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BUFFS AT A GLANCE

Location: Boulder, Colo.
Enrollment: 29,952
Elevation: 5,435 Feet above Sea Level
Colors: Silver, Black and Gold
Nickname: Buffaloes
Mascot: Ralphie V
Home Facilities: Balch Fieldhouse (Indoor), Potts Field (Outdoor)
NCAA Affiliation: NCAA Division I
Conference: Pac-12 (Joined 2011)
President: Bruce Benson
Chancellor: Phil DiStefano
Athletic Director: Mike Bohn
Senior Woman Administrator: Ceal Barry
University Switchboard: 303/492-0111
Athletic Department Phone: 303/492-7931

TRACK AND FIELD

Head Coach: Mark Wetmore (Rutgers '78)
Phone: 303/492-5227
Best Time to Reach: Mornings
Assistant Coaches: Heather Burroughs (Distance and Middle Distance); Casey Malone (Throws); Lindsey Malone (Combined Events/Jumps); Drew Morano (Sprints/Hurdles); Emily Pearson (Volunteer Combined Events)
Assistant Coach/Recruiting Coordinator: Billy Nelson (Distance and Middle Distance)
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2011 IN REVIEW:

Indoors

Big 12 Indoor Championships: Men 12th, Women 11th
NCAA Indoor Championships: Men NTS, Women 157th
Conference Champions (1): Emma Coburn (3k)
All-Americans (2): Emma Coburn (Mile), Joe Morris (60)

Outdoor

Big 12 Outdoor Championships: Men 8th, Women 10th
NCAA Outdoor Championships: Men 64th, Women 17th
Conference Champions (3): Joe Bosshard (5k, 10k), Emma Coburn (Steeplechase)
All-Americans (3): Joe Bosshard (5k, 10k), Emma Coburn (Steeplechase), Shalaya Kipp (Steeplechase)

CREDITS

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ON THE COVER

2012 Returning All-Americans: Joe Bosshard, Emma Coburn, Shalaya Kipp, Richard Medina and Joe Morris

Student-athletes have signed waivers disclosing their academic standing.



MARK WETMORE
Head Coach
Distance/Middle Distance
17th Season

Mark Wetmore enters his 17th season at Colorado and is the only NCAA Division I coach to win all four NCAA cross country titles at the same school.

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

Wetmore became CU's sixth head cross country and track and field coach on Nov. 6, 1995. He has tutored 51 individual conference champions and 10 individuals who have combined for 17 NCAA titles. Wetmore has coached 76 individuals to 225 All-American selections. He has produced 28 conference championship teams, most recently capturing the inaugural 2011 Pac-12 Men's and Women's Cross Country Championships.

Wetmore's distance runners have represented the United States at international competitions. During their collegiate careers, eight have qualified for the World Junior Cross Country Championships and seven have earned berths in the World Senior Cross Country Championships. Since 2000, eight Buffaloes have

combined for 11 spots on the U.S. Olympic Team roster, including then-CU student Jenny Barringer. Most recently Emma Coburn, a senior on the 2012 team, won the USATF steeplechase crown and earned a 13th-place finish at the 2011 IAAF World Championships in Korea.

His graduates have experienced post-collegiate success unrivaled by any NCAA distance program. Twenty-three of his athletes have earned professional running contracts and have combined for 11 USA Cross Country titles and 38 berths on U.S. teams that compete at the IAAF World Cross Country Championships. CU graduates have won 12 USATF Championships and 10 individuals have represented the U.S. at the IAAF World Track & Field Championships.

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

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



HEATHER BURROUGHS
Assistant Coach
Distance/Middle Distance
Eighth Season

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

Since joining the CU staff in 2004, Burroughs has coached 30 individual conference champions, 11 conference team championships, five individual national champions, three NCAA team champions and two USA National steeplechase champions including Emma Coburn and Olympian Jenny Barringer. Burroughs helped guide the Buffs to the inaugural Pac-12 Conference Men's and Women's Cross Country titles in the fall of 2011.

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

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



CASEY MALONE

Assistant Coach

Throws

12th Season

Casey Malone, a 1998 NCAA Discus Champion and two-time Olympian, is in his 12th season as the throws coach at Colorado.

