

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/Alsdorf/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.