was the top collegiate finisher in the race. Amy Hastings won the 3k with a time of 8:58.45 and Jen Rhines was second (8:58.47); both were running unattached. McLaughlin's time was the 18th

fastest ever recorded by a Buff and is the second fastest freshman debut. Sara (Gorton) Slattery recorded the fastest mark of 2:11.59 on Feb. 3, 2001 in Lincoln, Neb.

Outdoor: Did not compete.

CROSS COUNTRY: McLaughlin had quite possibly the best freshman season in CU history during the 2009 season. She started off the season by finishing second at the Rocky Mountain Shootout in 20:22, the eighth best time in course history. It was also the second fastest time by a freshman. McLaughlin showed it wasn't beginner's luck as she raced to a 10th-place finish at pre-nats. Two weeks later she became the first Buff since 2005 to be named the Big 12 Newcomer of the Year after the raced to a runner-up finish at the conference championship. The regional meet saw McLaughlin finish third overall, another impressive race for the frosh. But most notably McLaughlin led the Buffs at the NCAA Championships, as a freshman. She finished fifth overall to earn her first All-American honor and was the top freshman in the race. It was the second best finish for a freshman ever at the meet (Shalane Flanagan was fourth in 2000). McLaughlin did not compete in 2010.

HIGH SCHOOL: McLaughlin ran one year of track and two seasons of cross country while at Air Academy. As a junior, the only season she ran track, McLaughlin also had a lot of success. She won the 2008 state 3,200-meter run title and was the regional champion. McLaughlin was named all-first team in track and cross country by the Colorado Springs Gazette. *The Rocky Mountain News* named her the Distance Runner of the Year in 2008. She won the Colorado State 5A Cross Country championship by more than a minute as a senior with a PR of 17:04, which doubles as the AAHS and meet record. McLaughlin was undefeated her senior season and set three course records as well as four meet records. Besides winning the state title, she was the conference and regional champion. McLaughlin was named the cross country runner of the year by the *Rocky Mountain News*, *The Denver Post* and *The Colorado Springs Gazette*. In addition to those honors, she was named the AAHS Female Athlete of the Year, Sportswomen of Colorado honoree for cross country, Rotary Champions nominee and the Gatorade Colorado Runner of the Year. McLaughlin qualified for the IAAF World Championships after placing fourth at the USA Junior Championships in 2008 and earned All-American honors by placing fifth at the Foot Locker National Championships. She also served as the captain for the cross country and lacrosse teams her senior year. She also earned four letters as a member of the lacrosse team that won four conference championships and the state title in 2009. McLaughlin played hockey until her sophomore year of high school.

HIGH SCHOOL BESTS: 1,600-Meters: 5:13; 3,200-Meters: 10:49.

IN THE CLASSROOM: McLaughlin is majoring in pre-communications. While in high school, she was a member of the National Honor Society, the Principal's Honor Roll and was named to the Colorado High School Activities Association Academic All-State First Team.

PERSONAL: Allison Jordan McLaughlin was born on Oct. 30, 1990 in Dayton, Ohio. She is the daughter of Thomas, who played lacrosse at Michigan State, and Carol McLaughlin of Colorado Springs, Colo. She has one older brother, Andrew. McLaughlin lists snowboarding, wakeboarding, swimming, downhill mountain biking, weightlifting, photography and running with her dogs as her hobbies. She has also volunteered her time baking food in a soup kitchen while in high school.

JESSICA McLAUGHLIN



Javelin
Junior, VR
Elizabeth, Colo.
(Elizabeth)

PERSONAL BESTS

Javelin: 82-07 (2010)

2010: *Indoor:* Did not compete.

Outdoor: McLaughlin competed in four meets for the Buffs. She recorded a personal best of 82-07 in the javelin at the CU Invite (4/10), placing 17th overall.

2009: *Indoor and Outdoor:* Did not compete.

HIGH SCHOOL: McLaughlin was a member of the National Honor Society at EHS and also served as the student body president from 2006-07.

ACADEMICS: McLaughlin is majoring in English and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Jessica Lee McLaughlin was born on October 22, 1988 in New Haven, Conn. She is the daughter of Mark McLaughlin and Shelly Blazier. McLaughlin lists hiking, soccer and rock climbing as her hobbies.

JHENYA NAHREINI



Distance
Sophomore, VR
Broomfield, Colo.
(Peak to Peak Charter)

PERSONAL BESTS

INDOOR
 Mile: 5:16.31 (2010)
 3,000-Meters: 10:37.35 (2010)
 5,000-Meters: 17:22.47 (2010)
OUTDOOR
 3,000-Meters: 10:22.63 (2010)
 5,000-Meters: 17:11.67 (2010)
 10,000-Meters: 36:00.78 (2010)

2010: *Indoor:* Nahreini raced in three meets during the indoor season. She ran the seventh fastest time for the Buffs in the mile, crossing the finish in 5:16.31 at the Potts Invite (1/23) and was second overall. Nahreini was fourth in the 3k at the Don Barrett Duals, clocking at time of 10:37.35. Her final meet of the season was the Husky Classic (2/12). Nahreini ran the 5k in 17:22.47, the fourth best time by a Buff in 2010.

Outdoor: Nahreini competed in three more meets during the outdoor season. She started off by running the 10k at the Stanford Invite (3/26), finishing in 36:00.78, the second best time by a Buff during the outdoor season. Nahreini followed that up with a second-place finish in the 3k (10:22.63) at the CU Invite (4/10). Her final meet of the season was at the Mt. SAC Relays. Nahreini ran the 5k in 17:11.67, posting the fifth best time for a Buff.

HIGH SCHOOL: Nahreini earned four letters on the track team and four on the cross country team at Peak to Peak Charter. She was an all-conference selection for three seasons as a member of the cross country team.

ACADEMICS: Nahreini is majoring in chemical and bio-

logical engineering and is also interested in international affairs. She recorded a 4.0 GPA her first semester and was named to the Dean's List and the Big 12 Commissioner's Honor Roll. Nahreini was a member of the honor roll and served as the vice-president of the National Honor Society in high school. She was named an AP Scholar with Distinction.

PERSONAL: Jhenya Natalya Nahreini was born on December 29, 1990 in Indianapolis, Ind., to Piruz and Theresa Nahreini. She enjoys reading and has volunteered as an engineering ambassador. Nahreini has worked as a lab assistant in Goodrich Lab and Anseth Lab at CU. She took first in state for dramatic interpretation of literature and is fluent in Spanish.

HOLLY ODNEAL



Combined Events
Sophomore, VR
Palisade, Colo.
(Palisade)

PERSONAL BESTS

INDOOR

Pentathlon: 3,258 (2010)
 60-Meter Hurdles: 9.21 (2010)
 High Jump: 5-07 (2010)
 Shot Put: 35-07.75 (2010)
 Long Jump: 16-04.25 (2010)
 800-Meters: 2:32.6h (2010)
 60-Meters: 8.59 (2010)

OUTDOOR

Heptathlon: 4,277 (2010)
 100-Meters Hurdles: 15.2 (2009)
 High Jump: 5-04.50 (2008)
 Shot Put: 35-07.75 (2010)
 200-Meters: 27.84 (2010)
 Long Jump: 15-04 (2010)
 Javelin: 113-03 (2010)
 800-Meters: 2:34.30 (2010)

2010: Indoor: Odneal competed in three pentathlons for the Buffs in her first season. She recorded a personal record (3,258 points) at the New Mexico Classic (2/5). Odneal also set PRs in the shot put (35-07.75) and long jump (16-04.25). Her mark in the shot put is the 10th best in CU combined events history. Odneal also competed at the Big 12 Championship, placing 13th overall (3,223). Odneal also spent time focusing on the high jump. She reached a height of 5-7 at the Don Barrett Duals (1/30), which ties for eighth on the all-time CU performers list.

Outdoor: Odneal participated in two heptathlons during the outdoor season and saved the best for last since she recorded a PR of 4,277 points at the Big 12 Championship (placing 13th overall). Odneal totaled three PRs at the meet, running the 200 in 27.84, the 800 in 2:34.30 and throw the javelin 113-03. Her mark in the javelin ranks eighth on the CU combined events chart and was the fifth best throw for a Buff in the 2010 season. Odneal recorded a PR in the shot put at the Glenn Morris Multi-Events meet (4/22-23). Her throw of 35-07.75 ranks 21st on the CU combined events chart.

HIGH SCHOOL: Odneal earned four letters in track and field at PHS. She was a two-time regional champion in the high jump and won the region champion in the 100-meter hurdles once. Odneal owns the PHS records in both

events. She recorded a jump of 5-4 high jump and a time of 15.2 in the 100-meter hurdles. Odneal was an all-conference selection all four years and was all-state as a sophomore. She also competed at a meet in Brisbane, Australia and took first in the high jump, clearing the bar at 5-04.50. Odneal was also a four-year letterwinner for the basketball team and was all-conference her senior year.

HIGH SCHOOL BESTS: High Jump: 5-04.50; 100-Meter Hurdles: 15.2; Heptathlon: 3,800.

IN THE CLASSROOM: Odneal is majoring in management. She earned a 4.0 GPA her first semester and was named to the Dean's List and the Big 12 Commissioner's Honor Roll. Odneal currently owns a GPA greater than 3.0. She earned first team academic honors as a junior and senior in high school.

PERSONAL: Holly Rae Odneal was born on December 22, 1990 in Palisade, Colo. and is the daughter of Wes and Linda Odneal. Linda played basketball at Otero Junior College and Wes was on the rodeo team at Sterling Junior College and then rode bare-back broncos professionally. She has one sister, Hannah, and one brother, Joey. Odneal lists her hobbies as snowboarding, shopping and playing solitaire. She volunteered at the YMCA for a service learning class through AmeriCorps in 2008.

RACHEL OPGENORTH



Sprints
Freshman, HS
Denver, Colo.
(Cherry Creek)

PERSONAL BESTS

INDOOR

60 Meters: 8.04
 200 Meters: 26.05

OUTDOOR

100 Meters: 12.49
 200 Meters: 25.66

HIGH SCHOOL: Opgenorth earned four letters as a member of the track and field team at Cherry Creek High School. She was a member of the relay team, which holds a school record in the 4x200 (1.42.33) in 2009 and the 200-meter sprint medley (1.47.28) in 2010. The Bruins were three time Centennial League Champions (2007, 2009, 2010) and were two time runners-up at State (2009, 2010). During her senior year, Opgenorth placed sixth in the 100-meters and eighth in 200-meters at the state track meet. In addition, she was named team captain and most outstanding female performer. Opgenorth was also recruited by Boise State and Wyoming.

HIGH SCHOOL BESTS: 60-meters: 8.04; 100-meters: 12.49; 200-meters: 25.66.

IN THE CLASSROOM: Opgenorth is majoring in arts and science. She recorded a 3.538 GPA in her first semester at CU and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Rachael Marie Opgenorth was born on October 12, 1991 in Denver, Colo. and is the daughter of Jeffrey Opgenorth. She has one brother, Aaron. Opgenorth spent time volunteering at God's Katrina Kitchen for a summer in Mississippi.

JESSICA PIXLER



Distance
Grad, TR
Sammamish, Wash.
(Eastlake/Seattle Pacific)

PERSONAL BESTS

800-Meters: 2:04
 1,500-Meters: 4:11.06
 5,000-Meters: 15:44

SEATTLE PACIFIC: Pixler comes to CU after a decorated career at Seattle Pacific University. She is a 12-time NCAA cross country and track champion, winning the NCAA Division II indoor mile all four years. Pixler also has titles in the 1,500, distance medley relay and in cross country. She was named the Great Northwest Athletic Conference Athlete of the Year 10 times, four in cross country and indoor track and twice in outdoor track. Pixler was also named the SPU Athlete of the Year a record setting four years.

HIGH SCHOOL: Pixler won the Washington Class 4A state track title in the 800 as a senior at EHS in 2006. She owns school records in the 400, 800, 1,600 and 3,200.

ACADEMICS: Pixler is a grad student at CU and is studying for a Masters of Curriculum and Education K-12 Education. In her first semester of graduate school, Pixler recorded a 4.00 to earn a spot on the Dean's List and Big 12 Commissioner's Honor Roll. She graduated from SPU with a 3.93 GPA as an English major and was a three-time CoSIDA Academic All-American. Pixler was also named the USTFCCA Scholar Athlete of the Year for track five times and cross country three times. She was a recipient of an NCAA Postgraduate Scholarship.

PERSONAL: Jessica Elise Pixler was born on April 8, 1988. She is the daughter of Jeff and Nancy Pixler who both ran at CU. She has two sisters, Melissa and Courtney, and one brother, Nathan. Pixler lists her hobbies as snowshoeing, hiking and reading.

BECKY POPIEL



Distance
Freshman, HS
Dana Point, Calif.
(Dana Hills)

HIGH SCHOOL: Popiel was a member of the cross country team for three years at MHS.

IN THE CLASSROOM: Popiel is majoring in film.

PERSONAL: Rebecca Elizabeth Popiel was born on May 28, 1990. She is the daughter of David Popiel and Joyce Luiken. Popiel enjoys snowboarding and playing basketball.

BROOKE REGAN



Middle Distance
Sophomore, VR
Loveland, Colo.
(Thompson Valley)

PERSONAL BESTS

INDOOR

600-Yards: 1:28.66 (2010)
 800-Meters: 2:22.14 (2010)

OUTDOOR

200-Meters: 26.82 (2010)
 400-Meters: 58.1
 800-Meters: 2:13.94 (2010)

2010: Indoor: Regan ran the 600-yard run and 800-meter run during the indoor season. She was fourth in the 600 at the Potts Invite (1/23) with a time of 1:28.66. Regan clocked a time of 2:22.93 in the 800 at the Air Force Invite (2/12). She ran a time of 2:22.14 in the finals the next day to finish sixth overall.

Outdoor: Regan competed in the 200, 400 and 800-meter runs. She was 14th at the Jack Christiansen Invite (4/24) in the 200 with a time of 26.82. Regan notched a season best in the 400 (59.40) at the Tom Benich Classic (4/3), finishing fifth overall. The time was the second best by a Buff during the season. She also ran the third best time by a Buff in the 400 (59.58) at the Jack Christiansen Invite (4/24). Regan earned a personal record of 2:13.94 in the 800 during the preliminaries of the Big 12 Championships. She was 19th overall.

CROSS COUNTRY: (2010) Regan competed at the Rocky Mountain Shootout and Fort Hays State Open. She placed 86th and 29th, respectively. (2009) Regan ran in two races for the Buffs. She was 55th overall at the Rocky Mountain Shootout and placed 20th overall at the Fort Hays State Open.

HIGH SCHOOL: On the track, Regan is a seven-time state champion in the 800, 800-meter relay, 1,600-meter relay, 3,200-meter relay spanning 2006-2009 and was an all-state and all-conference track selection from 2006-09. Her 1,600 relay set the state record in 2008 and then reset the record in 2009. Regan is a member of three school record relay teams (4x800, 4x400 and 4x200). Her 3,200-meter relay team took second place at Nike Outdoor Nationals her senior year as well. Regan was named the TVHS Track Athlete of the Year as a freshman and won the TVHS Track Golden Eagle Award as a sophomore and senior. She was named the Loveland Reporter Herald All-Area Track Athlete of the Year in 2006 and 2007. Regan's high school team won the 4A Colorado State Cross Country Championship in 2006 and 2008.

HIGH SCHOOL BESTS: 400-Meters: 58.1; 800-Meters: 2:14.88; 1,600-Meters: 5:16.

IN THE CLASSROOM: Regan is majoring in ecology and evolutionary biology. She owns a 3.843 GPA and is a member of the Big 12 Commissioner's Honor Roll. Regan earned a GPA of 4.286 in high school and was a member of the honor roll. She also was awarded the AP Scholar honor and is part of the Norlin Scholars program at CU.

PERSONAL: Brooke Regan was born on April 3, 1991 in Fort Collins, Colo. She is the daughter of Ken and Claudia Regan of Loveland, Colo. and has one older sister, Melissa Haselhoff. Regan lists her hobbies as playing violin and piano, horseback riding, running, hiking, camping, fishing, rock climbing and skiing. She has volunteered with the Big Thompson Watershed Forum, a non-profit community

based organization concerned with water issues in the local river system. Regan has also spent time volunteering with Hearts and Horses, a therapeutic riding program for disabled children. She is also very active in her 4-H Club.

AMBER ROZIER



Sprints/Hurdles
Junior, VR
Pearland, Texas
(Pearland)

PERSONAL BESTS

INDOOR

60-Meters: 8.06 (2010)
 200-Meters: 26.22 (2010)
 60-Meter Hurdles: 10.57 (2010)

OUTDOOR

100-Meters: 13.18 (2009)
 200-Meters: 25.78
 400-Meter Hurdles: 63.97

2010: Indoor: Rozier competed in three meets during the indoor season. She earned personal records in the 60 and 200-meter runs, as well as the 60-meter hurdles. Rozier clocked a time of 8.06 in the 60 at the Air Force All-Comers meet (1/15). She recorded a PR of 26.22 in the 200 at the Air Force Invite (2/12). Rozier also clocked a time of 10.57 in the 60 hurdles at the Potts Invite (1/23).

Outdoor: Rozier ran the 100 and the 100 hurdles during the outdoor season. Her best time in the 100 was 13.40, which she ran at the Tom Benich Classic (4/3). Rozier clocked a season best time of 1:07.62 in the 100 hurdles at the Front Range Classic.

2009: Indoor: Did not compete.

Outdoor: Rozier ran in one 100-meter dash during the outdoor season. She finished 11th at the Potts Invite in 13.18.

HIGH SCHOOL: Rozier was a four-year letterwinner for PHS. She was a USATF Junior Olympic Qualifier in the 400-meter hurdles as a junior and senior and qualified for the finals both seasons. Rozier was the District 3A Champion in the 300-meter hurdles as a junior and qualified for the state meet, which she also lists as the biggest moment of her high school career. Pearland won the district championship from 2004-08 and the regional championship in 2008.

HIGH SCHOOL BESTS: 200-Meters: 26.21; 300-Meter Hurdles: 43.61; 400-Meter Hurdles: 1:03.97.

ACADEMICS: Rozier is majoring in ethnic studies. She was a member of the National Honor and Spanish Honor Societies in high school.

PERSONAL: Amber Michelle Rozier was born on Sept. 9, 1990 in Galveston, Texas. Her parents are Mike Rozier, who won the Heisman Trophy in 1983 as a member of the Nebraska Cornhuskers, and Rita Baldwin. Mike also played in the NFL for the Houston Oilers and the Atlanta Falcons and was selected for the College Football Hall of Fame in 2006. Rozier has two siblings, Jamichael and Michael. She enjoys shopping and sports and has volunteered for Habitat for Humanity and the Advocacy Center for Children.

ELIZABETH SMIT-PERKINS



Distance
Grad, TR
Bellevue, Wash.
(Bellevue Christian/Calvin)

PERSONAL BESTS

800 Meters: 2:17
 1,500 Meters: 4:40
 Steeplechase: 10:29
 5,000 Meters: 17:15

AT CALVIN: Smit-Perkins was coached by Brian Diemer, who won the bronze medal in the steeplechase in 1984, at Calvin. She was a member of the cross country and track & field teams. Smit-Perkins set the school record in the steeplechase (10:29.55) at the Hillsdale Gina Relays in 2010. She was fifth at nationals her senior year to earn All-American honors. Smit-Perkins also earned All-American status during the indoor season as a member of the distance medley relay team that placed sixth at nationals.

HIGH SCHOOL: Smit-Perkins won the state 800-meter run title as a junior. She earned three letters as a member of the BCHS cross country and four letters on the track team.

HIGH SCHOOL BESTS: 800 Meters: 2:17; 1,500 Meters: 4:40; Steeplechase: 10:29; 5,000 Meters: 17:15.

IN THE CLASSROOM: Smit-Perkins is studying civil engineering at CU. She has a 3.433 grade point average after her first semester of graduate school.

PERSONAL: Elizabeth Jennifer Smit-Perkins was born on Feb. 16, 1988 in Renton, Wash. She is the daughter of Kevin and Peggy Smit. Kevin played basketball and Peggy ran track at Dordt College. Smit-Perkins is married to Kevin Perkins, who ran at Western Washington. She enjoys reading and hiking.

PAIGE THROCKMORTON



Distance
Freshman, TR
Albuquerque, N.M.
(Albuquerque Academy/TCU)

PERSONAL BESTS

400 Meters: 58.0
 800 Meters: 2:15
 1,600 Meters: 5:05

TCU: Throckmorton ran the 2010 cross country season for the Horned Frogs, competing in four meets. She ran the fourth-fastest time of the year for TCU in the two-mile at the UTA Season Opener (9/11). Throckmorton finished eighth overall with a time of 11:40.83. She was 16th at the Bear Twilight Invitational (9/3), 116th at the Chile Pepper Festival (10/16) and 61st at the Mountain West Conference Championship (10/29).

HIGH SCHOOL: Throckmorton was a three-time state track (twice in the 800 and once in the mile) and two-time state cross country champion. She is a member of the AAHS record-setting 4x800-meter relay team.

Throckmorton was named the AAHS Female Athlete of the Year her senior season. She earned 10 letters while competing with the Chargers, five in cross country and five in track and field. Throckmorton was also recruited by TCU, Oklahoma State and Gonzaga.

HIGH SCHOOL BESTS: 400 Meters: 58.0; 800 Meters: 2:15; 1,600 Meters: 5:05.

IN THE CLASSROOM: Throckmorton intends to major in history.

PERSONAL: Paige Elizabeth Throckmorton was born on November 25, 1991 in Albuquerque, N.M. She is the daughter of Scott and Susan Throckmorton. She has a twin sister, Amanda, who is a member of the cross country and track and field team. Throckmorton enjoys reading and skiing.

LAURA THWEATT



Distance
Junior/Senior, 2L/VR
Durango, Colo.
(Durango)

PERSONAL BESTS

INDOOR

3,000-Meters: 9:29.00 (2010)

5,000-Meters: 16:34.33 (2010)

OUTDOOR

800-Meters: 2:11.35 (2010)

1,500-Meters: 4:25.27 (2010)

5,000-Meters: 16:11.55 (2010)

10,000-Meters: 34:34.41 (2010)

BIG 12 SCORING:

2009 (I) 5,000-Meter Run, 8th (16:59.39)

2010 (I) 5,000-Meter Run, 7th (16:40.62)

2010: *Indoor:* Thweatt started the season becoming the 10th fastest 3k performer in school history after running 9:29.00 at the UW Invite (1/30). The finish earned her an eighth-place finish overall. Two weeks later at the Husky Classic (2/12) she ran the season-best 5k time for a Buff with a time of 16:34.33. Thweatt competed in both the 3 and 5k at the Big 12 Championship. She placed seventh in the 5k (16:40.62) to earn indoor conference honors. Thweatt was also ninth in the 3k (9:35.00).

Outdoor: Thweatt was one of CU's top female distance runners during the outdoor campaign, starting at the Stanford Invite (3/26) where she ran CU's fastest 10k time of the year. Thweatt clocked a time of 34:34.41 to place fourth in the second section and become the 10th fastest performer in CU history. She followed that performance by running a time of 2:11.35 in the 800 at the CU Invite (4/10). At the Mt. SAC Relays she became the ninth fastest 5k performer in CU history. Thweatt clocked a time of 16:11.55 and placed eighth in her section. She switched things up at her next race, this time running a 1,500 at the Payton Jordan Cardinal Invite (5/1). Thweatt clocked a personal record of 4:25.27, the second best by a Buff in 2010. Thweatt advanced to the NCAA West Preliminaries in the 10k. She finished 34th overall with a time of 36:18.64.

2009: *Indoor:* Thweatt only competed in two races during the indoor season. She ran to a second-place finish at the Air Force Duals in the 3,000-meter run. Almost a month later, Thweatt recorded her first all-conference track honor in the 5k. She finished eighth overall in 16:59.39.

Outdoor: The outdoor season saw Thweatt concentrating

on the 5k as she raced it three times. Her best time was at the Stanford Invite (10th/17:01.68). Thweatt also ran the 1,500 once, recording a PR (4:41.67) and a first-place finish at the Potts Invite.

2008: *Indoor:* Thweatt did not compete during the indoor season. She ran in three races during the outdoor campaign before her season was cut short due to injury.

Outdoor: Thweatt's first race of the season was the mile run at the Potts Invite where she took second overall. She then switched to the 5k and just barely missed the regional qualifying mark in her debut at the Stanford Invite (16:54.25). Thweatt captured that mark two weeks later at the Mt. Sac Relays (16:52.63) and took 12th overall.

CROSS COUNTRY: (2010) Thweatt wrapped up her career with the Buffs with another great season. She finished fourth overall at the Rocky Mountain Shootout and was the fourth Buff to cross the finish. Thweatt was once again the No. 4 runner for CU at pre-nats, this time placing 26th overall. She earned all-conference and all-region honors, placing 11th and fourth, respectively. Thweatt ended her career with CU at nationals, placing 58th overall. (2009) Thweatt finished first overall at the Fort Hays State Open, setting the then-5k course record and was named the Big 12 Runner of the Week. Thweatt was 27th at the pre-nats but moved up to 13th at the conference meet to earn her first All-Big 12 honor. She was 19th at regions to once again gain all-region recognition. Thweatt was CU's No. 3 harrier at nationals and took 131st. (2008) Thweatt continued to be a member of the varsity roster as a sophomore and stepped into a leadership role. She started the year by placing 18th at the ISU Open but moved up to 10th at the Rocky Mountain Shootout. Thweatt led the Buffs for the first time in her career at pre-nats by finishing 86th. She was the No. 2 harrier at the conference championship (26th overall) and again led the Buffs at regionals by taking 14th. (2007) Thweatt scored in all three races for CU as a freshman. After winning the time trial, she was sixth overall at the Rocky Mountain Shootout and was the third Buff to finish. At pre-nats, she finished 74th and was the No. 4 Buff. Thweatt just missed all-conference honors, but finished 18th overall to help CU to another conference title. She was the alternate at regionals and nationals due to an injury.

HIGH SCHOOL: Thweatt took 14th at the 2007 USA Cross Country Championships in Boulder, Colo. She was the 5A state runner-up as a senior, moving up from an eighth-place finish as a junior. Thweatt was a three-time member of the all-state first team as she placed seventh in the state championship as a sophomore. A two-time regional champion as a senior and junior, she was inducted into the Durango High School Hall of Fame. Thweatt was the 5A runner-up in the 3,200 and took third in the 1,600 as a senior. She owns DHS records in the 800 (2:18), 1,600 (4:54) and 3,200-meter (11:03) runs and 5k (18:33), which were all set at the state championships.

HIGH SCHOOL BESTS: 800-Meters: 2:18; 1,600-Meters: 4:59; 3,200-Meters: 11:03.

ACADEMICS: Thweatt is majoring in sociology. A member of the Big 12 Commissioner's Honor Roll, Thweatt owns a cumulative GPA greater than 3.0. She would like to pursue a career in magazine sports writing. Thweatt was named to the Academic All-Big 12 First Team in 2009 and 2010.

PERSONAL: Laura Kristine Thweatt was born on December 17, 1988 in Durango, Colo. Her parents are Steve and Jean Thweatt. She had two cousins who played football at Oregon. Thweatt lists skiing and hiking as her hobbies.

ELIZABETH (LIZ) TREMBLAY



Middle Distance
Sophomore, 1L/VR
Loveland, Colo.
(Thompson Valley)

PERSONAL BESTS

INDOOR

600-Yards: 1:25.74 (2010)

800-Meters: 2:13.96 (2010)

OUTDOOR

100-Meters: 12.1 (2008)

200-Meters: 25.1 (2009)

400-Meters: 55.1 (2009)

800-Meters: 2:11.25 (2010)

BIG 12 SCORING

2010 (I) Distance Medley Relay, 5th (11:34.32)

2010: *Indoor:* Tremblay competed in the 600-yard and 800-meter runs during her first indoor season. She recorded her season-best time of 2:13.96 in the 800 at the Husky Classic (2/12) to become the fifth fastest performer for CU in the event. The mark was the sixth-fastest ever at CU. Tremblay also stamped a spot in the CU record book in the 600. At the Big 12 Championship she clocked a time of 1:25.74 which was the ninth-best ever in CU history and made her the seventh fastest performer in the event for the Buffs. Tremblay was also a member of the distance medley relay team that placed fifth at the conference championship. The quartet of Katie Cumming, Tremblay, Brianne Beemer and Emma Coburn ran the fourth fastest time in school history with a mark of 11:34.32 to earn All-Big 12 honors. Tremblay also ran a pair of mile relays that rank fifth (3:54.82) and eighth (3:58.00) in Buffalo history, as well as a 4x400 relay that ran a mark of 3:49.49 for the second-best time in school history.

Outdoor: Tremblay continued to focus on the 800, running the event at four meets during the outdoor campaign. Her fastest time of the season was 2:11.25, which she ran at the Mt. SAC Relays (4/16). In doing so, she became the eighth fastest performer in the event at CU. Tremblay competed in the 800 at the Big 12 Championship. She placed 15th overall in the preliminaries (2:11.99). She ran in the fastest two 4x400-meter relay teams for the 2010 season. She ran the anchor leg of the ninth-place team (3:53.25) at the Big 12 meet and was the third leg on the team that ran a time of 3:53.43 at the CU Invite (4/10).

CROSS COUNTRY: (2010) Tremblay competed in three meets for CU, starting at the Rocky Mountain Shootout where she placed 45th overall. Tremblay led the Buffs at the Fort Hays State Open with a 10th-place finish. She ended the season at the conference championship, placing 109th overall. (2009) Did not compete.

HIGH SCHOOL: Tremblay won the state title in the 400-meter run in a meet and school record of 55.1 seconds to cap off an undefeated season in the event. She was also a member of three meet and school records in the 800-medley (1:47.2), 4x400 (3:47.4) and 4x800 (8:58.6). Tremblay also has TVHS records in the 100 (12.1), 200 (25.1) and 400 (55.1). Her high school track and field team was the 2008 and 09 state champions. On the cross country course, Tremblay recorded a 20th-place finish at the state championship her senior year en route to her high school winning the team title. The Eagles won the state

championship in 2006. She was all-conference, all-region and all-state her senior year and was named the Most Improved Athlete for TVHS. Tremblay's team also finished fourth at Nike regional cross country meet.

HIGH SCHOOL BESTS: 100-Meters: 12.1; 200-Meters: 25.1; 400-Meters: 55.1; 800-Meters: 2:15.

IN THE CLASSROOM: Tremblay is majoring in integrative physiology. She owns a GPA greater than 3.00 and was named to the Big 12 Commissioner's Honor Roll. Tremblay was a member of the honor roll while at TVHS, as well as an academic all-state selection her junior and senior years.

PERSONAL: Elizabeth Tremblay was born on March 28, 1991 in Loveland, Colo. She is the daughter of Michael and Olivia Tremblay. She has two older siblings, Anne and Joe, and a twin sister Laura, who is a member of CU cross country and track and field teams. Tremblay lists her hobbies as reading, playing sports, outdoor activities and hanging out with friends. She has volunteered with the Hearts and Horses program, Local House for Humanity, House of Neighborly Service and Immanuel Lutheran School.

Laura Tremblay



Distance
Freshman, RS
Loveland, Colo.
(Thompson Valley)

PERSONAL BESTS
INDOOR
3,000-Meters: 9:25.73 (2010)

2010: Indoor: Tremblay competed in just one meet during the indoor season. She clocked the third best time ever by a CU freshman when she crossed the finish in 9:25.73 at the UW Invite (1/30). She was sixth overall. The time was also the 21st best time by a Buff and made her the eighth fastest performer in CU history.

Outdoor: Did not compete.

CROSS COUNTRY: (2010) Tremblay moved into a leadership role quickly for CU, leading the Buffs in every varsity race as a sophomore. She won the Rocky Mountain Shootout with the 10-fastest time in course history (20:29) and out-sprinted teammate Emma Coburn by just one second. She was named the CU Athlete of the Week as well as the Big 12 Runner of the Week for her performance. Tremblay once again earned Big 12 Runner of the Week honors after recording a second place finish at pre-nats. Two weeks later she earned her second All-Big 12 honor after racing to a fourth-place finish at the final Big 12 meet. Tremblay earned CU Athlete of the Week and all-region honors after finishing third at the NCAA Mountain Region Championship. Tremblay topped off the season with her first All-American honor when she took 23rd overall. (2009) Tremblay quickly earned a spot on the varsity roster for the Buffs in 2009. Her first official race for CU was at pre-nats. She finished as CU's No. 3 harrier and was 24th overall. Two weeks later she raced to her first All-Big 12 honor by finishing 15th overall. Tremblay earned a top-10 performance at regionals when she was the ninth racer to cross the line, also earning all-region honors. She completed her season at NCAAs with a 199th-place finish.

HIGH SCHOOL: Tremblay won the 2009 Colorado State 4A 1,600-meter title in a meet, state and school record (4:54) as well as in the 4x400 (3:47.4) and 4x800-meter relays (8:58.6). She also won the individual 800 at state. In addition, Tremblay holds school records in the 3,200 (11:09) and 5,000 (17:40). She was all-conference, all-area, all-region and all-state as well as the TVHS Female Athlete of the Year. Tremblay placed second at the state cross country meet as she helped TVHS win its second team championship in three years (last in 2006). She was named all-state, all-region and all-area with the runner-up finish. Tremblay was named the TVHS Female Athlete of the Year and served as the captain her senior year. She won the Nike Southwest Regional and her team placed fourth in the meet. Tremblay won eight of 10 cross country meets her senior year.

HIGH SCHOOL BESTS: 800-Meters: 2:13; 1,600-Meters: 4:54; 3,200-Meters: 11:09; 5,000-Meters: 17:40.

IN THE CLASSROOM: Tremblay intends to major in chemical and biological engineering. After three semesters, she owns a 3.769 GPA. Tremblay has been named to the Dean's List as well as the Big 12 Commissioner's Honor Roll. She was a member of the National Honor Society, honor roll and was an AP Scholar with distinction in high school.

PERSONAL: Laura Tremblay was born on March 28, 1991 in Loveland, Colo. She is the daughter of Michael and Olivia Tremblay. She has two older siblings, Anne and Joe and a twin sister Elizabeth, who is a member of CU cross country and track and field teams. Tremblay lists her hobbies as horseback riding, playing the cello, reading, playing sports, outdoor activities and hanging out with friends. She has volunteered with the Hearts and Horses program and House of Neighborly Service.

Max Van Dyke



Throws
Senior, VR
Vail, Colo.
(Battle Mountain)

PERSONAL BESTS
INDOOR
Shot Put: 33-02.50 (2009)
Weight Throw: 43-09.25 (2010)
OUTDOOR
Hammer Throw: 149-10 (2010)
Javelin: 109-04 (2010)
Shot Put: 30-11.75 (2008)

2010: Indoor: Van Dyke only threw the weight throw during the indoor season. She tossed a career-best mark of 43-09.25 at the New Mexico Classic (2/6).

Outdoor: Van Dyke competed in both the hammer throw and javelin during the outdoor campaign, recording PRs in both disciplines. She earned a personal record of 149-10 in the hammer throw at the Tom Benich Classic (4/3) and placed eighth overall. Van Dyke was sixth in the javelin at the Jack Christiansen Invite (4/24) when she recorded a PR of 109-04.

2009: Indoor: Van Dyke only competed during the indoor season for the Buffs after switching to the throws, making an easy transition in the process. Van Dyke competed in both events at five meets and had her best performance at

the Air Force Duals when she recorded personal bests in both events. She recorded a toss of 38-07.50 in the weight throw for 13th place and threw the shot put 32-02.50, which was good for 14th.

Outdoor: Did not compete.

2008: Indoor: Van Dyke competed as a member of the combined events group in 2008. She competed in two pentathlons; recording season-bests at the Potts Invite as well as a sixth-place finish with 2,282 points.

Outdoor: Did not compete.

HIGH SCHOOL: Van Dyke earned three letters as a member of the Huskies' track and field team. She recorded her personal best in the 100-meter hurdles of 16.77 at the Stocker stadium in Grand Junction in 2007. Van Dyke's PR in the 300-meter hurdles was set in 2005.

ACADEMICS: Van Dyke is majoring in management. She is a member of the Big 12 Commissioner's Honor Roll and has a GPA of 3.365. Van Dyke was named to the Academic All-Big 12 First Team in 2010.

PERSONAL: Max Anne Van Dyke was born on January 4, 1989 in St. Paul, Minn. Her parents are Paul and Mary Van Dyke of Vail, Colo. She has one younger brother, Nick, an older brother, Peter, and an older sister, Amelia. Peter is a junior at CU and Amelia is in graduate school at CU-Denver. Van Dyke enjoys art, sewing and sports. She has participated in highway clean-ups.

Rachel Viger



Distance
Freshman, HS
Fort Collins, Colo.
(Fort Collins)

PERSONAL BESTS
1,600 Meters: 5:15 (2009)
3,200 Meters: 11:05 (2010)

HIGH SCHOOL: Viger was an All-Front Range Conference selection her sophomore, junior and senior years at FCHS. She was named all-state her senior year in cross country and was all-state on the track as a junior and senior. Viger's team placed third at the 2009 Nike Cross Nationals and was seventh in 2007 and 2008.

HIGH SCHOOL BESTS: 1,600-meters: 5:15; 3,200-meters: 11:05.

IN THE CLASSROOM: Viger is majoring in chemical engineering. She earned a 4.00 GPA in her first semester and is a member of the Dean's List and Big 12 Commissioner's Honor Roll.

PERSONAL: Rachel Elizabeth Viger was born on October 14, 1991 in Fort Collins, Colo. She is the daughter of Charles and Sharron Viger. She enjoys hiking, swimming, camping and reading in her free time.

KIRSTEN WICKS



Throws
Senior, VR
Wheaton, Ill.
(Wheaton)

PERSONAL BESTS

INDOOR

Shot Put: 35-03.25 (2010)
Weight Throw: 38-06.75 (2010)

OUTDOOR

Shot Put: 32-05.50 (2010)
Javelin: 103.05 (2010)
Hammer Throw: 106-09 (2010)

2010: *Indoor:* Wicks started her first track and field season by throwing the shot put and weight throw. She recorded her best shot put throw of the season (35-03.25) in her CU debut at the Potts Indoor Invite (1/23). Wicks added the weight throw to her repertoire after that meet. She earned her season-best throw in the final meet of the season (Colorado School of Mines Open, Feb. 19) with a toss of 38-06.75.

Outdoor: Wicks competed in the shot put, javelin and weight throw during the outdoor campaign. Her top throw in the hammer throw (106-09) came at the Tom Benich Classic (4/3). The following week at the CU Invite (4/10), Wicks tossed the shot put a season-high 32-05.50. She earned her best throw of the season in the javelin at the Jack Christiansen Invite (4/24) with a throw of 103-05.

2007-08: Wicks was a member of the CU volleyball team and earned two letters for the Buffs.

HIGH SCHOOL: Wicks was a four-year letterwinner at Wheaton Warrenville South High School on the volleyball team. She helped her squad to a 63-11 record as a junior and senior (31-6 her final season). Wicks recorded 277 kills her senior season and hit .362 while adding 80 aces. As a junior, she tallied 280 kills and hit .365. Wicks set the school record in career kills with 1,036 and career aces with 182. She also became the 35th player in the Illinois High School Association to reach the 1,000-career kill mark. Wicks was a four-time all-conference selection and a four-time Daily Herald All-Area Team, twice on the first team and twice as an honorable mention selection.

IN THE CLASSROOM: Wicks is a marketing major. She is a member of the Big 12 Commissioner's Honor Roll and owns a GPA greater than 3.0.

PERSONAL: Born Kirsten Nicole Wicks on Nov. 2, 1988 in Wheaton, Ill. Her parents are Doug, who played football at the University of Wisconsin, and Patti Wicks. She has two younger sisters, Jenna and Jordan. Wicks lists her hobbies as shopping and working out.

TE'QIN (TOI) WINDHAM



Sprints/Hurdles
Senior, VR/1L
Dallas, Texas
(Greenhill)

PERSONAL BESTS

INDOOR

60-Meters: 7.98 (2008)
200-Meters: 26.33 (2008)
400-Meters: 59.13 (2008)
60-Meter Hurdles: 9.29 (2008)

OUTDOOR

100-Meter Hurdles: 14.49 (2007)
400-Meter Hurdles: 60.81 (2008)

BIG 12 SCORING

2008 (0) 400-Meter Hurdles, 6th (61.04)

2010: *Indoor:* Windham participated in the 200 and 400-meter, 600-yard and 60-meter hurdles during the indoor campaign. She clocked a season-best time of 9.48 in the 60-hurdles at the Potts Invite (1/23), placing fourth overall. The following week Windham ran her fastest 400 of the season, finishing in 61.58 at the Don Barrett Duals (1/30). Windham ran the 600 at the ISU Classic (2/13), finishing in 1:28.86. She also ran the 200 at the meet, finishing with the fourth best time (26.88) for a Buff in 2010. She was also a member of the mile relay team that finished in 3:58.00 at the Don Barrett Duals (1/30).

Outdoor: Did not compete.

2009: *Indoor:* Windham competed in a variety of events during the indoor season, but ran the 60-meter hurdles the most. She recorded a PR and a third-place finish at the Air Force Duals (9.05). Windham ran in one event at the conference championship, recording a PR and 13th-place finish in the 600-yard run.

Outdoor: Windham ran in the 100 and 400 hurdles. She placed fifth in the 100 hurdles at the Potts Invite; but did so in a personal best time of 15.25. Windham's best finish in the 400 hurdles was 62.38, which earned her second place at the CU Invite. She was also a member of CU's 4x400-meter relay team during the indoor and outdoor seasons.

2008: *Indoor:* Windham ran in the 60, 200, 400-meter dashes as well as the 60-meter hurdles during the indoor season. She focused on the 60 hurdles and ran a PR of 9.29 at the Joe Davies' Open. The mark was also good for second place. Windham ran a time of 9.36 in the prelims. Her second best time of the season was at the Potts Invite, where she took third (9.33).

Outdoor: Windham focused solely on the hurdle events (100 and 400). She earned a first-place finish at the Front Rangel Classic by running a then season best 61.24 mark. Two weeks later at the Big 12 Championship, she ran a PR of 60.81 in the prelims to advance to the finals. Windham placed sixth overall to earn three points for CU with a time of 61.04. She also ran in three 4x400-meter relays for the Buffs. Their best finish was 3:45.35, which they ran at the Big 12 Championships.

HIGH SCHOOL: Windham owns the school record in the 100 hurdles (14.49), the 300 hurdles (43.85) which is also a conference record and conference, state and school records in the 4x100 (48.17) and 4x400 (3:57). Windham placed sixth in the 400-meter hurdles at the AAU Junior Olympics in 2006.

HIGH SCHOOL BESTS: 400-Meter Hurdles: 62.69; 100-Meter Hurdles: 14.49; 300-Meter Hurdles: 43.85.

ACADEMICS: Windham is majoring in Chinese at Colorado. She was named to the Academic All-Big 12 First Team in 2009 and 2010. Windham was a member of the Honor Roll, Mu Alpha Theta, Who's Who Among Students and a Presidential Classroom Award.

PERSONAL: Te'Qin Hing Windham was born on Nov. 16, 1988 in Hartford, Conn. She is the daughter of David and Theresa Windham. Her father, David, played in the NFL as a linebacker for the Patriots and the Redskins from 1984-1988. Windham is one of nine children. She has six sisters, Cresena, Taresa, Monica, Tasha, Dallas and TianEn and two brothers, Leon and Trae. Her twin sister, TianEn, is a sprinter/hurdler at Colorado. Windham lists her hobbies as martial arts, piano, crochet, Chinese (language and culture), and hanging out with friends as her hobbies.

TIANEN (JOI) WINDHAM



Sprints/Hurdles
Junior, VR
Dallas, Texas
(Greenhill)

PERSONAL BESTS

INDOOR

200-Meters: 26.45 (2008)
400-Meters: 59.67 (2008)
600-Yards: 1:25.21 (2008)
800-Meters: 2:16.19 (2008)

OUTDOOR

400-Meter Hurdles: 62.53 (2008)

2010: *Indoor:* Windham raced the 200 and 400-meter dashes and 600-yard runs during her junior season. She ran a season-best time of 59.55 in the 400 at the Don Barrett Duals (1/30). Windham sprinted to a mark of 26.69 in the 200 at the ISU Classic (2/12), which was the third best time by a Buff in 2010. Her best performance came in the 600 when she ran the 14th fastest time in CU history with a time of 1:26.77 at the Big 12 Championship, finishing 17th overall. The time was also the second best by a Buff in 2010. Windham also raced on a pair of relay teams during the indoor season. She was the second leg of the mile relay that finished with a time of 3:54.82 at the Don Barrett Duals (1/30). It was the eighth best time in CU history. Windham was also the lead-off leg in the 4x400 relay that finished ninth in the Big 12 meet with the second-best time in school history (3:49.49).

Outdoor: Windham raced the 400-meter hurdles during the outdoor season. She won the Jack Christiansen Invite (4/24) after running a time of 1:03.18. Windham's best time of the year was 1:02.00, which she ran at the Fum McGraw Open (5/8). She was a member of four 4x400-meter relay teams in the spring as well, running in the lead-off position three of the four races. The relay ran its best time of the year of 3:53.25 at the Big 12 Championship (5/16), placing ninth overall.

2009: *Indoor:* Windham competed mainly in the 400-meter dash during the indoor campaign. She earned a personal best of 58.49 in the 400, as well as a fifth-place finish, at the New Mexico Classic. Windham ran a pair of 600-yard runs, with her best time of the season coming at the Potts



Invite (1:28.48) for second place.

Outdoor: During the outdoor season Windham shifted gears and focused mainly on the 400-meter hurdles and earned four first-place finishes in seven races. She ran a PR of 61.96 and placed second at the Potts Invite. Windham was 11th in the event at the conference championship (64.45). She was also a member of the 4x400-meter relay teams during the indoor and outdoor seasons.

2008: Indoor: Windham ran in four races during the indoor season. Her top performances came in the 600-yard and 800-meter runs. She ran a time of 1:25.21 in the 600 at the Big 12 Championship and placed 11th overall. Windham raced to a time of 2:22.75 at the Don Barrett Open, taking third.

Outdoor: During the outdoor season she focused on the 400-meter hurdles and took second place in three meets. She ran a pr of 62.53 at the CU Invite (which was second). At the conference championship, Windham was 11th in the prelims, clocking a mark of 63.94 as she clipped the final hurdle. She also ran in three 4x400-meter relays for the Buffs. Their best finish was 3:45.35, which they ran at the Big 12 Championships.

HIGH SCHOOL: Windham was a three year letterwinner as a Hornet. She is a member of the GHS and conference record team in the 4x400 (3:57). She claimed top honors in the 800, 4x100 and 4x400 and finished second in the 300-meter hurdles behind her sister. Windham competed in the 2007 Nike Indoor Nationals and was 15th overall in the 800-meter run.

HIGH SCHOOL BESTS: 300-Meter Hurdles: 43:11; 400-Meter Hurdles: 63.11.