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

Malone was the 1996 Junior National and Junior World Champion and finished sixth at the 1998 Goodwill Games. He competed in the 1996 Olympic Trials (18th), improving to ninth four years later at the trials. Malone was named to the U.S. roster when he finished third at the 2004 trials. He was the only American to advance to the finals at the Athens games, finishing sixth. Following the games, Malone competed on the European Grand Prix circuit. In Brussels he finished fourth, throwing 64 meters in the Golden League Meet and sixth in Berlin in the ISTAF Golden League Meet. He had earned enough Grand Prix points to compete in the World Athletic Final in Monaco, finishing seventh.

Malone took third at the 2008 trials, advancing to the Beijing Games where he placed 19th in the prelims. Malone won his first USATF championship in 2009 (213-03) and went on to take fifth at the IAAF World Championships in Berlin. Malone captured his second USATF title in 2010 and competed in five stops of the IAAF Samsung Diamond League, finishing sixth overall.

Malone has coached a pair of school record holders in the women's indoor weight throw (Cortney Hutmacher, 62-08.50) and men's indoor weight (Zach Hazen, 63-09.50) along with the men's outdoor weight throw (Hazen, 210-11). He has tutored six NCAA qualifiers, 12 regional qualifiers, six junior national qualifiers and several Big 12 scorers and champions.

The Wheat Ridge, Colo. native was born on April 6, 1977 and lettered in football, basketball and track at Arvada West. He graduated from CSU in 2000 with a degree in fine arts. Malone is married to the former Lindsey Malmgren, an assistant track & field coach at Colorado.



LINDSEY MALONE

Assistant Coach

Combined Events/Jumps

Fifth Season

Lindsey Malone is in her fifth year as the combined events and jumps coach at Colorado.

During her first year at CU, she guided long jumper Hugh Charles to the second longest jump in CU history at 25-03.25. He also placed seventh in the long jump at the 2008 USA Indoor Championships.

In 2010 she guided Adam Salzman, Eddie Taylor and Alex Von Hagen to finish fourth, seventh and eighth in the decathlon at the Big 12 Outdoor Championships, the first time that three decathletes scored for CU at a conference championship. Salzman has scored points for CU in the heptathlon and decathlon and set a personal best 5,282 points in the heptathlon at the 2011 Big 12 Indoor Championships.

On the women's side, Brianne Beemer has scored points for the Buffs at Big 12 Conference Championships in the pentathlon, heptathlon, 400-meter hurdles and distance medley relay. Beemer placed eighth in the pentathlon at the 2011 USATF Indoor Championships.

Prior to CU, Malone was an assistant at Colorado State University from 2001-07. She coached 14 Mountain West Conference Champions in the multis, jumps and hurdles earning her athletes several awards including: 2003 MWC Indoor Freshman of the Year, 2006 MWC Outdoor High Point, 2007 MWC Indoor High Point, 2007 Indoor Outstanding Performance of the Meet and the 2007 Outdoor High Point.

Malone continues to coach former CSU star Emily Pearson. In 2011, Pearson won her first international heptathlon title at the NACAC Championships in Kingston, Jamaica. Pearson has represented Team USA three times at the USA vs. Germany Thorpe Cup (2009-11). In 2010 Malone was appointed to coach Team USA at the Thorpe Cup Challenge alongside Rick McGuire.

Malone competed for CSU from 1998-2001, setting school records in the high jump and heptathlon. She competed in the high jump, pentathlon, heptathlon, javelin and 4x400 relay. Malone continues to high jump and has competed in three USA Championships (2002 outdoors, 2003 indoors and 2008 indoors).

Malone graduated from CSU in 2001, earning her bachelor's degree in education and painting. She is married to CU throws coach and two-time Olympian, Casey Malone.



