

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 Scrutton	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 Scrutton	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.