ACADEMICS: Windham is majoring in management/entrepreneurship. She has a GPA of 3.335 and is a member of the Big 12 Commissioner's Honor Roll. Windham would like to pursue a career as a sports agent or in sports management. Windham was a member of the Honor Roll and the Who's Who Among Students in high school.

PERSONAL: TianEn Hing Windham was born on Nov. 16, 1988 in Hartford, Conn. She is the daughter of David and Theresa Windham. Her father, David, played in the NFL as a linebacker for the Patriots and the Redskins from 1984-1988. Windham is the youngest girl of nine children. She has six sisters, Cresena, Taresa, Monica, Tasha, Dallas and Te'Qin and two brothers, Leon and Trae. Her twin sister, Te'Qin, is a sprinter/hurdler at Colorado and is just two minutes older. She lists her hobbies as poetry, music, coaching club track, track meets and football games.



David Adamczyk
Equipment

David Adamczyk Assistant Equipment Manager • First Season

David Adamczyk is in his third season as an assistant equipment manager at the University of Colorado. Adamczyk is responsible for cross country, track & field, soccer, men’s and women’s golf and women’s tennis. Prior to CU, he served as an assistant equipment manager at Indiana University from 2006-08. Adamczyk earned his bachelor’s degree in exercise science and sport from the University of Scranton in 2005 and earned his master’s of science in athletic administration and sport management from IU in ‘08. Adamczyk was born on January 8, 1983 in West Point, N.Y. and graduated from James I. O’Neill High School in ‘01. He lettered in soccer, ice hockey, tennis and golf.



Erin Cunningham
Academics

Erin Cunningham Academic Counselor • Fifth Season

Erin Cunningham is in her fifth year as the assistant director in the office of academic support. Cunningham earned her degree in psychology in 2000 and her master’s degree in speech communication in 2002, both from Colorado State. She was a four-year letterwinner on the cross country and track teams at CSU and competed in the NCAA Cross Country National Championship. Cunningham won the Western Athletic Conference Scholar Athlete Award from 1997-98 and received the Mountain West Conference Scholar Athlete Award 1999-2001. Prior to joining the athletic department, Cunningham was a professional academic counselor at CU. Born Oct. 12, 1977, in Boulder, Colo., she lettered in cross country, basketball and track & field at Boulder High School, where Cunningham graduated in 1996.



Christy Kozeliski
Sports Medicine

Christy Kozeliski Assistant Athletic Trainer • Sixth Season

Christy Kozeliski is in her sixth season as an assistant athletic trainer for the cross country/track and field teams. Kozeliski earned her bachelor of science degree from the University of Michigan in 2003 in athletic training. She went on to obtain a master’s of science degree from the University of Northern Colorado in 2005 in sports administration. Kozeliski, a Burr Oak, Mich. native, graduated high school in 1999. She lettered in softball, basketball and cheer at BOHS. The former Christy Hollar lives in Superior, Colo. with her husband William Kozeliski. The couple welcomed their first child, Brynn, in October 2010.



Linda Poncin
Sports Information

Linda Poncin Assistant Sports Information Director • Sixth Season

Linda Poncin is in her sixth season as the assistant sports information director for the CU cross country/track and field team. She also works with the volleyball program at Colorado. Poncin served as the Big 12 Outdoor Track & Field Championship Media Coordinator when the Buffs hosted the championship in 2008. Prior to joining CU, she served as the coordinator of media relations for the American Volleyball Coaches Association from 2003-05, working primarily with NCAA women’s Division II and III and men’s Division III volleyball programs. Poncin served as a graduate assistant in the athletic communications office at Minnesota State University from 2001-03. She worked with several of the Mavericks’ programs, including volleyball, women’s ice hockey and women’s basketball. Poncin earned her bachelor’s degree in Mass Communications from MSU in 2001 and completed her master’s of science in sport administration from MSU in December ‘07. A native of New Ulm, Minn., she earned two letters as a member of the tennis team.



Josh Schuler
Speed-Strength & Conditioning

Josh Schuler Assistant Speed-Strength and Conditioning • First Season

Josh Schuler is in his first year as an assistant speed-strength and conditioning coach at Colorado, joining the staff in June, 2010. This is Schuler’s second time at CU as he was an intern during the 2007-08 athletic season. Schuler earned his master’s degree from Auburn in 2010 after serving as a graduate assistant for two seasons. He was also a student assistant at Iowa State from 2004-07 while earning his bachelor’s. Schuler has two certifications, SCCC and USAW. Born in Muscatine, Iowa, Schuler enjoys hunting, fishing and weight-lifting. He lettered in football, wrestling and soccer before graduating from MHS in 2002.

Ashley Stone Professional Intern Athletic Trainer • First Season

Ashley Stone in her first year as a professional intern athletic trainer at Colorado. She joined the staff in August of 2010 and mainly works with cross country and track and field. Stone comes to CU after earning her Bachelor’s of Science degree in athletic training from James Madison, where she worked with volleyball and baseball. The native of Virginia Beach, Va. graduated from Tallwood High School in 2006 and participated in field hockey and soccer. Stone enjoys hiking, running and going to the beach.

2011 NCAA Qualifying Standards

MEN'S INDOOR QUALIFYING STANDARDS (SEA LEVEL)

Event	FAT	MT
55 Meters	6.14@	—
60 Meters	6.60@	—
55-Meter Hurdles	7.17@	—
60-Meter Hurdles	7.70@	—
200 Meters		
(Under 200m/220 yds)*	21.48	—
(200m/220 yds)*	21.23	—
(Banked or Over 200m/220 yds)*	20.83	—
400 Meters		
(Under 200m/220 yds)*	47.15	46.9
(200m/220 yds)*	46.75	46.5
(Banked or Over 200m/220 yds)*	46.15	45.9
800 Meters#		
(Under 200m/220 yds)*	1:49.30	1:49.0
(200m/220 yds or less)*	1:48.90	1:48.6
(Banked or Over 200m/220 yds)*	1:48.00	1:47.7
Mile#		
(Under 200m/220 yds)*	4:01.30	4:01.0
(200m/220 yds or less)*	4:00.80	4:00.5
(Banked or Over 200m/220 yds)*	3:59.00	3:58.7
3,000 Meters#		
(Under 200m/220 yds)*	7:58.50	7:58.2
(200m/220 yds or less)*	7:57.20	7:56.9
(Banked or Over 200m/220 yds)*	7:54.50	7:54.2
5,000 Meters#		
(Under 200m/220 yds)*	13:53.30	13:53.0
(200m/220 yds or less)*	13:50.80	13:50.5
(Banked or Over 200m/220 yds)*	13:47.00	13:46.7
1,600-Meter Relay		
(Under 200m/220 yds)*	3:10.50	3:10.2
(200m/220 yds)*	3:08.90	3:08.6
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2
Mile Relay		
(Under 200m/220 yds)*	3:11.70	3:11.4
(200m/220 yds)*	3:10.10	3:09.8
(Banked or Over 200m/220 yds)*	3:07.70	3:07.4
Distance Medley Relay-Meters#		
(Under 200m/220 yds)*	9:36.10	9:35.8
(200m/220 yds or less)*	9:35.00	9:34.7
(Banked or Over 200m/220 yds)*	9:32.00	9:31.7
Distance Medley Relay-Yards#		
(Under 200m/220 yds)*	9:37.60	9:37.3
(200 m/220 yds or less)*	9:36.50	9:36.2
(Banked or Over 200 m/220 yds)*	9:33.50	9:33.2

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds.
Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

Field Events (Metric)

High Jump	2.24
Pole Vault	5.50
Long Jump	7.90
Triple Jump	16.15
Shot Put	19.30
35-Pound Weight	21.50
Heptathlon	5,675 points

*—Size of track; #—Altitude adjustment available.

WOMEN'S INDOOR QUALIFYING STANDARDS (SEA LEVEL)

Event	FAT	MT
55 Meters	6.74@	—
60 Meters	7.26@	—
55-Meter Hurdles	7.57@	—
60-Meter Hurdles	8.14@	—
200 Meters		
(Under 200m/220 yds)*	23.90	—
(200m/220 yds)*	23.70	—
(Banked or Over 200m/220 yds)*	23.20	—
400 Meters		
(Under 200m/220 yds)*	53.60	53.3
(200m/220 yds)*	53.30	53.0
(Banked or Over 200m/220 yds)*	52.60	52.3
800 Meters#		
(Under 200m/220 yds)*	2:06.30	2:06.0
(200m/220 yds or less)*	2:06.00	2:05.7
(Banked or Over 200m/220 yds)*	2:05.00	2:04.7
Mile#		
(Under 200m/220 yds)*	4:39.40	4:39.1
(200m/220 yds or less)*	4:38.90	4:38.6
(Banked or Over 200m/220 yds)*	4:37.00	4:36.7
3,000 Meters#		
(Under 200m/220 yds)*	9:17.00	9:16.7
(200m/220 yds or less)*	9:16.00	9:15.7
(Banked or Over 200m/220 yds)*	9:13.00	9:12.7
5,000 Meters#		
(Under 200m/220 yds)*	16:15.00	16:14.7
(200m/220 yds or less)*	16:12.50	16:12.2
(Banked or Over 200m/220 yds)*	16:07.50	16:07.2
1,600-Meter Relay		
(Under 200m/220 yds)*	3:38.00	3:37.7
(200m/220 yds)*	3:36.80	3:36.5
(Banked or Over 200m/220 yds)*	3:34.00	3:33.7
Mile Relay		
(Under 200m/220 yds)*	3:39.20	3:38.9
(200m/220 yds)*	3:38.00	3:37.7
(Banked or Over 200m/220 yds)*	3:35.20	3:34.9
Distance Medley Relay-Meters#		
(Under 200m/220 yds)*	11:10.90	11:10.6
(200m/220 yds or less)*	11:09.40	11:09.1
(Banked or Over 200m/220 yds)*	11:05.50	11:05.2
Distance Medley Relay-Yards#		
(Under 200m/220 yds)*	11:13.40	11:13.1
(200m/220 yds or less)*	11:12.90	11:12.6
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds.
Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

Field Events (Metric)

High Jump	2.24
Pole Vault	5.50
Long Jump	7.90
Triple Jump	16.15
Shot Put	19.30
35-Pound Weight	21.50
Heptathlon	5,675 points

*—Size of track; #—Altitude adjustment available.

2010 Colorado Cross Country Results

COLORADO WOMEN

Sept. 4 ALUMNI/OPEN/VARSITY TIME TRIAL.....NTS
Oct. 2 ROCKY MOUNTAIN SHOOTOUT (Boulder).....1/3
1. Colorado, 16; 2. Wyoming, 48; 3. Northern Colorado, 76.
 Oct. 16 at Fort Hays State Open (Hays, Kan.)2/11
 1. Western State, 15; **2. Colorado, 99;** 3. Colorado School of Mines, 101;
 4. Fort Hays State, 110; 5. Nebraska-Kearney, 116; 6. Baker, 134; 7.
 Northern Colorado, 140; 8. Hutchinson CC, 254; 9. Garden City CC, 276; 10.
 Colby CC, 284; 11. Oklahoma State-Panhandle, 333.
 Oct. 16 at Pre-National Invitational-'white' race (Terre Haute, Ind.).....2/40
 1. Georgetown, 100; **2. Colorado, 123;** 3. Stanford, 125; 4. Stony Brook,
 216; 5. Minnesota, 241; 6. San Francisco, 308; 7. Michigan, 311; 8. North
 Carolina State, 341; 9. Toledo, 342; 10. Kansas State, 361.
 Oct. 30 at Big 12 Championships (Stillwater, Okla.)2/12
 1. Texas Tech, 44; **2. Colorado, 53;** 3. Iowa State, 79; 4. Oklahoma State,
 90; 5. Texas, 147; 6. Kansas State, 166; 7. Kansas, 204; 8. Nebraska, 219;
 9. Texas A&M, 229; 10. Baylor, 247; 11. Missouri, 271; 12. Oklahoma, 314.
 Nov. 13 at NCAA Mountain Region Championships (Salt Lake City, Utah)3/19
 1. New Mexico, 53; 2. Texas Tech, 55; **3. Colorado, 59;** 4. BYU, 156; 5.
 Colorado State, 175; 6. Montana, 215; 7. UTEP, 218; 8. Weber State, 243;
 9. Idaho State, 252; 10. Utah Valley, 287; 11. Southern Utah, 291; 12. Utah,
 307; 13. New Mexico State, 313; 14. U.S. Air Force Academy, 335; 15.
 Northern Arizona, 347; 16. Wyoming, 358; 17. Utah State, 364; 18. Nevada,
 486; 19. Montana State, 536.
 Nov. 22 at NCAA Championships (Terre Haute, Ind.).....6/31
 1. Villanova, 120; 2. Florida State, 154; 3. Texas Tech, 165; 4. Georgetown,
 167; 5. New Mexico, 227; **6. Colorado, 314;** 7. Stony Brook, 334; 8. Iowa
 State, 341; 9. Providence, 343; 10. Syracuse, 347.

COLORADO MEN

Sept. 4 ALUMNI/OPEN/VARSITY TIME TRIAL.....NTS
Oct. 2 ROCKY MOUNTAIN SHOOTOUT (Boulder).....1/4
1. Colorado, 18; 2. Wyoming, 40; 3. Air Force, 84; 4. Northern Colorado,
 116.
 Oct. 16 at Fort Hays State Open (Hays, Kan.) 3/12
 1. Western State, 27; 2. Colorado School of Mines, 41; **3. Colorado, 107;**
 4. Nebraska-Kearney, 120; 5. Air Force Academy, 148; 6. Fort Hays State, 171;
 7. Colby CC, 187; 8. Garden City CC, 219; 9. Baker, 237; 10. Northern Colorado, 240;
 11. Hutchinson CC, 347; 12. Oklahoma State-Panhandle, 351.
 Oct. 16 at Pre-National Invitational-'white' race (Terre Haute, Ind.).....3/36
 1. Oklahoma, 106; 2. BYU, 138; **3. Colorado, 140;** 4. Portland, 146; 5. North
 Carolina State, 177; 6. Georgetown, 211; 7. Notre Dame, 225; 8. Alabama,
 314; 9. Columbia, 329; 10. Liberty, 378.
 Oct. 30 at Big 12 Championships (Stillwater, Okla.)2/12
 1. Oklahoma State, 19; **2. Colorado, 46;** 3. Oklahoma, 61; 4. Texas, 127; 5.
 Iowa State, 133; 6. Nebraska, 195; 7. Kansas, 200; 8. Baylor, 234; 9. Texas
 A&M, 242; 10. Texas Tech, 259; 11. Missouri, 320; 12. Kansas State, 356.
 Nov. 13 at NCAA Mountain Region Championships (Salt Lake City, Utah)2/16
 1. New Mexico, 45; **2. Colorado, 66;** 3. BYU, 80; 4. Northern Arizona, 88;
 5. U.S. Air Force Academy, 155; 6. Wyoming, 205; 7. Utah State, 209; 8.
 UTEP, 210; 9. Montana State, 219; 10. Colorado State, 245; 11. Utah Valley,
 289; 12. New Mexico State, 311; 13. Texas Tech, 341; 14. Weber State,
 356; 15. Idaho State, 412; 16. Montana, 440.
 Nov. 22 at NCAA Championships (Terre Haute, Ind.).....15/31
 1. Oklahoma State, 73; 2. Florida State, 193; 3. Wisconsin, 223; 4. Stanford,
 237; 5. Oklahoma, 281; 6. Oregon, 289; 7. Indiana, 298; 8. Iowa, 303; 9.
 Northern Arizona, 317; 10. Arkansas, 329;**15. Colorado. 366.**

INDIVIDUAL RESULTS (Overall / CU)

Runner	RMS 5.8k	FHSO 5k	PRE-NC 6k	B12 6k	MTR 6k	NCAA 6k
H. Balbier	+66 24:02					
C. Bouchet		12/2 17:59.70				
M. Burrell	22/6 22:17		+50 23:00.6			
E. Coburn	2/2 20:30		14/3 20:40.7	5/2 20:27.86	11/4 20:49.2	53/3 21:01.8
K. Cumming			69/5 21:32.8	37/6 21:39.25	27/4 21:28.3	215/5 22:28.6
S. Foster	28/7 22:35		+85 23:39.1			
D. George	62/11 23:50		+10 22:06.7	55/8 22:01.09		
K. King	35/8 22:46		+94 23:45.5			
S. Kipp	3/3 20:42		12/2 20:37.2	8/3 20:33.79	10/3 20:48.2	40/2 20:53.8
C. Logan	13/5 21:50		97/6 21:50.0	25/5 21:20.98	43/6 21:54.4	227/7 22:45.7
N. Look	36/9 22:46	13/3 18:06.70				
A. McLaughlin						
B. Popiel	134/13 26:21	63/5 20:27.40				
B. Regan	86/12 24:36	29/4 19:00.60				
L. Thweatt	4/4 20:44		26/4 20:57.6	11/4 20:38.15	8/2 20:42.7	58/4 21:03.0
Li. Tremblay	45/10 23:19	10/1 17:50.00		105/9 24:09.39		
La. Tremblay	1/1 20:29		2/1 20:10.1	4/1 20:20.48	3/1 20:23.9	23/1 20:39.2
R. Viger	+19 22:12		125/7 22:03.3	50/7 21:51.49	69/7 22:20.8	225/6 22:41.6

INDIVIDUAL RESULTS (Overall / CU)

Runner	RMS 8k	FHSO 8k	PRE-NC 8k	B12 8k	MTR 10k	NCAA 10k
B. Aylaian	+96 27:45					
M. Biegner	31/10 26:17		+29 25:48.5	47/7 25:46.30	60/7 31:47.0	234/7 33:03.0
J. Bosshard	1/1 24:44		7/1 23:49.1	6/2 24:25.41	8/1 30:08.0	26/1 30:20.4
C. Clayton	13/4 25:47		64/5 24:43.9	24/6 25:14.23	42/6 31:09.3	210/6 32:24.8
H. Dowdy	+78 27:27					
M. Goodger	+144 28:35					
S. Kasica	61/13 27:08	30/4 25:30.60				
B. Lynch	26/7 26:12					
M. Medina	28/9 26:14			56/9 26:01.37		
J. Perkins	27/8 26:12		+52 26:20.7			
T. Putnam	+98 27:46					
N. Rice	69/14 27:17	17/1 24:52.40				
R. Savercool	+56 27:02	34/5 25:38.80				
D. Shije	19/6 26:01		185/7 25:57.7	51/8 25:52.85		
J. Stevens	38/11 26:26		+74 26:43.3			
M. Tebo	90/6 24:56.5		18/5 24:54.95	16/4 30:19.8	109/4 31:17.6	
B. Theroux	+71 27:20					
C. Thompson	4/3 25:11		30/4 24:18.4	7/3 24:28.40	19/5 30:23.7	90/3 31:04.1
A. Van Halen	17/5 25:57		22/3 24:13.0	10/4 24:35.14	14/3 30:18.3	177/5 31:56.9
A. Wacker	2/2 25:05		17/2 24:07.4	5/1 24:14.78	9/2 30:08.5	37/2 30:28.1
G. Ward	+42 26:35	22/3 25:07.30				
J. Warren	43/12 26:40	21/2 25:05.20				

2010 Men's Indoor Bests

60 Meters

6.81	A.J. Whitaker	AFA All-Comers (1/15)
6.92	A.J. Whitaker	Big 12 Indoors (2/26-27)
6.92	Quinton Dodson	AFA All-Comers (1/15)
6.94	Quinton Dodson	Potts Indoor Invite (1/23)
6.96	A.J. Whitaker	Potts Indoor Invite (1/23)
6.97	A.J. Whitaker	Don Barrett Duals (1/30)
6.97	Quinton Dodson	Potts Indoor Invite (1/23)

60 Meter Hurdles

8.51	Javen Correia	Air Force Invite (2/13)
8.51	Javen Correia	Don Barrett Duals (1/30)
8.55	Adam Salzmann	Big 12 Indoors (2/26-27)
8.55	Javen Correia	Air Force Invite (2/13)
8.55	Javen Correia	AFA All-Comers (1/15)
8.56	Javen Correia	Potts Indoor Invite (1/23)
8.61	Adam Salzmann	Air Force Invite (2/13)

200 Meters

22.03	Quinton Dodson	AFA All-Comers (1/15)
22.05	A.J. Whitaker	Big 12 Indoors (2/26-27)
22.15	A.J. Whitaker	ISU Classic (2/12)
22.27	Quinton Dodson	ISU Classic (2/12)
22.42	Kyle MacIntosh	ISU Classic (2/12)
22.63	Adrian Gomez	ISU Classic (2/12)
22.83	A.J. Whitaker	AFA All-Comers (1/15)

400 Meters

49.46	Kyle MacIntosh	AFA All-Comers (1/15)
49.84	Matthew McCathran	Don Barrett Duals (1/30)
49.88	Kyle MacIntosh	Air Force Invite (2/13)
49.97	Adrian Gomez	Don Barrett Duals (1/30)
49.98	Kyle MacIntosh	Don Barrett Duals (1/30)
50.15	Adrian Gomez	AFA All-Comers (1/15)
50.15	Kyle MacIntosh	Big 12 Indoors (2/26-27)

600 Yards

1:11.47	Matthew McCathran	Big 12 Indoors (2/26-27)
1:11.97	Matthew McCathran	ISU Classic (2/13)
1:12.32	Adrian Gomez	Big 12 Indoors (2/26-27)
1:12.81	Adrian Gomez	ISU Classic (2/13)
1:13.24	Matthew McCathran	Potts Indoor Invite (1/23)
1:14.58	Adrian Gomez	Potts Indoor Invite (1/23)
1:16.57	Grant Duffy	Potts Indoor Invite (1/23)
1:17.35	Geo Tam	Potts Indoor Invite (1/23)
1:17.68	Travis Putnam	Potts Indoor Invite (1/23)

800 Meters

1:50.50	Steve Kasica	Husky Classic (2/13)
1:50.80	Steve Kasica	Big 12 Indoors (2/26-27)
1:54.53	Matthew Biegner	Don Barrett Duals (1/30)
1:54.97	Steve Kasica	Don Barrett Duals (1/30)
1:55.49	Grant Duffy	Husky Classic (2/13)
1:57.38	Grant Duffy	Don Barrett Duals (1/30)
1:58.70	Travis Putnam	Air Force Invite (2/12)

1,000 Meter Run

2:27.23	Matthew Biegner	Big 12 Indoors (2/26-27)
2:36.03	Adam Salzmann	Big 12 Indoors (2/26-27)
2:38.62	Alex Von Hagen	Big 12 Indoors (2/26-27)
2:40.24	Eddie Taylor	Big 12 Indoors (2/26-27)
2:43.39	Adam Salzmann	New Mexico Classic (2/6)
2:44.06	Alex Von Hagen	New Mexico Classic (2/6)
2:46.23	Eddie Taylor	New Mexico Classic (2/6)

Mile

4:09.44	Matthew Biegner	Husky Classic (2/13)
4:16.46	Brennan Lynch	Husky Classic (2/13)
4:19.93	Aric Van Halen	Big 12 Indoors (2/26-27)
4:22.58	Jonny Stevens	Husky Classic (2/13)
4:23.57	Adam Eckmann	Husky Classic (2/13)
4:26.90	Matthew Biegner	Potts Indoor Invite (1/23)
4:27.53	Brennan Lynch	Potts Indoor Invite (1/23)

3,000 Meters

8:08.33	Jordan Kyle	UW Invite (1/30)
8:11.80	Christian Thompson	UW Invite (1/30)
8:12.89	Aldo Vega	UW Invite (1/30)
8:13.98	Matt Tebo	UW Invite (1/30)
8:15.35	Aldo Vega	Big 12 Indoors (2/26-27)
8:18.07	Aric Van Halen	Husky Classic (2/13)
8:19.70	Jordan Kyle	Big 12 Indoors (2/26-27)

5,000 Meters

14:04.24	Richard Medina	Husky Classic (2/12)
14:04.36	Aldo Vega	Husky Classic (2/12)
14:15.67	Christian Thompson	Husky Classic (2/12)
14:18.05	Aldo Vega	Big 12 Indoors (2/26-27)
14:24.35	Matt Tebo	Husky Classic (2/12)
14:33.25	Christian Thompson	Big 12 Indoors (2/26-27)
14:38.18	Jordan Kyle	Husky Classic (2/12)

Mile Relay

3:19.19	MacIntosh/Aguilar/McCathran/Gomez	Don Barrett Duals (1/30)
3:21.50	MacIntosh/Aguilar/McCathran/Gomez	AFA All-Comers (1/15)
3:29.02	Duffy/Putnam/Kasica/Biegner	Don Barrett Duals (1/30)
3:34.26	Von Hagen/Emory/Ipsen/Taylor	Don Barrett Duals (1/30)

4x400 Meter Relay

3:15.23	MacIntosh/Gomez/McCathran/Whitaker	Big 12 Indoors (2/27)
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Distance Medley Relay

10:00.57	Biegner/McCathran/Kasica/Tebo	Big 12 Indoors (2/26)
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High Jump

6-06.75	Jason DeWitt	Air Force Invite (2/13)
6-06.75	Jason DeWitt	AFA All-Comers (1/15)
6-06.75	Jason DeWitt	Don Barrett Duals (1/30)
6-04.75	Jason DeWitt	Big 12 Indoors (2/26-27)
6-04.75	Jake Timmons	Air Force Invite (2/13)
6-04.75	Alex Von Hagen	New Mexico Classic (2/5)
6-04.75	Jake Timmons	Don Barrett Duals (1/30)
6-04.75	Jake Timmons	CSM Twilight (2/19)

Pole Vault

16-00.75	James Nixon	Air Force Invite (2/12)
16-00.75	James Nixon	CSM Twilight (2/19)
15-01	James Nixon	Potts Indoor Invite (1/23)
15-01	James Nixon	AFA All-Comers (1/15)
14-09	Adam Salzmann	New Mexico Classic (2/6)
14-01.25	Adam Salzmann	Big 12 Indoors (2/26)
14-01.25	Adam Salzmann	Air Force Invite (2/12)
14-01.25	Alex Von Hagen	Don Barrett Duals (1/30)

Long Jump

22-07.75	Tyler Thompson	Air Force Invite (2/12)
22-07.75	Tyler Thompson	CSM Twilight (2/19)
22-05.00	Tyler Thompson	Potts Indoor Invite (1/23)
22-02.50	Tyler Thompson	Don Barrett Duals (1/30)
22-02.25	Alex Von Hagen	New Mexico Classic (2/5)
21-11.75	Alex Von Hagen	Potts Indoor Invite (1/22)
21-11.75	Adam Salzmann	New Mexico Classic (2/5)

Triple Jump

45-02.25	Tyler Thompson	CSM Twilight (2/19)
43-06	Tyler Thompson	Air Force Invite (2/13)
43-04.50	Tyler Thompson	Potts Indoor Invite (1/23)
42-05.50	Tyler Thompson	Don Barrett Duals (1/30)

Shot Put

50-02.50	Dane Chobanian	Potts Indoor Invite (1/23)
49-11	Dane Chobanian	Husky Classic (2/13)
48-04	Michael Field	Air Force Invite (2/13)
48-00.75	Michael Field	CSM Twilight (2/19)
48-00.75	Dane Chobanian	CSM Twilight (2/19)
46-00.75	Michael Field	Don Barrett Duals (1/30)
45-10.50	Dane Chobanian	AFA All-Comers (1/15)

35-pound Weight

55-08.25	Trey Mullen	CSM Twilight (2/19)
55-02.25	Patrick Bachmann	CSM Twilight (2/19)
54-08.25	Trey Mullen	Big 12 Indoors (2/26-27)
54-06.75	Dan Chobanian	Big 12 Indoors (2/26-27)
53-11	Patrick Bachmann	Big 12 Indoors (2/26-27)
53-09.75	Trey Mullen	Husky Classic (2/13)
53-07.50	Trey Mullen	Don Barrett Duals (1/30)

Heptathlon

5083	Alex Von Hagen	Big 12 Indoors (2/26-27)
5042	Alex Von Hagen	New Mexico Classic (2/5-6)
4995	Alex Von Hagen	Potts Indoor Invite (1/22-23)
4887	Adam Salzmann	New Mexico Classic (2/5-6)
4766	Eddie Taylor	Big 12 Indoors (2/26-27)
4683	Eddie Taylor	Potts Indoor Invite (1/22-23)
4615	Eddie Taylor	New Mexico Classic (2/5-6)

2010 Women's Indoor Bests

60 Meters

8.06	Amber Rozier	AFA All-Comers (1/15)
8.10	Sydney Davis	Potts Indoor Invite (1/23)
8.10	Amber Rozier	Air Force Invite (2/13)
8.35	Jennifer Gruver	AFA All-Comers (1/15)
8.36	Jennifer Gruver	Air Force Invite (2/13)
8.37	Jennifer Gruver	Don Barret Duals (1/30)
8.37	Jennifer Gruver	Potts Indoor Invite (1/23)

60 Meter Hurdles

9.21	Brianne Beemer	New Mexico Classic (2/5)
9.21	Holly Odneal	AFA All-Comers (1/15)
9.28	Brianne Beemer	Big 12 Indoors (2/26)
9.33	Brianne Beemer	Don Barret Duals (1/30)
9.33	Brianne Beemer	Air Force Invite (2/13)
9.34	Katie Dreher	New Mexico Classic (2/5)
9.36	Alyssa Frank	New Mexico Classic (2/5)
9.36	Holly Odneal	Don Barret Duals (1/30)

200 Meters

26.22	Amber Rozier	Air Force Invite (2/12)
26.24	Amber Rozier	AFA All-Comers (1/15)
26.69	Joi Windham	ISU Classic (2/13)
26.88	Toi Windham	ISU Classic (2/13)
26.89	Jennifer Gruver	Air Force Invite (2/12)
27.01	Jennifer Gruver	Don Barret Duals (1/30)
27.08	Sydney Davis	Potts Indoor Invite (1/23)

400 Meters

56.92	Brianne Beemer	Air Force Invite (2/13)
57.93	Brianne Beemer	AFA All-Comers (1/15)
58.42	Brianne Beemer	Air Force Invite (2/12)
59.55	Joi Windham	Don Barret Duals (1/30)
59.71	Joi Windham	AFA All-Comers (1/15)
60.20	Katie Dreher	AFA All-Comers (1/15)
60.72	Sydney Davis	ISU Classic (2/13)

600 Yards

1:25.74	Elizabeth Tremblay	Big 12 Indoors (2/26-27)
1:26.77	Joi Windham	Big 12 Indoors (2/26-27)
1:27.17	Joi Windham	ISU Classic (2/13)
1:27.92	Joi Windham	Potts Indoor Invite (1/23)
1:28.66	Brooke Regan	Potts Indoor Invite (1/23)
1:28.86	Toi Windham	ISU Classic (2/13)
1:31.10	Toi Windham	Potts Indoor Invite (1/23)
1:32.15	Precious Lyons	Potts Indoor Invite (1/23)

800 Meters

2:13.96	Elizabeth Tremblay	Husky Classic (2/13)
2:13.99	Brianne Beemer	Big 12 Indoors (2/26)
2:17.56	Brianne Beemer	Potts Indoor Invite (1/22)
2:18.79	Elizabeth Tremblay	Don Barret Duals (1/30)
2:19.6	Katie Dreher	Big 12 Indoors (2/26)
2:21.57	Brianne Beemer	New Mexico Classic (2/5)
2:22.14	Brooke Regan	Air Force Invite (2/13)

Mile

4:42.56	Emma Coburn	UW Final Qualifier (3/6)
4:43.87	Emma Coburn	Big 12 Indoors (2/26-27)
4:48.05	Emma Coburn	Big 12 Indoors (2/26-27)
4:48.59	Emma Coburn	Husky Classic (2/13)
4:48.63	Emma Coburn	UW Invite (1/30)
5:13.93	Shalaya Kipp	Potts Indoor Invite (1/23)
5:16.31	Jhenya Nahreini	Potts Indoor Invite (1/23)

3,000 Meters

9:23.31	Allie McLaughlin	UW Invite (1/30)
9:25.73	Laura Tremblay	UW Invite (1/30)
9:29.00	Laura Thweatt	UW Invite (1/30)
9:35.00	Laura Thweatt	Big 12 Indoors (2/26-27)
9:37.60	Katie Cumming	Husky Classic (2/13)
9:45.27	Shalaya Kipp	Big 12 Indoors (2/26-27)
9:49.04	Katie Cumming	UW Invite (1/30)

5,000 Meters

16:34.33	Laura Thweatt	Husky Classic (2/12)
16:40.62	Laura Thweatt	Big 12 Indoors (2/26-27)
17:03.27	Shalaya Kipp	Husky Classic (2/12)
17:22.47	Jhenya Naherini	Husky Classic (2/12)

4x400 Meter Relay

3:49.49	J.Windham/Dreher/Beemer/E.Tremblay	Big 12 Indoor (2/27)
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Mile Relay

3:54.82	Dreher/J.Windham/Beemer/E. Tremblay	Don Barret Duals (1/30)
3:58.00	T.Windham/Lyons/Grandi/Garbowski	Don Barret Duals (1/30)

Distance Medley Relay

11:34.32	Cumming/E.Tremblay/Beemer/Coburn	Big 12 Indoors (2/26)
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High Jump

5-07	Holly Odneal	Don Barret Duals (1/30)
5-07	Alyssa Frank	New Mexico Classic (2/5)
5-05.25	Brianne Beemer	New Mexico Classic (2/5)
5-05.25	Holly Odneal	Potts Indoor Invite (1/22)
5-05.25	Alyssa Frank	Potts Indoor Invite (1/22)
5-05	Alyssa Frank	Air Force Invite (2/13)
5-05	Alyssa Frank	Don Barret Duals (1/30)
5-05	Laurisa Canini	CSM Twilight (2/19)
5-05	Holly Odneal	AFA All-Comers (1/15)
5-05	Alyssa Frank	AFA All-Comers (1/15)

Long Jump

17-03.50	Katie Dreher	AFA All-Comers (1/15)
17-02.75	Danielle Reagin	CSM Twilight (2/19)
17-00	Brianne Beemer	New Mexico Classic (2/5)
17-00	Renata Garbowski	CSM Twilight (2/19)
16-10	Alyssa Frank	Big 12 Indoors (2/26)
16-10	Alyssa Frank	New Mexico Classic (2/5)
16-10	Danielle Reagin	Potts Indoor Invite (1/23)

Triple Jump

37-11.50	Katie Dreher	Air Force Invite (2/13)
37-08.75	Katie Dreher	Don Barret Duals (1/30)
35-02	Katie Dreher	Big 12 Indoors (2/26-27)
Shot Put		
44-09.50	Kaity Kark	Big 12 Indoors (2/26-27)
43-06.50	Kaity Kark	New Mexico Classic (2/6)
42-08.00	Kaity Kark	Don Barret Duals (1/30)
42-03.50	Chynna McCall	Big 12 Indoors (2/26-27)
41-10.75	Molly Potter	CSM Twilight (2/19)
41-05.00	Emily Hunsucker	Potts Indoor Invite (1/23)
41-05.00	Emily Hunsucker	New Mexico Classic (2/6)

20-pound Weight Throw

50-11.50	Kaity Kark	Potts Indoor Invite (1/23)
50-10.75	Chynna McCall	CSM Twilight (2/19)
50-00.50	Chynna McCall	Don Barret Duals (1/30)
49-07.00	Chynna McCall	Husky Classic (2/13)
49-03.75	Kaity Kark	Don Barret Duals (1/30)
49-03.00	Chynna McCall	New Mexico Classic (2/6)
49-00.25	Kaity Kark	New Mexico Classic (2/6)

Pentathlon

3625	Brianne Beemer	New Mexico Classic (2/5)
3611	Brianne Beemer	Big 12 Indoors (2/26)
3468	Alyssa Frank	New Mexico Classic (2/5)
3444	Brianne Beemer	Potts Indoor Invite (1/22)
3347	Katie Dreher	Potts Indoor Invite (1/22)
3344	Alyssa Frank	Big 12 Indoors (2/26)
3293	Alyssa Frank	Potts Indoor Invite (1/22)

2010 Men's Outdoor Bests

100 Meters

10.15	Jeremy Dodson	Jack Christiansen (4/24)
10.35	Jeremy Dodson	Big 12 Outdoors (5/14-16)
10.38	Jeremy Dodson	NCAA Prelims (5/27-29)
10.41	Jeremy Dodson	Big 12 Outdoors (5/14-16)
10.42	Jeremy Dodson	Texas Invite (5/1)
10.48	Jeremy Dodson	NCAA Prelims (5/27-29)
10.52	Quinton Dodson	Jack Christiansen (4/24)
10.55	Jeremy Dodson	Michael Johnson (4/17)

200 Meters

20.40	Jeremy Dodson	NCAA Prelims (5/27-29)
20.63	Jeremy Dodson	Big 12 Outdoors (5/14-16)
20.65	Jeremy Dodson	NCAA Outdoors (6/12)
20.65	Jeremy Dodson	Texas Invite (5/1)
20.77	Jeremy Dodson	Big 12 Outdoors (5/14-16)
20.88	Jeremy Dodson	NCAA Outdoors (6/10)
20.88	Jeremy Dodson	NCAA Prelims (5/27-29)
20.92	Jeremy Dodson	Jack Christiansen (4/24)

400 Meters

49.34	Adam Salzmann	Big 12 Outdoors (5/14-16)
49.41	Jeremy Dodson	ASU Invite (3/27)
49.50	Adam Salzmann	Jim Click (4/1)
49.94	Adam Salzmann	Glenn Morris (4/22-23)
51.09	Eddie Taylor	Big 12 Outdoors (5/14-16)
51.12	Alex Von Hagen	Big 12 Outdoors (5/14-16)
51.13	Steve Kasica	Tom Benich Classic (4/3)
51.19	Alex Von Hagen	CU Invite (4/10)

800 Meter Run

1:51.59	Steve Kasica	Big 12 Outdoors (5/14-16)
1:51.80	Steve Kasica	CU Invite (4/10)
1:51.97	Matthew Biegner	CU Invite (4/10)
1:51.99	Steve Kasica	Big 12 Outdoors (5/14-16)
1:52.89	Steve Kasica	Mt SAC Relays (4/15-17)
1:53.85	Grant Duffy	Mt SAC Relays (4/15-17)
1:54.50	Matthew Biegner	Jack Christiansen (4/24)
1:55.03	Matthew Biegner	Big 12 Outdoors (5/14-16)

1,500 Meter Run

3:48.50	Richard Medina	Payton Jordan Cardinal Invite (5/1)
3:49.39	Kenyon Neuman	Mt SAC Relays (4/15-17)
3:51.76	Matthew Biegner	Mt SAC Relays (4/15-17)
3:52.59	Matthew Biegner	Big 12 Outdoors (5/14-16)
3:53.12	Richard Medina	CU Invite (4/10)
3:53.86	Joe Bosshard	Fum McGraw (5/8)
3:53.96	Joe Bosshard	CU Invite (4/10)
3:55.02	Aldo Vega	CU Invite (4/10)

3,000 Meters

8:56.46	Jerome Perkins	CU Invite (4/10)
8:58.53	Nathan Rice	CU Invite (4/10)
9:06.23	Garrett Ward	CU Invite (4/10)
9:12.20	Adam Eckmann	CU Invite (4/10)

5,000 Meters

13:48.26	Richard Medina	Mt SAC Relays (4/15-17)
13:49.56	Aldo Vega	Mt SAC Relays (4/15-17)
13:50.17	Matt Tebo	Mt SAC Relays (4/15-17)
13:52.19	Kenyon Neuman	Payton Jordan Cardinal Invite (5/1)
13:54.61	Jordan Kyle	Payton Jordan Cardinal Invite (5/1)
13:55.66	Richard Medina	NCAA Outdoors (6/12)
14:01.74	Andy Wacker	Mt SAC Relays (4/15-17)

10,000 Meters

28:59.87	Joe Bosshard	NCAA Outdoors (6/10)
29:15.57	Aldo Vega	Stanford Invitational (3/26)
29:20.97	Jordan Kyle	Stanford Invitational (3/26)
29:25.06	Kenyon Neuman	Big 12 Outdoors (5/14-16)
29:28.18	Richard Medina	Big 12 Outdoors (5/14-16)
29:31.03	Andy Wacker	Stanford Invitational (3/26)
29:31.68	Joe Bosshard	Big 12 Outdoors (5/14-16)
29:33.92	Matt Tebo	Big 12 Outdoors (5/14-16)

110 Meter Hurdles

15.15	Javen Correia	Jack Christiansen (4/24)
15.17	Javen Correia	Front Range Classic (5/1)
15.18	Javen Correia	CU Invite (4/10)
15.18	Adam Salzmann	Fum McGraw (5/8)
15.26	Adam Salzmann	Glenn Morris (4/22-23)
15.30	Adam Salzmann	Big 12 Outdoors (5/14-16)
15.62	Adam Salzmann	Jim Click (4/2)

400 Meter Hurdles

52.94	Adam Salzmann	Fum McGraw (5/8)
53.38	Kyle MacIntosh	CU Invite (4/10)
53.56	Kyle MacIntosh	Fum McGraw (5/8)
53.98	Kyle MacIntosh	Michael Johnson (4/17)
54.21	Jordan Aguilar	Fum McGraw (5/8)
54.33	Adrian Gomez	CU Invite (4/10)
54.50	Matthew McCathran	CU Invite (4/10)
54.52	Kyle MacIntosh	Big 12 Outdoors (5/14-16)

3,000 M Steeplechase

9:03.04	Christian Thompson	Mt SAC Relays (4/15-17)
9:08.18	Christian Thompson	Big 12 Outdoors (5/14-16)
9:09.27	Christian Thompson	NCAA Prelims (5/27-29)
9:12.42	Aric Van Halen	Big 12 Outdoors (5/14-16)
9:12.7h	Aric Van Halen	Mt SAC Relays (4/15-17)
9:21.63	Christian Thompson	Payton Jordan Cardinal Invite (5/1)
9:24.9h	Cameron Clayton	Mt SAC Relays (4/15-17)

4x100 Meter Relay

39.91	Whitaker/Q.Dodson/MacIntosh/J.Dodson	NCAA Prelims (5/29)
40.19	Whitaker/Q.Dodson/MacIntosh/J.Dodson	Fum McGraw (5/8)
40.35	Whitaker/Q.Dodson/MacIntosh/J.Dodson	NCAA Outdoors (6/9)
40.46	Whitaker/Q.Dodson/MacIntosh/J.Dodson	Big 12 Outdoors (5/14-16)
40.83	Q.Dodson/J.Dodson/Whitaker/MacIntosh	CU Invite (4/10)
41.21	Q.Dodson/J.Dodson/MacIntosh/McCathran	Tom Benich Classic (4/3)
41.26	Q.Dodson/J.Dodson/MacIntosh/Whitaker	Jack Christiansen (4/24)

4x400 Meter Relay

3:15.29	Gomez/McCathran/MacIntosh/Q.Dodson	Jack Christiansen (4/24)
3:16.20	Salzmann/Q.Dodson/MacIntosh/Biegner	Big 12 Outdoors (5/14-16)
3:20.50	Gomez/J.Dodson/MacIntosh/McCathran	Tom Benich Classic (4/3)
3:23.93	Putnam/Kasica/Duffy/Biegner	Jack Christiansen (4/24)
3:24.13	Putnam/Kasica/Duffy/Biegner	Tom Benich Classic (4/3)
3:25.23	Putnam/Kasica/VanHalen/Biegner	CU Invite (4/10)

Long Jump

21-10.75	Tyler Thompson	Tom Benich Classic (4/3)
21-10	Alex Von Hagen	Jim Click (4/1)
21-05.25	Tyler Thompson	CU Invite (4/10)
21-03.50	Tyler Thompson	Jack Christiansen (4/24)
21-02.75	Alex Von Hagen	Big 12 Outdoors (5/14-16)
21-02.75	Adam Salzmann	Jim Click (4/1)
21-00	Adam Salzmann	Glenn Morris (4/22-23)
21-00	Tyler Thompson	CSU-Pueblo Invite (4/17)

Triple Jump

43-04.50	Tyler Thompson	Jack Christiansen (4/24)
42-07.50	Tyler Thompson	CU Invite (4/10)
40-03.25	Tyler Thompson	Tom Benich Classic (4/3)

High Jump

6-08	Jason DeWitt	Front Range Classic (5/1)
6-07	Jake Timmons	CU Invite (4/10)
6-04.75	Alex Von Hagen	Big 12 Outdoors (5/14-16)
6-04.75	Jake Timmons	Tom Benich Classic (4/3)
6-04.75	Jason DeWitt	Tom Benich Classic (4/3)
6-04	Alex Von Hagen	Jim Click (4/1)
6-04	Jake Timmons	Fum McGraw (5/8)
6-03.25	Jason DeWitt	Glenn Morris (4/22-23)

Shot Put

49-11	Michael Field	Jack Christiansen (4/24)
49-05.50	Dane Chobanian	Tom Benich Classic (4/3)
48-11.75	Michael Field	CU Invite (4/10)
48-11.00	Michael Field	Fum McGraw (5/8)
48-04.75	Dane Chobanian	Front Range Classic (5/1)
48-00	Dane Chobanian	Fum McGraw (5/8)
46-10.00	Michael Field	Tom Benich Classic (4/3)
44-00.50	Niklas Cederstrom	CU Invite (4/10)

Hammer Throw

176-10	Patrick Bachmann	Big 12 Outdoors (5/14-16)
176-03	Patrick Bachmann	Fum McGraw (5/8)
174-05	Patrick Bachmann	Tom Benich Classic (4/3)
171-00	Trey Mullen	Fum McGraw (5/8)
170-07	Patrick Bachmann	Mt SAC Relays (4/15-17)
168-07	Patrick Bachmann	Front Range Classic (5/1)
165-08	Patrick Bachmann	CU Invite (4/9)
164-00	Trey Mullen	Jack Christiansen (4/24)

Discus Throw

182-03	Dane Chobanian	Beach Invitational (4/17)
168-06	Dane Chobanian	Jack Christiansen (4/24)
166-04	Dane Chobanian	Tom Benich Classic (4/3)
166-01	Dane Chobanian	CU Invite (4/10)
162-02	Dane Chobanian	Front Range Classic (5/1)
160-05	Patrick Bachmann	Jack Christiansen (4/24)
159-04	Patrick Bachmann	Tom Benich Classic (4/3)

Javelin

189-11	Kevin Fasing	CU Invite (4/10)
188-06	Alex Von Hagen	Big 12 Outdoors (5/14-16)
188-01	Kevin Fasing	Tom Benich Classic (4/3)
186-02	Kevin Fasing	Mt SAC Relays (4/15-17)
182-02	Alex Von Hagen	Fum McGraw (5/8)
179-11	Kevin Fasing	Big 12 Outdoors (5/14-16)
170-07	Kevin Fasing	Jack Christiansen (4/24)
154-10	Adam Salzmann	Jim Click (4/2)
149-04	Alex Von Hagen	Jim Click (4/2)