DREW MORANO

Assistant Coach

Sprints & Hurdles

Third Season

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

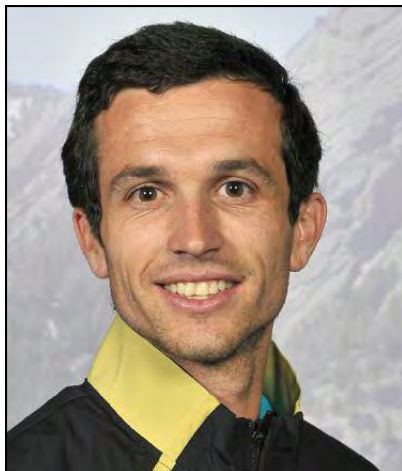
Morano has coached one of CU's all-time best sprinters in Jeremy Dodson. Dodson is the Buffaloes' indoor and outdoor 200-meter dash record holder and is a member of the record setting 4x100-meter relay team. Dodson qualified for nationals in 2010 in both the 100 and 200, as well as with the 4x100. He advanced to the 200 finals and earned his highest finish by placing fifth for this third All-American honor at CU. Dodson owned eight of the top 15 times in the 200; four of those during the 2010 season. Professionally Dodson went on to place third in the 200 at the 2011 USATF Championships, earning a spot on the U.S. roster for the IAAF World Championships in Daegu, South Korea.

The 4x100 relay had an excellent showing during the 2010 season, running the eighth best time in school history during the first round of nationals (39.91). The relay was 17th the following week in the semifinals.

Morano coached Joe Morris to the CU 60-meter record (6.63) in his first meet as a Buff in 2011 at the Potts Invite. Morris ran the fastest non-elevation time in school history at the NCAA Indoor Championships, running 6.66 in the prelims. He placed ninth to earn All-American honorable mention honors.

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

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



BILLY NELSON
Assistant Coach
Distance/Middle Distance
Recruiting Coordinator
Second Season

Billy Nelson, a 2008 Olympian, is in his second year as an assistant coach and recruiting coordinator for the Buffalo's cross country and track & field program.

Nelson, who runs professional with New Balance as his sponsor, won the 2011 USATF steeplechase crown, earning a spot on the U.S. roster for the IAAF World Championships. He was a decorated distance runner while at CU; earning All-American honors six times. He won three Big 12 titles while at CU, winning the indoor 5,000-meter run in 2006 and the steeplechase in 2007 and '08. Nelson was a part of the 2008 men's track and field team that won the first Big 12 outdoor title for CU, the first conference title since 1947.

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

As a member of the cross country team, he was a four-time All-Big 12 and three-time all-region honoree. Nelson was named the Big 12 Newcomer of the Year in 2002 and won the 2005 NCAA Mountain Region title, leading CU to its 12th consecutive region title.

Nelson was the 2003 USA Junior Cross Country Champion and Junior 5k champion. He was the top American at the World Junior Cross Country Championships with 26th-place finish.

The Taft, Calif. native graduated from CU in 2008 with a degree in ethnic studies. He ranks second on the all-time performers list in the steeplechase at CU (8:28.85) and has the third and fourth fastest time in school history.

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



EMILY PEARSON
Volunteer Assistant Coach
Combined Events/Jumps
Fourth Season

Emily Pearson is in her fourth year as a volunteer assistant coach at Colorado and is training with her former collegiate coach Lindsay Malone.

The La Junta, Colo. native has been competing professionally since graduating from Colorado State in 2008. At the USATF Indoor Championships she placed ninth in the pentathlon in 2009 and was sixth in 2011. At the USATF Outdoor Championships she has also seen success, this time in the heptathlon. She was 11th in 2009, fifth in 2010 and seventh in 2011. Pearson was chosen to represent the U.S. at the Thorpe Cup Team USA vs. Germany Combined Event Championships in 2009, '10 and '11, as well as the 2011 NACAC Combined Events Championships in Kingston, Jamaica where she won the individual title.