Pole Vault

15-05	Adam Salzmann	Big 12 Outdoors (5/14-16)
14-11	Adam Salzmann	Glenn Morris (4/22-23)
14-09	Adam Salzmann	Jim Click (4/2)
13-11.25	Eddie Taylor	Glenn Morris (4/22-23)
13-09.25	Alex Von Hagen	Jim Click (4/2)
13-09.25	Eddie Taylor	Jim Click (4/2)
13-01.50	Eddie Taylor	Big 12 Outdoors (5/14-16)
12-11.50	Alex Von Hagen	CU Invite (4/10)

Decathlon

6879	Adam Salzmann	Big 12 Outdoors (5/14-16)
6865	Adam Salzmann	Glenn Morris (4/22-23)
6739	Adam Salzmann	Jim Click (4/1-2)
6212	Eddie Taylor	Big 12 Outdoors (5/14-16)
6168	Eddie Taylor	Jim Click (4/1-2)
6143	Alex Von Hagen	Big 12 Outdoors (5/14-16)
5923	Eddie Taylor	Glenn Morris (4/22-23)
5919	Alex Von Hagen	Jim Click (4/1-2)

2010 Women's Outdoor Bests

100 Meters

12.97	Jennifer Gruver	CU Invite (4/10)
13.40	Amber Rozier	Tom Benich Classic (4/3)
13.42	Jennifer Gruver	Tom Benich Classic (4/3)
13.46	Krista Kiper	Tom Benich Classic (4/3)

200 Meters

26.17	Katie Dreher	Glenn Morris (4/22-23)
26.23	Katie Dreher	Big 12 Outdoors (5/14-16)
26.24	Brianne Beemer	Glenn Morris (4/22-23)
26.27	Jennifer Gruver	CU Invite (4/10)
26.29	Brianne Beemer	Big 12 Outdoors (5/14-16)
26.29	Katie Dreher	Fum McGraw (5/8)
26.32	Brianne Beemer	Jim Click (4/1)
26.56	Elizabeth Tremblay	Jack Christiansen (4/24)

400 Meters

59.33	Elizabeth Tremblay	Jack Christiansen (4/24)
59.40	Brooke Regan	Tom Benich Classic (4/3)
59.58	Brooke Regan	Jack Christiansen (4/24)
1:00.46	Elizabeth Tremblay	Tom Benich Classic (4/3)
1:00.82	Jennifer Gruver	Jack Christiansen (4/24)
1:04.09	Precious Lyons	Tom Benich Classic (4/3)

800 Meter Run

2:09.81	Emma Coburn	Big 12 Outdoors (5/14-16)
2:10.61	Emma Coburn	CU Invite (4/10)
2:11.25	Elizabeth Tremblay	Mt. SAC Relays (4/15-17)
2:11.99	Elizabeth Tremblay	Big 12 Outdoors (5/14-16)
2:11.35	Laura Thweatt	CU Invite (4/10)
2:11.40	Elizabeth Tremblay	CU Invite (4/10)
2:12.44	Emma Coburn	Big 12 Outdoors (5/14-16)
2:13.20	Brianne Beemer	Jim Click (4/2)

1,500 Meter Run

4:21.37	Emma Coburn	Payton Jordan Cardinal Invite (5/1)
4:25.27	Laura Thweatt	Payton Jordan Cardinal Invite (5/1)
4:29.69	Shalaya Kipp	Payton Jordan Cardinal Invite (5/1)
4:41.23	Shalaya Kipp	CU Invite (4/10)
4:50.19	Kristin Johansen	Front Range Classic (5/1)
4:50.65	Camille Logan	Fum McGraw (5/8)
4:52.14	Kristin Johansen	Tom Benich Classic (4/3)
4:52.31	Megan Burrell	Jack Christiansen (4/24)

3,000 Meters

10:14.82	Kristin Johansen	CU Invite (4/10)
10:22.63	Jhenya Nahreini	CU Invite (4/10)
10:33.85	Camille Logan	CU Invite (4/10)
10:42.62	Megan Burrell	CU Invite (4/10)

5,000 Meters

16:11.55	Laura Thweatt	Mt. SAC Relays (4/15-17)
16:29.38	Shalaya Kipp	Mt. SAC Relays (4/15-17)
16:55.12	Laura Thweatt	Big 12 Outdoors (5/14-16)
17:09.04	Kristin Johansen	Big 12 Outdoors (5/14-16)
17:11.67	Jhenya Nahreini	Mt. SAC Relays (4/15-17)
17:21.38	Camille Logan	Mt. SAC Relays (4/15-17)

10,000 Meters

34:34.41	Laura Thweatt	Stanford Invitational (3/26)
36:00.78	Jhenya Nahreini	Stanford Invitational (3/26)
36:18.64	Laura Thweatt	NCAA Prelims (5/27-29)
36:24.92	Camille Logan	Big 12 Outdoors (5/14-16)
36:43.20	Kristin Johansen	Big 12 Outdoors (5/14-16)

100 Meter Hurdles

15.08	Brianne Beemer	CU Invite (4/10)
15.26	Holly Odneal	CU Invite (4/10)
15.29	Brianne Beemer	Big 12 Outdoors (5/14-16)
15.31	Katie Dreher	CU Invite (4/10)
15.45	Brianne Beemer	Glenn Morris (4/22-23)
15.46	Holly Odneal	Glenn Morris (4/22-23)

400 Meter Hurdles

1:00.96	Brianne Beemer	Fum McGraw (5/8)
1:01.23	Brianne Beemer	Mt. SAC Relays (4/15-17)
1:01.60	Brianne Beemer	NCAA Prelims (5/27-29)
1:01.65	Brianne Beemer	CU Invite (4/10)
1:02.00	Joi Windham	Fum McGraw (5/8)
1:02.18	Brianne Beemer	Big 12 Outdoors (5/14-16)
1:02.39	Joi Windham	Tom Benich Classic (4/3)

3,000 M Steeplechase

9:51.86	Emma Coburn	NCAA Outdoors (6/12)
9:56.29	Emma Coburn	Mt. SAC Relays (4/15-17)
9:56.53	Emma Coburn	Big 12 Outdoors (5/14-16)
9:59.37	Shalaya Kipp	NCAA Outdoors (6/12)

9:59.69	Emma Coburn	NCAA Outdoors (6/10)
9:59.93	Shalaya Kipp	NCAA Outdoors (6/10)
10:08.35	Emma Coburn	NCAA Prelims (5/27-29)
10:10.04	Shalaya Kipp	NCAA Prelims (5/27-29)

4x400 Meter Relay

3:53.25	J. Windham/Regan/Beemer/E.Tremblay	Big 12 Outdoors (5/14-16)
3:53.43	J.Windham/Davis/E.Tremblay/Beemer	CU Invite (4/10)
3:57.64	T.Windham/Davis/Rozier/J.Windham	Tom Benich Classic (4/3)
3:59.52	J.Windham/Gruver/Rozier/Davis	Jack Christiansen (4/24)

Long Jump

17-01.50	Katie Dreher	Jim Click (4/2)
16-08.75	Brianne Beemer	Jim Click (4/2)
16-08.00	Katie Dreher	Glenn Morris (4/22-23)
16-05.25	Stephanie Echer	Glenn Morris (4/22-23)
16-04.50	Alyssa Frank	Jim Click (4/2)
16-03.25	Brianne Beemer	Glenn Morris (4/22-23)
16-03.75	Laurisa Canini	Jack Christiansen (4/24)
16-01.50	Danielle Reagin	Jack Christiansen (4/24)
16-01.50	Laurisa Canini	CU Invite (4/10)

Triple Jump

37-02.25	Katie Dreher	Fum McGraw (5/8)
36-11.00	Katie Dreher	CU Invite (4/10)
35-05.75	Katie Dreher	Big 12 Outdoors (5/14-16)

High Jump

5-06.50	Alyssa Frank	Big 12 Outdoors (5/14-16)
5-06	Laurisa Canini	CSU-Pueblo Invite (4/17)
5-04.50	Brianne Beemer	Big 12 Outdoors (5/14-16)
5-04.25	Laurisa Canini	CU Invite (4/10)
5-05	Laurisa Canini	Big 12 Outdoors (5/14-16)
5-03.00	Holly Odneal	Tom Benich Classic (4/3)
5-03.00	Sally Page	Tom Benich Classic (4/3)
5-03.00	Erin Overcash	Tom Benich Classic (4/3)

Shot Put

46-03.50	Kaity Kark	Fum McGraw (5/8)
44-10.25	Kaity Kark	Big 12 Outdoors (5/14-16)
44-08.75	Kaity Kark	UCCS Mines Dual Meet (4/30)
44-00	Chynna McCall	Fum McGraw (5/8)
43-09.00	Kaity Kark	CU Invite (4/10)
43-06	Chynna McCall	Front Range Classic (5/1)
43-04.25	Kaity Kark	Jack Christiansen (4/24)
41-07.25	Chynna McCall	Tom Benich Classic (4/3)

Hammer Throw

160-04	Kaity Kark	CU Invite (4/09)
158-08	Kaity Kark	Fum McGraw (5/8)
157-10	Kaity Kark	Jack Christiansen (4/24)
154-11	Emily Hunsucker	Big 12 Outdoors (5/14-16)
151-08	Kaity Kark	Tom Benich Classic (4/3)
151-01	Emily Hunsucker	CSU-Pueblo Invite (4/17)
150-04	Chynna McCall	Front Range Classic (5/1)
149-10	Max Van Dyke	Tom Benich Classic (4/3)

Javelin

127-08	Sally Page	CU Invite (4/10)
121-05	Sally Page	Big 12 Outdoors (5/14-16)
119-09	Sally Page	Jack Christiansen (4/24)
119-04	Sally Page	Tom Benich Classic (4/3)
113-03	Holly Odneal	Big 12 Outdoors (5/14-16)
109-04	Max Van Dyke	Jack Christiansen (4/24)
105-08	Alyssa Frank	CU Invite (4/10)
105-06	Alyssa Frank	Big 12 Outdoors (5/14-16)

Discus Throw

155-06	Kaity Kark	Big 12 Outdoors (5/14-16)
154-07	Kaity Kark	Fum McGraw (5/8)
148-07	Kaity Kark	Mt. SAC Relays (4/15-17)
146-09	Kaity Kark	Jack Christiansen (4/24)
143-07	Kaity Kark	CU Invite (4/10)
140-02	Kaity Kark	Tom Benich Classic (4/3)
135-08	Kaity Kark	UCCS Mines Dual Meet (4/30)
124-00	Emily Hunsucker	CU Invite (4/10)

Heptathlon

4680	Brianne Beemer	Big 12 Outdoors (5/14-16)
4669	Brianne Beemer	Jim Click (4/1-2)
4540	Brianne Beemer	Glenn Morris (4/22-23)
4515	Katie Dreher	Jim Click (4/1-2)
4510	Alyssa Frank	Big 12 Outdoors (5/14-16)
4445	Katie Dreher	Big 12 Outdoors (5/14-16)
4288	Katie Dreher	Glenn Morris (4/22-23)
4277	Holly Odneal	Big 12 Outdoors (5/14-16)

Men's Indoor Records

Event	CU Record	Balch Fieldhouse Record
55 Meters	6.00, Erik Mitchell Oklahoma City Invite, 1993	6.14, George Daniels, Colorado CU-Nebraska Dual, 1972
55-meter Hurdles	7.14, Marcus Walker Albuquerque Invite, 1971	7.14, Wayne Lockwood, Colorado Potts Invitational, 1973
60 Meters	6.67, Jonathan Prather Air Force Invite, 1999	
60-meter Hurdles	7.75 Lex Butler Big 12 Indoors, 2000	8.40, Tashaun Hill, unattached Potts Invitational, 2009
200 Meters	20.88, Jeremy Dodson Air Force Invite, 2009	21.97, Jeremy Dodson, Colorado Potts Invitational, 2007
300 Yards	30.2, Cliff Branch Idaho State Invite, 1971	
400 Meters	46.13, James Davis Rocky Mountain Cup, 1996	48.31, Tray Taylor, Colorado State Potts Invitational, 1998
600 Yards	1:10.2, Mike Macinko Kansas Invite, 1987	1:11.7, Kyle Hargett, Colorado CU Triangular, 1989
800 Meters	1:49.37, Chris Schafer Indianapolis Open, 1998	1:49.3, Rick Musgrave, Colorado Potts Invitational, 1976
1,000 Meters	2:21.5, Rick Musgrave NCAA Indoors, 1976	2:25.92, Darby Hobson, Colorado CU Triangular, 1989
Mile Run	3:59.55, Stephen Pifer Husky Classic, 2006	4:04.9, Dave Uhlrich, Unattached CU All-Comers, 1986
3,000 Meters	7:46.03, Adam Goucher NCAA Indoors, 1998	8:04.2, Frank Shorter, Colorado Track Club Potts Invitational, 1977
5,000 Meters	13:38.23, Adam Goucher Big 12 Championships, 1998	
4x400-meter Relay	3:07.9, (Branch/Windle/Bennet/Daniels) USTAF, Houston, 1972	3:17.0, Colorado School of Mines Potts Invitational, 2005
4x800-meter Relay	7:25.55, (Reyes/Queen/Elmuccio/Schafer) Penn Relays Carnival, 1999	7:53.1, (Macinko/Dunn/Dickman/Hobson) Colorado, Potts Invitational, 1988
Distance Medley Relay	9:42.9, (Castaneda/Endean/Musgrave/Peterson) Idaho State Relays, 1974	
High Jump	7-3 ½, Jason Dudley Air Force Invite, 1989	7-6, Jeff Loescher, Nebraska Potts Invitational, 1985
Long Jump	25-7 ½, Kingsley Adams Big Eight Indoors, 1974	25-8 ¼, Earle Thomas, Wyoming Potts Invitational, 1965
Triple Jump	52-10, Don Duvall Idaho State Invite, 1975	50-9 ½, Torey Barr, Colorado Potts Invitational, 1986
Shot Put	61-2 ¼, Demetry Gemolas Air Force Open, 1997	69-11 ½, Brian Oldfield, Chicago Track Club Potts Invitational, 1981
35-lb. Weight	61-7 ¾, Zach Hazen Don Barrett Invite, 2006	61-7, Mike Ostrom, Fresno State CU Quadrangular, 1988
Pole Vault	17-2, Dennis Fuller CU All-Comers, 1980	19-0 ¼, Joe Dial, Ath. West Potts Invitational, 1986
Pentathlon	3,982, Rob Martin CU Potts Invite, 1990	3,982, Rob Martin Potts Invitational, 1990
Heptathlon	5,392, Drew Hildner Big 12, 2000	4,995, Alex Von Hagen Potts Invitational, 2010

TRACK & FIELD Women's Indoor Records

Event	CU Record	Balch Fieldhouse Record
55 Meters	6.92, Amaris Buchanan Colorado Invitational, 2001	6.84, Joy Jones, Kansas State Potts Invitational, 1988
55-meter Hurdles	7.60, Yolanda Johnson Air Force Invite, 1990	7.60, Donna Waller, Unattached Potts Invitational, 1988
60-meters	7.34, Amaris Buchanan Big 12 Indoors, 2001	7.78, Deneeka Torrey Potts Invitational, 2004
60-meter Hurdles	8.27, Hannah Cooper NCAA Championships, 2002	8.54, Janay DeLoach, unattached Potts Invitational, 2010
200 Meters	23.81, Amaris Buchanan Big 12 Indoors, 2001	25.03, Amaris Buchanan Potts Invitational, 2001
300 Yards	36.68, Julie Seaberg AFA Invite, 1985	34.6, Lori Risenhoover, Adams State CU Triangular, 1984
400 Meters	54.00, Leona Russell Iowa State Open, 1996	55.0, Wendy Koenig, CSU Potts Invitational, 1971
600 Yards	1:21.60, Lee Ballenger AIAW Indoors, 1979	1:20.8, Wendy Koenig, CSU Potts Invitational, 1973
800 Meters	2:04.29, Mary Decker Big Eight Indoors, 1978	2:10.9, Wendy Koenig, CSU Potts Invitational, 1971
1,000 Meters	2:49.1, Mary Decker L.A. Times Games, 1978	
Mile Run	4:25.91, Jenny Barringer Big 12 Indoors, 2009	4:44.98, Shayne Culpepper, NIKE Potts Invitational, 2009
3,000 Meters	8:42.03, Jenny Barringer NCAA Championships, 2009	1996 9:35.7, Wilma Van Onna, UTEP CU Triangular, 1989
5,000 Meters	15:01.70, Jenny Barringer Husky Classic, 2009	
4x400-meter Relay	3:47.04, (Ward/Ards/Sterlin/Russell) Big Eight Indoor Championships, 1996	3:57.34, (Jackson/Vaughn/Campbell/Outlaw) Colorado, Potts Invitational, 1988
4x800-meter Relay	9:04.28, (Powers/Wilson/Ballenger/Decker) Big Eight Indoors, 1979	9:15.24, (Drake/Bell/Husle/Thom) Colorado, Potts Invitational, 1981
Distance Medley Relay	11:23.34 (Messner/Newsome/Higgins/Wheeler) Cannon IV Classic, 1999	
High Jump	6-2, Karol Damon NCAA Indoors, 1991	6-0 ½, Tonya Mendonca, Fresno State CU Quadrangular, 1988
Long Jump	20-10 ½, Annette Tännander AIAW, 1982	21-3 ½, Madette Smith, UNLV Potts Invitational, 1989
Triple Jump	40-7 ¾, Amberly Casey Big 12 Championships, 2005	40-8 ½, Felicia Curry, Kansas State Potts Invitational, 1993
Shot Put	54-7 ¼, Melisa Weis NCAA Indoors, 1993	51-3 ½, Melisa Weis, Colorado CU All-Comers Meet, 1993
20-lb. Weight	62-8 ½, Cortney Hutmacher Don Barrett Invite, 2006	60-04.50, Cortney Hutmacher, Colorado Potts Invitational, 2007
Pentathlon	#4,071, Annette Tännander Big Eight Indoors, 1983	3,579, Traci Olsen, Utah Potts Invitational
	\$4,046, Pam Owen Big Eight Indoors, 1993	
Pole Vault	11-6 ½, Megan Buttner Husker Invitational, 2002	

#record prior to 1985

\$record after 1985

Men's All-Time Indoor Bests

55-Meter Top Performances

6.00	Erik Mitchell	1/30/93	
6.14	Cliff Branch	1972	Oklahoma City
6.18	Rico Smith	3/2/91	Boulder
6.20	Rae Carruth	1/30/93	
6.21	Erik Mitchell	3/2/91	Boulder
6.21	Jonathan Prather	2/26/99	Laramie, Wyo.
6.21	Marcus Stiggers	2/26/99	Laramie, Wyo.
6.26	Devlon Dunn	3/5/88	Boulder
6.29	Rae Carruth	1/28/95	Rocky Mountain Cup
6.3	James Kidd	1/30/93	
6.3	Erik Mitchell	1/29/94	USAFA, Colo.
6.36	Erik Mitchell	3/4/95	Boulder

55-Meters Top Performers

6.00	Erik Mitchell	1/30/93	
6.21	Jonathan Prather	2/26/99	Laramie, Wyo.
6.21	Marcus Stiggers	2/26/99	Laramie, Wyo.
6.26	Devlon Dunn	3/5/88	Boulder
6.3	James Kidd	1/30/93	
6.14	Cliff Branch	1972	Oklahoma City
6.18	Rico Smith	3/2/91	Boulder
6.20	Rae Carruth	1/30/93	

55-Meter Hurdles Top Performances

7.14	Marcus Walker	1971	Albuquerque, N.M.
7.3	Reggie DePass	1/18/02	Boulder
7.31	Lex Butler	2/14/98	USAFA, Colo.
7.34	Reggie DePass	1/19/01	Boulder
7.36	Lex Butler	1/19/01	Boulder
7.4	Brian Thomas	2/3/89	USAFA, Colo.
7.43	Lex Butler	2/14/98	USAFA, Colo.
7.44	Roberto Carmona	2/27/1993	
7.44	Lex Butler	1/18/02	Boulder
7.48	Lex Butler	1/23/98	Boulder
7.49	Lex Butler	2/27/98	Ames, Iowa

55-Meter Hurdles Top Performers

7.14	Marcus Walker	1971	Albuquerque, N.M.
7.3	Reggie DePass	1/18/02	Boulder
7.31	Lex Butler	2/14/98	USAFA, Colo.
7.4	Brian Thomas	2/3/89	USAFA, Colo.
7.44	Roberto Carmona	2/27/93	

60-Meter Dash Top Performances

6.67	Jonathan Prather	2/13/99	USAFA, Colo.
6.68	Marcus Stiggers	2/13/99	USAFA, Colo.
6.68	Marcus Stiggers	2/13/99	USAFA, Colo.
6.72	Jonathan Prather	2/19/99	Manhattan, Kan.
6.72	Jeremy Dodson	2/14/09	USAFA, Colo.
6.73	Marcus Stiggers	2/19/99	Manhattan, Kan.
6.75	Marcus Stiggers	2/19/99	Manhattan, Kan.
6.75	Jeremy Dodson	2/14/09	USAFA, Colo.
6.76	Ryan Campbell	2/3/07	USAFA, Colo.
6.76	Jeremy Dodson	1/27/07	USAFA, Colo.
6.76	Jonathan Prather	2/19/99	Manhattan, Kan.
6.77	Jonathan Prather	2/13/99	USAFA, Colo.
6.77	Hugh Charles	2/2/08	USAFA, Colo.
6.78	Ben Kelly	2/19/99	Manhattan, Kan.
6.78	Ryan Campbell	2/14/09	USAFA, Colo.

60-Meter Dash Top Performers

6.67	Jonathan Prather	2/13/99	USAFA, Colo.
6.68	Marcus Stiggers	2/13/99	USAFA, Colo.
6.72	Jeremy Dodson	2/14/09	USAFA, Colo.
6.76	Ryan Campbell	2/3/07	USAFA, Colo.
6.77	Hugh Charles	2/2/08	USAFA, Colo.
6.78	Ben Kelly	2/19/99	Manhattan, Kan.
6.79	Kyle Swartz	1/30/99	USAFA, Colo.
6.81	A.J. Whitaker	1/15/10	USAFA, Colo.
6.884	Sam Napp	1/21/06	Golden, Colo.
6.92	Quinton Dodson	2/14/09	USAFA, Colo.
6.93	BJ Conklin	1/24/04	USAFA, Colo.

60-Meter Hurdles Top Performances

7.75	Lex Butler	2/26/00	Big 12, Ames, Iowa
7.82	Lex Butler	2/17/00	USAFA, Colo.
7.84	Lex Butler	3/2/01	Ames, Iowa
7.85	Lex Butler	2/25/00	Big 12, Ames, Iowa
7.87	Lex Butler	3/2/01	Ames, Iowa
7.87	Lex Butler	2/19/00	USAFA, Colo.
7.88	Lex Butler	2/17/01	USAFA, Colo.
7.89	Lex Butler	2/17/01	USAFA, Colo.
7.89	Lex Butler	2/23/01	Big 12, Lincoln, Neb.
7.9	Reggie DePass	1/26/02	USAFA, Colo.

60-Meter Hurdles Top Performers

7.75	Lex Butler	2/26/00	Big 12, Ames, Iowa
7.9	Reggie DePass	1/26/02	USAFA, Colo.

200-Meter Dash Top Performances

20.88	Jeremy Dodson	2/14/09	USAFA, Colo.
20.95	Jeremy Dodson	2/28/09	Big 12, College Station, Texas
21.02	Ryan Campbell	3/3/07	Ames, Iowa
21.07	Jeremy Dodson	2/7/09	Albuquerque, N.M.
21.1	Jeremy Dodson	2/2/08	USAFA, Colo.
21.11	Jeremy Dodson	3/1/08	Big 12, Lincoln, Neb.
21.12	Jeremy Dodson	2/3/07	USAFA, Colo.
21.13	Jeremy Dodson	2/29/08	Big 12, Lincoln, Neb.
21.14	Jeremy Dodson	3/13/09	NCAA, College Station, Texas
21.14	Ryan Campbell	3/9/07	NCAA, Fayetteville, Ark.
21.15	Jeremy Dodson	2/27/09	Big 12, College Station, Texas
21.15	Ryan Campbell	2/3/07	USAFA, Colo.
21.18	Ryan Campbell	2/24/07	Big 12, Ames, Iowa
21.19	Jeremy Dodson	3/7/08	Fayetteville, Ark.
21.25	Ryan Campbell	3/7/09	Ames, Iowa

200-Meter Dash Top Performers

20.88	Jeremy Dodson	2/14/09	USAFA, Colo.
21.02	Ryan Campbell	3/3/07	Ames, Iowa
21.34	Erik Mitchell	2/27/93	Ames, Iowa
21.42	Jonathan Prather	2/13/99	USAFA, Colo.
21.5	Rae Carruth	2/13/93	
21.53	Ben Kelly	2/23/99	Ames, Iowa
21.55	James Davis	2/3/96	USAFA, Colo.
21.56	Randy Berkheim	2/17/96	USAFA, Colo.
21.58	Marcus Askins	2/2/91	USAFA, Colo.
21.6	George Pincock	2/4/06	USAFA, Colo.

400-Meter Dash Top Performances

46.13	James Davis	1/27/96	USAFA, Colo.
46.5	James Davis	2/26/99	Ames, Iowa
46.56	James Davis	2/28/98	Ames, Iowa
46.85	James Davis	1/30/99	USAFA, Colo.
46.87	James Davis	2/13/99	USAFA, Colo.
46.96	James Davis	3/9/96	Bloomington, Ind.
46.96	James Davis	2/6/99	Indianapolis, Ind.
47.00	Kyle Hargett	2/13/88	Lincoln, Neb.
47.13	James Davis	2/27/98	Ames, Iowa
47.14	James Davis	2/14/98	USAFA, Colo.

400-Meter Dash Top Performers

46.13	James Davis	1/27/96	USAFA, Colo.
47.00	Kyle Hargett	2/13/88	Lincoln, Neb.
47.83	Randy Berkheim	2/3/96	USAFA, Colo.

600-Yard Run Top Performances

1:10.00	Mike Macinko	2/6/1987	(Finals)
1:10.47	James Davis	1/22/99	Boulder
1:10.77	Chris Abuan	2/25/06	Lincoln, Neb.
1:10.9	Mike Macinko	2/6/1987	
1:11.19	Chris Abuan	2/24/06	Lincoln, Neb.
1:11.47	Matthew McCathran	2/26/10	Big 12, Ames, Iowa
1:11.51	Chris Abuan	2/26/05	Lincoln, Neb.
1:11.65	Maurice Mitchell	2/6/1993	Lincoln, Neb.

Men's All-Time Indoor Bests

1:11.7	Kyle Hargett	1/21/1989	Boulder
1:11.7	Mike Macinko	1/24/1987	Boulder
1:11.8	Darby Hobson	1/24/87	Boulder
1:11.83	Chris Abuan	2/14/04	Adidas Classic
1:11.85	Mikc Dickman	2/27/87	Lincoln, Neb.
1:11.97	Matthew McCathran	2/13/10	Ames, Iowa
1:12.01	Kyle Hargett	1/14/1989	Boulder

600-Yard Run *Top Performers*

1:10.00	Mike Macinko	2/6/1987	(Finals)
1:10.47	James Davis	1/22/99	Boulder
1:10.77	Chris Abuan	2/25/06	Lincoln, Neb.
1:11.47	Matthew McCathran	2/26/10	Big 12, Ames, Iowa
1:11.65	Maurice Mitchell	2/6/1993	Lincoln, Neb.
1:11.7	Kyle Hargett	1/21/1989	Boulder
1:11.8	Darby Hobson	1/24/87	Boulder
1:11.85	Mikc Dickman	2/27/87	Lincoln, Neb.
1:12.16	Reggie Whisenton	1/25/02	USAFA, Colo.
1:12.2	Steve Provenzano	1/21/1989	Boulder
1:12.24	Nate Terry	2/23/07	Lincoln, Neb.
1:12.27	Jason Horton	2/20/99	Manhattan, Kan.

800-Meter Run *Top Performances*

1:49.3	Rick Musgrave	1976	Boulder
1:49.37	Chris Schafer	3/7/98	Indianapolis, Ind.
1:49.98	Chris Schafer	2/14/98	Boston, Mass.
1:50.32	Jason Zichterman	2/26/05	Lincoln, Neb.
1:50.44	Jason Zichterman	2/26/05	Lincoln, Neb.
1:50.50	Steve Kasica	2/13/10	Seattle, Wash.
1:50.62	Matt Queen	3/1/02	Ames, Iowa
1:50.68	Mike Macinko	2/11/89	Japan
1:50.80	Mike Macinko	2/27/88	Lincoln, Neb.
1:50.80	Steve Kasica	2/26/10	Big 12, Ames, Iowa
1:51.20	Jason Zichterman	3/6/04	Seattle, Wash.
1:51.24	Jason Zichterman	3/5/05	South Bend, Ind.
1:51.43	Matt Queen	2/22/02	Big 12, Ames, Iowa
1:51.62	Jason Zichterman	2/12/05	Seattle, Wash.
1:51.70	Chris Schafer	2/27/98	Ames, Iowa
1:51.84	Chris Schafer	2/28/98	Ames, Iowa

800-Meter Run *Top Performers*

1:49.3	Rick Musgrave	1976	Boulder
1:49.37	Chris Schafer	3/7/98	Indianapolis, Ind.
1:50.32	Jason Zichterman	2/26/05	Lincoln, Neb.
1:50.50	Steve Kasica	2/13/10	Seattle, Wash.
1:50.62	Matt Queen	3/1/02	Ames, Iowa
1:50.68	Mike Macinko	2/11/89	Japan
1:52.04	Anthony Chiulli	2/12/05	Seattle, Wash.
1:52.95	John Reyes	2/27/98	Ames, Iowa
1:53.65	Zach Hancock	2/5/97	USAFA, Colo.
1:53.91	Gus Ludin	3/6/04	Seattle, Wash.
1:54.18	Matt Elmuccio	2/27/98	Ames, Iowa

1,000-Meter Run *Top Performances*

2:21.5	Rick Musgrave	1975	Indianapolis, Ind.
2:21.82	Anthony Chiulli	2/24/07	Big 12, Ames, Iowa
2:22.14	Anthony Chiulli	2/25/06	Big 12, Lincoln, Neb.
2:23.95	Anthony Chiulli	2/24/06	Big 12, Lincoln, Neb.
2:24.89	Chris Schafer	2/22/97	Big 12, Lincoln, Neb.
2:25.13	Steve Slattery	2/3/01	Lincoln, Neb.
2:25.19	Anthony Chiulli	2/26/05	Big 12, Lincoln, Neb.
2:25.45	Zach Hancock	2/22/97	Big 12, Lincoln, Neb.
2:25.67	Andy Dunn	2/26/88	Big Eight, Lincoln, Neb.
2:25.71	Darby Hobson	2/26/88	Big Eight, Lincoln, Neb.
2:26.13	Anthony Chiulli	2/23/07	Big 12, Ames, Iowa
2:26.46	Chris Schafer	2/21/97	Big 12, Lincoln, Neb.
2:26.60	Chris Schafer	2/13/99	Boston, Mass.
2:26.60	Chris Schafer	2/20/99	Big 12, Manhattan, Kan.
2:26.82	Anthony Chiulli	2/26/05	Big 12, Lincoln, Neb.

1,000-Meter Run *Top Performers*

2:21.5	Rick Musgrave	1975	Indianapolis, Ind.
2:21.82	Anthony Chiulli	2/24/07	Big 12, Ames, Iowa
2:24.89	Chris Schafer	2/22/97	Big 12, Lincoln, Neb.
2:25.13	Steve Slattery	2/3/01	Big 12, Lincoln, Neb.
2:25.45	Zach Hancock	2/22/97	Big 12, Lincoln, Neb.
2:25.67	Andy Dunn	2/26/88	Big Eight, Manhattan, Kan.
2:25.71	Darby Hobson	2/26/88	Big 12, Lincoln, Neb.
2:27.23	Matthew Biegner	2/26/10	Big 12, Ames, Iowa
2:27.54	Matt Elmuccio	2/19/99	Big Eight, Manhattan, Kan.

Mile Run *Top Performances*

3:59.55	Stephen Pifer	2/11/06	Seattle, Wash.
4:00.49	Stephen Pifer	3/9/07	NCAA, Fayetteville, Ark.
4:00.86	Stephen Pifer	2/24/07	Big 12, Ames, Iowa
4:00.93	Stephen Pifer	3/10/07	NCAA, Fayetteville, Ark.
4:01.94	Steve Slattery	2/3/01	Lincoln, Neb.
4:02.04	Stephen Pifer	2/12/05	Seattle, Wash.
4:02.52	Adam Goucher	2/6/98	USAFA, Colo.
4:02.59	Stephen Pifer	3/6/04	Madison, Wis.
4:02.68	Stephen Pifer	3/10/06	NCAA, Fayetteville, Ark.
4:02.73	Stephen Pifer	2/25/06	Big 12, Lincoln, Neb.
4:03.16	Tom Reese	2/28/97	Ames, Iowa
4:03.16	Anthony Chiulli	3/4/06	South Bend, Ind.
4:03.50	Alan Culpepper	3/1/96	Ames, Iowa
4:03.55	Anthony Chiulli	2/11/06	Seattle, Wash.
4:03.58	Alan Culpepper	2/3/96	USAFA, Colo.

Mile Run *Top Performers*

3:59.55	Stephen Pifer	2/11/06	Seattle, Wash.
4:01.94	Steve Slattery	2/3/01	Lincoln, Neb.
4:02.52	Adam Goucher	2/6/98	USAFA, Colo.
4:03.16	Anthony Chiulli	3/4/06	South Bend, Ind.
4:03.16	Tom Reese	2/28/97	Ames, Iowa
4:03.50	Alan Culpepper	3/1/96	Ames, Iowa
4:03.80	Bret Schoolmeester	2/26/05	Big 12, Lincoln, Neb.
4:04.01	Chris Schafer	2/13/99	Boston, Mass.
4:04.12	Adam Batliner	2/6/98	USAFA, Colo.
4:04.17	Mick Bannister	2/26/83	Lincoln, Neb.

3,000-Meter Run *Top Performances*

7:46.03	Adam Goucher	3/14/98	Indianapolis, Ind.
7:52.56	Adam Goucher	2/14/98	Boston, Mass.
7:54.20	Adam Goucher	3/8/97	NCAA, Indianapolis, Ind.
7:55.57	Adam Goucher	2/28/98	Ames, Iowa
7:57.10	Bret Schoolmeester	3/6/04	Seattle, Wash.
7:58.28	Adam Batliner	2/14/98	Boston, Mass.
7:59.11	Steve Slattery	3/1/02	Ames, Iowa
7:59.32	Stephen Pifer	2/12/06	Seattle, Wash.
7:59.42	Bret Schoolmeester	2/12/05	Seattle, Wash.
7:59.46	Steve Slattery	2/10/01	Ames, Iowa
8:00.38	Adam Goucher	3/4/95	USA Mobile Championship
8:01.18	Dathan Ritzenhein	2/27/04	Lincoln, Neb.
8:01.23	Adam Goucher	2/22/97	Lincoln, Neb.

3,000-Meter Run *Top Performers*

7:46.03	Adam Goucher	3/14/98	Indianapolis, Ind.
7:57.10	Bret Schoolmeester	3/6/04	Seattle, Wash.
7:58.28	Adam Batliner	2/14/98	Boston, Mass.
7:59.11	Steve Slattery	3/1/02	Ames, Iowa
7:59.32	Stephen Pifer	2/12/06	Seattle, Wash.
8:01.18	Dathan Ritzenhein	2/27/04	Big 12, Lincoln, Neb.
8:02.42	Kenyon Neuman	1/31/09	Seattle, Wash.
8:02.75	Jorge Torres	2/23/02	Big 12, Lincoln, Neb.
8:04.21	Brent Vaughn	2/10/07	Seattle, Wash.
8:04.64	Ron Roybal	2/26/00	Big 12, Ames, Iowa

5,000-Meter Run *Top Performances*

13:38.23	Adam Goucher	2/27/98	Ames, Iowa
13:38.30	Brent Vaughn	2/12/05	Seattle, Wash.

Men's All-Time Indoor Bests

13:41.78	Kenyon Neuman	2/14/09	Seattle, Wash.
13:42.09	Dathan Ritzenhein	3/13/04	NCAA, Fayetteville, Ark.
13:46.80	Billy Nelson	2/11/06	Seattle, Wash.
13:48.52	Bret Schoolmeester	2/11/06	Seattle, Wash.
13:48.67	Brent Vaughn	2/11/06	Seattle, Wash.
13:48.74	Brent Vaughn	2/23/07	Big 12, Ames, Iowa
13:50.35	Jorge Torres	3/8/02	NCAA, Fayetteville, Ark.
13:50.51	Dathan Ritzenhein	3/8/02	NCAA, Fayetteville, Ark.
13:50.62	Brent Vaughn	3/11/05	NCAA, Fayetteville, Ark.
13:51.11	Shawn Found	1994	Indianapolis, Ind.
13:51.52	Jorge Torres	2/22/02	Big 12, Lincoln, Neb.
13:52.41	Dathan Ritzenhein	2/22/02	Big 12, Lincoln, Neb.
13:53.60	Matt Tebo	3/8/08	Seattle, Wash.

5,000-Meter Run *Top Performers*

13:38.23	Adam Goucher	2/27/98	Ames, Iowa
13:38.30	Brent Vaughn	2/12/05	Seattle, Wash.
13:41.78	Kenyon Neuman	2/14/09	Seattle, Wash.
13:42.09	Dathan Ritzenhein	3/13/04	NCAA, Fayetteville, Ark.
13:46.80	Billy Nelson	2/11/06	Seattle, Wash.
13:48.52	Bret Schoolmeester	2/11/06	Seattle, Wash.
13:50.35	Jorge Torres	3/8/02	NCAA, Fayetteville, Ark.
13:51.11	Shawn Found	1994	Indianapolis, Ind.
13:53.60	Matt Tebo	3/8/08	Seattle, Wash.
13:54.53	Bradley Harkrader	3/8/08	Seattle, Wash.

High Jump *Top Performances*

7-03.50	Jason Dudley	2/3/89	USAFA, Colo.
7-03.25	Bill Jankunis	3/16/74	Boulder
7-02	Jason Dudley	2/13/88	Lincoln, Neb.
7-01	Mark McDonald	3/6/93	
7-01	Bill Jankunis	1/18/75	Pocatello, Idaho
7-01	Mitch Monismith	2/16/79	Manhattan, Kan.
7-00.00	Tim Ross	3/6/1993	
7-00.25	Mitch Monismith	2/3/79	Manhattan, Kan.
7-00.00	Bill Jankunis	3/1/75	Albuquerque, N.M.
7-00.00	Mitch Monismith	2/23/79	Oklahoma City, Okla.
7-00.00	Marty Beauchamp	5/2/85	Boulder
6-11.00	Mark McDonald	3/2/91	Boulder

High Jump *Top Performers*

7-03.50	Jason Dudley	2/3/89	USAFA, Colo.
7-03.25	Bill Jankunis	3/16/74	Boulder
7-01	Mark McDonald	3/6/1993	
7-01	Mitch Monismith	2/16/79	Manhattan, Kan.
7-00.00	Marty Beauchamp	5/2/85	Boulder
7-00.00	Tim Ross	3/6/1993	
6-10.75	Andrew Miller	2/8/03	USAFA, Colo.
6-10.00	Brent Vaughn	1/18/91	Boulder
6-09.50	Rob Martin	2/27/88	Lincoln, Neb.
6-09.00	Mick Hoben	5/3/84	Boulder

Long Jump *Top Performances*

25-07.50	Kingsley Adams	2/16/74	Kansas City
25-07	Kingsley Adams	2/15/74	Kansas City
25-05	Kingsley Adams	3/3/74	Kansas City
25-03.25	Hugh Charles	2/2/08	USAFA, Colo.
25-00.00	Hugh Charles	1/26/08	Big 12, Lincoln, Neb.
24-07	Kingsley Adams	2/16/74	Boulder
24-06.25	Hugh Charles	2/11/06	Seattle, Wash.
24-05.75	Hugh Charles	2/4/06	USAFA, Colo.
24-05.75	Hugh Charles	2/24/08	USA Indoors, Boston, Mass.
24-05.50	Hugh Charles	2/12/05	Seattle, Wash.
23-11.00	Hugh Charles	2/29/08	Big 12, Lincoln, Neb.
23-10.75	Brandon Johnson	1/24/04	USAFA, Colo.
23-08.75	Josh Williams	1/28/95	Rocky Mountain Cup
23-08.25	Matt Rice	2/2/91	USAFA, Colo.
23-08.00	Hugh Charles	2/24/06	Big 12, Lincoln, Neb.

Long Jump *Top Performers*

25-07.50	Kingsley Adams	2/16/74	Kansas City
25-03.25	Hugh Charles	2/2/08	USAFA, Colo.
23-10.75	Brandon Johnson	1/24/04	USAFA, Colo.
23-08.75	Josh Williams	1/28/95	Rocky Mountain Cup
23-08.25	Matt Rice	2/2/91	USAFA, Colo.
23-07	Mike Pritchard	2/6/88	Ft. Collins, Colo.
23-06.75	Torey Barr	2/3/89	USAFA, Colo.
23-06.75	Brent VanSickle	1/31/98	USAFA, Colo.
23-06	Devlon Dunn	1/24/86	USAFA, Colo.
23-05.50	Kent Kahl	2/2/91	USAFA, Colo.

Triple Jump *Top Performances*

52-10.00	Don Duvall	1/18/75	Pocatello, Idaho
52-09.75	James Nyumutei	1973	Pocatello, Idaho
52-08.50	Don Duvall	2/15/75	Oklahoma City
52-08.25	Don Duvall	3/1/75	Albuquerque, N.M.
52-04.00	James Nyumutei	2/15/75	Oklahoma City
50-11.00	Torey Barr	2/3/89	USAFA, Colo.
50-09.00	Torey Barr	3/5/88	Boulder
49-08.25	Matt Rice	2/16/91	USAFA, Colo.
49-03.00	Dave McClellan	12/13/86	Boulder
48-11.75	Mick Hoben	2/16/85	USAFA, Colo.

Triple Jump *Top Performers*

52-10.00	Don Duvall	1/18/75	Pocatello, Idaho
52-09.75	James Nyumutei	1973	Pocatello, Idaho
50-11.00	Torey Barr	2/3/89	USAFA, Colo.
49-08.25	Matt Rice	2/16/91	USAFA, Colo.
49-03.00	Dave McClellan	12/13/86	Boulder
48-11.75	Mick Hoben	2/16/85	USAFA, Colo.
48-10.00	Brent VanSickle	1/31/98	USAFA, Colo.
48-03.50	Steve Joiner	1/30/88	Lincoln, Neb.

Pole Vault *Top Performances*

17-02	Dennis Fuller	2/2/80	Boulder
17-01.25	Mike Wedman	3/11/72	Detroit, Mich.
17-01	Jim Speer	3/17/73	Boulder
17-00	Dennis Fuller	3/1/80	Big Eight, Lincoln, Neb.
17-00	Mike Wedman	1/15/72	Albuquerque, N.M.
16-04.75	Scott Porter	2/5/95	US West Invitational
16-00.75	James Nixon	2/12/10	USAFA, Colo.
16-00.75	James Nixon	2/19/10	Golden, Colo.
16-00	Marc Fish	2/16/85	USAFA, Colo.
16-00	Dennis Fuller	2/10/79	Oklahoma City, Okla.
16-00	Dennis Fuller	2/24/79	Oklahoma City, Okla.
16-00	Dennis Fuller	2/4/79	USAFA, Colo.
16-00	Dennis Fuller	3/3/79	Boulder
15-07.50	Don Jurries	2/1/86	Pocatello, Idaho
15-06	Marc Fish	1/19/85	Lincoln, Neb.

Pole Vault *Top Performers*

17-02	Dennis Fuller	2/2/80	Boulder
17-01.25	Mike Wedman	3/11/72	Detroit, Mich.
17-01	Jim Speer	3/17/73	Boulder
16-04.75	Scott Porter	2/5/95	US West Invitational
16-00.75	James Nixon	2/12/10	USAFA, Colo.
16-00	Marc Fish	2/16/85	USAFA, Colo.
15-07.50	Don Jurries	2/1/86	Pocatello, Idaho
15-06	Anthony Garcia	1/21/84	Boulder
15-06	Jason Rippon	3/2/91	Boulder
15-06	Blake Vanier	2/18/05	Golden, Colo.
15-06	John Weigel	1/29/77	USAFA, Colo.
15-06	Brian Morrisette	2/4/1979	USAFA, Colo.
15-06	Mark Sambrillo	3/4/78	Boulder
15-01.75	Chris Olson	2/23/96	Big Eight, Lincoln, Neb.

Weight Throw *Top Performances*

63-09.50	Zach Hazen	2/23/07	Big 12, Ames, Iowa
63-00.75	Zach Hazen	2/10/07	Seattle, Wash.
62-02.25	Zach Hazen	3/3/07	Ames, Iowa

Men's All-Time Indoor Bests

61-07.75	Zach Hazen	2/26/05	Lincoln, Neb.
61-07.75	Zach Hazen	3/3/06	USAFA, Colo.
61-07.00	Zach Hazen	2/2/07	USAFA, Colo.
60-10.50	Zach Hazen	2/4/06	USAFA, Colo.
60-05.00	Jeff Singleton	2/22/97	Lincoln, Neb.
60-04.5	Zach Hazen	1/21/06	Golden, Colo.
60-04.0	Zach Hazen	2/11/06	Seattle, Wash.
59-10.50	Jeff Singleton	2/17/96	USAFA, Colo.
59-10.25	Jeff Singleton	2/3/96	USAFA, Colo.
59-06.25	Jeff Singleton	1/24/97	Boulder
58-09.25	Zach Hazen	1/27/07	USAFA, Colo.
58-04.75	Jeff Singleton	2/9/96	Lincoln, Neb.

Weight Throw Top Performers

63-09.50	Zach Hazen	2/23/07	Big 12, Ames, Iowa
60-05.00	Jeff Singleton	2/22/97	Lincoln, Neb.
57-11.25	Chase Dukes	2/29/08	Big 12, Lincoln, Neb.
57-10.50	Matt Carr	2/27/04	Big 12, Lincoln, Neb.
57-09.50	Andy Passen	2/12/05	Seattle, Wash.
57-07.75	James Begley	1/27/07	USAFA, Colo.
57-02.75	Chase Mullen	2/7/04	USAFA, Colo.
57-01.00	Nick Duresky	2/27/98	Ames, Iowa

Shot Put Top Performances

61-02.25	Demetry Gemolas	2/15/97	USAFA, Colo.
59-05.25	Chris Volgenau	2/16/91	USAFA, Colo.
59-04.00	Paul Deniston	5/2/85	Boulder
59-02.75	Paul Deniston	2/23/85	Big Eight, Lincoln, Neb.
58-09.50	Paul Deniston	2/27/85	Fayetteville, Ark.
58-03.75	Andy Passen	2/18/05	USAFA, Colo.
58-11.25	Clint Moore	2/24/95	Big Eight, Lincoln, Neb.
57-07.00	Demetry Gemolas	2/1/97	Colorado Springs
56-10.75	Demetry Gemolas	2/21/97	Lincoln, Neb.
56-09.75	Demetry Gemolas	1/27/96	USAFA, Colo.
56-09.25	Demetry Gemolas	1/27/96	USAFA, Colo.
56-05.00	Paul Deniston	2/9/85	Lincoln, Neb.

Shot Put Top Performers

61-02.25	Demetry Gemolas	2/15/97	USAFA, Colo.
59-05.25	Chris Volgenau	2/16/91	USAFA, Colo.
59-04.00	Paul Deniston	5/2/85	Boulder
58-11.25	Clint Moore	2/24/95	Big Eight, Lincoln, Neb.
58-03.75	Andy Passen	2/18/05	USAFA, Colo.
56-04.00	Steve Allen	2/16/91	USAFA, Colo.
56-03.25	Barry King	2/20/65	Ft. Collins, Colo.
56-03.25	Tony Ripsam	2/10/89	Lincoln, Neb.
55-10.25	Tom Galbos	3/2/63	Big Eight, Kansas City

Pentathlon Top Performances

3,982	Rob Martin	1990	Boulder
3,648	Rob Martin	3/21/91	Boulder
3,530	Drew Hildner	1/28/00	USAFA, Colo.
3,432	Tim Ross	2/24/95	Big Eight Championship
3,676	Tim Ross	3/6/93	
3,372	Grant Cleghorn	1/26/96	USAFA, Colo.
3,275	Chris Olson	1/30/98	USAFA, Colo.
3,173	Chris Wetzel	1/30/93	
3,169	Chris Olson	1/28/95	Rocky Mountain Cup
3,141	Chris Olson	1/26/96	USAFA, Colo.

Pentathlon Top Performers

3,982	Rob Martin	1990	Boulder
3,530	Drew Hildner	1/28/00	USAFA, Colo.
3,432	Tim Ross	2/24/95	Big Eight Championship
3,372	Grant Cleghorn	1/26/96	USAFA, Colo.
3,275	Chris Olson	1/30/98	USAFA, Colo.
3,173	Chris Wetzel	1/30/93	

Heptathlon Top Performances

5,392	Drew Hildner	2/26/00	Big 12, Ames, Iowa
5,337	Jordan Hudgens	2/22/97	Lincoln, Neb.
5,083	Alex Von Hagen	2/27/10	Big 12, Ames, Iowa
5,042	Alex Von Hagen	2/6/10	Albuquerque, N.M.
5,001	Adam Salzmann	2/28/09	Big 12, College Station, Texas
4,995	Alex Von Hagen	1/23/10	Boulder
4,967	Alex Von Hagen	2/28/09	Big 12, College Station, Texas
4,927	Chris Olson	2/28/98	Ames, Iowa
4,920	Chris Olson	2/22/97	Lincoln, Neb.
4,887	Adam Salzmann	2/6/10	Albuquerque, N.M.
4,856	Grant Cleghorn	2/24/96	Big Eight, Lincoln, Neb.
4,824	Chris Olson	2/24/96	Big Eight, Lincoln, Neb.
4,784	Alex Von Hagen	1/19/08	Boulder
4,766	Eddie Taylor	2/27/10	Big 12, Ames, Iowa
4,755	Adam Salzmann	3/1/08	Big 12, Lincoln, Neb.

Heptathlon Top Performers

5,392	Drew Hildner	2/26/00	Big 12, Ames, Iowa
5,337	Jordan Hudgens	2/22/97	Lincoln, Neb.
5,083	Alex Von Hagen	2/27/10	Big 12, Ames, Iowa
5,001	Adam Salzmann	2/28/09	Big 12, Lincoln, Neb.
4,927	Chris Olson	2/28/98	Ames, Iowa
4,856	Grant Cleghorn	2/24/96	Big Eight, Lincoln, Neb.
4,766	Eddie Taylor	2/27/10	Big 12, Ames, Iowa
4,549	Andy Miller	1/12/05	USAFA, Colo.

4x400-Meter Relay Top Performances

3:07.9	Branch/Windle/Bennet/Davis	1972	Houston, Texas
3:08.34	Kelly/Horton/Queen/Davis	2/26/99	Ames, Iowa
3:10.73	Proczano/Ramsey/Dunn/Hargett	2/20/88	Greeley, Colo.
3:10.78	Horton/Kelly/Queen/Davis	3/6/99	Indianapolis, Ind.
3:12.38	no order listed	2/28/98	Ames, Iowa
3:13.47	DePass/Butler/Queen/Whisenton	2/23/02	Big 12, Lincoln, Neb.
3:13.81	no order listed	1/28/89	Pocatello, Idaho
3:13.85	B. Amador/Reyes/Cisneros/Davis	1/27/96	USAFA, Colo.
3:14.25	Queen/Butler/Swartz/DePass	2/24/01	Big 12, Lincoln, Neb.
3:15.23	MacIntosh/Gomez/McCathran/Whitaker	2/27/10	Big 12, Ames, Iowa
3:15.24	Abuan/Johnson/Terry/G. Pincock	2/25/06	Big 12, Lincoln, Neb.
3:15.25	Dodson/Terry/Gomez/Stewart	3/1/08	Big 12, Lincoln, Neb.
3:15.33	DePass/Butler/Queen/Whisenton	2/8/02	Lincoln, Neb.

Mile Relay Top Performances

3:09.1	Branch/Windle/Bennett/Daniels	2/12/72	Houston, Texas
3:12.8	Branch/Walker/Brunson/Windle	1971	Houston, Texas
3:13.34	no order listed	2/13/99	USAFA, Colo.
3:13.9	Burns/Buchheit/Heath/Woods	3/25/61	Manhattan, Kan.
3:16.34	Horton/Davis/Queen/DePass	1/30/99	USAFA, Colo.
3:16.52	Dickman/Sanchez/Nock/Craze	2/1/86	Pocatello, Idaho
3:16.95	G.Pincock/Terry/Chiulli/Campbell	2/23/07	Big 12, Ames, Iowa
3:17.0	Branch/Windle/Bennett/Daniels	1972	Greeley, Colo.
3:17.82	no order listed	2/14/98	USAFA, Colo.
3:17.83	no order listed	2/16/91	USAFA, Colo.
3:18.05	Abuan/Terry/Napp/G.Pincock	2/4/06	USAFA, Colo.
3:19.19	MacIntosh/Aguilar/McCathran/Gomez	1/30/10	USAFA, Colo.
3:20.46	Stewart/Gomez/Cronin/Terry	2/9/08	USAFA, Colo.
3:21.0	no order listed	1/23/98	Boulder

Distance Medley Relay Top Performances

9:42.9	Castaneda/Endean/Musgrave/Peterson	2/9/74	Pocatello, Idaho
9:44.24	Kenney/G.Pincock/Buchanan/Janson	2/23/07	Big 12, Ames, Iowa
9:46.9	Castaneda/Windle/Gregorio/Peterson	2/17/73	Pocatello, Idaho
9:48.7	Castaneda/Windle/Gregorio/Peterson	3/10/73	Detroit, Mich.
9:49.30	Reese/Amador/Napier/Goucher	2/8/97	Lincoln, Neb.
9:50.02	Reyes/Cisneros/Napier/Culpepper	2/23/96	Big Eight
9:50.22	Wells/Piper/Reyes/Goucher	2/21/97	Lincoln, Neb.
9:50.50	Dillon/Abuan/Lundin/Schoolmeester	2/28/03	Lincoln, Neb.
9:52.03	Pixler/Alsford/Waller/Brown	2/26/83	Big 12, Lincoln, Neb.
9:53.84	Kenney/Terry/Buchanan/Janson	2/24/06	Big 12, Lincoln, Neb.
9:54.59	Blondeau/Butler/Queen/Slattery	2/22/02	Lincoln, Neb.
9:54.95	Kenney/Kerry/Winton/Janson	2/26/05	Big 12, Lincoln, Neb.
9:55.14	Reese/DePass/Reyes/Batliner	2/27/98	Ames, Iowa

Women's All-Time Indoor Bests

55-Meter Top Performances

6.92	Amaris Buchanan	1/19/01	Boulder
6.95	Yolanda Johnson	1989	Big Eight, Lincoln, Neb.
6.97	Tanisha Johns	1/30/93	USAFA, Colo.
6.99	Amaris Buchanan	1/18/02	Boulder
7.00	Yolanda Johnson	1/26/90	Boulder
7.00	Yolanda Johnson	2/3/90	USAFA, Colo.
7.00	Rachel Joy	2/27/99	Boulder
7.00	Mandi Farquhar	2/1/97	USAFA, Colo.
7.01	Yolanda Johnson	2/24/90	Big Eight
7.02	Yolanda Johnson	2/10/90	Lincoln, Neb.
7.03	Yolanda Johnson	1/26/90	Boulder
7.03	Yolanda Johnson	2/24/90	Big Eight
7.06	Mandi Farquhar	2/21/97	Lincoln, Neb.
7.07	Mandi Farquhar	3/1/97	Boulder
7.07	Yvonne Scott	2/3/96	USAFA, Colo.

55-Meters Top Performers

6.92	Amaris Buchanan	1/19/01	Boulder
6.95	Yolanda Johnson	1989	Big Eight, Lincoln, Neb.
6.97	Tanisha Johns	1/30/93	USAFA, Colo.
7.00	Rachel Joy	2/27/99	Boulder
7.00	Mandi Farquhar	2/1/97	USAFA, Colo.
7.07	Yvonne Scott	2/3/96	USAFA, Colo.

55-Meter Hurdles Top Performances

7.60	Yolanda Johnson	1/20/90	USAFA, Colo.
7.62	Yolanda Johnson	3/10/90	Lincoln, Neb.
7.63	Mandi Farquhar	2/1/97	USAFA, Colo.
7.66	Mandi Farquhar	3/7/97	NCAA, Indianapolis, Ind.
7.67	Yvonne Scott	3/8/96	NCAA, Indianapolis, Ind.
7.69	Mandi Farquhar	1/24/97	USAFA, Colo.
7.70	Yolanda Johnson	2/9/90	Lincoln, Neb.
7.70	Yvonne Scott	3/8/96	NCAA, Indianapolis, Ind.
7.71	Mandi Farquhar	2/21/97	Lincoln, Neb.
7.71	Yvonne Scott	2/24/96	Lincoln, Neb.
7.72	Mandi Farquhar	2/23/96	Lincoln, Neb.
7.73	Rachel Scott	2/1/97	USAFA, Colo.
7.74	Yvonne Scott	3/2/96	Boulder
7.74	Yolanda Johnson	2/10/90	Lincoln, Neb.

55-Meter Hurdles Top Performers

7.60	Yolanda Johnson	1/20/90	USAFA, Colo.
7.63	Mandi Farquhar	2/1/97	USAFA, Colo.
7.67	Yvonne Scott	3/8/96	NCAA, Indianapolis, Ind.
7.73	Rachel Scott	2/1/97	USAFA, Colo.

60-Meter Dash Top Performances

7.34	Amaris Buchanan	2/24/01	Big 12, Lincoln, Neb.
7.34	Amaris Buchanan	1/17/01	USAFA, Colo.
7.34	Amaris Buchanan	2/23/01	Big 12, Lincoln, Neb.
7.37	Amaris Buchanan	2/23/01	Big 12, Lincoln, Neb.
7.40	Amaris Buchanan	2/3/01	Lincoln, Neb.
7.44	Amaris Buchanan	2/22/02	Big 12, Lincoln, Neb.
7.44	Amaris Buchanan	2/17/01	USAFA, Colo.
7.47	Rachel Joy	1/30/99	USAFA, Colo.
7.48	Amaris Buchanan	2/3/01	Lincoln, Neb.
7.50	Amaris Buchanan	3/9/01	NCAA, Fayetteville, Ark.
7.50	Amaris Buchanan	1/29/00	USAFA, Colo.

60-Meters Top Performers

7.34	Amaris Buchanan	2/24/01	Big 12, Lincoln, Neb.
7.47	Rachel Joy	1/30/99	USAFA, Colo.
7.61	Deneeka Torrey	2/27/04	Big 12, Lincoln, Neb.
7.73	Mandi Farquhar	2/7/97	Lincoln, Neb.

60-Meter Hurdles Top Performances

8.27	Hannah Cooper	3/8/02	NCAA, Fayetteville, Ark.
8.28	Hannah Cooper	3/1/02	Ames, Iowa
8.28	Hannah Cooper	2/17/01	USAFA, Colo.
8.29	Hannah Cooper	3/8/02	NCAA, Fayetteville, Ark.
8.29	Hannah Cooper	3/9/01	NCAA, Fayetteville, Ark.
8.29	Hannah Cooper	2/23/01	Big 12, Lincoln, Neb.
8.29	Hannah Cooper	2/3/01	Lincoln, Neb.
8.29	Hannah Cooper	2/24/01	Big 12, Lincoln, Neb.
8.31	Hannah Cooper	2/23/01	Big 12, Lincoln, Neb.
8.32	Hannah Cooper	3/2/01	Ames, Iowa

60-Meter Hurdles Top Performers

8.27	Hannah Cooper	3/8/02	NCAA, Fayetteville, Ark.
8.38	Rachel Joy	1/30/99	USAFA, Colo.
8.42	Deneeka Torrey	3/6/04	Seattle, Wash.
8.42	Mandi Farquhar	2/8/97	Lincoln, Neb.

200-Meter Dash Top Performances

23.81	Amaris Buchanan	2/24/01	Big 12, Lincoln, Neb.
23.98	Amaris Buchanan	2/23/01	Big 12, Lincoln, Neb.
24.00	Amaris Buchanan	2/17/01	USAFA, Colo.
24.14	Amaris Buchanan	3/2/01	Ames, Iowa
24.43	Leona Russell	1/27/96	USAFA, Colo.
24.52	Cynthia Newsome	2/14/98	USAFA, Colo.
24.55	Leona Russell	2/23/96	Lincoln, Neb.
24.61	Tanisha Johns	2/28/93	Ames, Iowa
24.63	Amaris Buchanan	1/25/02	USAFA, Colo.
24.70	Amaris Buchanan	2/8/02	Lincoln, Neb.
24.70	Yolanda Johnson	2/3/90	USAFA, Colo.

200-Meters Top Performers

23.81	Amaris Buchanan	2/24/01	Big 12, Lincoln, Neb.
24.43	Leona Russell	1/27/96	USAFA, Colo.
24.52	Cynthia Newsome	2/14/98	USAFA, Colo.
24.61	Tanisha Johns	2/28/93	Ames, Iowa
24.70	Yolanda Johnson	2/3/90	USAFA, Colo.

400-Meters Top Performances

54.00	Leona Russell	3/1/96	Ames, Iowa
54.46	Leona Russell	2/24/96	Lincoln, Neb.
54.70	Tamara Ards	3/1/96	Ames, Iowa
54.96	Leona Russell	2/10/96	Lincoln, Neb.
55.57	Leona Russell	1/27/96	USAFA, Colo.
55.75	Leona Russell	2/23/96	Lincoln, Neb.
55.76	Leona Russell	2/23/96	Lincoln, Neb.
55.94	Leona Russell	2/3/96	USAFA, Colo.
55.94	Michelle Outlaw	2/27/88	Lincoln, Neb.
56.02	Tamara Ards	2/27/93	Ames, Iowa

400-Meters Top Performers

54.00	Leona Russell	3/1/96	Ames, Iowa
54.70	Tamara Ards	3/1/96	Ames, Iowa
55.94	Michelle Outlaw	2/27/88	Lincoln, Neb.
56.33	Cynthia Newsome	1/30/99	USAFA, Colo.

600-Yard Run Top Performances

1:21.60	Lee Ballenger	1979	AIAW
1:24.64	Evelyn Miller	2/3/01	Lincoln, Neb.
1:24.76	Erin Lowe	2/22/02	Lincoln, Neb.
1:24.85	Sherri Jackson	2/24/1989	
1:25.19	Erin Lowe	1/18/02	Boulder
1:25.21	Joi Windham	2/28/09	Big 12, Lincoln, Neb.
1:25.22	Erin Lowe	2/23/02	Lincoln, Neb.
1:25.72	Mikaela Raddatz	2/24/06	Lincoln, Neb.
1:25.74	Elizabeth Tremblay	2/26/10	Big 12, Ames, Iowa
1:25.77	Jenny Cathey	2/21/97	Lincoln, Neb.
1:26.47	Jenny Cathey	2/27/99	Ames, Iowa
1:26.67	Alex Boksay	2/14/04	Adidas Classic

Women's All-Time Indoor Bests

1:26.68	Mikaela Raddatz	2/25/06	Lincoln, Neb.
1:26.77	Joi Windham	2/26/10	Big 12, Ames, Iowa
1:26.86	Carrie Zografos	2/19/99	Manhattan, Kan.

600-Yard Run *Top Performers*

1:21.60	Lee Ballenger	1979	AIAW
1:24.64	Evelyn Miller	2/3/01	Lincoln, Neb.
1:24.76	Erin Lowe	2/22/02	Lincoln, Neb.
1:24.85	Sherri Jackson	2/24/1989	
1:25.21	Joi Windham	2/28/09	Big 12, Lincoln, Neb.
1:25.72	Mikaela Raddatz	2/24/06	Lincoln, Neb.
1:25.72	Elizabeth Tremblay	2/27/10	Big 12, Ames, Iowa
1:25.77	Jenny Cathey	2/21/97	Lincoln, Neb.
1:26.67	Alex Boksay	2/14/04	Adidas Classic
1:26.86	Carrie Zografos	2/19/99	Manhattan, Kan.

800-Meter Run *Top Performers*

2:05.29	Mary Decker	2/19/78	Lincoln, Neb.
2:12.98	Kelly Smith	2/21/97	Lincoln, Neb.
2:13.03	Chris McNamara	2/26/88	Lincoln, Neb.
2:13.55	Carrie Zografos	2/25/00	Big 12, Lincoln, Neb.
2:13.62	Kelly Smith	2/22/97	Lincoln, Neb.
2:13.96	Elizabeth Tremblay	2/13/10	Seattle, Wash.
2:13.99	Brianne Beemer	2/26/10	Big 12, Ames, Iowa
2:14.23	Sara (Gorton) Slattery	2/8/03	USAFA, Colo.
2:15.22	Lesley Higgins	1/27/01	USAFA, Colo.
2:15.43	Tamara Ards	2/7/94	Pocatello, Idaho
2:15.60	Tamara Ards	1994	Big Eight Championship
2:15.75	Brooke Baughman	2/1/92	USAFA, Colo.
2:15.87	Kelly Smith	2/11/95	USAFA, Colo.
2:16.17	Amanda Manatt	2/22/02	Big 12, Lincoln, Neb.
2:16.67	Pam Owen	2/27/93	Ames, Iowa

800-Meters *Top Performers*

2:05.29	Mary Decker	2/19/78	Lincoln, Neb.
2:12.98	Kelly Smith	2/21/97	Lincoln, Neb.
2:13.03	Chris McNamara	2/26/88	Lincoln, Neb.
2:13.55	Carrie Zografos	2/25/00	Big 12, Lincoln, Neb.
2:13.96	Elizabeth Tremblay	2/13/10	Seattle, Wash.
2:13.99	Brianne Beemer	2/26/10	Big 12, Ames, Iowa
2:14.23	Sara (Gorton) Slattery	2/8/03	USAFA, Colo.
2:15.22	Lesley Higgins	1/27/01	USAFA, Colo.
2:15.22	Tamara Ards	2/7/94	Pocatello, Idaho
2:15.75	Brooke Baughman	2/1/92	USAFA, Colo.
2:16.17	Amanda Manatt	2/22/02	Big 12, Lincoln, Neb.
2:16.67	Pam Owen	2/27/93	Ames, Iowa

1,000-Meter Run *Top Performers*

2:49.10	Mary Decker	1978	L.A. Times Games
2:49.70	Lesley Higgins	2/24/01	Big 12, Lincoln, Neb.
2:50.46	Carrie Messner	2/22/97	Lincoln, Neb.
2:50.61	Laura Zeigle	2/28/04	Big 12, Lincoln, Neb.
2:50.89	Lesley Higgins	2/20/99	Big 12, Manhattan, Kan.
2:51.22	Kelly Smith	2/28/98	Ames, Iowa
2:51.94	Carrie Messner	2/24/96	Lincoln, Neb.
2:52.64	Carrie Messner	2/23/96	Lincoln, Neb.
2:53.13	Kelly Smith	2/27/98	Ames, Iowa
2:53.18	Lesley Higgins	2/3/01	Lincoln, Neb.
2:53.55	Carol McMordie	2/26/88	Lincoln, Neb.

1,000-Meters *Top Performers*

2:49.10	Mary Decker	1978	L.A. Times Games
2:49.70	Lesley Higgins	2/24/01	Big 12, Lincoln, Neb.
2:50.46	Carrie Messner	2/22/97	Lincoln, Neb.
2:50.61	Laura Zeigle	2/28/04	Big 12, Lincoln, Neb.
2:51.22	Kelly Smith	2/28/98	Ames, Iowa
2:51.94	Carrie Messner	2/24/96	Lincoln, Neb.
2:53.55	Carol McMordie	2/26/88	Lincoln, Neb.

Mile Run *Top Performances*

4:25.91	Jenny Barringer	2/28/09	Big 12, College Station, Texas
4:40.02	Sara (Ensrud) Vaughn	3/8/08	South Bend, Ind.
4:40.35	Sara (Gorton) Slattery	2/23/02	Big 12, Lincoln, Neb.
4:41.21	Mary Decker	2/19/78	Lincoln
4:41.22	Jenny Barringer	2/24/07	Big 12, Ames, Iowa
4:41.47	Carrie Messner	3/7/97	NCAA, Indianapolis, Ind.
4:42.05	Carrie Messner	2/26/00	Big 12, Ames, Iowa
4:42.34	Carrie Messner	3/5/99	NCAA, Indianapolis, Ind.
4:42.36	Lesley Higgins	3/10/01	NCAA, Indianapolis, Ind.
4:42.56	Emma Coburn	3/6/10	Seattle, Wash.
4:42.87	Jennifer Smith	3/7/98	Indianapolis, Ind.
4:43.39	Jennifer Smith	3/14/98	NCAA, Indianapolis, Ind.
4:43.57	Sara (Gorton) Slattery	2/24/01	Big 12, Lincoln, Neb.
4:43.68	Kelly Smith	2/14/98	Boston, Mass.
4:43.87	Emma Coburn	2/26/10	Big 12, Ames, Iowa

Mile Run *Top Performers*

4:25.91	Jenny Barringer	2/28/09	Big 12, College Station, Texas
4:40.02	Sara (Ensrud) Vaughn	3/8/08	South Bend, Ind.
4:40.35	Sara (Gorton) Slattery	2/23/02	Big 12, Lincoln, Neb.
4:41.21	Mary Decker	2/19/78	Lincoln
4:41.47	Carrie Messner	3/7/97	NCAA, Indianapolis, Ind.
4:42.36	Lesley Higgins	3/10/01	NCAA, Indianapolis, Ind.
4:42.56	Emma Coburn	3/6/10	Seattle, Wash.
4:42.87	Jennifer Smith	3/7/98	Indianapolis, Ind.
4:43.68	Kelly Smith	2/14/98	Boston, Mass.
4:45.94	Renee Metivier	2/28/04	Big 12, Lincoln, Neb.
4:47.40	Brooke Baughman	3/5/94	Boulder

3,000-Meter Run *Top Performances*

8:42.03	Jenny Barringer	3/14/09	NCAA, College Station, Texas
8:53.88	Jenny Barringer	1/31/09	Seattle, Wash.
9:07.16	Sara (Gorton) Slattery	3/15/03	NCAA, Fayetteville, Ark.
9:11.59	Sara (Gorton) Slattery	2/3/01	Lincoln, Neb.
9:12.89	Renee Metivier	3/12/04	NCAA, Fayetteville, Ark.
9:13.45	Natalie Raveling	3/10/96	Indianapolis, Ind.
9:14.23	Renee Metivier	2/12/05	Seattle, Wash.
9:16.36	Liza Pasciuto	3/4/06	South Bend, Ind.
9:18.17	Renee Metivier	3/6/04	Seattle, Wash.
9:18.53	Liza Pasciuto	2/12/06	Seattle, Wash.
9:19.46	Sara (Gorton) Slattery	2/24/01	Big 12, Lincoln, Neb.
9:19.65	Jenny Barringer	2/24/07	Big 12, Ames, Iowa
9:21.10	Liza Pasciuto	3/11/06	NCAA, Fayetteville, Ark.
9:21.56	Jenny Barringer	2/10/07	Seattle, Wash.
9:22.81	Renee Metivier	3/12/05	NCAA, Fayetteville, Ark.

3,000-Meters *Top Performers*

8:42.03	Jenny Barringer	3/14/09	NCAA, College Station, Texas
9:07.16	Sara (Gorton) Slattery	3/15/03	NCAA, Fayetteville, Ark.
9:12.89	Renee Metivier	3/12/04	NCAA, Fayetteville, Ark.
9:13.45	Natalie Raveling	3/10/96	Indianapolis, Ind.
9:16.36	Liza Pasciuto	3/4/06	South Bend, Ind.
9:23.31	Allie McLaughlin	1/30/10	Seattle, Wash.
9:24.65	Shayne Wille	3/8/97	Indianapolis, Ind.
9:25.73	Laura Tremblay	1/30/10	Seattle, Wash.
9:28.58	Jodie Hughes	2/8/02	Lincoln, Neb.
9:29.00	Laura Thweatt	1/30/10	Seattle, Wash.
9:29.19	Natalie Florence	2/15/03	Lincoln, Neb.
9:30.18	Christine Bolf	2/14/04	Seattle, Wash.
9:30.40	Carrie Messner	2/13/99	Boston, Mass.
9:30.54	Kalin Toedebusch	2/24/04	Seattle, Wash.

5,000-Meter Run *Top Performances*

15:01.70	Jenny Barringer	2/14/09	Seattle, Wash.
15:39.25	Sara (Gorton) Slattery	3/14/03	NCAA, Fayetteville, Ark.
15:46.83	Christine Bolf	2/11/06	Seattle, Wash.
15:56.56	Christine Bolf	2/12/05	Seattle, Wash.

Women's All-Time Indoor Bests

15:58.86	Sara (Gorton) Slattery	2/28/03	Big 12, Lincoln, Neb.
15:59.39	Renee Metivier	2/26/05	Lincoln, Neb.
16:08.61	Jodie Hughes	3/9/01	NCAA, Fayetteville, Ark.
16:08.72	Renee Metivier	3/11/05	NCAA, Fayetteville, Ark.
16:10.99	Natalie Florence	3/14/03	NCAA, Fayetteville, Ark.
16:12.60	Christine Bolf	2/24/06	Big 12, Lincoln, Neb.
16:13.82	Jodie Hughes	3/8/02	NCAA, Fayetteville, Ark.
16:14.00	Jodie Hughes	2/22/02	Big 12, Lincoln, Neb.
16:14.13	Patty Roberts	3/10/95	Indianapolis, Ind.
16:16.10	Molly Austin	3/8/02	NCAA, Fayetteville, Ark.
16:16.29	Molly Austin	2/22/02	Big 12, Lincoln, Neb.

5,000-Meters *Top Performers*

15:01.70	Jenny Barringer	2/14/09	Seattle, Wash.
15:39.25	Sara (Gorton) Slattery	3/14/03	NCAA, Fayetteville, Ark.
15:46.83	Christine Bolf	2/11/06	Seattle, Wash.
15:59.39	Renee Metivier	2/26/05	Lincoln, Neb.
16:08.61	Jodie Hughes	3/9/01	NCAA, Fayetteville, Ark.
16:10.99	Natalie Florence	3/14/03	NCAA, Fayetteville, Ark.
16:14.13	Patty Roberts	3/10/95	Indianapolis, Ind.
16:16.10	Molly Austin	3/8/02	NCAA, Fayetteville, Ark.
16:25.95	Kalin Toedebusch	3/6/04	Seattle, Wash.
16:25.95	Colleen Glyde	3/8/99	Indianapolis, Ind.

High Jump *Top Performances*

6-02	Karol Damon	3/9/91	NCAA, Indianapolis, Ind.
6-01.50	Karol Damon	2/15/92	USAFA, Colo.
6-01.00	Karol Damon	1991	USAFA, Colo.
6-00.75	Karol Damon	2/28/92	Big Eight, Lawrence, Kan.
6-00.00	Lisa Greenfield	3/12/83	Pontiac, Mich.
6-00.00	Karol Damon	1991	Big Eight
6-00.00	Pam Owen	3/6/93	Boulder
6-00.00	Karol Damon	2/24/90	Big Eight, Lincoln, Neb.
5-11.50	Karol Damon	3/1/90	NCAA, Indianapolis, Ind.
5-11.50	Karol Damon	2/8/92	Lincoln, Neb.
5-11.50	Sarra Goodwin	2/1/97	USAFA, Colo.
5-11.25	Karol Damon	2/3/90	USAFA, Colo.

High Jump *Top Performers*

6-02.00	Karol Damon	3/9/91	NCAA, Indianapolis, Ind.
6-00.00	Lisa Greenfield	3/12/83	Pontiac, Mich.
6-00.00	Pam Owen	3/6/93	Boulder
5-11.50	Sarra Goodwin	2/1/97	USAFA, Colo.
5-11.00	Annette Tannander	2/18/79	Big Eight, Lincoln, Neb.
5-09.25	Amy Rehage	2/15/86	Lincoln, Neb.
5-08.75	Anna Magle	2/5/05	USAFA, Colo.
5-07.00	Alyssa Frank	1/31/09	USAFA, Colo.
5-07.00	Holly Odneal	1/30/10	USAFA, Colo.
5-06.00	Annie King	1/22/99	Boulder
5-05.50	Diane Keller	2/27/88	Lincoln, Neb.

Long Jump *Top Performances*

20-10.5	Annette Tannander	3/10/1982	
20-01.00	Heather Sterlin	3/1/96	Laramie, Wyo.
20-00.50	Heather Sterlin	2/23/96	Lincoln, Neb.
19-11.75	Heather Sterlin	2/15/97	USAFA, Colo.
19-08.00	Amberly Casey	2/2/07	USAFA, Colo.
19-07.50	Amberly Casey	1/19/07	Boulder
19-06.25	Amberly Casey	2/11/06	Seattle, Wash.
19-05.25	Hannah Cooper	2/3/01	Lincoln, Neb.
19-04.75	Amberly Casey	2/4/06	USAFA, Colo.
19-04.25	Heather Sterlin	2/9/96	Lincoln, Neb.
19-03.25	Heather Sterlin	2/1/97	USAFA, Colo.
19-02.50	Heather Sterlin	2/7/97	Lincoln, Neb.
19-01.50	Heather Sterlin	3/2/96	Boulder
19-01.25	Amberly Casey	2/23/07	Big 12, Ames, Iowa
19-01.25	Amberly Casey	1/27/07	USAFA, Colo.

Long Jump *Top Performers*

20-10.5	Annette Tannander	3/10/1982	
20-01.00	Heather Sterlin	3/1/96	Laramie, Wyo.
19-08.00	Amberly Casey	2/2/07	USAFA, Colo.
19-05.25	Hannah Cooper	2/3/01	Lincoln, Neb.
19-00.50	Wanda Evans	1/16/88	Seattle, Wash.
18-11.25	Michelle Outlaw	1/30/88	Lincoln, Neb.

Pole Vault *Top Performances*

11-06.50	Megan Buttner	2/8/02	Lincoln, Neb.
11-04.25	Mary French	2/28/03	Big 12, Lincoln, Neb.
11-02.50	Mary French	2/15/03	Lincoln, Neb.
11-02.25	Megan Baker	2/5/05	USAFA, Colo.
11-00.25	Megan Buttner	2/23/01	Big 12, Lincoln, Neb.
10-11.75	Megan Buttner	2/3/01	Lincoln, Neb.
10-10.25	Brianna McDevitt	2/28/03	Big 12, Lincoln, Neb.
10-10.25	Megan Buttner	2/22/02	Big 12, Lincoln, Neb.
10-08.75	Brianna McDevitt	2/15/03	Lincoln, Neb.
10-08.00	Megan Muttner	1/19/01	Boulder
10-08.00	Sunny Nordmarken	2/25/00	Big 12, Ames, Iowa
10-06.00	Brianna McDevitt	2/8/03	USAFA, Colo.
10-06.00	Brianna McDevitt	2/19/05	Golden, Colo.

Pole Vault *Top Performers*

11-06.50	Megan Buttner	2/8/02	Lincoln, Neb.
11-04.25	Mary French	2/28/03	Big 12, Lincoln, Neb.
11-02.25	Megan Baker	2/5/05	USAFA, Colo.
10-10.25	Brianna McDevitt	2/28/03	Big 12, Lincoln, Neb.
10-08.00	Megan Muttner	1/19/01	Boulder
10-08.00	Sunny Nordmarken	2/25/00	Big 12, Ames, Iowa
10-04.00	Tracy Sawczak	1/23/04	USAFA, Colo.
10-02.75	Liza Negriff	2/15/03	Lincoln, Neb.
10-00.00	Julie Rosso	1/21/00	Boulder

Triple Jump *Top Performances*

40-07.75	Amberly Casey	2/26/05	Big 12, Lincoln, Neb.
40-00.50	Udie Ekiko	2/13/94	USAFA, Colo.
39-09.75	Amberly Casey	1/27/07	USAFA, Colo.
39-06.25	Amberly Casey	2/3/07	USAFA, Colo.
39-05.25	Amberly Casey	1/22/05	USAFA, Colo.
39-05.00	Liza Negriff	1/23/04	USAFA, Colo.
39-03.00	Liza Negriff	2/14/04	Seattle, Wash.
39-01.75	Amberly Casey	2/25/06	Big 12, Lincoln, Neb.
39-00.50	Amberly Casey	1/19/07	USAFA, Colo.
39-09.00	Udie Ekiko	2/7/94	Pocatello, Idaho
38-09.50	Udie Ekiko	2/3/96	USAFA, Colo.
38-09.50	Amberly Casey	2/10/07	Seattle, Wash.
38-09.00	Liza Negriff	2/28/04	Big 12, Lincoln, Neb.
38-08.50	Udie Ekiko	3/5/94	Boulder
38-08.25	Udie Ekiko	2/10/96	Lincoln, Neb.

Triple Jump *Top Performers*

40-07.75	Amberly Casey	2/26/05	Big 12, Lincoln, Neb.
40-00.50	Udie Ekiko	2/13/94	USAFA, Colo.
39-05.00	Liza Negriff	1/23/04	USAFA, Colo.
37-11.50	Katie Dreher	2/13/10	USAFA, Colo.
37-09.25	Maxine Marlow	2/8/03	USAFA, Colo.
37-07.75	Jill Hassebrock	2/13/93	USAFA, Colo.
37-06.00	Anne Zentner	3/5/88	Boulder
36-08.00	Diane Keller	1/23/88	Boulder
35-07.50	Tammy Lawrence	1/23/88	Boulder
34-11.00	Heather Dzick	2/3/96	USAFA, Colo.
34-08.00	Jodi Pilcher	3/5/94	Boulder

Women's All-Time Indoor Bests

Shot Put *Top Performances*

54-07.25	Melisa Weis	3/13/93	Indianapolis, Ind.
54-02.00	Melisa Weis	2/7/94	Pocatello, Idaho
53-07.00	Melisa Weis	1994	NCAA Finals
52-09.50	Melisa Weis	1994	NCAA Finals
52-08.75	Melisa Weis	2/26/94	Big Eight Championships
52-00.50	Melisa Weis	1994	Laramie, Wyoming
51-02.25	Melisa Weis	2/13/94	USAFA, Colo.
50-02.00	Annie King	1/26/01	USAFA, Colo.
48-02.75	Janet Visosky	2/1/97	USAFA, Colo.
47-11.25	Starla Ahu	3/7/92	Boulder
47-07.75	Rosario Roamos	3/7/80	IAAW, Pocatello, Idaho
47-06.25	Janet Visosky	2/8/97	Lincoln, Neb.
47-05.75	Carly Newlands	2/18/05	USAFA, Colo.
47-05.00	Starla Ahu	2/28/92	Big Eight Championships
47-02.00	Annie King	1/19/01	Boulder

Shot Put *Top Performers*

54-07.25	Melisa Weis	3/13/93	Indianapolis, Ind.
50-02.00	Annie King	1/26/01	USAFA, Colo.
48-02.75	Janet Visosky	2/1/97	USAFA, Colo.
47-11.25	Starla Ahu	3/7/92	Boulder
47-07.75	Rosario Roamos	3/7/80	IAAW, Pocatello, Iowa
47-05.75	Carly Newlands	2/18/05	USAFA, Colo.
45-11.75	Renata Ruscitti	2/27/88	Lincoln, Neb.
45-10.50	Brenda Davis	2/8/80	Fort Collins, Colo.
45-09.00	Marlaina Corbett	1/30/99	USAFA, Colo.
44-09.50	Kaity Kark	2/27/10	Big 12, Ames, Iowa
44-08.75	G. Zaphiropoulos	3/3/79	Columbus, Mo.

Weight Throw *Top Performances*

62-08.50	Cortney Hutmacher	3/3/06	USAFA, Colo.
61-08.50	Cortney Hutmacher	2/24/06	Big 12, Lincoln, Neb.
61-00.75	Cortney Hutmacher	2/26/05	Big 12, Lincoln, Neb.
61-00.00	Cortney Hutmacher	2/3/07	USAFA, Colo.
60-04.50	Cortney Hutmacher	1/19/07	Boulder
60-01.75	Cortney Hutmacher	3/3/07	Ames, Iowa
59-10.50	Cortney Hutmacher	2/24/06	Big 12, Lincoln, Neb.
59-09.50	Cortney Hutmacher	1/13/07	USAFA, Colo.
58-03.25	Cortney Hutmacher	2/11/06	Seattle, Wash.
57-11.00	Cortney Hutmacher	2/4/06	USAFA, Colo.
57-07.00	Cortney Hutmacher	1/27/07	USAFA, Colo.
57-01.00	Marlaina Corbett	2/26/99	Laramie, Wyo.
56-10.00	Marlaina Corbett	2/20/99	Big 12, Manhattan, Kan.
55-07.00	Cortney Hutmacher	2/10/07	Seattle, Wash.
55-05.00	Janet Visosky	2/27/98	Ames, Iowa

Weight Throw *Top Performers*

62-08.50	Cortney Hutmacher	3/3/06	USAFA, Colo.
57-01.00	Marlaina Corbett	2/26/99	Laramie, Wyo.
55-05.00	Janet Visosky	2/27/98	Ames, Iowa
50-11.50	Kaity Kark	1/23/10	Boulder
50-10.75	Chynna McCall	2/26/10	Big 12, Ames, Iowa
50-04.75	Tonya Roach	2/3/96	USAFA, Colo.

Pentathlon (after 1985) *Top Performances*

4046	Pam Owen	2/27/93	Ames, Iowa
3847	Pam Owen	2/28/92	Big Eight Championship
3847	Pam Owen	2/28/92	Big Eight
3840	Carol Hood	1991	Big Eight
3788	Carol Hood	2/26/88	Lincoln, Neb.
3764	Pam Owen	1993	USAFA, Colo.
3725	Pam Owen	1991	Big Eight
3665	Tamra Miller	2/24/90	Big Eight
3653	Diane Keller	2/24/90	Big Eight
3625	Brianne Beemer	2/5/10	Albuquerque, N.M.
3611	Brianne Beemer	2/26/10	Big 12, Ames, Iowa
3573	Heather Sterlin	1/26/96	USAFA, Colo.
3566	Diane Keller	1991	Big Eight

3513	Diane Keller	2/26/88	Lincoln, Neb.
3468	Alyssa Frank	2/5/10	Albuquerque, N.M.

Pentathlon *Top Performers*

4046	Pam Owen	2/27/93	Ames, Iowa
3840	Carol Hood	1991	Big Eight
3665	Tamra Miller	2/24/90	Big Eight
3653	Diane Keller	2/24/90	Big Eight
3625	Brianne Beemer	2/5/10	Albuquerque, N.M.
3573	Heather Sterlin	1/26/96	USAFA, Colo.
3468	Alyssa Frank	2/5/10	Albuquerque, N.M.
3347	Katie Dreher	1/22/10	Boulder
3258	Holly Odneal	2/5/10	Albuquerque, N.M.
3102	Troi Smith	1/18/08	Boulder
3092	Chelsea Haverty	2/29/08	Big 12, Lincoln, Neb.

Pentathlon (before to 1985) *Top Performances*

4071	Annette Tannander	2/26/83	Big Eight, Lincoln, Neb.
3783	Lori West	2/26/77	Provo, Utah
3665	Lori West	2/14/76	Pocatello, Idaho
3485	Lisa Greenfield	2/26/83	Lincoln, Neb.

Pentathlon *Top Performers*

4071	Annette Tannander	2/26/83	Big Eight, Lincoln, Neb.
3783	Lori West	2/26/77	Provo, Utah
3485	Lisa Greenfield	2/26/83	Lincoln, Neb.

Mile Relay *Top Performances*

3:45.53	Russell/Ards/Owen/Johns	2/27/93	Ames, Iowa
3:49.50	no order lister	2/25/94	Oklahoma City
3:50.98	Simmons/Fox/Ballenger/Decker	2/19/78	Lincoln, Neb.
3:51.24	no order lister	2/13/99	USAFA, Colo.
3:54.82	Dreher/J.Windham/Beemer/E.Tremblay	1/30/10	USAFA, Colo.
3:55.20	Maul/T.Windham/J.Windham/Seay	2/9/08	USAFA, Colo.
3:55.59	Maul/T.Windham/J.Windham/Seay	2/2/08	USAFA, Colo.
3:58.00	T.Windham/Lyons/Grandi/Garbowski	1/30/10	USAFA, Colo.
3:59.62	no order lister	2/1/97	USAFA, Colo.
3:59.85	Maul/Abuan/Haverty/T.Smith	1/27/07	USAFA, Colo.

4x400-Meter Relay *Top Performances*

3:47.04	Ward/Ards/Sterlin/Russell	2/9/96	Lincoln, Neb.
3:49.49	J.Windham/Dreher/Beemer/E.Tremblay	2/26/10	USAFA, Colo.
3:49.59	Sterlin/Cathy/Ards/Russell	1/26/96	USAFA, Colo.
3:50.02	Lowe/Cooper/Torrey/Manatt	2/23/02	Big 12, Lincoln, Neb.
3:50.20	Seay/Maul/T.Windham/J.Windham	3/1/08	Big 12, Lincoln, Neb.
3:50.29	Lowe/Buchanan/Cooper/Torrey	2/8/02	Lincoln, Neb.
3:51.38	no order listed	2/28/98	Ames, Iowa
3:52.60	Wards/Ards/Sterlin/Russell	2/24/95	Big 12, Manhattan, Kan.
3:53.34	Jackson/Hood/Campbell/Outlaw	3/5/88	Boulder
3:53.62	Ward/Sterlin/Waldman/Cathey	2/5/95	USAFA, Colo.
3:54.36	Haverty/Maul/Sturm/Price	2/24/07	Big 12, Ames, Iowa
3:54.82	Dreher/J.Windham/Beemer/E.Tremblay	1/30/10	USAFA, Colo.
3:54.94	Scott/Ward/Johns/Russell	2/5/95	USAFA, Colo.
3:55.31	Cooper/Zografos/Joy/Schuler	2/6/99	Indianapolis, Ind.

Distance Medley Relay *Top Performances*

11:23.34	Messner/Newsome/Higgins/Wheeler	2/5/99	Indianapolis, Ind.
11:29.84	Higgins/Miller/Manatt/Gorton	2/23/01	Big 12, Lincoln, Neb.
11:32.81	J. Smith/Newsome/Bradfield/K. Smith	2/27/98	Ames, Iowa
11:34.32	Cumming/E.Tremblay/Beemer/Coburn	2/27/10	Big 12, Ames, Iowa
11:37.95	Messner/Lucero/Wheeler/Smith	2/8/97	Lincoln, Neb.
11:50.90	Scarlett/Cathey/Wille/Dahlberg	2/23/96	Lincoln, Neb.
11:56.31	Zeigle/Torrey/Manatt/Gragas-Wheeler	2/28/03	Big 12, Lincoln, Neb.
11:56.90	no order listed	2/16/80	Lincoln, Neb.
11:58.80	no order listed	2/22/02	Big 12, Lincoln, Neb.
12:05.63	Simmons/Powers/Wilson/Slater	3/5/79	Lincoln, Neb.
12:13.66	Bolf/Pasciuto/Ensrud/Raddatz	2/4/06	USAFA, Colo.
12:19.10	no order listed	1/30/99	USAFA, Colo.