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

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

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

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

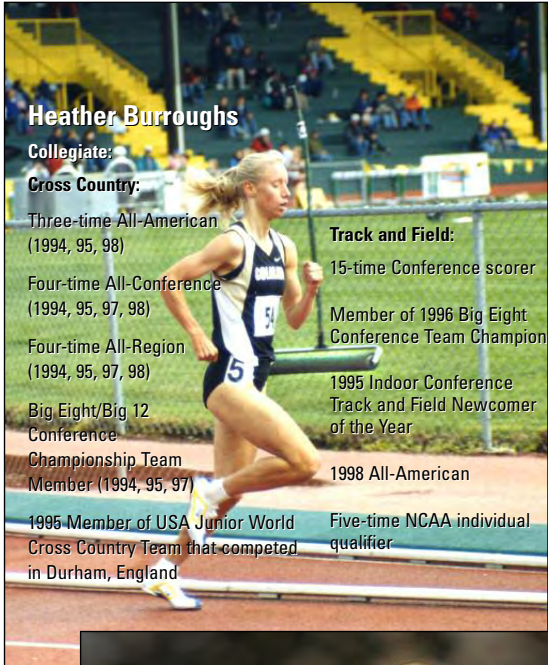


KAREN LECHMAN
Director of Operations
10th Season

Karen Lechman is in her fifth year as the director of operations, but her 10th year overall with the program as she was the administrative assistant prior to her promotion.

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

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



Heather Burroughs

Collegiate:

Cross Country:

Three-time All-American (1994, 95, 98)

Four-time All-Conference (1994, 95, 97, 98)

Four-time All-Region (1994, 95, 97, 98)

Big Eight/Big 12 Conference Championship Team Member (1994, 95, 97)

1995 Member of USA Junior World Cross Country Team that competed in Durham, England

Track and Field:

15-time Conference scorer

Member of 1996 Big Eight Conference Team Champion

1995 Indoor Conference Track and Field Newcomer of the Year

1998 All-American

Five-time NCAA individual qualifier



Lindsey Malone

Professional:

2003 U.S. Indoor National Championships (10th, High Jump)

2002 U.S. Indoor National Championships participant

Collegiate:

2001 Colorado State Heptathlon record

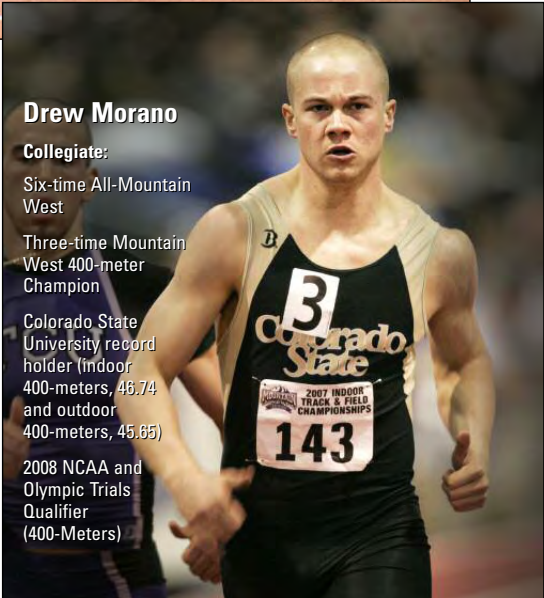
2001 Mountain West Conference Pentathlon (3rd)

1999 Set CSU Indoor High Jump record

1998 Tied CSU Outdoor High Jump record

1998 All-Western Athletic Conference (High Jump, 3rd)

Owns high jump stadium records at Northern Colorado and Colorado School of Mines



Drew Morano

Collegiate:

Six-time All-Mountain West

Three-time Mountain West 400-meter Champion

Colorado State University record holder (Indoor 400-meters, 46.74 and outdoor 400-meters, 45.65)

2008 NCAA and Olympic Trials Qualifier (400-Meters)



Emily Pearson (Combined Events)

Professional:

2011 NACAC Championships – 1st

2009, 10 and 11 Thorpe Cup participant

2011 Outdoor USA Championships – 7th

2011 Indoor USA Championships – 6th

2010 Outdoor USA Championships – 5th

2009 Outdoor USA Championships – 11th

2009 Indoor USA Championships – 9th

Collegiate:

2008 All-American (Heptathlon)

Colorado State University record holder (Heptathlon, 5,605; 4x100m relay, 45:29; indoor 4x400m relay)