Men's Outdoor Records

Event	CU Record	Potts Field Record
100 Meters	10.0, Cliff Branch NCAA Outdoors, 1972	10.03, Gerald Phiri, Texas A&M Big 12 Outdoors, 2008
110-meter Hurdles	13.3, Marcus Walker USA-France Dual, 1970	13.54, Shawon Harris, Texas Tech Big 12 Outdoors, 2008
200 Meters	20.37, Jeremy Dodson Big 12 Outdoors, 2008	20.29, Gerald Phiri, Texas A&M Big 12 Outdoors, 2008
400 Meters	45.54, James Davis Big Three, 1996	44.45, Todd Long, Oklahoma Big Eight Outdoors, 1983
400-meter Hurdles	49.66, Maurice Mitchell Big Eight Outdoors, 1993	48.80, Danny Harris, Iowa State Big Eight Outdoors, 1986
800 Meters	1:47.52, Mike Macinko World Cup, 1989	1:48.28, Jacob Hernandez, Texas Big 12 Outdoors, 2008
1,500 Meters	3:39.77, Alan Culpepper Big Eight Championships, 1996	3:41.80, Leo Manzano, Texas Big 12 Outdoors, 2008
3,000 Meters	7:50.39, Dathan Ritzenhein Adidas Invitational, 2004	8:08.04, Brent Vaughn, Nike 3:48.9, Simon Kilili CU Invitational, 2010 Wyoming Track Club, 1978
3,000-meter Steeplechase	8:26.45, Steve Slattery USATF Championships, 2001	8:53.84, Billy Nelson, Colorado Big 12 Outdoors, 2008
5,000 Meters	13:24.56, Jorge Torres Cardinal Invitational, 2003	14:13.99, Brent Vaughn, Colorado Big 12 Outdoors, 2008
10,000 Meters	27:38.50, Dathan Ritzenhein Cardinal Invitational, 2004	30:02.3, Charlie Vigil, Colorado Track Club, CU Relays, 1978
4x100-meter Relay	39.47, (Charles/Campbell/Terry/ Dodson), Big 12 Outdoors, 2008	38.85, Texas A&M, Big 12 Outdoors, 2008
4x400-meter Relay	3:05.16, (Johnson/Carruth/Warren/ Mitchell), George Mason, 1994	3:03.82, Baylor Big 12 Outdoors, 2008
4x800-meter Relay	7:25.55 (Reese/Quenn/Elmuccio/ Schafer) Drake Relays, 1999	
High Jump	7-4, Bill Jankunis Big Eight Outdoors,	7-4 ¹ / ₄ , Jim Howard, Mazda Track Club Colorado Relays, 1989
Long Jump	26-1 ³ / ₄ , Kingsley Adams Drake Relays, 1974	26-6 ¹ / ₂ , Kenny Harrison Kan. St., Big Eight Outdoors, 1986
Triple Jump	53-6 ¹ / ₂ , James Nyumutei Drake Relays, 1974	55-4 ¹ / ₄ , Kenny Harrison, Kansas State Big Eight Outdoors, 1986
Discus	209-7, Art Burns CU-Air Force Dual, 1977	209-7, Art Burns, Colorado CU-Air Force Dual, 1977
Shot Put	60-11 ¹ / ₂ , Chris Volgenau Big Eight Outdoors, 1992	64-7 ¹ / ₂ , C.J.Hunter Colorado Relays, 1992
Javelin	241-4.50, Dick Clark, Big Eight, 1962	245-0, Mike Brennan, Iowa State Big Eight Outdoors, 1986
Pole Vault	17-6 ¹ / ₂ , Dennis Fuller Big Eight Outdoors, 1981	18-0 ³ / ₈ , Scott Huffman, Kansas Big Eight Outdoors, 1986
Decathlon	7,645, Mike Hill NCAA Outdoors, 1974	7,675, Donovan Kilmartin, Texas Big 12 Outdoors, 2008
Hammer Throw	210-11, Zach Hazen CU Invitational, 2010	231-04, Drew Loftin, unattached 169-29, Reid Parks Unattached, 1995

TRACK & FIELD Women's Outdoor Records

Event	CU Record	Potts Field Record
100 Meters	11.65, Yolanda Johnson Colorado Relays, 1990	10.95, Simone Facey, Texas A&M Big 12 Final, 2008
100-meter Hurdles	12.98, Yvonne Scott NCAA Outdoors, 1996	13.12, Yvonne Scott, Colorado Colorado Collegiate Invitational, 1996
200 Meters	23.86, Tamisha Johns Big Eight Outdoors, 1993	22.05, Angela Thacker, Nebraska Big Eight Outdoors, 1986
400 Meters	54.22, Tamara Ards Big Eight Outdoors, 1994	51.09, Jessica Beard, Texas A&M Big 12 Outdoors, 2008
400-meter Hurdles	57.77, Leona Russell NCAA Championships, 1996	56.88, Leisha Knowles Okla. St., Big Eight Outdoors, 1986
800-meter Run	2:02.54, Jenny Barringer Cottbus, Germany, 2009	2:05.32, Lauren Hagans, Baylor. Big 12 Outdoors, 2008
1,500 Meters	3:59.90, Jenny Barringer Prefontaine Classic, 2009	4:24.79, Veronica Martin Okla. St., Big Eight Outdoors, 1986
3,000 Meters	8:54.22, Kara Grgas-Wheeler Stanford Invitational, 2000	9:31.40, Christine McMiken Okla. St., Big Eight Outdoors, 1986
3,000 Meter Steeplechase	9:12.50, Jenny Barringer IAAF Championship, Berlin, 2009	10:15.43, Irene Kimaiyo, Texas Tech Big 12 Outdoors, 2008
5,000 Meters	15:05.25, Jenny Barringer DN Galan Grand Prix, Stockholm, 2009	16:34.7, Meeumi Fujiwara, Wacura (Japan), CU Relays, 1992
10,000 Meters	32:50.80, Jodie Hughes Mt. SAC Relays, 2002	35:37.5, Lisa Wakem, Kansas St. Big Eight Outdoors, 1986
4x100-meter Relay	44.95 (Cooper, Buchanan, Schuler, Joy) Cowtown Classic, 2001	42.88, Texas A&M Big 12 Outdoors, 2008
4x400-meter Relay	3:33.07 (Ward/Ards/Sterlin/Russell) NCAA Championships, 1996	3:32.28, Baylor Big 12 Outdoors, 2008
Mile Relay	3:49.1, (Ballenger/Chambers/McClendon/Dolas) Big Eight Outdoors, 1980	
4x1,500-meter Relay	17:36.60, (Messner/Raveling/Wille/Smith) Penn Relays, 1996	
Distance Medley Relay	11:03.82, (Higgins/Schuler/Zografos/Wheeler) Penn Relays, 2000	
High Jump	6-3, Karol Damon New Mexico Invite, 1991	6-1, Rita Graves, Kansas State Big Eight Outdoors, 1986
Long Jump	20-8, Annette Tannander NCAA Outdoors, 1983	21-9 ³ / ₄ , Angela Thacker, Nebraska Big Eight Outdoors, 1993
Triple Jump	40-11.5, Liza Negriff, Colorado Invitational, 2005	45-3 ¹ / ₄ , Yasmine Reys, Texas A&M Big 12 Outdoors, 2008
Discus	181-7, Melisa Weis Modesto Relays, 1994	171-9, Melisa Weis, Colorado Big Eight Outdoors, 1993
Shot Put	54-6, Melisa Weis USATF Championships, 1993	56-02 ¹ / ₂ , Patience Knight, Texas Tech Big 12 Outdoors, 2008
Javelin	169-5, Liz Lampros NCAA Outdoors, 1986	186-10, Dana Pounds, AFA Colorado Invitational, 2006
Heptathlon	5,893, Annette Tannander NCAA Outdoors, 1983	5,643, Megan Wheatley, Nebraska Big 12 Outdoors, 2008
Hammer Throw	196-10, Janet Visosky Big 12 Championships, 1998	212-04, Loren Groves, Kansas State Big 12 Outdoors, 2008
Pole Vault	12-4, Megan Buttner Jack Christensen Invitational, 2003	13-05 ¹ / ₄ Kate Sultanova, Kansas Big 12 Outdoors, 2008

Men's All-Time Outdoor Bests

100 Meters *Top Performances*

10.0	Cliff Branch	6/1/72	Eugene, Ore.
10.1	Cliff Branch	6/2/72	Eugene, Ore.
10.10	Devlon Dunn	5/14/88	Big Eight
10.12	Devlon Dunn	4/17/88	El Paso, Texas
10.27	Jeremy Dodson	5/18/08	Big 12, Boulder
10.3	Scott Sanders	1977	Las Vegas, Nev.
10.32	Jeremy Dodson	5/3/08	Laramie, Wyo.
10.33	Ryan Campbell	3/31/07	Greeley, Colo.
10.33	Ryan Campbell	4/28/07	Laramie, Wyo.
10.35	Jeremy Dodson	5/16/10	Big 12, Columbia, Mo.
10.36	Ryan Campbell	6/7/08	Denver, Colo.
10.37	Devlon Dunn	6/15/88	Mobile Grand Prix
10.38	Jeremy Dodson	5/27/10	NCAA Prelims, Austin, Texas
10.39	Kelly Johnson	5/12/84	Big Eight, Lincoln, Neb.
10.41	Scott Sanders	5/30/80	Wichita, Kan.

100-Meters *Top Performers*

10.0	Cliff Branch	6/1/72	Eugene, Ore.
10.10	Devlon Dunn	5/14/88	Big Eight
10.27	Jeremy Dodson	5/18/08	Big 12, Boulder
10.3	Scott Sanders	1977	Las Vegas, Nev.
10.33	Ryan Campbell	3/31/07	Greeley, Colo.
10.39	Kelly Johnson	5/12/84	Big Eight, Lincoln, Neb.
10.48	Erik Mitchell	5/1/93	
10.50	Marcus Askins	5/4/91	USAFA, Colo.
10.50	Gary Ramsey	5/14/88	Big Eight
10.52	Hugh Charles	5/18/08	Big 12, Boulder

110 Meter Hurdles *Top Performances*

13.3	Marcus Walker	1970	Paris
13.6	Marcus Walker	6/19/70	Des Moines, Iowa
13.3	Marcus Walker	1971	Wichita, Kan.
13.79	Reggie DePass	5/13/99	Greeley, Colo.
13.81	Lex Butler	5/13/99	Greeley, Colo.
13.84	Lex Butler	5/19/02	Big 12, Columbia, Mo.
13.90	Lex Butler	5/18/02	Big 12, Columbia, Mo.
13.92	Lex Butler	5/23/99	Waco, Texas
13.93	Lex Butler	5/22/99	Waco, Texas
13.94	Reggie DePass	3/28/99	Ft. Collins, Colo.

110-Meter Hurdles *Top Performers*

13.3	Marcus Walker	1970	Paris
13.79	Reggie DePass	5/13/99	Greeley, Colo.
13.81	Lex Butler	5/13/99	Greeley, Colo.
14.09	Grant Gleghorn	3/22/97	Boulder
14.10	Akobunndu Ikwuakor	5/18/03	Big 12, Austin, Texas

200 Meters *Top Performances*

20.37	Jeremy Dodson	5/18/08	Big 12, Boulder
20.40	Jeremy Dodson	5/29/10	NCAA Prelims, Austin, Texas
20.58	Ray Prior	4/9/76	Boulder
20.59	Devlon Dunn	4/23/88	Walnut, Calif.
20.63	Devlon Dunn	4/17/88	El Paso, Texas
20.63	Jeremy Dodson	5/16/10	Big 12, Columbia, Mo.
20.64	Kyle Hargett	5/14/88	Big Eight
20.64	Devlon Dunn	5/14/88	Big Eight
20.64	Jeremy Dodson	5/12/07	Big 12, Lincoln, Neb.
20.65	Jeremy Dodson	5/1/10	Austin, Texas
20.65	Jeremy Dodson	6/12/10	NCAA, Eugene, Ore.
20.66	Jeremy Dodson	5/13/07	Big 12, Lincoln, Neb.
20.66	Jeremy Dodson	5/17/08	Big 12, Boulder
20.69	James Davis	5/21/96	Ft. Collins, Colo.
20.73	James Davis	5/21/96	Big Eight, Lincoln, Neb.

200-Meters *Top Performers*

20.37	Jeremy Dodson	5/18/08	Big 12, Boulder
20.58	Ray Prior	4/9/76	Boulder
20.59	Devlon Dunn	4/23/88	Walnut, Calif.
20.64	Kyle Hargett	5/14/88	Big Eight
20.69	James Davis	5/2/96	Ft. Collins, Colo.
20.78	Ryan Campbell	5/12/07	Big 12, Lincoln, Neb.
20.8	Ted Woods	1960	Bakersfield, Calif.

20.87	Erik Mitchell	5/1/93	
20.9	Dean Breenaway	5/5/79	USAFA, Colo.
20.92	George Pincock	4/1/06	Greeley, Colo.

400 Meters *Top Performances*

45.54	James Davis	5/2/96	Ft. Collins, Colo.
45.65	Kyle Hargett	4/30/88	Des Moines, Iowa
45.67	James Davis	5/21/96	Big Eight, Lincoln, Neb.
45.69	James Davis	5/2/98	Seattle, Wash.
45.70	Ted Woods	6/17/60	NCAA, Berkeley, Calif.
45.72	James Davis	5/23/99	Waco, Texas
45.75	Kyle Hargett	6/1/89	NCAA, Provo, Utah
45.88	James Davis	6/16/96	Atlanta, Georgia
45.89	Kyle Hargett	5/13/89	Big Eight, Lincoln, Neb.
45.94	James Davis	5/20/96	Big Eight, Lincoln, Neb.
45.94	James Davis	4/6/96	Boise, Idaho

400-Meters *Top Performers*

45.54	James Davis	5/2/96	Ft. Collins, Colo.
45.65	Kyle Hargett	6/17/60	NCAA, Berkeley, Calif.
45.70	Ted Woods	6/1/89	NCAA, Provo, Utah
46.04	Dean Greenaway	5/19/79	Big Eight, Lincoln, Neb.

400 Meter IM Hurdles *Top Performances*

49.66	Maurice Mitchell	5/93	Boulder
50.01	Reggie DePass	5/29/02	NCAA, Baton Rouge, La.
50.02	Reggie DePass	4/21/02	Walnut, Calif.
50.27	Maurice Mitchell	1994	Big Eight
50.61	Maurice Mitchell	1994	Palo Alto, Calif.
50.82	Maurice Mitchell	5/21/90	Big Eight
50.98	Reggie DePass	4/14/01	Greeley, Colo.
50.99	Reggie DePass	4/22/01	Walnut, Calif.
50.13	Reggie DePass	5/19/02	Big 12, Columbia, Mo.
50.33	Reggie DePass	4/27/02	Ft. Collins, Colo.
50.73	Reggie DePass	3/30/02	Tempe, Arizona
51.13	Reggie DePass	5/18/02	Big 12, Columbia, Mo.
51.23	Reggie DePass	5/22/99	Waco, Texas

400-Meter IM Hurdles *Top Performers*

49.66	Maurice Mitchell	5/93	Boulder
50.01	Reggie DePass	5/29/02	NCAA, Baton Rouge, La.
51.81	Mike Dickman	5/16/87	Big Eight, Lawrence, Kan.
51.9	Jim Miller	4/17/65	Lawrence, Kan.
51.99	Akobunndu Ikwuakor	4/12/03	Eugene, Ore.
52.01	Jason Horton	4/10/99	Eugene, Ore.

800 Meters *Top Performances*

1:47.52	Mike Macinko	4/23/89	
1:47.89	Mike Macinko	5/14/89	Big Eight, Lincoln, Neb.
1:48.0	Mike Peake	1958	Poland
1:48.51	Mike Macinko	5/28/88	Eugene, Ore.
1:48.55	Mike Macinko	5/15/89	Big Eight, Lincoln, Neb.
1:48.85	Anthony Chiulli	5/12/07	Big 12, Lincoln, Neb.
1:49.07	Matt Queen	5/18/02	Big 12, Columbia, Mo.
1:49.09	Mike Macinko	5/5/90	USAFA, Colo.
1:49.16	Colin Harris	5/22/84	Austin, Texas
1:49.22	Rick Musgrave	5/15/76	Big Eight, Lincoln, Neb.
1:49.41	Jeff Pixler	5/22/81	Austin, Texas
1:49.53	Chris Schafer	5/23/98	Atlanta, Ga.
1:49.6	Mike Robinson	5/20/84	Austin, Texas

800-Meters *Top Performers*

1:47.52	Mike Macinko	4/23/89	
1:48.0	Mike Peake	1958	Poland
1:48.85	Anthony Chiulli	5/12/07	Big 12, Lincoln, Neb.
1:49.07	Matt Queen	5/18/02	Big 12, Columbia, Mo.
1:49.16	Colin Harris	5/22/84	Austin, Texas
1:49.22	Rick Musgrave	5/15/76	Big Eight, Lincoln, Neb.
1:49.41	Jeff Pixler	5/22/81	Austin, Texas
1:49.53	Chris Schafer	5/23/98	Atlanta, Ga.
1:49.6	Mike Robinson	5/20/84	Austin, Texas
1:50.11	Adam Goucher	5/3/97	USAFA, Colo.

Men's All-Time Outdoor Bests

1500 Meters *Top Performances*

3:39.77	Alan Culpepper	5/21/96	Lincoln, Neb.
3:40.51	Stephen Pifer	5/1/05	Palo Alto, Calif.
3:40.70	Stephen Pifer	5/14/06	Big 12, Waco, Texas
3:40.78	Stephen Pifer	5/26/07	Des Moines, Iowa
3:41.45	Rick Musgrave	4/16/76	Lawrence, Kan.
3:41.55	Stephen Pifer	4/25/08	Eugene, Ore.
3:41.77	Stephen Pifer	4/20/07	Eugene, Ore.
3:41.83	Stephen Pifer	6/22/07	USATF, Indianapolis
3:41.96	Adam Goucher	5/21/96	Big Eight, Lincoln, Neb.
3:42.09	Jorge Torres	5/10/02	Palo Alto, Calif.
3:42.16	Stephen Pifer	5/12/07	Big 12, Lincoln, Neb.
3:42.25	Stephen Pifer	6/9/07	NCAA, Sacramento, Calif.
3:42.29	Stephen Pifer	6/7/07	NCAA, Sacramento, Calif.
3:42.31	Mike Macinko	5/20/89	Santa Monica, Calif.
3:42.36	Steve Slattery	5/13/01	Palo Alto, Calif.

1500-Meters *Top Performers*

3:39.77	Alan Culpepper	5/21/96	Lincoln, Neb.
3:40.51	Stephen Pifer	5/1/05	Palo Alto, Calif.
3:41.45	Rick Musgrave	4/16/76	Lawrence, Kan.
3:41.96	Adam Goucher	5/21/96	Big Eight, Lincoln, Neb.
3:42.09	Jorge Torres	5/10/02	Palo Alto, Calif.
3:42.31	Mike Macinko	5/20/89	Santa Monica, Calif.
3:42.36	Steve Slattery	5/13/01	Palo Alto, Calif.
3:42.54	Anthony Chiulli	5/14/06	Big 12, Waco, Texas
3:42.99	Dathan Ritzenhein	5/10/02	Palo Alto, Calif.
3:43.65	Tom Reese	5/7/99	Palo Alto, Calif.

3000 Meters *Top Performances*

7:50.39	Dathan Ritzenhein	4/10/04	Eugene, Ore.
8:14.96	Dathan Ritzenhein	4/12/03	
8:27.40	Erik Heinonen	4/10/04	Eugene, Ore.
8:27.91	Casey Burchill	4/12/03	
8:28.73	Ed Torres	3/30/02	Tucson, Ariz.
8:33.75	Payton Batliner	4/12/03	
8:34.17	Andy Knutsen	4/12/03	
8:34.72	Jon Severy	3/19/05	Boulder
8:36.99	Jay Johnson	3/16/96	Boulder
8:37.99	Payton Batliner	3/17/07	Boulder
8:40.33	Ron Roybal	3/16/96	Boulder
8:40.94	Jorge Torres	4/13/02	USAFA, Colo.
8:40.97	Dathan Ritzenhein	4/13/02	USAFA, Colo.
8:41.09	Austin Baillie	3/19/05	Boulder
8:42.92	Rob Thayer	3/22/08	Boulder

3000-Meters *Top Performers*

7:50.39	Dathan Ritzenhein	4/10/04	Eugene, Ore.
8:27.40	Erik Heinonen	4/10/04	Eugene, Ore.
8:27.91	Casey Burchill	4/12/03	
8:28.73	Ed Torres	3/30/02	Tucson, Ariz.
8:33.75	Payton Batliner	4/12/03	
8:34.17	Andy Knutsen	4/12/03	
8:34.72	Jon Severy	3/19/05	Boulder
8:36.99	Jay Johnson	3/16/96	Boulder
8:40.33	Ron Roybal	3/16/96	Boulder
8:40.94	Jorge Torres	4/13/02	USAFA, Colo.

Steeplechase *Top Performances*

8:26.45	Steve Slattery	6/22/01	USATF, Eugene, Ore.
8:26.51	Steve Slattery	5/31/02	NCAA, Baton Rouge, La.
8:28.85	Billy Nelson	6/13/08	NCAA, Des Moines, Iowa
8:33.33	Billy Nelson	6/8/07	NCAA, Sacramento, Calif.
8:35.15	Steve Slattery	4/27/00	Philadelphia, Pa..
8:36.44	Billy Nelson	5/4/08	Palo Alto, Calif.
8:36.64	Steve Slattery	4/19/02	Walnut, Calif.
8:37.10	Dan Reese	5/23/87	NCAA
8:37.69	Steve Slattery	4/20/01	Walnut, Calif.
8:37.7	Clint Wells	4/20/96	Walnut, Calif.
8:38.37	Clint Wells	5/31/96	NCAA
8:39.30	Steve Slattery	5/29/02	NCAA
8:40.87	Adam Batliner	6/5/98	Buffalo, NY
8:40.88	Billy Nelson	4/13/07	Walnut, Calif.
8:40.95	Billy Nelson	6/6/07	NCAA, Sacramento, Calif.

Steeplechase *Top Performers*

8:26.45	Steve Slattery	6/22/01	USATF, Eugene, Ore.
8:28.85	Billy Nelson	6/13/08	NCAA, Des Moines, Iowa
8:37.10	Dan Reese	5/23/87	NCAA
8:37.7	Clint Wells	4/20/96	Walnut
8:40.87	Adam Batliner	6/5/98	Eugene, Ore.
8:42.83	Tom Reese	4/10/99	Hayward, Calif.
8:43.28	Pete Janson	5/4/08	Palo Alto, Calif.
8:46.04	Adam Goucher	4/27/95	Penn Relays
8:47.10	Terry Johnson	1979	NCAA, Champaign, Ill.
8:48.79	Cisco Bob	5/20/90	Big Eight

5000 Meters *Top Performances*

13:18.46	Brent Vaughn	5/4/08	Palo Alto, Calif.
13:24.56	Jorge Torres	5/3/03	Palo Alto, Calif.
13:26.00	Jorge Torres	5/3/02	Palo Alto, Calif.
13:27.77	Dathan Ritzenhein	5/3/02	Palo Alto, Calif.
13:30.12	Brent Vaughn	4/29/07	Palo Alto, Calif.
13:31.64	Adam Goucher	6/6/98	Buffalo, NY
13:31.7	Alan Culpepper	4/20/96	Walnut, Calif.
13:33.20	Adam Goucher	5/31/98	Eugene, Ore.
13:33.3	Adam Goucher	4/20/96	Walnut, Calif.
13:34.13	Adam Goucher	4/19/97	Walnut, Calif.
13:35.4	Ted Castaneda	1974	Westwood, Calif.
13:39.17	Dathan Ritzenhein	4/15/03	Walnut, Calif.
13:39.34	Stephen Pifer	6/13/08	NCAA, Des Moines, Iowa
13:39.44	Brent Vaughn	6/13/08	NCAA, Des Moines, Iowa
13:39.58	Adam Goucher	6/7/97	Walnut, Calif.

5000-Meters *Top Performers*

13:18.46	Brent Vaughn	5/4/08	Palo Alto, Calif.
13:24.56	Jorge Torres	5/3/03	Palo Alto, Calif.
13:27.77	Dathan Ritzenhein	5/3/02	Palo Alto, Calif.
13:31.64	Adam Goucher	6/6/98	Buffalo, N.Y.
13:31.7	Alan Culpepper	4/20/96	Walnut, Calif.
13:35.4	Ted Castaneda	1974	Westwood, Calif.
13:39.34	Stephen Pifer	6/13/08	NCAA, Des Moines, Iowa
13:39.81	Bret Schoolmeester	4/30/06	Palo Alto, Calif.
13:42.09	Ron Roybal	5/5/00	Palo Alto, Calif.
13:45.54	Kenyon Neuman	6/13/08	NCAA, Des Moines, Iowa

10,000 Meters *Top Performances*

27:38.50	Dathan Ritzenhein	4/30/04	Palo Alto, Calif.
28:30.6	Ted Castaneda	1973	Munich, W. Germany
28:33.31	Bret Schoolmeester	4/15/05	Walnut, Calif.
28:41.95	Bret Schoolmeester	3/31/06	Palo Alto, Calif.
28:43.28	Ed Torres	5/3/02	Palo Alto, Calif.
28:44.0	Mark Scuttton	3/27/82	Gainesville, Fla.
28:48.3	Mark Anderson	5/24/80	Knoxville, Tenn.
28:49.07	Bret Schoolmeester	6/9/05	NCAA, Sacramento, Calif.
28:49.96	Chris Pannone	4/4/08	Palo Alto, Calif.
28:51.0	Mark Scuttton	5/83	Boulder (Bolder Boulder)
28:52.0	Mike Friedberg	3/25/00	Palo Alto, Calif.
28:52.29	Jordan Kyle	5/2/09	Palo Alto, Calif.
28:54.95	Ed Torres	6/12/03	Big 12, Austin, Texas
28:55.41	Ed Torres	4/15/03	Walnut, Calif.
28:57.6	Mark Anderson	4/26/80	Des Moines, Iowa

10,000-Meters *Top Performers*

27:38.50	Dathan Ritzenhein	4/30/04	Palo Alto, Calif.
28:30.6	Ted Castaneda	1973	Munich, W. Germany
28:33.31	Bret Schoolmeester	4/15/05	Walnut, Calif.
28:43.28	Ed Torres	5/3/02	Palo Alto, Calif.
28:44.0	Mark Scanton	3/27/82	Gainesville, Fla.
28:48.3	Mark Anderson	5/24/80	Knoxville, Tenn.
28:49.96	Chris Pannone	4/4/08	Palo Alto, Calif.
28:52.20	Mike Friedberg	3/25/00	Palo Alto, Calif.
28:52.29	Jordan Kyle	5/2/09	Palo Alto, Calif.
28:59.87	Joe Bosshard	6/10/10	NCAA, Eugene, Ore.
29:15.14	Jon Severy	3/25/05	Palo Alto, Calif.
29:15.57	Aldo Vega	3/26/10	Palo Alto, Calif.
29:16.94	Chuck Trijillo	4/22/89	Walnut, Calif.
29:25.06	Kenyon Neuman	5/14/10	Big 12, Columbia, Mo.
29:28.18	Richard Medina	5/14/10	Big 12, Columbia, Mo.

Men's All-Time Outdoor Bests

Shot Put *Top Performances*

60-11.5	Chris Volgenau	5/18/92	Lawrence, Kan.
60-07.50	Chris Volgenau	4/11/92	Boulder
59-06.00	Demetry Gemolas	4/12/97	Boulder
59-05.00	Chris Volgenau	4/4/82	Ft. Collins, Colo.
58-05.75	Barry King	4/5/66	Tucson, Ariz.
58-05.50	Chris Volgenau	4/25/92	Boise, Idaho
57-07.50	Clint Moore	3/18/95	Boulder
57-02.00	Chris Volgenau	4/20/91	Walnut, Calif.
57-01.00	Clint Moore	3/19/94	Boulder
57-00.75	Clint Moore	5/20/96	Big Eight, Lincoln, Neb.
56-09.75	Chris Volgenau	3/26/92	Albuquerque, N.M.
56-08.00	Demetry Gemolas	3/29/97	Tucson, Ariz.
56-04.75	Andy Passen	4/24/04	Fort Collins, Colo.
56-04.50	James Begley	5/18/08	Big 12, Boulder
56-03.75	Paul Deniston	5/12/84	Big Eight, Lincoln, Neb.

Shot Put *Top Performers*

60-11.5	Chris Volgenau	5/18/92	Lawrence, Kan.
59-06.00	Demetry Gemolas	4/12/97	Boulder
58-05.75	Barry King	4/5/66	Tucson, Ariz.
57-07.50	Clint Moore	3/18/95	Boulder
56-04.75	Andy Passen	4/24/04	Ft. Collins, Colo.
56-04.50	James Begley	5/18/08	Big 12, Boulder
56-03.75	Paul Deniston	5/12/84	Los Angeles, Calif.
56-01.50	Bill Brundige	3/29/69	Boulder
55-10.50	Ryan Willis	5/12/07	Big 12, Lincoln, Neb.
55-07.00	Tony Ripsam	4/8/89	Boulder

Discus *Top Performances*

209-07	Art Burns	5/7/77	USAFA, Colo.
197-00	Matt Lepsis	3/23/96	Tucson, Ariz.
196-04	Art Burns	4/29/77	Des Moines, Iowa
195-06.50	Art Burns	4/9/77	Boulder
194-03.50	Art Burns	5/21/88	Big Eight, Lawrence, Kan.
193-06	Art Burns	6/4/77	Champaign, Ill.
184-08	Matt Lepsis	5/2/96	Ft. Collins, Colo.
184-07	Erik Johnson	4/17/93	
183-11	Matt Lepsis	3/19/94	Boulder
183-09	Matt Lepsis	3/25/95	Tucson, Ariz.
183-03.50	Matt Lepsis	4/6/96	Boise, Idaho
182-08	Matt Lepsis	4/21/96	Walnut, Calif.
182-03	Matt Lepsis	5/21/96	Big Eight
182-03	Dane Chobanian	4/17/10	Long Beach, Calif.

Discus *Top Performers*

209-07	Art Burns	5/7/77	USAFA, Colo.
197-0	Matt Lepsis	3/23/96	Tucson, Ariz.
184-07	Erik Johnson	4/17/93	
182-03	Dane Chobanian	4/17/10	Long Beach, Calif.
181-11	Demetry Gemolas	5/24/97	Boulder
181-07	Jeff Singleton	5/17/98	Columbia, Mo.

Javelin *Top Performances*

241-04.50	Dick Clark	1962	Big Eight, Lawrence, Kan.
227-09.50	Glenn Arbeau	5/16/65	Lawrence, Kan.
225-09	Dick Clark	4/3/62	Tucson, Ariz.
225-06	Dick Clark	1963	Ft. Collins, Colo.
225-01	Glenn Arbeau	4/10/65	Albuquerque, N.M.
222-01	Brandin Williams	5/17/09	Big 12, Lubbock, Texas
216-06	Kevin Fasing	6/22/07	USATF, Indianapolis
213-02	Brandin Williams	4/25/09	Fort Collins, Colo.
210-04	Brandin Williams	5/17/08	Big 12, Boulder
204-02	Kevin Fasing	3/22/08	Boulder
203-08	Brandin Williams	4/17/09	Walnut, Calif.
202-10	Brandin Williams	6/10/09	Fayetteville, Ark.
202-03	Brandin Williams	4/11/09	Boulder
201-04	Brandin Williams	3/28/09	Fort Collins, Colo.
201-02	Brandin Williams	5/30/09	Norman, Okla.

Javelin *Top Performers*

241-04.50	Dick Clark	5/19/62	Big Eight, Lawrence, Kan.
227-09.50	Glenn Arbeau	5/16/65	Lawrence, Kan.
222-01	Brandin Williams	5/17/09	Big 12, Lubbock, Texas
216-06	Kevin Fasing	6/22/07	USATF, Indianapolis
190-05	Kevin Waldron	5/17/08	Big 12, Boulder
188-06	Alex Von Hagen	5/15/10	Big 12, Columbia, Mo.
184-01	Chase Dukes	4/5/08	Greeley, Colo.

181-01	Sam Gluck	1990	El Paso, Texas
180-10.25	Jamie Hallum	3/26/88	Albuquerque, N.M.
179-08	Mike Krunprick	4/20/86	El Paso, Texas
176-00	Tim Schurman	4/30/91	Ft. Collins, Colo.
173-08	Chase Dukes	4/28/07	Laramie, Wyo.
172-04	John Geisler	5/2/96	Big Eight Lincoln, Neb.
171-09	Chris Wetzel	3/31/90	Ft. Collins, Colo.
168-11	Todd Worster	5/28/87	NCAA, Baton Rouge, La.

Hammer Throw *Top Performances*

210-11	Zach Hazen	5/12/07	Big 12, Lincoln, Neb.
204-10	Zach Hazen	5/26/07	Des Moines, Iowa
201-02	Zach Hazen	6/6/07	NCAA, Sacramento, Calif.
200-09	Zach Hazen	3/30/07	Ft. Collins, Colo.
196-09	Jeff Singleton	3/22/97	Boulder
196-07	Chase Mullen	4/5/03	Greeley, Colo.
193-04	Zach Hazen	4/2/05	Greeley, Colo.
193-00	Chase Mullen	5/30/03	NCAA Regionals
192-09	Zach Hazen	4/21/07	Ft. Collins, Colo.
192-03	Chase Mullen	4/26/03	Ft. Collins, Colo.
192-03	Zach Hazen	3/17/07	Boulder
191-02	Chase Mullen	5/17/03	Big 12
190-11	Jeff Singleton	5/2/98	Seattle, Wash.
190-00.50	Chase Mullen	3/26/05	Ft. Collins, Colo.
189-09	Zach Hazen	5/4/07	Sacramento, Calif.

Hammer Throw *Top Performers*

210-11	Zach Hazen	5/12/07	Big 12, Lincoln, Neb.
196-09	Jeff Singleton	3/22/97	Boulder
196-07	Chase Mullen	4/5/03	Greeley, Colo.
189-04	James Begley	5/18/08	Big 12, Boulder
189-03	Patrick Bachmann	5/15/09	Big 12, Lubbock, Texas
188-05	Chase Dukes	4/17/09	Walnut, Calif.
181-07	Matt Carr	3/27/04	Tempe, Ariz.
172-00	Nick Duresky	5/3/97	USAFA, Colo.

High Jump *Top Performances*

7-04	Bill Jankunis	5/17/75	Big Eight, Norman, Okla.
7-03	Jason Dudley	3/24/90	Albuquerque, N.M.
7-02.25	Bill Jankunis	5/3/75	Salt Lake City, Utah
7-02	Bill Jankunis	3/23/74	San Jose, Calif.
7-02	Bill Jankunis	5/18/74	Big Eight, Norman, Okla.
7-01.75	Jason Dudley	6/1/89	NCAA
7-01.75	Jason Dudley	5/5/90	USAFA, Colo.
7-01.75	Jason Dudley	5/21/90	Big Eight
7-01.50	Jason Dudley	4/17/88	El Paso, Texas
7-01.50	Jason Dudley	4/30/88	Des Moines, Iowa
7-01.50	Jason Dudley	4/15/89	Big Eight
7-01	Jason Dudley	3/7/90	Austin, Texas
7-01	Jason Dudley	3/31/90	Ft. Collins, Colo.
7-00.50	Jason Dudley	3/25/89	Tucson, Ariz.
6-11	Jason Dudley	4/28/90	Des Moines, Iowa

High Jump *Top Performers*

7-04	Bill Jankunis	5/17/75	Big Eight, Norman, Okla.
7-03	Jason Dudley	3/24/90	Albuquerque, N.M.
7-00	Brent Vaughan	4/13/91	Boulder
7-00	Travis Williams	3/19/94	Boulder
6-11.50	Greg Walton	4/25/87	Walnut, Calif.
6-11.50	Tim Ross	5/1/93	
6-10.75	Andy Miller	4/2/05	Greeley, Colo.
6-10.75	Mark McDonald	3/24/90	Albuquerque, N.M.
6-08.75	Brandon Johnson	4/10/04	Eugene, Ore.
6-08.25	Marty Beauchamp	5/28/87	NCAA, Baton Rouge, La.

Long Jump *Top Performances*

26-01.75	Kingsley Adams	4/27/74	Des Moines, Iowa
26-01.50 W	Kingsley Adams	4/20/74	Lawrence, Kan.
26-01	Kingsley Adams	5/17/75	Des Moines, Iowa
26-00	Kingsley Adams	5/17/74	Big Eight, Norman, Okla.
25-11.75	Kingsley Adams	4/28/73	Des Moines, Iowa
24-05.00	Hugh Charles	3/18/06	Boulder
24-04.25	Torey Barr	5/14/88	Big Eight
24-00.25	Brandon Johnson	3/21/04	Boulder
23-10.25	Brandon Johnson	5/7/04	USAFA, Colo.
23-10.25	Matt Rice	3/31/90	Boulder
23-09.75	Matt Rice	4/6/91	Tallahassee, Fla.
23-09	Josh Williams	3/30/96	Albuquerque, N.M.

Men's All-Time Outdoor Bests

23-08.50	Matt Rice	5/19/90	Big Eight
23-08.00	Torey Barr	3/26/88	Albuquerque, N.M.
23-08.00	Josh Williams	1994	Big Eight

Long Jump *Top Performers*

26-01.75	Kingsley Adams	4/27/74	Des Moines, Iowa
24-05.00	Hugh Charles	3/18/06	Boulder
24-04.25	Torey Barr	5/14/88	Big Eight
24-00.25	Brandon Johnson	3/21/04	Boulder
23-10.25	Matt Rice	3/31/90	Boulder
23-09.00	Josh Williams	1994	Albuquerque, N.M.
23-06.25	Grant Cleghorn	3/23/96	Tucson, Ariz.
23-00.75	Brent VanSickle	5/20/96	Big Eight, Lincoln, Colo.
23-00.50	Marcus Moore	4/26/03	Ft. Collins, Colo.

Triple Jump *Top Performances*

53-06.50	James Nyumutei	4/26/74	Des Moines, Iowa
52-09.50	James Nyumutei	4/25/75	Des Moines, Iowa
52-08.00	James Nyumutei	5/17/75	Big Eight, Norman, Okla.
51-06.00	Torey Barr	4/17/88	El Paso, Texas
52-00.25	James Nyumutei	1975	Austin, Texas
52-00.25	James Nyumutei	5/18/74	Big Eight, Norman, Okla.
50-07.50	Torey Barr	4/8/89	Colorado Relays
49-09.00	Torey Barr	4/15/89	
49-09.50	Steve Joiner	4/14/90	Colorado Relays
49-09.50	Matt Rice	4/14/90	Colorado Relays
49-03.25	Matt Rice	4/6/91	Florida State Invite
49-09.00	Steve Joiner	3/24/90	New Mexico Invite
49-01.50	Steve Joiner	4/28/90	Drake Relays
49.01.00	Matt Rice	5/1/93	
49-00.75	Matt Rice	3/24/90	New Mexico Invite

Triple Jump *Top Performers*

53-06.50	James Nyumutei	4/26/74	Des Moines, Iowa
51-06.00	Torey Barr	4/17/88	El Paso, Texas
49-09.50	Steve Joiner	4/14/90	Boulder
49-09.50	Matt Rice	4/14/90	Boulder
48-00.00	Brett VanSickle	4/12/97	Boulder

Pole Vault *Top Performances*

17-6.50	Dennis Fuller	5/16/81	Big Eight, Ames, Iowa
17-2.75	Dennis Fuller	5/16/91	Big Eight, Ames, Iowa
17-2	Bill Curnow	4/18/75	Lawrence, Kan.
17-1.25	Mike Wedman	1972	Eugene, Ore.
17-1	Jim Speer	3/25/73	Albuquerque, N.M.
16-8.75	Don Jurries	5/16/87	Big Eight, Lawrence, Kan.
16-4	Scott Porter	1994	Big Eight
16-0.75	Kevin Cash	5/21/90	Big Eight
16-0	Kevin Cash	4/14/90	Colorado Relays
15-9.75	Jordan Hudgens	5/18/97	Big 12 Championships
15-9	Chris Olsen	4/18/98	Eugene, Ore.
15-7	Drew Hidner	4/24/99	Ft. Collins, Colo.
15-6	Kevin Cash	3/18/89	CU All Corners Meet
15-6	Kevin Cash	3/17/90	CU All Corners Meet
15-6	Derek Tanner	4/25/92	Big Eight Outdoor

Pole Vault *Top Performers*

17-06.50	Dennis Fuller	5/16/81	Big Eight, Ames, Iowa
17-02.00	Bill Curnow	4/18/75	Lawrence, Kan.
17-01.25	Mike Wedman	1972	Eugene, Ore.
17-01.00	Jim Speer	3/25/73	Albuquerque, N.M.
16-08.75	Don Jurries	5/16/87	Big Eight, Lawrence, Kan.
16-04.00	Scott Portner	1994	Big Eight
16-00.75	Kevin Cash	5/21/90	Big Eight
15-09.75	Jordan Hudgens	5/18/97	Big 12
15-09.00	Chris Olsen	4/18/98	Eugene, Ore.
15-07.00	Drew Hidner	4/24/99	Ft. Collins, Colo.

Decathlon *Top Performances*

7,645	Mike Hill	6/6/74	Austin, Texas
7,543	Mike Hill	unknown	
7,470	Mike Wedman	1972	Lawrence, Kan.
7,245	Mike Hill	1974	NCAA, Austin, Texas
7,184	Steve Brittenham	1977	Des Moines, Iowa
7,144	Jordan Hudgens	3/28/97	Tempe, Ariz.
7,045	Mike Wedman	6/20/70	Des Moines, Iowa
7,042	Jordan Hudgens	4/18/97	Walnut, Calif.
7,037	Jordan Hudgens	5/17/97	Waco, Texas

6,897	Rob Martin	5/19/90	
6,879	Adam Salzmann	5/15/10	Big 12, Columbia, Mo.
6,877	Rob Martin	5/20/91	
6,865	Adam Salzmann	4/23/10	Fort Collins, Colo.
6,739	Adam Salzmann	4/2/10	Tucson, Ariz.
6,725	Chris Olsen	5/15/98	Columbia, Mo.

Decathlon *Top Performers*

7,645	Mike Hill	6/6/74	Austin, Texas
7,470	Mike Wedman	1972	Lawrence, Kan.
7,184	Steve Brittenham	1977	Des Moines, Iowa
7,144	Jordan Hudgens	3/28/97	Walnut, Calif.
6,897	Rob Martin	5/19/90	
6,879	Adam Salzmann	5/15/10	Big 12, Columbia, Mo.
6,725	Chris Olsen	5/15/98	Columbia, Mo.
6,718	Grant Cleghorn	5/17/97	Big 12, Waco, Texas
6,584	Alex Von Hagen	3/20/09	Northridge, Calif.
6,212	Eddie Taylor	5/15/10	Big 12, Columbia, Mo.
5,987	Jamie Hallum	5/15/87	Big Eight, Lawrence, Kan.
5,901	Marty Beauchamp	4/4/87	Boulder
5,826	Fil Conte	4/4/87	Boulder

4x100-Meter Relay *Top Performances*

39.47	Charles/Campbell/Terry/Dodson	5/31/08	NCAA, Des Moines, Iowa
39.59	Charles/Campbell/Terry/Dodson	5/18/08	Big 12, Boulder
39.6	Daniels/Brunson/Walker/Branch	1971	Albuquerque, N.M.
39.77	Pincock/Dodson/Abuan/Campbell	4/28/07	Laramie, Wyo.
39.80	Charles/Campbell/Terry/Dodson	5/30/08	NCAA Regional, Lincoln, Neb.
39.85	Dodson/Pincock/Abuan/Campbell	6/6/07	NCAA, Sacramento, Calif.
39.85	Abuan/Pincock/Dodson/Campbell	4/14/07	Tempe, Ariz.
39.91	Whitaker/Q.Dodson/MacIntosh/J.Dodson	5/29/10	NCAA Prelims, Austin, Texas
39.98	Dodson/Pincock/Abuan/Campbell	6/8/07	NCAA, Sacramento, Calif.
39.98	Pincock/Dodson/Abuan/Campbell	5/25/07	Des Moines, Iowa
40.00	Pincock/Dodson/Abuan/Campbell	5/26/07	Des Moines, Iowa
40.05	Pincock/Dodson/Abuan/Campbell	5/13/07	Big 12, Lincoln, Neb.
40.14	Charles/Campbell/Terry/Dodson	4/19/08	Waco, Texas
40.19	Whitaker/Q.Dodson/MacIntosh/J.Dodson	5/8/10	Fort Collins, Colo.
40.30	Lawson Jr./Abuan/Napp/Pincock	4/15/06	Tempe, Ariz.

4x400-Meter Relay *Top Performances*

3:05.16	Johnson/Carruth/Warren/Mitchell	1994	Fairfax, Va.
3:06.11	Horton/Queen/DePass/Davis	4/18/99	Walnut, Calif.
3:07.72	Horton/DePass/Queen/Davis	3/20/99	Tucson, Ariz.
3:08.74	Johnson/Pincock/Terry/Abuan	4/7/06	Austin, Texas
3:08.86	no order listed	5/16/99	Tucson, Ariz.
3:08.86	Pincock/Zichterman/Terry/Abuan	5/28/05	Norman, Okla.
3:08.96	Johnson/Pincock/Terry/Abuan	4/22/06	Ft. Collins, Colo.
3:09.27	Terry/Campbell/Gomez/Dodson	5/18/08	Big 12, Boulder
3:09.76	Friesen/Pincock/Terry/Abuan	4/28/07	Laramie, Wyo.
3:09.80	Pincock/Campbell/Friesen/Abuan	5/26/07	Des Moines, Iowa

Distance Medley Relay *Top Performances*

9:40.49	Goucher/Davis/Batliner/Culpepper	4/26/96	Philadelphia, Pa.
9:41.7	Napier/A.Amador/Schafer/Goucher	4/25/97	Philadelphia, Pa.
9:45.82	Napier/Butler/Schafer/Tessman	4/10/99	Eugene, Ore.
9:49.25	Schafer/DePass/Queen/Slattery	4/27/01	Philadelphia, Pa.
9:53.14	Slattery/Queen/Napier/Roybal	4/8/00	Eugene, Ore.

4x1,500-Meter Relay *Top Performances*

15:10.19	Goucher/Hancock/Reese/Napier	4/26/96	Philadelphia, Pa.
15:15.54	Reese/Wells/Culpepper/Goucher	4/27/96	Philadelphia, Pa.

4x800-Meter Relay *Top Performances*

7:25.55	Reese/Queen/Elmuccio/Schafer	4/24/99	Philadelphia, Pa.
7:26.12	no order listed	1985	Des Moines, Iowa
7:28.97	no order listed	4/10/99	Eugene, Ore.

Four-Mile Relay *Top Performances*

16:19.85	Napier/J.Torres/Roybal/Slattery	4/29/00	Philadelphia, Pa.
16:26.78	Slattery/Roybal/Tessman/Reese	4/24/99	Philadelphia, Pa.
16:28.3	Gregorio/Lambert/Peterson/Castaneda	4/27/73	Des Moines, Iowa
16:29.2	Lambert/Peterson/Castaneda/Gregorio	4/21/73	Lawrence, Kan.

Women's All-Time Outdoor Bests

100-Meter Top Performances

11.65	Yolanda Johnson	4/14/90	Boulder
11.68	Yvonne Scott	5/4/96	Ft. Collins, Colo.
11.68	Yolanda Johnson	5/21/90	Big Eight, Norman, Okla.
11.69	Tanisha Johns	5/1/93	Ft. Collins, Colo.
11.69	Amaris Buchanan	5/18/01	Big 12, College Station, Texas
11.70	Amaris Buchanan	3/31/01	San Diego, Calif.
11.76	Amaris Buchanan	3/31/01	San Diego, Calif.
11.78	Yolanda Johnson	5/21/90	Big Eight, Norman, Okla.
11.80	Tanisha Johns	5/21/94	Lawrence, Kan.
11.80	Mandi Farquhar	3/30/96	Albuquerque, N.M.
11.83	Yvonne Scott	5/20/96	Lincoln, Neb.
11.83	Yolanda Johnson	5/21/91	Big Eight
11.87	Deanna Salvaryn	5/12/00	USAFA, Colo.
11.89	Yolanda Johnson	3/24/90	Albuquerque, N.M.
11.90	Yolanda Johnson	4/14/90	Boulder

100-Meters Top Performers

11.65	Yolanda Johnson	4/14/90	Boulder
11.68	Yvonne Scott	5/4/96	Ft. Collins, Colo.
11.69	Tanisha Johns	5/1/93	Ft. Collins, Colo.
11.69	Amaris Buchanan	5/18/01	Big 12, College Station, Texas
11.8	Mandi Farquhar	3/30/96	Albuquerque, N.M.
11.87	Deanna Salvaryn	5/12/00	USAFA, Colo.
11.96	Cassie Hirschfeld	4/3/09	Austin, Texas
11.97	Deneeka Torrey	4/13/02	Big 12
11.99	Keena Schuler	4/7/01	Greeley, Colo.
12.02	Rachel Joy	4/11/98	Boulder

100-Meter Hurdles Top Performances

12.98	Yvonne Scott	6/1/96	Eugene, Ore.
13.01	Yvonne Scott	5/15/95	Big Eight, Ames, Iowa
13.09	Yvonne Scott	4/6/96	Boise, Idaho
13.11	Yolanda Johnson	6/4/90	NCAA
13.12	Yvonne Scott	4/13/96	Boulder
13.12	Mandi Farquhar	6/8/96	USAFA, Colo.
13.16	Hannah Cooper	5/19/02	Big 12, Columbia, Mo.
13.16	Yvonne Scott	3/30/96	Albuquerque, N.M.
13.16	Yolanda Johnson	3/1/91	NCAA
13.18	Yvonne Scott	5/31/96	Eugene, Ore.
13.19	Yolanda Johnson	6/4/90	NCAA
13.20	Mandi Farquhar	5/4/96	Ft. Collins, Colo.
13.20	Mandi Farquhar	5/20/96	Big Eight
13.21	Yvonne Scott	4/27/96	Penn Relays
13.21	Hannah Cooper	5/30/02	NCAA, Baton Rouge, La.

100-Meter Hurdles Top Performers

12.98	Yvonne Scott	6/1/96	Eugene, Ore.
13.11	Yolanda Johnson	6/4/90	NCAA
13.12	Mandi Farquhar	6/8/96	USAFA, Colo.
13.16	Hannah Cooper	5/19/02	Big 12, Columbia, Mo.
13.25	Rachel Joy	4/14/01	Greeley, Colo.
13.33	Donna Waller	5/16/87	Big Eight, Lawrence, Kan.

200 Meters Top Performances

23.86	Tanisha Johns	5/18/93	Big Eight, Boulder
23.95	Amaris Buchanan	3/31/01	San Diego, Calif.
23.97	Yvonne Scott	3/30/96	Albuquerque, N.M.
24.03	Yvonne Scott	4/6/96	Boise, Idaho
24.08	Yvonne Scott	5/4/96	Ft. Collins, Colo.
24.18	Yolanda Johnson	3/24/90	Albuquerque, N.M.
24.20	Tanisha Johns	5/15/94	Boulder
24.20	Donna Waller	4/18/87	Albuquerque, N.M.
24.26	Tamara Ards	5/21/94	Lawrence, Kan.
24.30	Yolanda Johnson	4/28/90	Des Moines, Iowa
24.37	Heather Sterlin	5/17/97	Waco, Texas
24.39	Heather Sterlin	5/21/96	Lincoln, Neb.

200-Meters Top Performers

23.86	Tanisha Johns	5/18/93	Big Eight, Boulder
23.95	Amaris Buchanan	3/31/01	San Diego, Calif.
23.97	Yvonne Scott	3/30/96	Albuquerque, N.M.
24.18	Yolanda Johnson	3/24/90	Albuquerque, N.M.
24.20	Donna Waller	4/18/87	Albuquerque, N.M.
24.26	Tamara Ards	5/21/94	Lawrence, Kan.
24.37	Heather Sterlin	5/17/97	Waco, Texas
24.63	Mandi Farquhar	4/6/96	Boise, Idaho
24.71	Cynthia Newsome	4/11/98	Boulder

400 Meters Top Performances

54.22	Tamara Ards	5/21/94	Lawrence, Kan.
54.42	Tamara Ards	4/6/96	Boise, Idaho
54.51	Tamara Ards	5/4/96	Ft. Collins, Colo.
54.59	Tamara Ards	5/21/96	Lincoln, Neb.
54.73	Tamara Ards	4/20/96	Walnut, Calif.
54.82	Tasha Ward	5/21/96	Lincoln, Neb.
54.92	Evelyn Miller	5/19/01	Big 12, College Station, Texas
54.98	Tamara Ards	3/23/96	Albuquerque, N.M.
55.00	Micki Brown	4/22/90	Walnut, Calif.
55.02	Tamara Ards	5/20/96	Lincoln, Neb.
55.13	Tamara Ards	3/30/96	Albuquerque, N.M.

400-Meters Top Performers

54.22	Tamara Ards	5/21/94	Lawrence, Kan.
54.82	Tasha Ward	5/21/96	Lincoln, Neb.
54.92	Evelyn Miller	5/19/01	Big 12, College Station, Texas
55.00	Micki Brown	4/22/90	Walnut, Calif.
55.18	Lee Ballenger	5/13/78	Eugene, Ore.
55.39	Cynthia Newsome	4/18/98	Eugene, Ore.
55.80	Veronica Maul	4/28/07	Laramie, Wyo.
56.06	Keena Schuler	5/20/00	Big 12, Columbia, Mo.

400 Meter Hurdles Top Performances

57.77	Leona Russell	5/29/96	Eugene, Ore.
58.13	Leona Russell	5/21/96	Lincoln, Neb.
58.34	Leona Russell	6/14/96	Atlanta, Ga.
58.36	Leona Russell	4/25/96	Philadelphia, Pa.
58.38	Leona Russell	5/4/96	Ft. Collins, Colo.
58.63	Brenda Chambers	5/24/80	Eugene, Ore.
58.90	Brenda Chambers	6/13/80	Walnut, Calif.
59.22	Leona Russell	5/20/96	Lincoln, Neb.
59.27	Leona Russell	4/27/95	Philadelphia, Pa.
59.42	Brenda Chambers	5/23/80	Eugene, Ore.

400-Meter Hurdles Top Performers

57.77	Leona Russell	5/29/96	Eugene, Ore.
58.63	Brenda Chambers	5/24/80	Eugene, Ore.
59.22	Leona Russell	5/20/96	Lincoln, Neb.
59.48	Heather Sterlin	5/3/97	USAFA, Colo.
59.50	Deneeka Torrey	5/19/02	Big 12, Columbia, Mo.
59.55	Debbie McClendon	5/12/80	Ft. Collins, Colo.

800 Meters Top Performances

2:02.54	Jenny Barringer	8/8/09	Cottbus, Germany
2:03.7	Lee Ballenger	5/13/78	Eugene, Ore.
2:05.43	Jenny Barringer	4/25/09	Eugene, Ore.
2:05.5	Lee Ballenger	6/13/80	Walnut, Calif.
2:05.97	Lee Ballenger	5/26/78	Knoxville, Tenn.
2:06.30	Lee Ballenger	4/29/79	Walnut, Calif.
2:07.51	Lee Ballenger	4/26/80	Des Moines, Iowa
2:08.87	Kelly Smith	5/16/95	Big Eight, Ames, Iowa
2:09.37	Jenny Barringer	4/12/08	Boulder
2:09.4	Kelly Smith	3/29/97	Tucson, Arizona
2:09.67	Kelly Smith	5/21/96	Lincoln, Neb.
2:09.81	Emma Coburn	5/15/10	Big 12, Columbia, Mo.
2:10.00	Catrina Campbell	5/13/89	Big Eight
2:10.17	Sara (Gorton) Slattery	4/12/03	Eugene, Ore.
2:10.22	Kelly Smith	4/18/98	Eugene, Ore.

Women's All-Time Outdoor Bests

800-Meters *Top Performers*

2:02.54	Jenny Barringer	8/7/09	Cottbus, Germany
2:03.7	Lee Ballenger	5/13/78	Eugene, Ore.
2:08.87	Kelly Smith	5/16/95	Big Eight, Ames, Iowa
2:09.81	Emma Coburn	5/15/10	Big 12, Columbia, Mo.
2:10.00	Catrina Campbell	5/13/89	Big Eight
2:10.17	Sara (Gorton) Slattery	4/12/03	Eugene, Ore.
2:10.60	Carol McMordie	4/12/86	USAFA, Colo.
2:11.25	Elizabeth Tremblay	4/17/10	Walnut, Calif.
2:11.35	Laura Thweatt	4/10/10	Boulder
2:11.60	Lesley Higgins	4/1/00	Tucson, Ariz.
2:11.95	Shayne Wille	3/30/96	Albuquerque, N.M.
2:12.09	Carrie Messner	5/20/96	Lincoln, Neb.

1500 Meters *Top Performances*

3:59.90	Jenny Barringer	6/7/09	Eugene, Ore.
4:08.38	Jenny Barringer	4/24/09	Eugene, Ore.
4:10.80	Shayne Wille	1997	New Orleans, La.
4:11.36	Jenny Barringer	7/16/08	Switzerland
4:12.15	Kara Grgas-Wheeler	3/21/00	Big 12, Columbia, Mo.
4:12.69	Shayne Wille	1997	New Orleans
4:13.88	Kelly Smith	6/6/97	Bloomington, Ind.
4:15.48	Sara (Gorton) Slattery	5/3/03	Palo Alto, Calif.
4:16.23	Kelly Smith	6/6/98	Buffalo, N.Y.
4:16.66	Shayne Wille	5/18/98	Waco, Texas
4:17.19	Jenny Barringer	4/25/08	Eugene, Ore.
4:17.71	Kelly Smith	4/20/96	Walnut, Calif.
4:18.46	Kelly Smith	6/4/98	Buffalo, N.Y.
4:18.77	Kelly Smith	6/1/96	Bloomington, Ind.
4:19.05	Shayne Wille	4/20/97	Walnut, Calif.

1500-Meters *Top Performers*

3:59.90	Jenny Barringer	6/7/09	Eugene, Ore.
4:10.80	Shayne Wille	1997	New Orleans, La.
4:12.15	Kara Grgas-Wheeler	3/21/00	Big 12, Columbia, Mo.
4:13.88	Kelly Smith	6/6/97	Bloomington, Ind.
4:15.48	Sara (Gorton) Slattery	5/3/03	Palo Alto, Calif.
4:19.70	Sara Ensrud	4/29/07	Palo Alto, Calif.
4:21.37	Emma Coburn	5/1/10	Palo Alto, Calif.
4:21.71	Carrie Messner	3/28/99	Palo Alto, Calif.

3000 Meters *Top Performances*

8:54.22	Kara Grgas-Wheeler	5/5/00	Palo Alto, Calif.
9:02.15	Kara Grgas-Wheeler	6/2/00	NCAA, Durham, N.C.
9:06.86	Shayne Wille	6/6/97	NCAA, Bloomington, Ind.
9:09.56	Shayne Wille	4/18/97	Walnut, Calif.
9:16.22	Sarah Hanson	6/1/84	NCAA, Eugene, Ore.
9:16.53	Kara Grgas-Wheeler	4/16/99	Walnut, Calif.
9:16.62	Sarah Hanson	5/30/84	NCAA, Eugene, Ore.
9:18.41	Natalie Raveling	4/15/95	Walnut, Calif.
9:18.66	Shayne Wille	6/4/97	Bloomington, Ind.
9:22.37	Briana Stott-Messick	5/15/99	Palo Alto, Calif.

3000-Meters *Top Performers*

8:54.22	Kara Grgas-Wheeler	5/5/00	Palo Alto, Calif.
9:06.86	Shayne Wille	6/6/97	NCAA, Bloomington, Ind.
9:16.22	Sarah Hanson	6/1/84	NCAA, Eugene, Ore.
9:18.41	Natalie Raveling	4/15/95	Walnut, Calif.
9:22.37	Briana Stott-Messick	5/15/99	Palo Alto, Calif.
9:24.22	Carrie Messner	4/16/99	Walnut, Calif.
9:24.32	Lesley Higgins	6/2/00	NCAA, Durham, N.C.
9:25.89	Jodie Hughes	3/25/00	Palo Alto, Calif.
9:27.60	Jennifer Smith	6/6/98	Buffalo, N.Y.
9:28.10	Heather Burroughs	4/10/99	Eugene, Ore.

Steeplechase *Top Performances*

9:12.50	Jenny Barringer	8/17/09	IAAF, Berlin, Germany
9:22.26	Jenny Barringer	8/17/08	Olympic Games, Beijing
9:22.73	Jenny Barringer	7/20/08	Belgium
9:25.54	Jenny Barringer	6/12/09	NCAA, Fayetteville, Ark.
9:26.20	Jenny Barringer	5/30/90	Norman, Okla.
9:26.81	Jenny Barringer	8/15/09	IAAF, Berlin, Germany

9:29.20	Jenny Barringer	8/15/08	Olympic Games, Beijing
9:29.20	Jenny Barringer	6/13/08	NCAA, Des Moines, Iowa
9:29.38	Jenny Barringer	6/28/09	USATF Champs, Eugene, Ore.
9:33.11	Jenny Barringer	7/3/08	U.S. Trials, Eugene, Ore.
9:33.95	Jenny Barringer	9/8/07	Paris, France
9:34.64	Jenny Barringer	6/23/07	USATF, Indianapolis
9:44.31	Jenny Barringer	5/26/07	Des Moines, Iowa
9:44.46	Jenny Barringer	5/31/08	Lincoln, Neb.
9:47.97	Jenny Barringer	6/26/09	USATF Champs, Eugene, Ore.

Steeplechase *Top Performers*

9:12.50	Jenny Barringer	8/17/09	IAAF, Berlin, Germany
9:51.86	Emma Coburn	6/12/10	NCAA, Eugene, Ore.
9:59.37	Shalaya Kipp	6/12/10	NCAA, Eugene, Ore.
10:07.51	Natalie Florence	6/26/05	USATF, Carson, Calif.
10:13.80	Lesley Higgins	4/16/02	Walnut, Calif.
10:13.80	Renee Metivier	4/15/05	Walnut, Calif.
10:43.05	Kendal Grgas-Wheeler	4/16/04	Walnut, Calif.
10:45.80	Allison Sawyer	4/17/08	Walnut, Calif.
10:49.54	Emily Hanenburg	4/16/09	Walnut, Calif.
10:54.18	Shayne Wille	6/23/96	Atlanta, Ga.
10:58.36	Hilary White	3/30/05	

5000 Meters *Top Performances*

15:05.25	Jenny Barringer	7/31/09	Stockholm, Sweden
15:07.64	Jenny Barringer	5/2/09	Palo Alto, Calif.
15:24.97	Sara (Gorton) Slattery	4/15/03	Walnut, Calif.
15:28.79	Kara Grgas-Wheeler	4/14/00	Walnut, Calif.
15:40.14	Sara (Gorton) Slattery	6/14/03	NCAA, Sacramento, Calif.
15:41.78	Kara Grgas-Wheeler	5/13/01	Stanford, Calif.
15:48.24	Jenny Barringer	4/29/07	Palo Alto, Calif.
15:49.08	Renee Metivier	4/16/04	Walnut, Calif.
15:51.55	Sara (Gorton) Slattery	5/3/02	Palo Alto, Calif.
15:54.30	Kara Grgas-Wheeler	5/31/00	NCAA, Durham, N.C.
15:54.50	Liza Pasciuto	3/31/07	Palo Alto, Calif.
15:55.12	Jodie Hughes	5/3/02	Palo Alto, Calif.
15:56.13	Christine Bolf	4/30/06	Palo Alto, Calif.
15:57.13	Christine Bolf	5/1/05	Palo Alto, Calif.
15:58.58	Sara (Gorton) Slattery	5/5/05	Manhattan, Kan.

5000-Meters *Top Performers*

15:05.25	Jenny Barringer	7/31/09	Stockholm, Sweden
15:24.97	Sara (Gorton) Slattery	4/15/03	Walnut, Calif.
15:28.79	Kara Grgas-Wheeler	4/14/00	Walnut, Calif.
15:49.08	Renee Metivier	4/16/04	Walnut, Calif.
15:54.50	Liza Pasciuto	3/31/07	Palo Alto, Calif.
15:55.12	Jodie Hughes	5/3/02	Palo Alto, Calif.
15:56.13	Christine Bolf	4/30/06	Palo Alto, Calif.
16:07.60	Natalie Raveling	4/20/96	Walnut, Calif.
16:11.55	Laura Thweatt	4/17/10	Walnut, Calif.
16:21.90	Briana Scott-Messick	4/16/99	Walnut, Calif.
16:25.68	Heather Burroughs	4/17/99	Walnut, Calif.
16:29.38	Shalaya Kipp	4/17/10	Walnut, Calif.
16:31.05	Ruth Hamilton	5/22/80	Eugene, Ore.

10,000 Meters *Top Performances*

32:50.80	Jodie Hughes	4/19/02	Walnut, Calif.
33:02.21	Sara (Gorton) Slattery	6/19/05	Sacramento, Calif.
33:25.14	Jodie Hughes	4/20/01	Walnut, Calif.
33:26.97	Christine Bolf	6/9/05	NCAA, Sacramento, Calif.
33:37.34	Christine Bolf	3/31/06	Palo Alto, Calif.
33:39.88	Jen Gruia	5/12/00	Palo Alto, Calif.
33:40.46	Natalie Florence	4/19/02	Walnut, Calif.
33:41.03	Molly Austin	4/15/03	Walnut, Calif.
33:43.10	Sara (Gorton) Slattery	5/13/05	Manhattan, Kan.
33:43.11	Molly Austin	4/19/02	Walnut, Calif.
33:55.18	Jen Gruia	5/31/00	NCAA, Durham, N.C.
33:56.41	Patty Roberts	4/27/95	Philadelphia, Pa.
34:00.94	Christine Bolf	3/25/02	Palo Alto, Calif.
34:11.74	Molly Austin	6/12/03	Palo Alto, Calif.
34:13.72	Christine Bolf	3/30/04	Palo Alto, Calif.

Women's All-Time Outdoor Bests

10,000-Meters *Top Performers*

32:50.80	Jodie Hughes	4/19/02	Walnut, Calif.
33:02.21	Sara (Gorton) Slattery	6/19/05	Sacramento, Calif.
33:26.97	Christine Bolf	6/9/05	NCAA, Sacramento, Calif.
33:39.88	Jen Gruia	5/12/00	Palo Alto, Calif.
33:40.46	Natalie Florence	4/19/02	Walnut, Calif.
33:41.03	Molly Austin	4/15/03	Walnut, Calif.
33:56.41	Patty Roberts	4/27/95	Philadelphia, Pa.
34:17.10	Heather Burroughs	5/15/99	Palo Alto, Calif.
34:22.84	Kalin Toedebusch	3/30/04	Palo Alto, Calif.
34:34.41	Laura Thweatt	3/26/10	Palo Alto, Calif.
34:43.16	Colleen Glyde	5/29/96	Eugene, Ore.
34:47.38	Brianna Torres	4/15/03	Walnut, Calif.

Heptathlon *Top Performances*

5863	Annette Tannander	1983	Houston, Texas
5688	Heather Sterlin	1997	New Orleans
5638	Annette Tannander	1983	
5582	Heather Sterlin	5/30/96	Eugene, Ore.
5573	Heather Sterlin	4/19/96	Walnut, Calif.
5483	Heather Sterlin	5/17/97	Waco, Texas
5445	Heather Sterlin	6/15/96	Atlanta, Ga.
5440	Heather Sterlin	4/18/97	Walnut, Calif.
5391	Heather Sterlin	5/21/96	Lincoln, Neb.
5375	Carol Hood	5/20/91	Big Eight
5360	Heather Sterlin	5/16/95	Big Eight, Ames, Iowa
5321	Pam Owen	3/27/93	Tempe, Ariz.
5232	Carol Hood	4/21/91	Walnut, Calif.
5156	Heather Sterlin	3/29/96	Tempe, Ariz.
5671	Annette Tannander	1982	Big Eight, Stillwater, Okla.

Heptathlon *Top Performers*

5863	Annette Tannander	1983	Houston, Texas
5688	Heather Sterlin	1997	New Orleans, La.
5375	Carol Hood	5/20/97	
5321	Pam Owen	3/27/93	Tempe, Ariz.
4714	Chelsea Haverty	5/17/08	Big 12, Boulder
4707	Brianne Beemer	6/2009	Eugene, Ore.
4515	Katie Dreher	4/2/10	Tucson, Ariz.
4510	Alyssa Frank	5/15/10	Big 12, Columbia, Mo.
4459	Heidi Solan	5/11/84	Big Eight, Lincoln, Neb.
4444	Cindy Murphy	5/15/87	Big Eight, Lawrence, Kan.
4318	Troi Smith	5/17/08	Big 12, Boulder
4277	Holly Odneal	5/15/10	Big 12, Columbia, Mo.
4160	Megan Perrone	3/21/02	Tucson, Ariz.
4041	Troi Smith	3/20/09	Northridge, Calif.

High Jump *Top Performances*

6-03.00	Karol Damon	3/23/91	Albuquerque, N.M.
6-00.75	Karol Damon	3/24/90	Albuquerque, N.M.
6-00.75	Karol Damon	4/6/91	Fort Collins, Colo.
6-00.75	Karol Damon	5/3/91	NCAA, Eugene, Ore.
6-00.75	Karol Damon	5/18/92	Big Eight
6-00.50	Karol Damon	4/18/92	Long Beach, Calif.
6-00.00	Karol Damon	4/25/92	Boise, Idaho
5-11.50	Annette Tannander	4/29/83	Des Moines, Iowa
5-11.50	Karol Damon	5/21/90	Big Eight, Norman, Okla.
5-11.50	Karol Damon	1991	Big Eight, Lincoln, Neb.
5-11.50	Karol Damon	4/10/93	
5-11.50	Pam Owen	4/10/93	Los Angeles, Calif.
5-11.50	Annette Tannander	5/30/83	Houston, Texas

High Jump *Top Performers*

6-03.00	Karol Damon	3/23/91	Albuquerque, N.M.
5-11.50	Annette Tannander	4/29/83	Des Moines, Iowa
5-11.50	Pam Owen	4/10/93	Los Angeles, Calif.
5-10.00	Lisa Greenfield	4/22/83	Lawrence, Kan.
5-10.00	Amy Rehagee	4/12/86	USAFA, Colo.
5-09.25	Anna Magle	twice	Ft. Collins, Colo.
5-08.75	Sarah Goodwin	5/3/97	USAFA, Colo.
5-07.75	Heather Sterlin	5/16/97	Big 12, Waco, Texas

5-06.50	Alyssa Frank	5/16/10	Big 12, Columbia, Mo.
5-06.00	Cameron McDonald	5/18/93	Big Eight, Boulder
5-06.00	Laurisa Canini	4/17/10	Pueblo, Colo.
5-05.75	Jessica Cade	4/6/02	Greeley, Colo.

Pole Vault *Top Performances*

12-04.00	Megan Buttner	4/19/03	Ft. Collins, Colo.
12-02.00	Megan Buttner	4/26/03	Ft. Collins, Colo.
11-06.00	Megan Buttner	5/1/03	Boulder
11-06.00	Megan Baker	5/1/03	Boulder
11-06.00	Megan Buttner	4/27/02	Ft. Collins, Colo.
11-06.00	Megan Buttner	3/23/02	Boulder
11-05.75	Megan Buttner	4/12/03	Eugene, Ore.
11-05.75	Megan Buttner	3/30/02	Tempe, Ariz.
11.05.25	Megan Buttner	4/5/03	Greeley, Colo.
11-03.75	Megan Buttner	3/25/00	Palo Alto, Calif.

Pole Vault *Top Performers*

12-04.00	Megan Buttner	4/19/03	Ft. Collins, Colo.
11-06.00	Megan Baker	5/1/03	Boulder
11-02.00	Mary French	4/26/03	Ft. Collins, Colo.
10-00.00	Liza Negri	4/13/02	USAFA, Colo.
10-00.00	Sunny Nordmarken	3/25/00	USAFA, Colo.

Long Jump *Top Performances*

20-08.00	Annette Tannander	5/4/83	Big Eight, Stillwater, Okla.
20-08.00	Annette Tannander	5/4/83	Big Eight, Stillwater, Okla.
20-06.50	Heather Sterlin	4/19/97	Walnut, Calif.
20-05.50	Heather Sterlin	5/4/96	Ft. Collins, Colo.
20-05.25	Heather Sterlin	5/30/96	Eugene, Ore.
20-05.00	Heather Sterlin	4/19/96	Walnut, Calif.
20-03.75	Heather Sterlin	6/15/96	Atlanta, Ga.
20-03.00	Heather Sterlin	5/20/96	Atlanta, Ga.
20-02.25	Heather Sterlin	1997	New Orleans, La.
20-01.00	Heather Sterlin	5/21/96	Lincoln, Neb.
19-11.50	Heather Sterlin	5/21/96	Lincoln, Neb.
19-08.75	Annette Tannander	5/31/83	NCAA, Houston, Texas

Long Jump *Top Performers*

20-08.00	Annette Tannander	5/4/83	
20-06.50	Heather Sterlin	4/19/97	Walnut, Calif.
19-08.75	Amberly Casey	4/30/04	Big 12, Norman, Okla.
19-02.25	Hannah Cooper	3/28/98	Tempe, Ariz.
19-02.00	Stacey Whitfield	4/2/83	Boulder
19-00.75	Maxine Marlow	4/5/03	Greeley, Colo.
19-00.25	Jill Hassebrock	5/21/94	Lawrence, Kan.

Triple Jump *Top Performances*

40-11.50	Liza Negri	4/6/05	Boulder
40-06.25	Liza Negri	5/1/04	Big 12, Norman, Okla.
40-04.75	Liza Negri	4/17/05	
40-02.00	Udie Ekiko	4/17/94	USAFA, Colo.
40-00.00	Amberly Casey	4/28/07	Laramie, Wyo.
39-10.00	Amberly Casey	5/13/07	Big 12, Lincoln, Neb.
39-09.75	Liza Negri	4/26/03	Ft. Collins, Colo.
39-08.00	Liza Negri	3/20/04	Boulder
39-07.25	Liza Negri	4/10/04	Eugene, Ore.
39-05.25	Udie Ekiko	3/25/95	Tempe, Ariz.
39-04.50	Amberly Casey	3/18/06	Boulder
39-04.00	Liza Negri	3/19/05	
39-03.25	Liza Negri	4/24/04	Ft. Collins, Colo.
39-03.00	Amberly Casey	5/15/05	Big 12, Manhattan, Kan.
39-02.50	Udie Ekiko	3/23/96	Albuquerque, N.M.

Triple Jump *Top Performers*

40-11.50	Liza Negri	4/6/05	Boulder
40-02.00	Udie Ekiko	4/17/94	USAFA, Colo.
40-00.00	Amberly Casey	4/28/07	Laramie, Wyo.
39-00.50	Wanda Evans	4/8/89	Boulder
38-10.00	Dayna Cavener	5/5/90	USAFA, Colo.
38-04.00	Jill Hassebrock	5/1/93	Ft. Collins, Colo.
37-05.00	Heather Weisacosky	4/18/87	Albuquerque, N.M.
37-02.50	Anne Zentner	4/11/87	USAFA, Colo.

Women's All-Time Outdoor Bests

37-02.25	Katie Dreher	5/16/10	Big 12, Columbia, Mo.
37-00.00	Jodi Pilcher	5/4/96	Ft. Collins, Colo.
36-06.50	Tami Laurence	3/28/87	Tucson, Ariz.
36-01.25	Maxine Marlow	5/1/03	Boulder

Shot Put *Top Performances*

54-06.00	Melisa Weis	6/19/93	Eugene, Ore.
54-01.25	Melisa Weis	6/4/93	New Orleans, La.
54-00.00	Melisa Weis	5/21/94	Lawrence, Kan.
51-00.75	Carly Newlands	4/29/06	Albuquerque, N.M.
48-10.50	Rosario Ramos	4/12/80	Boulder
48-08.75	Carly Newlands	4/22/06	Ft. Collins, Colo.
48-08.00	Carly Newlands	5/13/06	Big 12, Waco, Texas
48-04.50	Rosario Ramos	4/19/80	Lawrence, Kan.
48-01.50	Rosario Ramos	6/12/80	Walnut, Calif.
47-10.50	Annie King	4/22/01	Walnut, Calif.
47-10.00	Carly Newlands	5/6/05	USAFA, Colo.
47-09.00	Rosario Ramos	6/13/80	Walnut, Calif.
47-07.25	Carly Newlands	5/26/06	NCAA Reg., Austin, Texas
47-06.00	Rosario Ramos	3/22/80	Mesa, Ariz.
47-05.50	Janet Visosky	5/2/98	Seattle, Wash.

Shot Put *Top Performers*

54-06.00	Melisa Weis	6/19/93	Eugene, Ore.
51-00.75	Carly Newlands	4/29/06	Albuquerque, N.M.
48-10.50	Rosario Ramos	4/12/80	Boulder
47-10.50	Annie King	4/22/01	Walnut, Calif.
47-05.50	Janet Visosky	5/2/98	Seattle, Wash.
46-09.00	Marlaina Corbett	5/23/99	Waco, Texas
46-03.50	Kaity Kark	5/15/10	Big 12, Columbia, Mo.
46-00.25	Tonya Roach	5/15/95	Big Eight, Ames, Iowa
45-05.50	Amber Metoyer	5/18/03	Big 12, Austin, Texas

Discus *Top Performances*

181-07	Melisa Weis	5/21/94	Lawrence, Kan.
172-11	Melisa Weis	4/10/93	Los Angeles, Calif.
165-06	Marlaina Corbett	5/22/99	Waco, Texas
165-05	Nicole Roberts	5/20/90	Big Eight
165-03	Brenda Denny	1981	Austin, Texas
164-07	Janet Visosky	3/28/98	Tempe, Ariz.
164-00	Brenda Denny	5/4/79	Big Eight, Lincoln, Neb.
163-09	Brenda Denny	5/22/80	Eugene, Ore.
162-05	Janet Visosky	5/15/99	Stanford, Calif.
162-05	Melisa Weis	3/21/93	Boulder
162-03	Janet Visosky	5/16/98	Columbia, Mo.
160-04	Brenda Denny	5/10/80	Ft. Collins, Colo.

Discus *Top Performers*

181-07	Melisa Weis	5/21/94	Lawrence, Kan.
165-06	Marlaina Corbett	5/22/99	Waco, Texas
165-05	Nicole Roberts	5/20/90	
165-03	Brenda Denny	1981	Austin, Texas
164-07	Janet Visosky	3/28/98	Tempe, Ariz.
158-11	Kristina Mataafa	5/15/94	Boulder

Javelin *Top Performances*

169-05	Liz Lampros	6/6/86	Boulder
167-11	Hannah Warfield-Ruffatto	4/28/07	Laramie, Wyo.
167-04	Hannah Warfield-Ruffatto	4/14/07	Bozeman, Mont.
164-06	Hannah Warfield-Ruffatto	5/25/07	Des Moines, Iowa
162-10	Liz Lampros	5/18/86	Big Eight, Boulder
161-05	Hannah Warfield-Ruffatto	3/17/07	Boulder
161-03	Hannah Warfield-Ruffatto	6/22/07	USATF, Indianapolis
161-01	Hannah Warfield-Ruffatto	5/13/07	Big 12, Lincoln, Neb.
157-08	Liz Lampros	5/15/87	Big Eight, Lawrence, Kan.
157-07	Liz Lampros	5/3/86	USAFA, Colo.
157-07	Hannah Warfield-Ruffatto	3/31/07	Greeley, Colo.
157-03	Hannah Warfield-Ruffatto	4/21/07	Ft. Collins, Colo.
156-01	Hannah Warfield-Ruffatto	3/24/07	Ft. Collins, Colo.
155-11	Liz Lampros	5/2/87	Pullman, Wash.
152-11	Hannah Warfield-Ruffatto	5/4/07	Sacramento, Calif.

Javelin *Top Performers*

169-05	Liz Lampros	6/6/86	Boulder
167-11	Hannah Warfield-Ruffatto	4/28/07	Laramie, Wyo.
151-0.50	Annette Tannander	5/15/82	Big Eight, Norman Okla.
148-04	Melisa Weis	5/21/94	Lawrence, Kan.
143-04	Mari-Anne Daykin	4/23/94	Berkley, Calif.
142-08	Jen Groninger	5/21/94	Big Eight, Lawrence, Kan.
139-00	AnnaLou Penry	4/24/93	Ft. Collins, Colo.
136-00	Tonya Roach	4/6/96	Boise, Idaho

Hammer Throw *Top Performances*

196-10	Janet Visosky	5/15/98	Columbia, Mo.
196-1	Janet Visosky	4/25/98	Ft. Collins, Colo.
191-11	Janet Visosky	4/11/98	Boulder
191-6	Janet Visosky	6/6/98	Buffalo, N.Y.
191-2	Janet Visosky	4/18/98	Eugene, Ore.
189-6	Janet Visosky	5/23/98	Boulder
188-8	Janet Visosky	4/10/99	Eugene, Ore.
186-10	Janet Visosky	5/2/98	Seattle, Wash.
185-3	Janet Visosky	5/21/99	Waco, Texas
184-3	Janet Visosky	4/24/99	Ft. Collins, Colo.
183-11	Janet Visosky	5/3/97	USAFA, Colo.
183-2	Janet Visosky	3/22/97	Boulder
180-8	Janet Visosky	5/16/97	Big 12, Waco, Texas

Hammer Throw *Top Performers*

196-10	Janet Visosky	5/15/98	Columbia, Mo.
173-11	Marlaina Corbett	4/18/98	Eugene, Ore.

4x100-Meter Relay *Top Performances*

44.95	no order listed	4/14/01	Greeley, Colo.
45.37	no order listed	4/22/01	Walnut, Calif.
45.75	no order listed	5/18/01	Big 12, College Station, Texas
45.76	Scott/Ards/Farquhar/Johns	4/6/96	Boise, Idaho
45.91	Johns/Scott/Farquhar/Ward	3/23/96	Albuquerque, N.M.
45.94	no order listed	5/4/96	Ft. Collins, Colo.
46.26	Russell/Scott/Johns/Ards	5/18/93	Big Eight, Boulder
46.33	no order listed	5/21/94	Lawrence, Kan.
46.4	no order listed	3/18/95	Boulder
46.68	no order listed	4/21/96	Walnut, Calif.

4x400-Meter Relay *Top Performances*

3:33.07	Ward/Ards/Sterlin/Russell	6/1/96	Eugene, Ore.
3:34.47	Ward/Ards/Sterlin/Russell	5/21/96	Lincoln, Neb.
3:37.60	Ward/Ards/Sterlin/Russell	4/20/96	Walnut, Calif.
3:37.78	no order listed	5/15/94	Boulder
3:38.09	Ward/Ards/Sterlin/Russell	5/30/96	Eugene, Ore.
3:38.94	Ards/Russell/Sterlin/Ward	3/23/96	Albuquerque, N.M.
3:40.45	Ward/Ards/Sterlin/Russell	4/27/96	Philadelphia, Pa.
3:40.85	no order listed	4/25/96	Philadelphia, Pa.
3:44.10	no order listed	5/4/96	Ft. Collins, Colo.
3:44.50	no order listed	3/30/96	Albuquerque, N.M.

Distance Medley Relay *Top Performances*

11:03.82	Higgins/Schuler/Zografos/Wheeler	4/29/00	Philadelphia, Pa.
11:14.84	Messner/Sterlin/Smith/Wille	4/24/97	Philadelphia, Pa.
11:18.74	Higgins/Schuler/Zografos/Wheeler	4/8/00	Eugene, Ore.

4x1,500-Meter Relay *Top Performances*

17:36.10	Messner/Raveling/Wille/Smith	4/26/96	Philadelphia, Pa.
17:37.21	Wheeler/Sterlin/Smith/Wille	4/24/97	Philadelphia, Pa.
17:50.66	Moody/Higgins/Hughes/Wheeler	4/29/00	Philadelphia, Pa.
18:02.36	Burroughs/Higgins/Wheeler/Messner	4/24/99	Philadelphia, Pa.

Men's Conference History

TEAM FINISHES

Big Seven Conference

	Indoor	Outdoor
1948	6th	5th
1949	5th	2nd
1950	5th	2nd
1951	7th	6th
1952	3rd	6th
1953	6th	7th
1954	4th	4th
1955	4th	7th
1956	4th	3rd
1957	6th	2nd

Big Eight Conference

1958	7th	7th
1959	4th	6th
1960	4th	5th
1961	5th	6th
1962	6th	3rd
1963	4th	4th
1964	5th	6th
1965	7th	6th
1966	No Entry	6th
1967	8th	5th
1968	6th	6th
1969	6th	6th
1970	8th	7th
1971	2nd	5th
1972	2nd	4th
1973	5th	5th
1974	3rd	3rd
1975	4th	4th
1976	6th	(t)3rd
1977	6th	7th
1978	5th	7th
1979	6th	5th
1980	6th	6th
1981	(t)7th	8th
1982	7th	8th
1983	6th	7th
1984	7th	8th
1985	8th	8th
1986	8th	4th
1987	(t)5th	7th
1988	7th	7th
1989	5th	5th
1990	6th	4th
1991	7th	6th
1992	6th	5th
1993	6th	3rd
1994	3rd	4th
1995	5th	6th
1996	4th	3rd

Big 12 Conference

1997	3rd	8th
1998	4th	6th
1999	2nd	5th
2000	6th	10th
2001	7th	8th
2002	6th	8th
2003	8th	7th
2004	8th	9th
2005	7th	7th
2006	7th	4th
2007	8th	4th
2008	7th	1st
2009	12th	11th
2010	12th	6th

INDOOR CHAMPIONS

60-yard/55-meter Dash

Augie Raso	1951	:6.03
Clifford Branch	1971	:6.1
Clifford Branch	1972	:6.0

60-yard Low Hurdles

Merwin Hodel	1950	:7.0
Jim Miller	1964	:6.8
Marcus Walker	1971	:6.1
Ohene Karikari	1973	:6.7
Ohene Karikari	1974	:6.7

60-yard/55-meter High Hurdles

Ray Magsamen	1950	:7.7
Fritz Hageboeck	1956	:7.6
Fritz Hageboeck	1956	:7.5

60-meter Hurdles

Lex Butler	2000	:7.75
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440-yard/400-meter Dash

Chuck Carlson	1958	:50.5
Ted Woods	1960	:49.8
George Daniels	1972	:49.4
Tony Page	1987	:48.31
Kyle Hargett	1988	:47.02

600-yard Dash

Jim Heath	1961	1:12.1
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880-yard/800-meter Run

Mike Macinko	1988	1:50.80
Mike Macinko	1990	1:50.36

1000-meter Run

Anthony Chiulli	2007	2:21.82
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OUTDOOR CHAMPIONS

100-yard/meter Dash

Don Campbell	1949	:09.6
Chuck Smith	1957	:10.0
George Daniels	1971	:09.3
George Daniels	1972	:09.6

220-yard/200-meter Dash

Don Campbell	1949	:22.6
Chuck Smith	1957	:21.9
Orlando Hazley	1959	:20.9
George Daniels	1971	:20.4
James Davis	1996	:20.73

440-yard/400-meter Dash

Chuck Carlson	1959	:46.5
Ted Woods	1960	:47.7
Jim Heath	1961	:46.5
Ted Woods	1962	:46.1
Dean Greenaway	1979	:46.04
James Davis	1996	:45.67

880-yard/800-meter Run

Mike Peake	1958	1:50.0
Rick Musgrave	1976	1:49.22
Mike Macinko	1989	1:47.89

Mile/1500-meter Run

Rick Musgrave	1976	3:47.46
Tom Smith	1980	3:47.55
Adam Goucher	1998	3:43.27
Jorge Torres	2002	3:42.91
Jared Scott	2004	3:49.46
Stephen Pifer	2006	3:40.70

2-mile Run

Bernie Frakes	1958	9:16.5
Bob Griffith	1962	9:11.1

5000-meter Run

Mark Spilsbury	1978	14:10.14
Mark Spilsbury	1979	14:03.75
Mark Scrutton	1980	14:15.41
Mark Scrutton	1981	14:33.53
Mark Scrutton	1982	13:57.55
Mark Scrutton	1983	13:54.97
Adam Goucher	1995	14:00.30
Adam Goucher	1997	14:19.38
Adam Goucher	1998	14:07.51

Mile Run

Tom Reese	1998	4:04.77
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2-mile/3000-meter Run

Bernie Frakes	1958	9:15.3
Dave Wighton	1965	9:08.4
Craig Runyan	1969	8:51.0
Mark Spilsbury	1978	8:47.8
Mark Spilsbury	1979	8:48.2
Mark Scrutton	1981	8:41.3
Mark Scrutton	1982	8:50.95
Mark Scrutton	1983	8:30.10
Adam Goucher	1995	8:10.48
Adam Goucher	1997	8:01.23
Adam Goucher	1998	7:55.57
Dathan Ritzenhein	2002	8:01.72
Dathan Ritzenhein	2004	8:01.18
Brent Vaughn	2005	8:05.90
Brent Vaughn	2006	8:04.03

3-mile/5000-meter Run

Mark Scrutton	1980	13:33.60
Mark Scrutton	1981	13:33.41
Mark Scrutton	1982	13:23.3
Mark Scrutton	1983	13:32.4
Shawn Found	1994	14:00.33
Adam Goucher	1995	14:05.07
Ron Roybal	1997	14:18.54
Adam Goucher	1998	13:38.23
Mike Friedberg	1999	14:25.68
Jorge Torres	2000	14:05.56
Jorge Torres	2002	13:51.32
Dathan Ritzenhein	2004	13:55.50
Brent Vaughn	2005	13:59.55
Billy Nelson	2006	13:54.70
Brent Vaughn	2007	13:48.74
Bradley Harkrader	2008	14:11.09

400-meter Hurdles

Ron Roybal	1999	14:23.13
Dathan Ritzenhein	2002	13:56.21
Jorge Torres	2003	14:16.37
Dathan Ritzenhein	2004	14:08.40
Brent Vaughn	2005	13:53.01
Bret Schoolmeester	2006	14:06.48
Brent Vaughn	2007	14:21.46
Brent Vaughn	2008	14:13.99

3-mile Run

Ted Castenada	1973	13:37.4
Ted Castenada	1974	13:24.6

10000-meter Run

Mark Scrutton	1980	29:35.23
Mark Scrutton	1981	29:44.98
Mark Scrutton	1982	30:11.39
Mark Scrutton	1983	29:02.87
Chuck Trujillo	1986	31:14.63
Brent Vaughn	2006	30:28.17
Kenyon Neuman	2008	30:40.78

110-meter High Hurdles

Maurice Mitchell	1994	14.09
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120-yard High Hurdles

Pat Hindman	1954	:14.2
Jim Miller	1964	:14.0
Marcus Walker	1970	:13.7

330-yard Intermediate Hurdles

Jim Miller	1963	:36.5
Jim Miller	1964	:36.4
Jim Miller	1965	:36.4

3000-meter Steeplechase

Terry Johnson	1979	8:58.9
Dan Reese	1987	8:51.71
Steve Slattery	2001	8:47.16
Steve Slattery	2002	8:51.25
Pete Janson	2006	8:44.76
Billy Nelson	2007	8:47.89
Billy Nelson	2008	8:53.84

Mile Relay

No Order Listed	1962	3:12.5
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440-yard/400-meter Relay

No Order Listed	1964	:40.5
No Order Listed	1972	:40.6

High Jump

Leander Durlley	1963	6-10 1/4
Jason Dudley	1989	7-1 1/2

Long Jump

Don Meyers	1960	23-10 1/2
Don Meyers	1961	24-1
Kingsley Adams	1973	25-5
Kingsley Adams	1974	25-7 1/2

Pole Vault

Dennis Plooster		
and Stew Walker	1954	13-6 1/2
Stew Walker	1955	13-7 3/4
Bill Curnow	1975	16-8

Shot Put

Wally Tanner	1951	50-11
Wally Tanner	1952	50-4
Barry King	1967	55-8 1/2
Clint Moore	1995	58-11 1/4

Triple Jump

Don Duvall	1975	52-8 1/4
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Distance Medley Relay

Zach Hancock/Charles Johnson/Brett Larsen/Alan Culpepper	1994	9:50.92
John Reyes/Jason Cisneros/Matt Napier/Alan Culpepper	1996	9:50.02
Clint Wells/Carter Piper/John Reyes/Adam Goucher	1997	9:50.22

400-meter Hurdles

Maurice Mitchell	1993	49.66
Maurice Mitchell	1994	50.27

High Jump

Joe Gold	1949	6-1 7/8
Bill Jankunis	1975	7-4
Jason Dudley	1988	6-11 1/2
Jason Dudley	1990	7-1 3/4

Long Jump

Don Meyers and Bill Toomey	1960	23-5 1/2
Don Meyers	1961	24-6
Lynn Baker	1965	24-6
Kingsley Adams	1972	25-1
Kingsley Adams	1972	25-10 1/4

Triple Jump

James Nyumutei	1974	52-0 3/4
Don Duvall	1976	50-11 3/4

Pole Vault

Warren Bateman	1948	13-7
Chuck Rogers	1967	15-8
Chuck Rogers	1968	16-8
Dave Bussabarger	1969	15-7 1/4
Bill Curnow	1975	17-0

Javelin

Jack Todd	1948	198-7 3/4
Jack Todd	1949	194-8 3/4
George Holley	1950	204-2
George Holley	1951	201-9
Ken Yob	1956	222-10
Ken Yob	1957	213-3
Dick Clark	1961	228 1/2
Dick Clark	1962	241-4 1/2
Brandin Williams	2009	222-01

Shot Put

Jim Allen	1950	53-10 1/4
Wally Tanner	1952	49-7

Discus

Doug Fuchs	1954	155-4 1/4
Matt Lepsis	1996	182-3
Jeff Singleton	1998	181-7
James Begley	2008	173-01

TRACK & FIELD Women's Conference History

TEAM FINISHES

	Indoor	Outdoor
Big Eight Conference		
1976	4th	
1977	3rd	6th
1978	4th	5th
1979	3rd	3rd
1980	7th	3rd
1981	7th	7th
1982	6th	7th
1983	4th	7th
1984	7th	8th
1985	8th	8th
1986	8th	7th
1987	8th	8th
1988	4th	7th
1989	3rd	5th
1990	6th	6th
1991	4th	5th
1992	6th	5th
1993	7th	4th
1994	4th	2nd
1995	3rd	2nd
1996	2nd	1st

Big 12 Conference

1997	3rd	4th
1998	6th	7th
1999	5th	6th
2000	11th	6th
2001	4th	10th
2002	5th	6th
2003	6th	8th
2004	5th	9th
2005	8th	9th
2006	11th	10th
2007	11th	10th
2008	12th	12th
2009	12th	12th
2010	12th	11th

INDOOR CHAMPIONS

400-meter Dash

Mary Decker	1977	56.7
Lee Ballenger	1979	56.40
Leona Russell	1996	54.46

800-meter Run

Mary Decker	1978	2:05.29
Leigh Ballenger	1980	2:11.5

1000-meter Run

Carrie Messner	1996	2:51.94
Lesley Higgins	1999	2:50.89

Mile Run

Mary Decker	1978	4:41.21
Chris McNamara	1988	4:49.88
Brooke Baughman	1994	4:51.59
Kelly Smith	1995	4:50.07
Shayne Wille	1996	4:48.23
Shayne Wille	1997	4:49.67
Sara (Gorton) Slattery	2001	4:43.57
Sara (Gorton) Slattery	2002	4:40.35
Renee Metivier	2004	4:45.94
Jenny Barringer	2009	4:25.91

3000-meter Run

Heather Burroughs	1995	9:44.54
Shayne Wille	1997	9:37.83
Jennifer Smith	1998	9:39.95
Kara Grgas-Wheeler	1999	9:32.55
Sara (Gorton) Slattery	2003	9:23.11
Renee Metivier	2005	9:29.35