2007 and 2008 MWC High Points Scorer

Two-time MWC Athlete of the Week

Five-time NCAA Midwest Region Qualifier (Javelin, 100-meter hurdles)

2008 NCAA Championship and Olympic Trials Qualifier (Heptathlon)



Casey Malone (Discus)

Professional:

Competed on the IAAF Samsung Diamond League series

2010 USATF Champion

Was the fifth best performer in the world and the top American for the 2009 season with a PR of 224-08

2009 IAAF World Athletic Final, Berlin (5th)

2009 USATF Champion

2008 Olympian

USA Championships (1st/2010, 1st/2009, 11th/2007, 2nd/2006, 5th/2005, 9th/2003, 5th/2002, 10th/2001, 8th/1999, 5th/1998, 8th/1997)

Olympic Trials (3rd/2008, 3rd/2004, 9th/2000, 18th/1996)

2004 Olympian (sixth)

2004 IAAF World Athletic Final, Monaco (7th)

2004 ISTAF Golden League Meet, Berlin (6th)

2004 Golden League Meet, Brussels (4th, 64m)

2003 IAAF World Athletic (10th, qualifying)

2002 Ranked fourth nationally

2002 Threw a career best 218-5 in Greeley, Colo., which is the farthest throw in Colo.

2000 Ranked seventh nationally

Collegiate:

1998 NCAA Champion

Four-time All-American (1996, 97, 98, 2000)

Three-time conference champion (Mountain West Conference meet record holder)

2000 NACAC Age 25 and Under Champion

1996 Junior National Champion and meet record holder



Billy Nelson (Steeplechase)

Professional:

2011 IAAF World Championship Participant

2011 USATF Champion

2010 USATF Cross Country Championships Participant

2010 USATF Championships – 5th

2009 USATF Championships – 13th

2008 Olympic Participant

2008 USATF runner-up

Collegiate:

Six-time All-American

Ranks second on the CU steeplechase performers list

2008 NCAA steeplechase runner-up

2008 NCAA Midwest Region steeplechase Champion

2007 and 08 Big 12 steeplechase Champion

2006 Big 12 Indoor 3k Champion

2003 USA Junior XC Champion

2003 IAAF World Junior XC Participant

2003 USA Junior 5k Champion



David Adamczyk
Equipment

David Adamczyk Assistant Equipment Manager • Second Season

David Adamczyk is in his fourth season as an assistant equipment manager at the University of Colorado, his second with track and field. Prior to CU, he served as an assistant equipment manager at Indiana University from 2006-08. Adamczyk earned his bachelor's degree in exercise science and sport from the University of Scranton in 2005 and earned his master's of science in athletic administration and sport management from IU in '08. Adamczyk was born on January 8, 1983 in West Point, N.Y. and graduated from James I. O'Neill High School in '01. He lettered in soccer, ice hockey, tennis and golf.



Erin Cunningham
Academics

Erin Cunningham Academic Counselor • Sixth Season

Erin Cunningham is in her sixth year as the assistant director in the office of academic support. Cunningham earned her degree in psychology in 2000 and her master's degree in speech communication in 2002, both from Colorado State. She was a four-year letterwinner on the cross country and track teams at CSU and competed in the NCAA Cross Country National Championship. Cunningham won the Western Athletic Conference Scholar Athlete Award from 1997-98 and received the Mountain West Conference Scholar Athlete Award 1999-2001. Prior to joining the athletic department, Cunningham was a professional academic counselor at CU. Born Oct. 12, 1977, in Boulder, Colo., she lettered in cross country, basketball and track & field at Boulder High School, where Cunningham graduated in 1996.



Craig Downing
Speed-Strength & Conditioning

Craig Downing Assistant Speed-Strength and Conditioning • Second Season

Craig Downing officially joined the Colorado Speed-Strength and Conditioning staff in October of 2009. He graduated from CU in 2009 with a pair of bachelor's degrees in integrative physiology and molecular, cellular and developmental biology. Downing is a certified Speed-Strength and Conditioning specialist and also has a certification from USAW. A native of Little Rock, Ark., Downing graduated from Little Rock Central High School in 2001. He enjoys climbing, lifting, fishing and playing guitar in his spare time.