5000-meter Run

Natalie Raveling	1996	16:36.51
Jen Gruia	1998	16:50.50
Jodie Hughes	2001	15:23.65
Jodie Hughes	2002	16:14.00
Sara (Gorton) Slattery	2003	15:58.86
Renee Metivier	2005	16:59.38
Christine Bolf	2006	16:12.60

55-meter Hurdles

Donna Waller	1986	7.87
Donna Waller	1987	7.73
Yolanda Johnson	1991	7.66
Mandi Farquhar	1995	7.87
Yvonne Scott	1996	7.71
Mandi Farquhar	1997	7.64

4x400-meter Relay

No Order Listed	1978	3:50.98
Tasha Ward/Tamara Ards/Heather Sterlin/Leona Russell	1996	:45.15

Distance Medley Relay

Jennifer Smith/Cynthia Newsome/Lindsay Bredfield/Kelly Smith	1998	11:32.81
Carrie Messner/Cynthia Newsome/Lesley Higgins/Kara Grgas-Wheeler	1999	11:34.35

High Jump

Lori West	1976	5-5
Annette Tannander	1979	5-11

Shot Put

Rosario Ramos	1980	47-2
Melisa Weis	1993	53-11 1/4

Long Jump

Annette Tannander	1979	18-11 1/4
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4x800-meter Relay

No Order Listed	1979	6.88
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Pentathlon

Annette Tannander	1983	4071
Pam Owen	1991	3725
Pam Owen	1993	4046

OUTDOOR CHAMPIONS

800-meter Run

Leigh Ballenger	1978	2:08.7
Leigh Ballenger	1980	2:07.7

1500-meter Run

Kelly Smith	1996	4:21.46
Shayne Wille	1997	4:16.66
Kara Grgas-Wheeler	2000	4:12.15

3000-meter Run

Dana Slater	1979	9:42.37
Natalie Raveling	1995	9:31.62
Natalie Raveling	1996	9:40.68
Shayne Wille	1997	9:36.48
Jennifer Smith	1998	9:38.57

5000-meter Run

Sada Slater	1979	17:08.71
Patty Roberts	1995	16:43.20
Natalie Raveling	1996	16:51.29
Sara (Gorton) Slattery	2002	16:11.83
Sara (Gorton) Slattery	2003	16:19.99
Sara (Gorton) Slattery	2005	15:58.58

10000-meter Run

Amy McNitt	1995	35:26.24
Jen Gruia	1998	35:42.72
Tera Moody	2000	34:50.43
Sara Slattery	2005	33:43.10

100-meter Hurdles

Donna Waller	1986	13.76
Donna Waller	1987	13.33
Yolanda Johnson	1990	13.50
Yolanda Johnson	1991	13.47
Yvonne Scott	1994	13.69
Yvonne Scott	1995	13.49
Yvonne Scott	1996	13.35
Hannah Cooper	2002	13.16

400-meter Hurdles

Leona Russell	1995	58.31
Leona Russell	1996	58.13

3000-meter Steeplechase

Lesley Higgins	2002	10:26.16
Jenny Barringer	2007	10:19.34
Jenny Barringer	2009	9:58.14
Emma Coburn	2010	9:56.53

Heptathlon

Annette Tannander	1982	5671
Annette Tannander	1983	5638
Carol Hood	1991	5375
Pam Owen	1993	5279
Heather Sterlin	1994	5045
Heather Sterlin	1995	5360
Heather Sterlin	1996	5391
Heather Sterlin	1997	5483

Javelin

Liz Lampros	1987	157-8
Hannah Warfield-Ruffatto	2007	161-01

Long Jump

Annette Tannander	1979	19-2
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Discus

Brenda Denny	1979	164-0
Nicole Roberts	1990	165-5
Nicole Roberts	1992	163-11
Melisa Weis	1993	171-8
Melisa Weis	1994	179-5

High Jump

Annette Tannander	1979	5-10
Karol Damon	1991	5-11 1/2
Anna Magle	2005	5-8 3/4

Shot Put

Rosario Ramos	1979	45-1 3/4
Melisa Weis	1994	54-0

4x400-meter Relay

Tasha Ward/Tamara Ards/Heather Sterlin/Leona Russell	1996	3:34.47
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1996 Big Eight Champions

Men's NCAA Regional Championship History

TEAM FINISHES

Midwest Region

2003	(t)13th
2004	19th
2005	10th
2006	(t)16th
2007	(t) 6th
2008	3rd
2009	31st

Outdoor Participants

2003

AK Ikwuakor	110 Meter Hurdles	21st (prelims)
	400 Meter Hurdles	17th (prelims)
Andy Miller	High Jump	18th
Chase Mullen	Hammer Throw	7th
Billy Nelson	5,000 Meter Run	4th
Ed Tores	5,000 Meter Run	1st
Jorge Torres	1,500 Meter Run	5th
Daric Wilhite	400 Meter Dash	20th (prelims)

2004

Zach Hazen	Discus	17th
Pete Janson	3,000 Meter Steeplechase	9th
Brandon Johnson	400 Hurdles	21st (prelims)
Andy Passen	Shot Put	20th
Dathan Ritzenhein	5,000 Meter Run	1st
Bret Schoolmeester	5,000 Meter Run	7th
Jared Scott	1,500 Meter Run	17th
Jason Zichterman	800 Meter Run	10th

2005

Payton Batliner	5,000 Meter Run	17th
Anthony Chiulli	1,500 Meter Run	9th
Zach Hazen	Discus	19th
Pete Janson	3,000 Meter Steeplechase	8th
Andy Miller	High Jump	NH
Chase Mullen	Hammer Throw	DNR
Billy Nelson	3,000 Meter Steeplechase	2nd
Stephen Pifer	1,500 Meter Run	2nd
James Strang	5,000 Meter Run	9th
Brent Vaughn	5,000 Meter Run	1st
Chris Abuan/George Pincok/Nate Terry/Jason Zichterman	4x400 Meter Relay	6th

2006

Chris Abuan	400 Meter Dash	17th (prelims)
Payton Batliner	3,000 Meter Steeplechase	10th
Anthony Chiulli	1,500 Meter Run	7th
Pete Janson	3,000 Meter Steeplechase	5th
Chris Pannone	5,000 Meter Run	11th
Stephen Pifer	1,500 Meter Run	4th
George Pincok	200 Meter Dash	15th (prelims)
Brent Vaughn	5,000 Meter Run	3rd
Ryan Campbell/Sam Napp/Chris Abuan/George Pincok	4x400 Meter Relay	10th
Sam Napp/George Pincok/Chris Abuan/Nate Terry	4x100 Meter Relay	12th

2007

Chris Abuan	400 Meter Dash	14th (prelims)
Ryan Campbell	100 Meter Dash	8th
Ryan Campbell	200 Meter Dash	10th (prelims)
Anthony Chiulli	1,500 Meter Run	12th
Jeremy Dodson	200 Meter Dash	4th
Zach Hazen	Hammer Throw	5th
Billy Nelson	3,000 Meter Steeplechase	2nd
Kenyon Neuman	5,000 Meter Run	7th
Stephen Pifer	1,500 Meter Run	2nd
Rob Thayer	1,500 Meter Run	10th
Brent Vaughn	5,000 Meter Run	1st
Ryan Willis	Shot Put	DNR
George Pincok/Jeremy Dodson/Chris Abuan/Ryan Campbell	4x100 Meter Relay	3rd
George Pincok/Ryan Campbell/Abe Friesen/Chris Abuan	4x400 Meter Relay	10th

2008

Rob Thayer	1,500 Meter Run	9th
James Begley	Hammer Throw	20th
	Discus	18th
	Shot Put	17th
Ryan Campbell	200 Meter Dash	10th (prelims)
Hugh Charles	Long Jump	6th
	100 Meter Dash	23rd (prelims)
Jeremy Dodson	200 Meter Dash	4th
	100 Meter Dash	16th (prelims)
Pete Janson	3,000 Meter Steeplechase	5th
Richard Medina	5,000 Meter Run	13th
Billy Nelson	3,000 Meter Steeplechase	1st
Kenyon Neuman	5,000 Meter Run	4th
Stephen Pifer	5,000 Meter Run	2nd
Matt Tebo	5,000 Meter Run	7th
Christian Thompson	3,000 Meter Steeplechase	13th
Brent Vaughn	5,000 Meter Run	1st
Brandin Williams	Javelin	18th
Hugh Charles/Ryan Campbell/Nate Terry/Jeremy Dodson	4x100 Meter Relay	2nd

2009

Patrick Bachman	Hammer Throw	21st
Chase Dukes	Hammer Throw	11th
Matt Tebo	5,000 Meter Run	6th
Christian Thompson	3,000 Meter Steeplechase	9th
Andy Wacker	5,000 Meter Run	19th
Brandin Williams	Javelin	12th

Women's NCAA Regional Championship History

TEAM FINISHES

Midwest Region

2003	11th
2004	20th
2005	9th
2006	(t)14th
2007	14th
2008	22nd
2009	22nd

Outdoor Participants

2003

Molly Austin	5,000 Meter Run	5th
Megan Buttner	Pole Vault	NH
Natalie Florence	3,000 Meter Steeplechase	1st
Sara Gorton	5,000 Meter Run	1st
Kendall Grgas-Wheeler	3,000 Meter Steeplechase	13th
Anna Magle	High Jump	NH
Brianna Torres	1,500 Meter Run	14th
Deneeka Torrey	100 Meter Hurdles	19th (prelims)
Hannah Warfield-Ruffato	Javelin	10th

2004

Natalie Florence	3,000 Meter Steeplechase	3rd
Kendall Grgas-Wheeler	3,000 Meter Steeplechase	7th
Anna Magle	High Jump	14th
Renee Metivier	5,000 Meter Run	4th
Deneeka Torrey	100 Hurdles	12th (prelims)
Hannah Warfield-Ruffato	Javelin	

2005

Amberly Casey	Long Jump	12th
Natalie Florence	3,000 Meter Steeplechase	1st
Anna Magle	High Jump	7th
Renee Metivier	5,000 Meter Run	4th
Liza Negriff	Triple Jump	14th
Carly Newlands	Shot Put	13th
Sara Slattery	5,000 Meter Run	1st
Hannah Warfield-Ruffatto	Javelin	8th

2006

Jenny Barringer	3,000 Meter Steeplechase	1st
Amberly Casey	Long Jump	15th
Carly Newlands	Shot Put	12th
Liza Pasciuto	5,000 Meter Run	3rd

2007

Jenny Barringer	3,000 Meter Steeplechase	1st
Sara Ensrud	1,500 Meter Run	3rd
Hannah Warfield-Ruffatto	Javelin	5th

2008

Jenny Barringer	3,000 Meter Steeplechase	1st
Allison Sawyer	3,000 Meter Steeplechase	22nd

2009

Jenny Barringer	3,000 Meter Steeplechase	1st
Emma Coburn	3,000 Meter Steeplechase	9th
Emily Hanenburg	3,000 Meter Steeplechase	16th
Kaity Kark	Discus	27th

TEAM FINISHES		
	Indoor	Outdoor
1979	NTS	NTS
*1980	(t)38th	(t)16th
1981	NTS	NTS
1982	NTS	NTS
1983	NTS	NTS
1984	NTS	NTS
1985	NTS	NTS
1986	NTS	NTS
1987	NTS	NTS
1988	NTS	NTS
1989	NTS	NTS
1990	NTS	NTS
1991	NTS	NTS
1992	NTS	NTS
1993	NTS	20th
1994	NTS	NTS
1995	(t)19th	(t)14th
1996	NTS	14th
1997	(t)38th	(t)14th
1998	14th	22nd
1999	31st	(t)35th
2000	NTS	(t)8th
2001	6th	(t)35th
2002	16th	17th
2003	12th	(t)39th
2004	38th	56th
2005	16th	12th
2006	51st	25th
2007	NTS	67th
2008	NTS	(t)25th
2009	(t)22nd	(t)29th
2010	NTS	24th

***AIAW**

INDOOR PARTICIPANTS

Year	Name	Event	Finish
1976	Lori West	Pentathlon	5th
1978	Mary Decker	1000 Yd Run	1st
1979	Lee Ballegner	3 Mile Run	DNF
1980	Rosario Ramos	Shot Put	NR
1981	Lee Ballener	600 Yd Run	NR
1982	Annette Tannander	Long Jump	4th
1984	Dawn Taylor	1000 meter run	4th (Prelims)
1986	Donna Waller	60 Yard Hurdles	5th
1987	Donna Waller	60 Yard Hurdles	
1989	Yolanda Johnson	55 Meter Hurdles	3rd (Semifinals)
1990	Karol Damon	High Jump	5th
	Yolanda Johnson	55 Meter Hurdles	2nd
1991	Karol Damon	High Jump	3rd
	Yolanda Johnson	55 Meter Hurdles	DNF
1992	Karol Damon	High Jump	11th
1993	Pam Owen	High Jump	DNP
	Melisa Weis	Shot Put	4th
1994	Brooke Baughman	Mile Run	8th (Semifinals)
	Melisa Weis	Shot Put	6th
1995	Heather Burroughs	5,000 Meter Run	10th
	Mandi Farquhar	55 Meter Hurdles	NT
	Amy McNitt	5,000 Meter Run	8th
	Natalie Raveling	3,000 Meter Run	4th
	Patty Roberts	5,000 Meter Run	6th
	Yvonne Scott	55 Meter Hurdles	NR
	Kelly Smith	Mile Run	8th
1996	Mandi Farquhar	55 Meter Hurdles	6th (Prelims)
	Colleen Glyde	5,000 Meter Run	10th
	Natalie Raveling	3,000 Meter Run	3rd
	Leona Russell	400 Meter Dash	17th (Prelims)
	Yvonne Scott	55 Meter Hurdles	9th (Semifinals)
	Shayne Wille	3,000 Meter Run	8th
1997	Mandi Farquhar	55 Meter Hurdles	8th
	Sarra Goodwin	High Jump	12th
	Carrie Messner	Mile Run	10th
	Shayne Wille	3,000 Meter Run	7th
1998	Heather Burroughs	5,000 Meter Run	8th
	Jen Gruia	5,000 Meter Run	5th
	Jennifer Smith	Mile Run	5th
	Kelly Smith	Mile Run	11th (Prelims)
1999	Heather Burroughs	5,000 Meter Run	15th
	Kara Grgas-Wheeler	3,000 Meter Run	7th
	Carrie Messner	Mile Run	4th
2000	Carrie Messner	Mile Run	12th (Prelims)
2001	Amaris Buchanan	60 Meter Dash	6th (Prelims)
	Hannah Cooper	60 Meter Hurdles	8th
	Sara Gorton	3,000 Meter Run	6th
	Lesley Higgins	Mile Run	2nd
	Jodie Hughes	5,000 Meter Run	1st
2002	Molly Austin	5,000 Meter Run	5th
	Hannah Cooper	60 Meter Hurdles	8th
	Sara (Gorton) Slattery	Mile Run	6th
	Jodie Hughes	5,000 Meter Run	3rd
2003	Natalie Florence	5,000 Meter Run	9th
	Sara (Gorton) Slattery	3,000 Meter Run	3rd
		5,000 Meter Run	1st
2004	Christine Bolf	5,000 Meter Run	13th
	Renee Metivier	3,000 Meter Run	6th
	Kalin Toedebusch	5,000 Meter Run	16th
2005	Christine Bolf	5,000 Meter Run	10th
	Renee Metivier	5,000 Meter Run	6th
	Renee Metivier	3,000 Meter Run	1st
2006	Liza Pasciuto	3,000 Meter Run	7th
	Christine Bolf	5,000 Meter Run	12th
2007	Jenny Barringer	3,000 Meter Run	12th
2008	Sara Vaughn	Mile Run	17th
2009	Jenny Barringer	3,000 Meter Run	1st

OUTDOOR PARTICIPANTS

Year	Name	Event	Finish
1973	Mitzi McMillin	Pentathlon	1st
	Jane Frederick	Pentathlon	1st
1975	Michelle Irving	Javelin	no result
1976	Lori West	Pentathlon	no result
	Lori West	Pentathlon	2nd
	Doni Fischer	Discus	no result
1977	Yvonne Rieman	500 Meter Dash	6th (Prelims)
	Lee Ballenger	800 Meter Run	no result
	Cindy Ike	5,000 Meter Run	no result
	Kathy Woodbridge	5,000 Meter Run	no result
		3,000 Meter Run	no result
	Kim Hills	1,500 Meter Run	no result
1978	Annette Tannander	High Jump	Prelim
	Lee Ballenger	800 Meter Run	2nd
1979	Lee Ballenger	800 Meter Run	no result
	Brenda Chambers	400 Meter Hurdles	Prelim
	Glenda Zaphiropoulos	Discus	Prelim
	Brenda Denny	Discus	8th
1980	Deborah McClendon	400 Meter Hurdles	6th (Semifinal)
1981	Lisa Greenfield	High Jump	Finals
	Brenda Denny	Discus	Prelim
1983	Sarah Hanson	3,000 Meter Run	9th
	Annette Tannander	High Jump	9th
		Heptathlon	no result
1986	Donna Waller	100 Meter Hurdles	7th
1987	Donna Waller	100 Meter Hurdles	4th
1990	Karol Damon	High Jump	9th
	Yolanda Johnson	100 Meter Hurdles	5th
1991	Karol Damon	High Jump	3rd
	Yolanda Johnson	100 Meter Hurdles	6th
1992	Karol Damon	High Jump	4th
	Carol Hood	Heptathlon	10th
1993	Melisa Weis	Shot Put	3rd
		Discus	4th
1994	Amy McNitt	10,000 Meter Run	15th
	Melisa Weis	Shot Put	6th
		Discus	3rd
1995	Mandi Farquhar	100 Meter Hurdles	7th (Semifinal)
	Amy McNitt	10,000 Meter Run	16th
	Natalie Raveling	3,000 Meter Run	4th
	Patty Roberts	10,000 Meter Run	3rd
	Leona Russell	400 Meter Hurdles	17th
	Yvonne Scott	100 Meter Hurdles	8th (Semifinal)
	Kelly Smith	1,500 Meter Run	3rd
1996	Heather Burroughs	5,000 Meter Run	20th (Prelims)
	Mandi Farquhar	100 Meter Hurdles	7th
	Colleen Glyde	10,000 Meter Run	10th
	Amy McNitt	10,000 Meter Run	17th
	Natalie Raveling	5,000 Meter Run	9th
	Leona Russell	400 Meter Hurdles	9th (Prelims)
	Yvonne Scott	100 Meter Hurdles	5th
	Kelly Smith	1,500 Meter Run	2nd
	Heather Sterlin	Heptathlon	3rd
	Shayne Wille	3,000 Meter Run	13th (Prelims)
	Tamara Ard/Tasha Walsh/Heather Sterlin/Leona Russell	4x400 Meter Relay	7th
1997	Mandi Farquhar	100 Meter Hurdles	15th (Semifinal)
	Sarra Goodwin	High Jump	No Height
	Kelly Smith	1,500 Meter Run	2nd
	Heather Sterlin	Heptathlon	6th
	Janet Visosky	Hammer Throw	15th
	Shayne Wille	3,000 Meter Run	3rd
1998	Jen Gruia	5,000 Meter Run	18th
	Jennifer Smith	3,000 Meter Run	8th
	Kelly Smith	1,500 Meter Run	2nd
	Janet Visosky	Hammer Throw	7th
1999	Heather Burroughs	5,000 Meter Run	19th
		10,000 Meter Run	18th
	Kara Grgas-Wheeler	3,000 Meter Run	2nd
	Jen Gruia	10,000 Meter Run	12th
	Rachel Joy	100 Meter Hurdles	22nd (Prelims)
	Carrie Messner	3,000 Meter Run	7th (Prelims)
	Briana Stott-Messick	5,000 Meter Run	20th
2000	Kara Grgas-Wheeler	3,000 Meter Run	1st
		5,000 Meter Run	1st
	Jen Gruia	10,000 Meter Run	4th
	Lesley Higgins	3,000 Meter Run	8th
	Jodie Hughes	3,000 Meter Run	10th (Prelims)
2001	Molly Austin	10,000 Meter Run	5th
	Hannah Cooper	100 Meter Hurdles	6th (Semifinal)
	Kara Grgas-Wheeler	5,000 Meter Run	7th
	Lesley Higgins	3,000 Meter	
		Steeplechase	7th (Semifinal)
	Jodie Hughes	5,000 Meter Run	21st
		10,000 Meter Run	8th
2002	Molly Austin	10,000 Meter Run	6th
	Hannah Cooper	100 Meter Hurdles	7th
	Sara (Gorton) Slattery	5,000 Meter Run	4th
	Lesley Higgins	3,000 Meter	
		Steeplechase	17th (Prelims)
	Jodie Hughes	10,000 Meter Run	4th
		5,000 Meter Run	9th
2003	Molly Austin	10,000 Meter Run	13th
	Natalie Florence	3,000 Meter	
		Steeplechase	14th (Prelims)
	Sara (Gorton) Slattery	5,000 Meter Run	3rd
	Brianna Torres	10,000 Meter Run	24th
2004	Christine Bolf	10,000 Meter Run	9th
	Natalie Florence	3,000 Meter	
		Steeplechase	12th
	Renee Metivier	3,000 Meter Run	6th
2005	Christine Bolf	10,000 Meter Run	5th
	Natalie Florence	Steeplechase	10th
	Renee Metivier	5,000 Meter Run	4th
	Sara (Gorton) Slattery	10,000 Meter Run	1st
2006	Jenny Barringer	3,000 Meter Steeplechase	1st
	Christine Bolf	10,000 Meter Run	17th
	Carly Newlands	Shot Put	26th (Prelims)
	Liza Pasciuto	1,500 Meter Run	15th (Prelims)
2007	Jenny Barringer	3,000 Meter Steeplechase	7th
	Sara Ensrud	1,500 Meter Run	22nd
	Hannah		
	Warfield-Ruffatto	Javelin	18th (Prelims)
2008	Jenny Barringer	3,000 Meter Steeplechase	1st
2009	Jenny Barringer	3,000 Meter Steeplechase	1st
	Emma Coburn	3,000 Meter Steeplechase	11th
2010	Emma Coburn	3,000 Meter Steeplechase	2nd
	Shalaya Kipp	3,000 Meter Steeplechase	5th

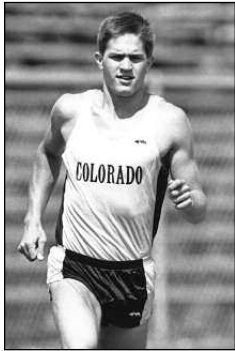
Men's All-Americans



David Bolen



Bill Toomey



Mike Macinko



Maurice Mitchell



Tom Reese



Jeff Singleton



Stephen Pifer



Ted Woods

Chris Abuan	4x100 Meter Relay	2007
Kingsley Adams	Long Jump*	1974
Bryant Amador	Distance Medley Relay	1994
Mark Anderson	Cross Country	1979
	10,000-meter run	1980
Warren Bateman	Pole Vault	1948
Adam Batliner	Cross Country	1997
	Steeplechase	1998
Dave Bolen	440-yard Dash*	1947
Joe Bosshard	10,000-meter run	2010
	Cross Country	2010
Cliff Branch	440-yard Dash	1971
Michael Buhmann	Cross Country	1979
Art Burns	Discus	1977
Lex Butler	60-meter dash	2000
Don Campbell	100-yard Dash	1948
Ryan Campbell	4x100 Meter Relay	2007
Chuck Carlson	440-yard Dash	1959
Ted Casteneda	Cross Country	1973
	Three-mile Run	1973
	Distance Medley Relay	1973
	Two-mile Run	1974
	Six-mile Run	1974
Jay Cleckler	Cross Country	1994
Jon Cooper	Cross Country	1994, 95
Ricky Cron	Cross Country	1996
Gil Cruter	High Jump	1937, 38
Alan Culpepper	Cross Country	1993, 94, 95
	1,500-meter Run	1994
	Mile (I)	1996
	3,000-meter (I)	1996
	5,000-meter (O)*	1996
George Daniels	220-yard Dash	1971
	440-yard Dash	1972
James Davis	400-meter Dash (I)	1996, 98
	4x400-meter relay (I)	1999
Reggie DePass	400-meter Hurdles	2002
Jeremy Dodson	4x100 Meter Relay	2007
	200-meter Dash (I)	2009
	200-meter Dash (O)	2010
Jason Drake	Distance Medley Relay	1994
Brown Windle	Distance Medley Relay	1973
Shawn Found	Cross Country	1992
	5,000-meter Run	1994
	Distance Medley Relay	1994
Bernie Frakes	Cross Country	1957, 59
Mike Friedberg	Cross Country	1998, 99, 00
Adam Goucher	Cross Country	1994, 95, 97, 98*
	5,000-meter Run (I)	1995
	5,000-meter (O)	1995, 96, 97, 98
	3,000-meter (I)	1997, 98
John Gregorio	Cross Country	1972, 73
	Three-mile Run	1973
	Distance Medley Relay	1973
Bob Griffith	Cross Country	1962
Kyle Hargett	400-meter Dash	1988, 89
Bradley Harkrader	5,000-meter run (I)	2008
Eric Heinonen	Cross Country	2006
Mike Hill	Decathlon	1974
Jason Horton	4x400-meter relay (I)	1999
John Hughes	Cross Country	1955
John Hunsaker	Cross Country	1978
Erik Johnson	Discus	1993
Ohene Karikari	60-yard Dash	1974
Dick Kearns	High Hurdles	1938
Ben Kelly	4x400-meter relay (I)	1999
Jordan Kyle	Cross Country	2008
	10,000 Meter Run	2009
Brett Larson	Distance Medley Relay	1994
Scott Larson	Cross Country	1993
Gordon Learned	Low Hurdles	1942
Matt Lepsis	Discus (O)	1996
John Lunn	Cross Country	1968
Mike Macinko	1,500-meter Run	1989
	800-meter Run	1990
Richard Medina	5,000-meter Run (O)	2010
Don Meyers	Long Jump*	1961

Jim Miller	Pole Vault*	1962
	220-yard Dash	1965
	Pentathlon	1965
Maurice Mitchell	400-meter Hurdles	1993
Mike Nahom	Cross Country	1989
Matt Napier	Cross Country	1997
Billy Nelson	Cross Country	2002, 03
	5,000 Meter Run (O)	2003
	5,000 Meter Run (I)	2006
	Steeplechase	2007, 08
Kenyon Neuman	5,000 Meter Run (O)	2008
	5,000 Meter Run (I)	2009
Mike Peake	880-yard Run	1958
Mike Peterson	Cross Country	1973
	Distance Medley Relay	1973
Stephen Pifer	Cross Country	2004, 05, 06, 07
	Mile (I)	2006, 07
	1,500-meter Run (O)	2007
	5,000 Meter Run (O)	2008
George Pincock	4x100 Meter Relay	2007
Matt Queen	4x400-meter Relay (I)	1999
Dan Reese	Cross Country	1984, 85
Sam Reese	Cross Country	1982
Tom Reese	Mile (I)	1997
	Cross Country	1997
	Steeplechase	1999
Dathan Ritzenhein	Cross Country	2001, 03*
	5,000-meter Run (I)	2002, 04
	5,000-meter Run (O)	2002, 04
Chuck Rogers	Pole Vault*	1966
Fritz Rogers	3,000-meter Run	1994
	5,000-meter Run	1994
Ron Roybal	Cross Country	1998
Craig Runyan	Cross Country	1966, 67, 68
Bret Schoolmeester	Cross Country	2004, 05
	3,000-meter Run	2004
	10,000-meter Run (O)	2005
	5,000-meter Run (I)	2006
Mark Scrutton	Cross Country	1980, 81, 82*
	Two-mile Run*	1983
Chris Severy	Cross Country	1996
Jon Severy	Cross Country	2004
Steve Slattery	Steeplechase	2000, 01, 02
	5,000-meter Run (O)	2002
	3,000-meter Run (I)	2002
	Cross Country	2000, 01
Sean Smith	Cross Country	2000
Mark Spilsbury	Cross Country	1977, 79
James Strang	Cross Country	2005, 06
Matt Tebo	5,000 Meter Run (I)	2008
Zeke Tiernan	Cross Country	1996
	10,000-meter (O)	1997
Bill Toomey	Pentathlon	1960, 61
Ed Torres	Cross Country	2000, 01, 02
	10,000-meter Run	2002, 03
Jorge Torres	Cross Country	2000, 01, 02*
	5,000-meter Run (O)	2000, 01, 02
	5,000-meter Run (I)	2000, 02
Chuck Trujillo	Cross Country	1985, 86
	10,000-meter Run	1986
Rick Trujillo	Cross Country	1967
Brent Vaughn	Cross Country	2004, 06, 07
	3,000-meter Run (I)	2004
	5,000-meter Run (I)	2005, 06
	5,000-meter Run (O)	2005, 06, 08
Chris Volgenau	Shot Put	1992
Andy Wacker	Cross Country	2010
Marcus Walker	120-yard High Hurdles	1970, 71*
Claude Walton	Discus	1937
Mike Wedman	Decathlon	1970
	Pole Vault	1972
Clint Wells	Cross Country	1994, 95
	Steeplechase	1995, 96
Dave Wightton	Cross Country	1963, 64, 65
Ted Woods	440-yard Dash*	1960
Ken Yob	Javelin	1957

* indicates national champion

TRACK & FIELD Women's All-Americans



Tamara Ards



Renee Metivier



Yvonne Scott



Kelly Smith



Heather Sterlin



Melisa Weis

Tamara Ards	4x400 meter Relay	1996
Molly Austin	10,000-meter Run	2001, 02
	Cross Country	2001, 02
Lee Ballenger	800-meter Run	1978, 1980
	600-yard Run *	1978
	Mile Relay	1979
Jenny Barringer	Cross Country	2006, 07
	Steeplechase 2006*, 07, 08*, 09*	
	3,000 Meter Run	2009*
Brooke Baughman	Cross Country	1992, 93
Christine Bolf	Cross Country	2004, 05
	10,000-meter Run (O)	2004, 05
	5,000-meter Run (I)	2005
Heather Burroughs	Cross Country	1994, 95, 98
	5,000-meter Run (I)	1998
Brenda Chambers	Mile Relay	1979
	400-meter Hurdles	1980
Emma Coburn	Steeplechase	2010
Karol Damon	High Jump	1990, 91, 92
Heidi Davidson	200-meter Hurdles	1973
Mary Decker	Cross Country	1977, 78
Brenda Denny	Discus	1980
Mandi Farquhar	55-meter Hurdles (I)	1997
Natalie Florence	Cross Country	2002, 04
	5,000-meter Run (I)	2003
	Steeplechase	2005
Jane Frederick	Pentathlon	1973
Colleen Glyde	Cross Country	1995, 96
	5,000-meter Run (I)	1996
Sara (Gorton) Slattery	Cross Country	2000, 02, 04
	Mile Run (I)	2002
	3,000-meter Run (I)	2001, 03
	5,000-meter Run (I)	2003*
	5,000-meter Run (O)	2002, 03
	10,000-meter Run (O)	2005*

Lisa Greenfield	High Jump	1983
Kara Grgas-Wheeler	3,000-meter Run (I)	1999
	3,000-meter Run (O)	1999, 00*
	Cross Country	1999, 00
	5,000-meter Run (O)	2000*, 01
Jen Gruia	5,000-meter Run (I)	1998
	10,000-meter Run (O)	2000
Lesley Higgins	3,000-meter Run (O)	2000
	Mile (I)	2001
Jodie Hughes	Cross Country	2000
	5,000-meter Run (I)	2001*
	10,000-meter Run (O)	2001, 02
Yolanda Johnson	100-meter Hurdles	1990, 91
	55-meter Hurdles	1990
Shalaya Kipp	Steeplechase	2010
	Cross Country	2010
Debbie McClendon	Mile Relay	1979
Allie McLaughlin	Cross Country	2009
Mitzi McMillen	Pentathlon	1975
Carol McMordie	Cross Country	1986
Chris McNamara	Cross Country	1986, 87
Amy McNitt	5,000-meter Run	1995
Carrie Messner	Cross Country	1996
	Mile (I)	1997, 99, 00
Renee Metivier	Cross Country	2003, 04
	3,000-meter Run (I)	2004, 05*
	5,000-meter Run (I)	2005
	5,000-meter Run (O)	2004, 05
Liza Pasciuto	Cross Country	2004, 05, 06
	3,000-meter Run (I)	2006
April Powers	Distance Medley Relay	1979
Natalie Raveling	Cross Country	1994
	3,000-meter Run (I)	1995, 96
	3,000-meter Run (O)	1995
	5,000-meter (O)	1996

Patty Roberts	Cross Country	1994, 95
	5,000-meter Run	1995
	10,000-meter Run	1995
Leona Russell	4x400 meter Relay	1996
Yvonne Scott	55-meter Hurdles (I)	1996
	100-meter Hurdles (O)	1996
Dana Slater	Cross Country	1977
	Two mile run*	1978
	Three mile run*	1979
	Distance Medley Relay	1979
Sandy Simmons	Distance Medley Relay	1979
	Mile Relay	1979
Jennifer Smith	Mile (I)	1998
	3,000-meter Run (O)	1998
Kelly Smith	Cross Country	1995, 97
	1,500-meter Run	1995, 96, 97, 98
	Mile (I)	1998
Heather Sterlin	Heptathlon (O)	1996, 97
	4x400 meter Relay	1996
Debbie Swain	Cross Country	1974
Annette Tännander	Heptathlon	1982, 83
Carleen Thom	1,500-meter Run	1981
Laura Tremblay	Cross Country	2010
Kalin Toedebusch	Cross Country	2003
Sara Vaughn	Cross Country	2007
Janet Visosky	Hammer Throw	1998
Donna Waller	55-meter Hurdles	1986, 87
	100-meter Hurdles	1987
Tasha Ward	4x400 meter Relay	1996
Melisa Weis	Shot Put, Discus	1993, 94
Lori West	Pentathlon	1975, 76
Shayne Wille	3,000-meter Run (I)	1996, 97
	3,000-meter Run (O)	1997
Kathy Wilson	Distance Medley Relay	1979

* indicates national champion



Molly Austin



Jenny Barringer



Christine Bolf



Natalie Florence



Natalie Raveling



Sara (Gorton) Slattery

NCAA Champions



Sara (Gorton) Slattery



Kara Grgas-Wheeler



Jodie Hughes



Chuck Rogers



Ted Woods

CROSS COUNTRY

Mary Decker	1978
Mark Scrutton	1982
Adam Goucher	1998
Kara Grgas-Wheeler	2000
Jorge Torres	2002
Dathan Ritzenhein	2003

INDOOR TRACK AND FIELD

Marcus Walker	60-yard Hurdles	1971
Kingsley Adams	Long Jump	1974
Lee Ballenger	600-Yard Run	1978
Dana Slater	Two-Mile	1978
	Three-Mile	1979
Mark Scrutton	Two-Mile	1983
Adam Goucher	3,000-m	1997
	3,000-m	1998
Jodie Hughes	5,000-m	2001
Sara (Gorton) Slattery	5,000-m	2003
Renee Metivier	3,000-m	2005
Jenny Barringer	3,000-m	2009

OUTDOOR TRACK AND FIELD

Gil Cruter	High Jump	1937
	High Jump	1938
David Bolen	440-yard Dash	1947
Warren Bateman	Pole Vault	1948
Ted Woods	440-yard Dash	1960
Don Meyers	Long Jump	1961
	Pole Vault	1962
Chuck Rogers	Pole Vault	1966
Alan Culpepper	5,000-m	1996
Adam Goucher	5,000-m	1998
Kara Grgas-Wheeler	3,000-m	2000
	5,000-m	2000
Sara (Gorton) Slattery	10,000-m	2005
Jenny Barringer	Steeplechase	2006
	Steeplechase	2008
	Steeplechase	2009



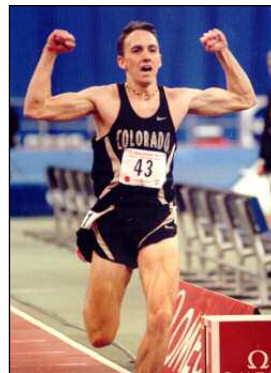
Jenny Barringer



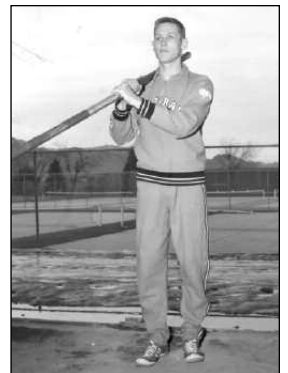
Alan Culpepper



Renee Metivier



Adam Goucher



Don Meyers

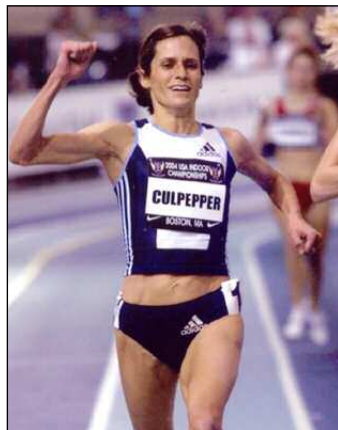
TRACK & FIELD Olympians

The University of Colorado has produced 60+ Olympians (through the 2008 Summer Games). The majority of the Olympians to come from the Boulder campus are former members of the Buffs' esteemed ski teams, with alumni also competing in figure skating (2), bobsledding (1), equestrian (1), luge (3), basketball (3), cycling (1) while the following list of athletes have competed in track and field during the 20th Century.

Ambassador David Bolen, Colorado's first Olympian, finished fourth in the 400-m dash during the 1948 Summer Games in London, England. In his name, Colorado established the David Bolen Olympic Award in 1949, awarded to any current CU student-athlete who competes under the United States flag.



Alan Culpepper



Shayne (Wille) Culpepper



Casey Malone



Jenny Barringer



Kara (Grgas-Wheeler) Goucher



Billy Nelson



Dathan Ritzenhein



Jorge Torres

1948, The XIVth Olympiad, London, England

David Bolen (USA)4th-400-m

1960, The XVIIth Olympiad, Rome, Italy

Ted Woods (USA)1,600-m Relay

1968, The XIXth Olympiad, Mexico City, Mexico

Bill Toomey (USA)Gold Medal-Decathlon

1972, The XXth Olympiad, Munich, Germany

Jane Wardell Frederick (USA)21st-Pentathlon

1976, The XXIth Olympiad, Montreal, Canada

Annette Tannander (Sweden)7th-High Jump

Jane Wardell Frederick (USA)7th-Pentathlon

Bill Jankunis (USA)High Jump

1984, The XXIIIth Olympiad, Los Angeles, United States

Art Burns (USA)Discus

Mary Decker (USA)3,000-m

Annette Tannander (Sweden)14th-Pentathlon

1996, The XXVth Olympiad, Atlanta, United States

Yvonne Kanazawa Scott (Japan)100-m Hurdles

2000, The XXVIIth Olympiad, Sydney, Australia

Hannah Cooper (Liberia)100-m Hurdles

Alan Culpepper (USA)10,000-m

Shayne (Wille) Culpepper (USA)1,500-m

Adam Goucher (USA)13th-5,000-m

Karol (Damon) Rovelto (USA)High Jump

Yvonne Kanazawa Scott (Japan)100-m Hurdles

2004, The XXVIIIth Olympiad, Athens, Greece

Alan Culpepper (USA)12th-Marathon

Shayne (Wille) Culpepper5,000-m

Casey Malone (USA)6th-Discus

Dathan Ritzenhein (USA)10,000-m

2008, the XXIXth Olympiad, Beijing, China

Jenny Barringer (USA)9th-3,000-meter steeplechase

Kara (Grgas-Wheeler) Goucher (USA)9th-5,000-m

10th-10,000-m

Casey Malone (USA)19th(prelims)-Discus

Billy Nelson (USA)29th-3,000-meter steeplechase

Dathan Ritzenhein (USA)9th-Marathon

Jorge Torres (USA)27th-10,000m

BUFFS IN THE PROS

RENEE METIVIER BAILLIE ('05).....Distance Club.....NIKE

- 2005 USA Outdoor Championships (10th, 5k)
- Won the 3k in a pr 9:09.60 in her European debut at the Cardiff Grand Prix
- 2006 USA XC Championships (3rd, 4k); 49th IAAF World XC Championships
- 2006 USA Outdoor Championships (10th, 5k)
- 2007 USA XC Championships (5th), 36th IAAF World XC Championships
- 2008 USA XC Championships (2nd), 49th IAAF World XC Championships
- 2008 Olympic Trials finalist (5k)
- 2008 USA 5k (2nd, 15:53); 10k (3rd, 33:13); 8k (5th, 26:14) Championships
- 2009 USA Outdoor Championship (9th, 5k)
- 2010 USA XC Championship (5th), 38th IAAF World XC Championship
- 2010 USA Indoor Championship 3k Champion
- 2010 USA Outdoor Championship (8th, 5k)
- 2010 Boulder Boulder Team USA Participant (11th)

JENNY BARRINGER ('09).....Middle/Steeple Club.....New Balance

- 2010 USA Outdoor Championships (3rd, 5k)
- American steeplechase record holder (9:12.50)

HEATHER STERLIN BIGLOW ('97).....Heptathlon/Long Jump Club.....NIKE

- 1997 U.S. National Championships (6th, Heptathlon)
- 1997 World University Games (Sicily, Italy)
- 2001 U.S. National Championships (5th)
- 2002 Mt. SAC Relays Champion (heptathlon: 5,698 pts and long jump)
- 2002 Ranked third in the U.S. in heptathlon (5,866 points)
- 2004 Multistars Competition in Desenzano Del Garza, Italy (9th, heptathlon)
- 2004 U.S. Olympic Trials (9th, heptathlon, 5,715 points)
- 2004 Ranked seventh nationally (heptathlon, 5,847 points)

ALAN CULPEPPER ('96).....Distance Club.....NIKE

- Eight-time United States Champion (1999, '03, '07 12k cross country, 1999, '03 10k, 2002 5000-m), 2003 Outdoor 10k, 2004 Marathon
- 1997 USA Outdoor Championships (2nd, 5000-m)
- USA Cross Country Championships (7th)
- Top finisher at 1999 World Cross Country Championships (21st)
- Ran a 2000 season best 10k (28:03.35) at the Olympic Trials (2nd) and went on to finish 17th in the first round in Sydney.
- 2000 USA Cross Country Championships (2nd, long course)
- 2001 USA Outdoor Championships (2nd-5k, 3rd-10k), 18th at World Championships
- When he ran a PR 27:33.93 at the 2001 Cardinal Invitational, he became the sixth fastest American all-time
- Finished third in 2002 at the USA Outdoors (10k), USA Cross Country Championships (12k) and at USA 15k Championships
- 2003 USA Championships (9th, 5k)
- Ranked #1 in 10 by T& FN
- Made his marathon debut in 2002 in Chicago where he ran 2:09.41, tying him with Alberto Salazar for the fastest American debut in history
- After winning the US Marathon Trials, finished 12th in Athens Olympic Games
- His fourth place 2005 Boston Marathon finish was the highest American finish in 20 years
- Earned a fifth-place finish in the 2006 Boston Marathon
- 2007 USA XC Championships Champion
- Boulder Boulder Team USA (2007)
- 2007 USA Outdoor Championship (4th, 10k)
- 2008 Olympic Trials participant (marathon)

SHAYNE CULPEPPER ('97).....Middle Club.....NIKE

- 1998 USA Championships (6th, 1500-m)
- USA Indoor Championships (7th, 3000-m)
- 1999 USA Winter Cross Country Championships (4th)
- 1999 USA Outdoor Championships (3rd, 1500-m)
- 2000 Olympic Trials (4th, 1500-m)

- 2000 USA Winter Cross Country Championships (4th, short course)
- 2001 USA Outdoor Championships (6th, 1500-m)
- 2002 USATF Club Cross Country Championships (1st, 6k)
- 2003 USA Indoor Championships (runner-up, 3000-m)
- 2003 USA Winter Cross Country Champion
- 2003 USA Outdoor Championships (11th, 1500-m)
- 2004 USA Indoor 3k Champion, Bronze medalist at Worlds
- 2004 Olympic Trials 5k champion, 25th in Athens in prelims
- 2005 adidas Track Classic (1st, 1,500-m)
- 2005 USA Indoor 3,000-m champion
- 2005 USA XC Championships (2nd, 4k), 20th IAAF World Championships (team bronze)
- 2005 USA Outdoor Championships (15th, prelims, 1,500-m/4th, 5k)
- 2007 USA Outdoor Championship (11th, 1,500-m)
- 2009 USA Indoor (2nd, 1500)

ADAM GOUCHER ('98).....Middle Club.....NIKE

- 1999 USA Outdoor 5k Champion
- 1999 World Championships (12th, 5000-m)
- 2000 Olympic Trials Champion (5k), 13th in Sydney Games
- 2000 USA Cross Country Champion (4k, 12k)
- 2001 USA Outdoor Championships (3rd, 1500-m)
- 2001 World Outdoor Championships (11th, 5k)
- Ran the fastest 3,000-m by an American in Monaco (7:34.96 PR)
- 2003 USA Outdoor Championships (2nd, 5k)
- 2003 T&FN Rankings No.3 (3k), No. 4 (5k)
- 2004 Olympic Trials (19th, 5k)
- 2004 Prefontaine Classic (9th, 1,500-m)
- Ran second fastest 3k (7:40.09) by an American in '05 in winning the Sport Solodarieta
- 2005 USA Outdoor Championships (8th, 5k)
- 2006 USA Indoor Championships 3k champion
- 2006 USA Outdoor Championships (4th, 5k)
- 2007 USA XC Championship (2nd)
- 2007 USA Outdoor Championship (3rd, 5k), IAAF World Track Championship (11th, 5k)
- 2008 Olympic Trials 5k finalist and 10k participant (7th)

KARA (GRGAS-WHEELER) GOUCHER ('01).....Distance Club.....NIKE

- 2001 USA Outdoor Championships (7th, 5k)
- 2003 USA Outdoor Championships (14th, 5k and 1,500-m)
- Ran a 1,500-m PR 4:11.17 in Greece in '03
- 2005 USA Outdoor Championships (11th, 5k)
- 2006 USA XC Championships (7th, 4k), 21st IAAF World XC Championships
- 2006 USA Outdoor Championships (2nd, 5k)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (2nd, 10k), 3rd IAAF World Track Championships
- 2008 Olympic Trials (10k, 2nd; 5k champion)
- 2008 Olympic Games (9th, 5k; 10th, 10k)
- 2008 USA 10-mile Championship (1st, 53:16)
- 2008 New York City Marathon (3rd), American debut (2:25.53)
- 2009 USA Outdoor Championship (1st, 5k)
- 2009 IAAF World Championships (5th, marathon)

CASEY MALONE.....Discus Club.....Unattached

- 1996 Olympic Trials (18th)
- 2000 Olympic Trials (9th)
- 2000 Ranked seventh nationally (211-6)
- 2001 USA Championships (10th)
- 2002 USA Championships (5th)
- 2002 Ranked fourth nationally (218-5)
- 2003 USA Championships (9th), World Outdoors (10th, qualifying)
- 2004 Olympic Trials (3rd)
- 2004 Olympic Games (6th)

- 2004 Golden League Meet, Brussels (4th, 64m)
- 2004 ISTAF Golden League Meet, Berlin (6th)
- 2004 World Athletic Final, Monaco (7th)
- 2005 USA Championships (5th)
- 2006 USA Championships (2nd)
- 2008 Olympic Trials (3rd)
- 2008 Olympic Games participant
- 2009 USA Champion
- 2009 IAAF World Championships (5th)
- 2009 recorded a personal best of 224-08 which was the best throw by an American and was the fifth best performer in the world
- 2010 USA Champion
- Fifth in the 2010 Samsung Diamond League Series

CARRIE MESSNER-VICKERS ('00)Middle ClubAsics

- 2002 ranked fifth nationally in 3k
- 2003 Boulder Race Series Winner (Uni-Hill 2k Champion, Pearl Street Mile Champion) & Eldorado Springs
- 2003 USA Outdoor Championships (23rd (prelims), 1500-m)
- Ranked as high as third in the steeple in '04
- Finished 21st in 2004 Olympic Trials semifinals (1,500)
- 2004 Olympic Trials (3rd), 5th at Heusden, 1st at Mt. Sac, ranked No. 4 by T&FN
- 2005 USA Outdoor Championships (3rd)
- 15th at 2005 World Championships following a third-place prelim pr 9:38.68
- 2006 USA Outdoor Championships (6th)
- 2007 USA XC Championships (19th)
- 2007 USA Outdoor Championships (13th, steeple)
- 2008 Olympic Trials (8th)
- 2008 USA 5k Championship (4th, 15:58)

BILLY NELSON ('08)Steeple ClubNIKE

- 2008 Olympic Trials (2nd, steeple)
- 2008 Beijing Olympic Games (29th, steeple prelims)
- 2009 USA Outdoor Championship (13th, steeple)
- 2010 USA XC Championship (24th)
- 2010 USA Outdoor Championship (5th, steeple)

STEPHEN PIFER ('08)Distance ClubNIKE

- 2008 Olympic Trials (7th, 5k; semi-finalist, 1,500)
- 2009 USA XC Championship (14th)
- 2009 USA Outdoor Championship (4th, 1500)

DATHAN RITZENHEIN Distance ClubNIKE

- 2004 Olympic Trials (22nd-INJ, 10k)
- 2005 Reebok SC Challenge (Belfast) Champion
- 2006 USA XC Championships (4th, 12k)
- 2006 USA Outdoor Championships (3rd, 5k)
- 2006 NY Marathon, second highest American (11th)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (3rd, 10k), 9th IAAF World Track Championships
- 2008 USA XC Championship Champion
- 2008 Olympic Trials (2nd, marathon)
- 2008 Olympic Games (9th, marathon)
- 2009 USA Outdoor Championship (2nd, 10k, IAAF World Championship (6th, 10k)
- 2010 USA XC Championship Champion

SARA (GORTON) SLATTERY ('05)Distance Clubadidas

- 2005 USA Outdoor Championships (8th, 5k)
- Ran a 3k pr (9:06.03) at Super Grand Prix Madrid
- 2005 USA Indoor Championships (4th, 3k)
- 2006 USA XC Championships (4th, 8k), 26th IAAF World XC Championships
- 2006 USA Outdoor Championships (2nd, 10k)
- Won the 2006 Bolder Boulder
- 2007 USA Outdoor Championships (8th, 10k)
- Bolder Boulder Team USA (2006, 07)

- 2008 Olympic Trials (4th, 5k; 7th, 10k)
- 2008 USA 8k Championship Champion (25:54)
- 2009 USA Outdoor Championship (11th, 5k)

STEVE SLATTERY ('02)Steeple ClubNIKE

- 2002 USA Outdoor Championships (2nd)
- 2003 USA Outdoor Champion
- Six top-10 finishes in 2003
- 2004 NIKE Prefontaine Classic (5th, 1,500)
- 2004 Olympic Trials (5th)
- 2004 Ranked 5th T&FN
- 2005 USA Outdoor Championships (3rd)
- 2005 World Championships (10th, heat 1)
- 2006 USA XC Championships (14th, 4k)
- 2006 USA Indoor Championships (5th, 3k)
- 2006 USA Outdoor Championships (2nd)
- 2007 USA Outdoor Championships (1st, prelims)
- 2008 Olympic Trials (finalist)
- 2009 USA Outdoor Championship (23rd)
- 2010 USA Outdoor Championship (3rd)

ED TORRES ('03)Distance ClubReebok

- 2003 USA Outdoor Championships (8th, 10k PR 28:22)
- 2005 USA Outdoor Championships (12th, 10k)
- 2006 USA Outdoor Championships (14th, 10k)
- 2007 USA XC Championships (10th)
- 2007 USA Outdoor Championships (11th, 10k)
- 2008 USA XC Championships (9th); 45th IAAF World Championships
- 2008 Olympic Trials (11th, 10k)
- 2008 USA Marathon Championship (3rd, 2:17.54)
- 2009 USA XC Championship (8th); 53rd at IAAF World XC Championship
- 2009 USA Outdoor Championship (DNF, 10k)
- 2010 USA Outdoor Championship (3rd, steeple)

JORGE TORRES ('03)Distance ClubReebok

- 2003 USA Outdoor Championships (3rd, 5k)
- 2003 European Circuit with stops in Greece (3rd, 1500-m), Belgium (11th, 5k) and Finland (3k), setting pr's in all three races.
- 2003 World Championships (15th, 5k)
- 2004 Olympic Trials (7th, 5k)
- 2004 USA XC Championships (10th, 12k)
- 2005 USA Outdoor Championships (4th, 5k)
- 2006 USA XC (4th, 4k/2nd, 12k), 27th IAAF World XC Championships (short)
- 2006 USA Outdoor Championships 10k champion
- 2007 USA XC Championships (4th)
- 2007 USA Outdoor Championships (5th, 10k)
- 2008 USA XC Championships (2nd); 19th IAAF World Championships
- 2008 USA 8k Championship Champion (22:41)
- 2008 Olympic Trials (3rd, 10k)
- 2008 Olympic Games 10k participant
- 2008 Beijing Olympic Games (27th, 10k)
- 2009 USA XC Championship (4th)

BRENT VAUGHN ('08)Distance ClubNIKE

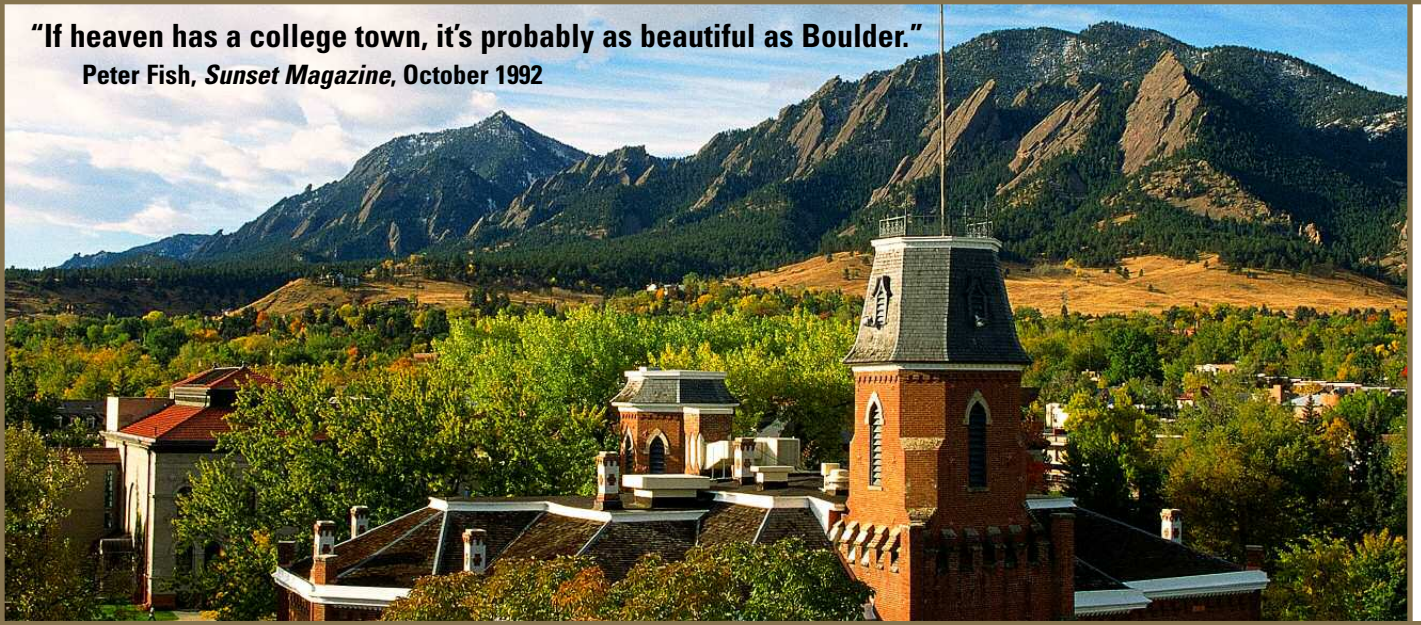
- 2008 Olympic Trials (16th, 5k)
- 2009 USA Outdoor Championship (9th, 5k)
- 2010 Bolder Boulder Team Colorado Participant (4th - highest American finisher)
- 2010 USA Outdoor Championship (5th, 5k)

CLINT WELLS ('98)Dist/Steeple ClubUnattached

- 1999 U.S. National Championships (7th)
- 2000 Olympic Trials (5th)
- 2001 USA Winter Cross Country Championships (4th, 4k)
- 2001 World Cross Country Championships (41st, 4k)
- 2002 USA Cross Country Championships (7th)
- 2002 USA 15k Championships (5th)
- Bolder Boulder Team USA (2001, 02, 03) and Team Colorado (2005)

"If heaven has a college town, it's probably as beautiful as Boulder."

Peter Fish, *Sunset Magazine*, October 1992



THE UNIVERSITY OF COLORADO

Colleges

Arts and Sciences
Business and Administration
Engineering/Applied Science
Music
Architecture and Planning

Schools

Graduate School
Graduate School of Business
School of Education
School of Journalism and
Mass Communications
School of Law

CU's Top Programs

Space Science
Engineering
Molecular Biology
Business

Most Popular Undergraduate Majors

Psychology
Communication
English
MCD Biology
EPO Biology
Economics
Finance
Political Science

NOTEABLE ALUMNI

Buzz Calkins	IRL Race Car Driver	Chris Meloni	Actor (Law and Order)
Scott Carpenter	Astronaut	Glenn Miller	Musician/Big Band Leader
Kalpana Chawla	Astronaut	Ellison Onizuka	Astronaut (Challenger)
Lynn Cheney	Former U.S. Vice President's Wife	Trey Parker	South Park Creator
Kevin Corke	NBC News	Robert Redford	Actor
Chris Fowler	ESPN	Matt Stone	South Park Creator
Jim Gray	NBC Sports	Jack Swigert	Astronaut (Apollo 13)
Hale Irwin	Professional Golfer	Bill Toomey	1968 Gold Medalist-Decathlon
Larry Linville	Actor (M*A*S*H)	Byron White	Supreme Court Justice
Doug Looney	Sports Illustrated	Steve Wozniak	Inventor (Apple)
Bill Marolt	U.S. Skiing President		



Chris Fowler



Kalpana Chawla



Kevin Corke



Robert Redford



Byron White



RANKINGS

- CU-Boulder was one of only 19 public institutions ranked as a “Best Buy” in the 2009 edition of *The Fiske Guide to Colleges* and annually ranks in its top four most outstanding universities in the United States based on academics, social life and quality of life.
- The *U.S. News & World Report* ranked CU-Boulder 34th among the nation’s Top 50 Public National Universities in its 2009 Best Colleges issue. The rankings were based on factors such as academic reputation, retention, faculty resources, student selectivity and financial resources.
- Sixteen CU-Boulder graduate school specialty programs were ranked in the top 50 in the nation, including five in the top 10 in the *U.S. News and World Report’s* 2009 America’s Best Graduate Schools issue.
- The University of Colorado at Boulder ranks second in the nation for the number of graduates currently serving as Peace Corps volunteers.
- Three faculty members have received Nobel Prizes: Thomas Cech of chemistry and biochemistry in 1989 Nobel Prize in chemistry and Carl Wieman and Eric Cornell of JILA and physics won the 2001 Nobel Prize in physics.
- The Boulder campus was ranked fourth in a review of the 50 “most architecturally successful campuses in the country in *The Campus as a Work of Art* by Thomas Gaines.
- Colorado has held company with Brown, Stanford and Virginia as one of the four most outstanding universities in the United States based on academics and quality of life.



THE UNIVERSITY OF COLORADO



“The University of Colorado, and Boulder, is a town which stops where the Rocky Mountains begin. Normally in America such a superb site would be occupied by a golf course, but somebody goofed and instead they built what may be the most beautifully situated campus in the world... if anyone asks you to Boulder, I have one word of advice: ‘Go.’”

From the London (England) Observer Magazine article, “Us and Them,” by Simon Hoggart (April 23, 1989)



BOULDER/DENVER/COLORADO FACTS

Boulder and Denver are known for lots of things. But some things even surprise the lifelong resident, a recent transplant (nearly two-thirds of the state's residents were born outside of Colorado), or first-time visitor to the Mile High City.

- In 2007 and '08 Boulder was called the "smartest city in America" by *Forbes*.
- Denver is called the "Mile High City" because it is exactly 5,280 feet above sea level. In fact, there is a spot on the west steps of the State Capitol building that is exactly 5,280 feet above sea level and there is a row of seats at Coors Field with the same bragging rights.
- Denver is the most educated city in the U.S. It has the greatest percentage of high school and college graduates of any major metropolitan area in the U.S.
- The Denver/Boulder metropolitan area is the 20th largest in the United States. Boulder is not classified as a suburb of Denver; it's nestled in its own valley at the foothills of the Rocky Mountains. Contrary to popular belief, Denver is not in the mountains; it is near them. The "Foothills" start to rise 15 miles west of the city. Slightly beyond that is the Continental Divide and a series of peaks rising to 14,000 feet, known locally as the "Front Range".
- Denver is also the "thinnest" city in America while Boulder is the second "fittest" city in America according to Shape Magazine and the state of Colorado is tied as the "thinnest" state with Hawai'i. Health Magazine named Boulder one of America's 10 Fittest Cities. Self Magazine proclaimed Boulder one of the 10 healthiest places for women to live, with a perfect 100 in water quality.

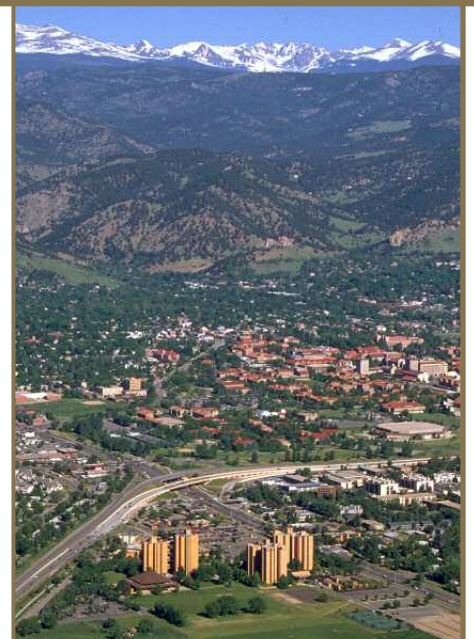
- Boulder has 200 miles of public hiking and biking trails, approximately 30,000 acres of open space and a 16-mile Boulder Creek Path which runs through the middle of town. The city of Denver offers over 450 miles of paved, designated bike paths, over 70 public golf courses and 143 free tennis courts. Denver also has the largest city park system in the nation with 205 within the city limits.
- As the largest city in a 600-mile radius, Denver is the shopping capital of the Rocky Mountain West. It features the largest sporting goods store in the world and the largest independent book store in America with over 400,000 volumes. The 16th street mall is a mile-long pedestrian promenade, not to be outdone by its counterpart in Boulder, the Pearl Street Mall. Boulder is also known for having more used book stores per capita than any other city in the country according to a Money magazine count in 1998.
- Among 14 comparable cities, Boulder ranks No. 1 in people who walk to work, work at home and drive with more than one person in the car. It ranks second among those who bike.
- Bicycling is so highly regarded in Boulder that sometimes the city plows the Boulder Creek bike path before it plows the streets.
- The exterior of the house located at 1619 Pine Street was used as the characters' home in the well-known "Mork & Mindy" television show. It is now a private residence.
- Boulder's Third Flatiron towers 1,400 feet high, a few hundred feet higher than the Empire State Building, and has been climbed by people without using their hands, on roller skates, naked and in eight minutes (by separate climbers).



Boulder's Pearl Street Mall



Downtown Denver



Rocky Mountain Front Range



Indian Peaks National Forest

- A 1992 survey by the Centers for Disease Control found that Colorado had fewer overweight people per capita and more people who exercise than any other state.
- A Colorado Daily poll found that seven out of ten Boulderites own bicycles. Another guide book states that Boulder's bicycle count is approximately 93,000- almost equal to the total population.
- Every year Boulder Mountain Parks core area receives 1.8 million visits. If that many people made a human chain, it would stretch from Boulder to New York City.

Top 10 Cheap Things To Do In Boulder

1. Go walking, biking or skating on the Boulder Creek Path.
2. Catch a Program Council, Cinema Saver, or International Film Series movie.
3. Play frisbee in Norlin Quad.
4. Enjoy the free Wednesday night jazz concerts offered by the College of Music.
5. People-watch on the Pearl Street Mall or on the Hill.
6. Picnic or hike at Chautauqua Park or Mt. Sanitas.
7. Buy a student season football or basketball ticket to watch the Buffs play at home.
8. Join a class at the Rec Center (anything from Aerobics to Yoga).
9. Stargaze at the top of Flagstaff Mountain.
10. Check out the coffeehouse scene.

COLORADO BY THE NUMBERS

	2
National Parks in Colorado	
	8
National Monuments and Recreation Areas in Colorado	
	15
National Forests and National Grasslands in Colorado	
	21
Scenic and Historic Byways in Colorado	
	40
State Parks in Colorado	
	54
Colorado peaks over 14,000 feet in elevation	
	325
Days of sunshine the Front Range sees each year	
	450
Square miles of bodies of water in Colorado	
	469
Length in miles of the Colorado Trail	
	786
Acres on the main campus in Boulder	
	1,450
Length in miles of the Colorado River and the Rio Grande	
	3,350
Lowest elevation in Colorado (Arkansas River)	
	6,800
Average elevation in Colorado	
	14,443
Highest elevation in Colorado (Mt. Elbert)	
	104,247
Size of Colorado in square miles	
	3.8 million
Colorado population in 1998	
	126 million
Years geologists estimate it will take for the Rocky Mountains to erode away	
	1.7 billion years
How long ago the rock in the Rocky Mountains was formed	

RUNNING TOWN, USA

For 30 years, world class athletes and running enthusiasts have known what the media recently discovered: Boulder is the best running town in the United States. Runner's World has dubbed Boulder, "America's Best Running City" and an "Ideal Location for Runners", while Outside Magazine proclaims it, "The Best Sports Town in America".

These accolades come as no surprise to the host of national and international athletes who have made Boulder their training base. During the 1970's and 1980's, Boulder was home to world record holders such as Steve Jones, Ingrid Kristiansen, Rob de Castella, and Arturo Barrios, as well as Olympic Champions Frank Shorter and Rosa Mota.

The list of contemporary runners who live and train in Boulder is equally impressive: 2000 Olympic Marathon Champion Naoko Takahashi, 2008 Olympic Marathon Champion Constantina Dita-Tomescu, multiple Japanese corporate teams and U.S.-based Kenyan road racers. Numerous CU national and world level alumni have trained in the Boulder area during the last four Olympiads. They include Olympians Jenny Barringer, Alan Culpepper, Shayne Culpepper, Billy Nelson, Jorge Torres and Dathan Ritzenhein, 2006 Boulder Boulder champion Sara Slattery, and World Championship team members Ed Torres, Steve Slattery and Renee Baillie.

These athletes are drawn to Boulder by the unparalleled variety of training venues, temperate year-round climate, opportunity to train at elevation, and support of a running-friendly community that enters 54,000-plus in its Memorial Day road race. Boulder has over 200 miles of running and biking trails and more than 30,000 acres of open space. The vast availability of trails is matched only by the variability of their terrain. All are within a 20 minute drive of CU's campus. In the mountains and foothills west of town are venues such as the Mesa Trail, Switzerland Trail, Magnolia Road, Gold Hill, and Flagstaff Mountain. Adjacent to campus is the 12-mile Boulder Creek Path which connects to Sanitas Mountain, the Bobolink trail, and the Wonderland Lake trailheads. East of town are Teller Farm and the Boulder Reservoir ("The Res") which connect to dozens of miles of dirt roads and trails.

The University of Colorado's outdoor track, Potts Field, is one of the best competition venues in the country. It features NCAA/IAAF specification parallel approaches for the long jump, triple jump, pole vault and high jump as well as a world-class remote hammer and discus venue. Potts Field has the highest Mondo Super-X installation in the country, thus making it potentially the fastest sprint track in the U.S.

Boulder's climate makes it an ideal year-round training base. The average high temperature during winter months is 49 degrees, while summer months average a high of 83 degrees with negligible humidity. Boulder residents enjoy over 300 sunny days a year—more than residents of San Diego or Miami.

Besides the aforementioned Boulder Boulder, there are well-organized races virtually every weekend: the Boulder Backroads Marathon and Half Marathon, 5K Kickoff Classic, West End 3K, Pearl Street Mile, Rocky Mountain Shootout, Uni-Hill Downtown 1K, Sunrise Stampede 10K, and Boulder Roadrunners All-Comers Track Series.

In February of 2007, Boulder hosted the USA Cross Country Championships which selected our national teams for the IAAF World Championships in Mombasa, Kenya. The crowd of 10,000 spectators was estimated to exceed the combined attendance of the previous five national championships. Former USA Track and Field President Bill Roe remarked, "As usual, every time I come to Boulder I'm blown away." Deena Kastor, 19-time U.S. champion, captured her eighth cross country title and said, "This was, hands down, the most amazing national championship I've been a part of." Beyond the attendance, the most compelling story of the day was arguably the success of CU's alumni: former Buffaloes swept the top four places in the men's senior race while two former NCAA champion Buffaloes qualified for the senior women's team.

In May of 2008, the University of Colorado hosted the Big 12 Conference Track and Field Championships. This three-day competition was one of the most prestigious and competitive meets in the country and featured NCAA champions, World Championship Team members and 2008 Olympians. During the competition, ten Big 12 meet records were broken and two world-leading marks were established. The three-day attendance of over 5,000 cheered the Colorado men to the team title in a victory over No. 1 ranked Texas A&M.

Summer or winter, cross country or track season, workout day or racing day, for the weekend warrior or the Olympian, Boulder presents the ideal environment. While other cities may claim occasional weekends of running enthusiasm, Boulder is inarguably the year-round "Running Town, USA".

RACING IN BOULDER

Boulder Backroads Marathon

Boulder Backroads Half Marathon

5k Kickoff Classic

High Five Road Race

5430 Triathlon

Sunrise Stampede 10k

Spring Runoff 10k

1992 Big Eight Cross Country Championships

1993 Big Eight Track and Field Championships

2000 Big 12 Cross Country Championships

2008 Big 12 Track and Field Championships

West End 3k

Pearl Street Mile

Boulder Roadrunners All-Comers Series

Run on the Wildside 5k

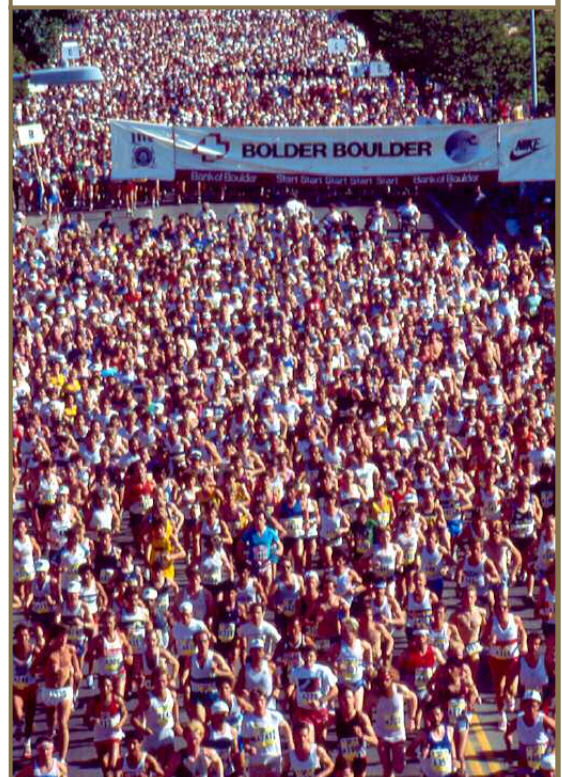
Rocky Mountain Shootout

5k Turkey Trot

Bolder Boulder 10k

Uni-Hill Downhill 1k

Boulder Peaks Triathlon/Duathlon



The start line for the Boulder Boulder

2008 BIG 12 OUTDOOR TRACK & FIELD CHAMPIONSHIP





Tamara Ards



Sean Smith



Chris Abuan



Patty Roberts

FROM WALK-ON TO ALL-AMERICAN

There's something magical in the air at 5,345 feet above sea level. It's something that contributes to developing blue collar, walk-on athletes into All-Americans at Colorado. Combining its reputation of academics and athletics, the coaching staff at CU has had incredible success with non-recruited athletes that have had the drive, determination and work ethic to become All-Americans.

CHRIS ABUAN • 2002 Walk-on – 2007 4x100-m Outdoor All-American

Chris Abuan was a hard worker for the Buffs and showed improvement throughout the years. His biggest impact was in the relays. Abuan is a member of nine of the top 10 times in the 4x100-m relay, where he ran the third leg seven times. In 2007, Abuan and the relay team of George Pincock, Jeremy Dodson and Ryan Campbell placed second in the Big 12 Championships and were the first men's relay team to qualify for the NCAA meet since 1972 after placing fourth in the regionals. The team took sixth at nationals with a time of 39.98.

TAMARA ARDS • 1992 Walk-on – 1996 4x400-m Outdoor All-American

A three-time state 400-m champion, Tamara Ards ran a 56.20 in the event as a freshman and would shave two seconds off her time by her junior year to become the school record holder in the event, running a 54.22 at the 1994 Big Eight Outdoor Championships. As the second leg of CU's 4x400-m relay team, she combined with teammates Tasha Ward, Heather Sterlin and Leona Russell to win the event at the final Big Eight Championship in 1996 and go on to finish seventh in the event at that year's NCAA Championships in Eugene, Ore., in another school record 3:33.07.

JAY CLECKLER • 1991 Walk-on – 1994 Cross Country All-American

Jay Cleckler, was conceivably one of the hardest working guys on the '94 cross country squad. He had begun his collegiate career as walk-on competing in only one meet, which progressed to four meets as a sophomore, which he matched his junior season. He came into his own during his senior campaign when he scored in all six varsity races, including the Big Eight Championships, the NCAA District VII qualifier and the NCAA Championships where he ran his first All-American race.

JON COOPER • 1993 Walk-on – 1994, 1995 Cross Country All-American

Cooper made an immediate impact on the Colorado men's cross country team when he walked on after transferring from Rice. In his first season he traveled to the NCAA Championships as an alternate, but did not compete. A year later he finished 33rd of 178 runners for his first all-American honor. In 1995's national championship race, he was Colorado's fourth finisher, 48th overall to repeat his All-American title.

MIKE FRIEDBERG • 1996 Walk-on- 1998, 1999 Cross Country All-American

In 1996 Mike Friedberg ran in three cross country races. He redshirted the 1997 season and a year later he was one of only three runners to compete in all six races, he finished eighth in the season opener at Colorado State, third at the Rocky Mountain Shootout, 32nd at the loaded Bob Timmons Invite, third at the Big 12 Championships, fifth at the Mountain Region Championships and ran to his first All-American title with a 34th place effort at the national championships. In 1999 he was CU's No. 3 runner during the season, but experienced prevailed and was CU's No. 1 guy at the NCAA Championships in Bloomington and was No. 2 a year later.

MATT NAPIER • 1995 Walk-on – 1997 Cross Country All-American

In his first collegiate season Napier competed in the Shootout and at the Fort Hays State Invitational. As a sophomore, he scored in two of the three postseason races. Originally scheduled to redshirt his junior season, he was forced into action late in the season due to team injuries. In his first race, Oct. 18, he finished third overall at the Tiger Invitational. In the postseason he finished 11th in the league championships and was the individual runner-up, at the Mountain Region Championships. His third season culminated in his first all-America certificate at the NCAA Championships with a 39th-place finish.

GEORGE PINCOCK • 2003 Walk-on – 2007 4x100-m Outdoor All-American

George Pincock earned a spot on the varsity squad as a freshman by placing eighth in the 200-meter dash and scoring in the 4x100 and 4x400-m teams. Pincock is a member of 11 of the 12 best times in the 4x100-m relay. In 2007, Pincock and the relay team of Jeremy Dodson, Chris Abuan and Ryan Campbell placed second in the Big 12 Championships and

became the first men's relay team to qualify for the NCAA meet since 1972 after placing fourth in the regionals. The team took sixth at nationals with a time of 39.98.

PATTY ROBERTS • 1992 Walk-on – 1995 Indoor 5,000-m All-American/ 1994, 1995 Cross Country All-American

Roberts didn't compete in cross until her second season. A year later she was the individual runner-up at the Big Eight Championships and an All-American with a 13th-place finish at the NCAA championships. She took the individual conference title in '96 and followed up with a 32nd-place effort at the NCAAs for her second all-America cross country honor. 1995 continued to be a success on the track where she was an indoor 5k and outdoor 10k All-American.

SHAYNE WILLE • 1995 Walk-on – 1996 Indoor 3,000-m All-American/1997 Outdoor 3,000-m All-American

A transfer from Vermont in 1995, Wille failed to make the Buffs' seven-person roster that would compete at the NCAA Cross Country Championships. Three months later she was an all-American in the indoor 3k. During the 1996 fall season, she was Colorado's No. 2 runner, and although she competed in all three postseason race, just missed all-American status at the national championships with a 45th place effort. She set her sights again on the track where she was the Big 12 indoor champion in both the mile and 3,000-m distances and an all-American in the latter. The outdoor season would prove even better where she repeated her conference titles, and she earned her second all-American honor in the outdoor 3,000-m with a third place, school-record finish of 9:06.86.

SEAN SMITH • 1998 Walk-on – 2000 All-American

Smith ran in three non-varsity races in 1998 with a pair of top 20 finishes at the Fort Hays Tiger Invitational and NIKE 3 Series race. In 1999 he went into the national championships with five races under his belt. He earned all-conference and all-region honors before finishing in the top half of the NCAA Championship field. On All-American pace from the first race of the 2000 season, he would score in all five varsity contests, repeat his all-conference and all-region honors with career-best efforts before finishing 44th for the last All-American certificate doled out in Ames, Iowa.

ACADEMICS AND ATHLETICS



DID YOU KNOW?

That the cumulative grade point average of CU's 471 student-athletes following the fall '10 semester was 2.833 and nine of the 14 programs boasted 3.00 overall grade point averages.

- 3.326 Women's Skiing
- 3.282 Women's Cross Country
- 3.228 Women's Tennis
- 3.220 Women's Track & Field
- 3.207 Women's Golf
- 3.192 Men's Skiing
- 3.066 Women's Soccer
- 3.018 Women's Volleyball
- 3.011 Men's Cross Country

10 CU student-athletes earned 4.00 GPA's during the fall '10 semester and 61 had cumulative GPA's of 3.50 or above.

Colorado's graduation rate of student-athletes who exhaust their eligibility at CU for the 10-year period between 1988-89-1997-98 is 83 percent.

Colorado at Boulder offers student-athletes a world-class education and an elite Division I athletic experience in arguably the most beautiful college setting in America and has been referred to as "the Harvard of the Rockies."

The Herbst Academic Center in the Dal Ward Athletic Center was created to help student-athletes meet and exceed the academic requirements of the University of Colorado. Since its inception, the goal of the Herbst Center has evolved to facilitating the academic and personal excellence of student-athletes. It works to empower student-athletes toward autonomy, personalized goal setting, critical decision making, and both academic and career development. To achieve this goal, the Herbst Academic Center provides numerous services for student-athletes:

- All student-athletes have an academic coordinator who provides academic and personal support from freshmen orientation through graduation.
- Every student-athlete receives free subject tutoring in any course, as well as a personal planner to assist in time management.
- Student-athletes receive priority registration to ensure that necessary courses are "open" for enrollment.
- Specialized academic programs are available to all student-athletes, whether struggling to pass a course or striving to earn a perfect 4.0.
- A computer laboratory with both personal computers and Macs are provided exclusively for student-athletes.
- Athletic eligibility status is monitored in accordance with University, Big 12, and NCAA academic requirements.
- Confidential counseling is available to help student-athletes with whatever challenges they may be facing.

ACADEMIC ALL-CONFERENCE

FIRST TEAM

Steve Allen	1990
Andrew Ames	1988
Tamara Ards	1993
Lindsay Arendt	1998, 99, 2000
Molly Austin	1999, 2001, 02, 03
Patrick Bachmann	2010
Austin Baillie	2003, 04, 05
David Barbieri	1993
Jenny Barringer	2007, 08, 09
Adam Batliner	1996, 1998, 99
Payton Batliner	2005, 06
Matthew Beigner	2010
Nick Bengtston	2000, 01
Randy Berkheim	1994
Aaron Blondeau	1998, 99, 01, 02
Christine Bolf	2004, 05, 06
Lindsey Bradford	1998, 99
Megan Burrell	2010
Heather Burroughs	1995, 96, 98, 99
Megan Buttner	1999, 2000, 01, 03
Will Campbell	2004
Robert Carmona	1992
Amberly Casey	2007
Antonio Castro	2003
Tim Catalano	1993, 94
Anna Chase	2008
Anthony Chiulli	2007
Jay Clecker	1995
Megan Clute	1998
Jon Cooper	1995, 96
Alan Culpepper	1996
Katie Cumming	2010
Kristina Dahlberg	1996, 97
James Davis	1995
Mike Dickman	1985, 87, 89
Pat Dolan	1992
Jason Dudley	1990
Chase Dukes	2008
Andy Dunn	1987
Nick Duresky	1996
Mark Ebert	2007
Matt Elmuccio	1998, 99
Mandi Farquhar	1994, 95, 96, 97
Kevin Fasing	2008, 10
Jennifer Fazioli	1999, 2000, 01, 02
Alyssa Frank	2010
Rachel Gioscia	2007, 09
Sarrah Goodwin	1996, 97
Adam Goucher	1995
Kara Grgas-Wheeler	1997, 99, 2000, 01
Jen Grominger	1994
Jen Gruia	1998, 99
Jamie Hallum	1989
Zach Hancock	1997
Emily Hanenburg	2008, 09, 10
Sarah Hanson	1986
Bradley Harkrader	2008
Jill Hassebrock	1993
Erik Heinonen	2006
Lesley Higgins	1999, 01, 02
Drew Hildner	2001
Jodie Hughes	1999, 2000, 01, 02
Erika Hulsman	1998
Courtney Hutmacher	2005, 06
Peter Janson	2006, 07, 08
Andrew Johnson	1993
Erik Johnson	1993
Jay Johnson	1996, 97, 98, 99
Donald Jurries	1987
Michell Kantor	1989
Kaity Kark	2008, 09, 10
Stephen Kasica	2010
Daniel Kenney	2006, 07
Diane Keller	1989, 90, 91
Katie Kissane	2004
Tom Kresl	1985
Scott Larson	1994
Jonathon Lee	2001, 02, 03
Eric Lee-O'Brien	2003
Gus Lundin	2003, 04
Britta Maas	2001
Travis Macy	2003
Kathleen Majewski	2009, 10
Amanda Manatt	2002, 03
Lucas Marquardt	1999
Erin Marston	2007
Robert Martin	1991
Veronica Maul	2007, 09
Matthew McCathran	2010
Brianna McDevitt	2004
Carol McMordie	1987
Christine McNamara	1988
Matt McCue	2003, 04, 05
Amy Merten	1992
Renee Metivier	2005
Andrew Miller	2003, 04, 05
Peggy Millican	1990
Tera Moody	2001, 02, 03, 04
Melinda Mounsey	1998
Matt Napier	1997, 98, 99, 2000
Sam Napp	2004, 05, 06
Liza Negriff	2003, 04, 05
Kenyon Neuman	2007
James Nixon	2010
Jeff Nock	1987
Hao Pan	2003
Jerome Perkins	2010
Jodi Pilcher	1996
George Pincock	2007
Sara Price	2008
Matt Queen	1999, 02
Mikaela Raddatz	2005, 06, 07
Lindsay Raham	1998, 99, 2000
Danielle Reagin	2010
Tom Reese	1996
Michelle Reynolds	1991
Deb Rieck	1998, 2000
Dathan Ritzenhein	2003
Nicole Roberts	1990
Jamie Rosenquist	2001, 02
Patty Roberts	1994
Dani Rodriguez	2008
Leona Russell	1993, 94, 95
Liz Sabochik	1999, 2000, 01, 02
Andy Samuelson	1992
Chris Schafer	1997, 98, 01
Bret Schoolmeester	2005, 06
Jared Scott	2003, 04
Yvonne Scott	1996
Chris Severy	1995, 96, 97
Jon Severy	2003, 04, 05
Jeff Singleton	1996, 97, 98
Sara (Gorton) Slattery	2002, 03, 05
Amber Smith	2008
Jennifer Smith	1998
Kelly Smith	1995, 96, 97, 98
Sean Smith	2001
Heather Sterlin	1995
Briana Stott-Messick	1998, 99
Jaclyn Strum	2005, 06, 07
Kyle Swartz	1998, 2001

Sara Tarkington	2001
Brock Tessman	1999
Laura Thweatt	2009, 10
Zeke Tiernan	1996
Kalin Toedebusch	2006
Max Van Dyke	2010
Blake Vanier	2005
Brent VanSickle	1996
Brent Vaughan	1991
Brent Vaughn	2005, 06, 07, 08
Sara (Ensrud) Vaughn	2007, 08
Chris Volgeneau	1991
Andy Wacker	2009, 10
Melisa Weis	1993
Heather West	2009
Ian White	2002
Ryan Willis	2005
Joi Windham	2009, 10
Anna Wright	2001, 02
Catherine Wright	2000, 01, 02
Shannon Yessak	2003

HONORABLE MENTION

Starla Ahu	1992
Brian Aiken	1996
Adrien Amolel	1994
David Barbieri	1991
Steven Barbieri	1993
Adam Batliner	1995
Randy Berkheim	1993
Michelle Bews	1986, 87
Sean Buckley	1992
Shannon Busch	1991
Jessica Cade	2004
Dayna Canener	1992
Tracy Carrington	1996
Jenny Cathey	1998
Dayna Cavener	1991
Jessica Civelli	1995
Jay Clecker	1993, 94
Megan Clute	1999
Jon Cooper	1994
Kristina Dahlberg	1994
Jason Drake	1993, 94
Nick Duresky	1997
Natalie Florence	2004
Judy Foster	1993
Mike Friedberg	1999
Monte Fry	1994, 1996
Sarrah Goodwin	1994, 95
Adam Goucher	1998
Colleen Gyde	1997
Mark Haggerty	1991
Jill Hassebrock	1994
Jay Johnson	1995
Steve Joiner	1988
Jennifer Jones	1991
Michelle Kantor	1990, 91
Derek Knostman	1992
Brett Larsen	1992
Christa Loyd	1994, 95
Alison Lusby	1994
Allison Lusby	1995
Anna Magle	2004
Simon Marsh	1991
Chris McDonald	1989
James McDonald	1991
Christine McNamara	1988
Amy Metern	1991
Micah Moore	1992
Brad Moser	1993
Melinda Mounsey	1996
Matt Napier	1996
Ewen Nichol	1996
Alex Olsen	1998
Sarah Pauley	1996
Anthony Pierangeli	1996
Jodi Pilcher	1994
Steve Proversano	1989
Tom Reese	1995
Katy Richards	1990, 91
Dathan Ritzenhein	2004
Andy Samuelson	1991
Heidi Scarlett	1995
Bret Schoolmeester	2004
Tim Schurman	1994
Sarah Scott	1989
Wendy Smith	1991
Michael Sobolik	1993
Holly Stanish	1995
Brian Steale	1995
Shawn Stone	1994
Kyle Swartz	1999
Zeke Tiernan	1995, 97
Brent VanSickle	1995

SECOND TEAM

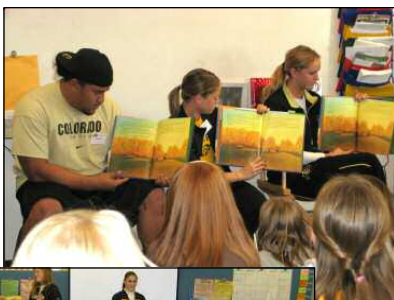
Sasha Abuan	2007
Patrick Backmann	2009
Megan Baker	2005
Brianne Beemer	2010
James Begley	2007
Amaris Buchanan	2001, 02
Amberly Casey	2005, 06
Greg Castro	2007
Niklas Cederstrom	2009
Anthony Chiulli	2005
Emma Coburn	2010
Mac Crawford	2009
Katie Dreher	2010
Vince Echavaria	2001
Dan Edwards	2008, 09
Kelly Fields	2000
Kali Gajewski	2010
Kendal Grgas-Wheeler	2005
Ashley Jackson	2002
Pete Janson	2005
Rachel Joy	2001, 02
Bradley Harkrader	2007
Chelsea Haverty	2008
Matt Herzl	2008
Lesley Higgins	2000, 02
Cassie Hirschfeld	2009
Cortney Hutmacher	2007
Andy Knutsen	2003
Jordan Kyle	2010
Eric Lee-O'Brien	2005
Anna Magle	2003, 05
Chynna McCall	2008, 09, 10
Richard Medina	2010
Chase Mullen	2003, 05
Kenyon Neuman	2008, 09, 10
Sunny Nordmarken	2000
Chelsea Peterson	2005
George Pincock	2005
Allison Sawyer	2009
Kyle Swartz	2000
Matt Tebo	2010
Christian Thompson	2009, 10
Jake Timmons	2010
Hannah Warfield-Ruffato	2005
A.J. Whitaker	2010
Ryan Willis	2007

COLORADO ACADEMIC PROGRAMS

STEPS

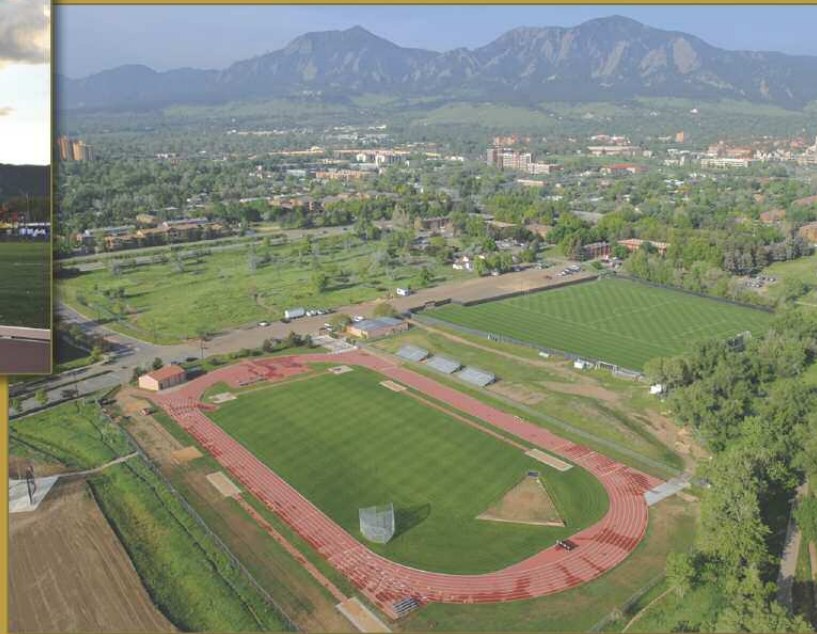
STEPS is a program designed to assist graduating student-athletes as they transition to life after the university setting. The program will have Department of Athletics staff and university faculty assist them in the following areas:

- **“Learn to Earn” with Alice Swanson, veteran of The Boulder Chamber of Commerce and currently of Leeds School of Business**
 - Interview Skills
 - Job Placement
 - Contract Negotiation
- **Personal Financial Planning with Susan Morley of Leeds School of Business**
 - *Playbook for Life*, the Student-Athlete’s Guide to Understanding and Planning Your Financial Future
- **Exit Interview with the Department of Athletics**
 - Student-Athletes discuss their CU experience with a senior level administrator in the Department of Athletics. (One-on-one interview and survey)
- **Career Services**
 - Resume / Folio 21
 - CSO On-line
 - Letters of Recommendation (4-6)
 - Job Fairs
 - Post-Graduation Test Preparation
- **Exit Physical**
 - Athlete completes final medical physical, reviews medical history with Office of Sports Medicine and discusses lingering injuries with Sports Medicine on coverage
- **Counseling and Psychological Services**
 - CU psychologist, Dr. Jan Johnson, offers one-on-one counseling sessions to athletes earning to cope with the impending life changes once their careers have ended.
- **Graduation Checklist**
- **Alumni C-Club**
 - Student-Athletes stay connected to CU through membership in the Alumni C-Club.
- **Post-Graduate Scholarships**
- **Professional Sports Counseling Panel**



READ WITH THE BUFFS

1. The University of Colorado and IBM work together to promote literacy in local elementary schools through the “Read With the Buffs” program.
2. Focus of the program is to:
 - a. Have CU student-athletes promote reading as the basis for success in school.
 - b. Promote the importance of school and doing your personal best.
3. Designated school districts are Boulder Valley and St. Vrain school districts.
4. Teacher’s Responsibilities:
 - a. Decisions:
 - i. It is suggested for students to compete against themselves, not others.
 - ii. Encourage students to read over the holidays.
 - iii. At the end of the program send into the athletic department a list of all students who have participated in “Read With the Buffs” successfully.
5. Student-athletes will visit the classroom for a 45-minute presentation.
 - a. Pencils, stickers and/or bookmarks will be given out to students who are able to answer the comprehension questions correctly after the book is read.
6. Student-athletes will deliver the message: do well in school, work hard, do your personal best, and importance of reading.
7. No more than two classrooms should be combined with one group of student-athletes.
8. One adult volunteer is assigned to two to three student-athletes.
9. CU pencils and bookmarks or stickers will be left for all students.
10. In addition, a T-shirt (autographed) will be left with each classroom teacher to hang up in the classroom as a continual reminder about “Read With the Buffs.”
 - a. The T-shirt will be for the classroom teacher to keep as a thank you for participating in “Read With the Buffs.”
11. Students who participate in the program and successfully meet the criteria, set by the teacher, will receive a ticket to attend either a men’s or women’s basketball game.
12. A special section will be set aside for all “Read With the Buffs” participants.
13. Two students will be on the court during halftime representing their classroom.



BUFF FACILITIES