Melisa Fazio
Athletics

Melisa Fazio Assistant Athletic Trainer • First Season

Melisa Fazio is in her fifth year as an Assistant Athletic Trainer at the University of Colorado, her first with the cross country and track & field programs. Prior to working at CU, she worked with the US Women's Alpine Ski Team during the 2006 season, and with Howard Head Sports Medicine in Vail, Colo. Fazio earned her undergraduate degree from Michigan State University in 2004 in kinesiology/athletic training. She earned her master's degree in kinesiology and health promotions/athletic training from the University of Kentucky in 2006. Fazio graduated from Midland High School (Mich.) in 1999.



Josh Schuler
Speed-Strength & Conditioning

Josh Schuler Assistant Speed-Strength and Conditioning • Second Season

Josh Schuler is in his second year as an assistant speed-strength and conditioning coach at Colorado, joining the staff in June, 2010. This is Schuler's second time at CU as he was an intern during the 2007-08 athletic season. Schuler earned his master's degree from Auburn in 2010 after serving as a graduate assistant for two seasons. He was also a student assistant at Iowa State from 2004-07 while earning his bachelor's. Schuler has two certifications, SCCC and USAW. Born in Muscatine, Iowa, Schuler enjoys hunting, fishing and weight-lifting and was a national caliber 110-meter hurdler in middle school. He lettered in football, wrestling and soccer before graduating from MHS in 2002.



Linda Sprouse
Sports Information

Linda Sprouse Assistant Sports Information Director • Seventh Season

Linda Sprouse is in her sixth season as the assistant sports information director for the CU cross country/track and field team. She also works with the volleyball program at Colorado. Sprouse served as the Big 12 Outdoor Track & Field Championship Media Coordinator when the Buffs hosted the championship in 2008. Prior to joining CU, she served as the coordinator of media relations for the American Volleyball Coaches Association from 2003-05, working primarily with NCAA women's Division II and III and men's Division III volleyball programs. Sprouse served as a graduate assistant in the athletic communications office at Minnesota State University from 2001-03. She worked with several of the Mavericks' programs, including volleyball, women's ice hockey and women's basketball. Sprouse earned her bachelor's degree in Mass Communications from MSU in 2001 and completed her master's of science in sport administration from MSU in December '07. A native of New Ulm, Minn., she earned two letters as a member of the tennis team. The former Linda Poncin is married to Nick Sprouse.

INDOOR

December 7	Black and Gold Intra-Squad	Balch Fieldhouse	Boulder, Colo.
January 20-21	Potts Indoor Invitational	Balch Fieldhouse	Boulder, Colo.
January 28	Air Force Team Challenge	Cadet Field House	USAFA, Colo.
February 3-4	New Mexico Classic	Albuquerque Convention Center	Albuquerque, N.M.
February 9-11	Iowa State Classic	Lied Recreational Center	Ames, Iowa
February 10-11	Air Force Collegiate Invitational	Cadet Field House	USAFA, Colo.
February 10-11	Husky Classic	Dempsey Indoor	Seattle, Wash.
February 17	CSM Twilight Open	Steinhauer Fieldhouse	Golden, Colo.
February 24-25	Mountain Pacific Sports Federation Championships	Dempsey Indoor	Seattle, Wash.
March 3-4	Last Chance Qualifiers	TBA	TBA
March 9-10	NCAA Indoor Championships	Jacksons Track	Nampa, Idaho

OUTDOOR

March 16-17	Potts Invitational	Potts Field	Boulder, Colo.
March 30-31	Jim Click Shootout Combined Events	Drachman Stadium	Tucson, Ariz.
April 6-7	Stanford Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
April 13-14	CU Invitational	Potts Field	Boulder, Colo.
April 19-21	Mt. Sac Relays	Hilmer Lodge Stadium	Walnut, Calif.
April 26-27	Glenn Morris Combined Events	Jack Christiansen Track	Fort Collins, Colo.
April 27-28	Jack Christiansen Invitational	Jack Christiansen Track	Fort Collins, Colo.
April 28	Cardinal Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
May 5-6	Pac-12 Combined Events Championships	Hayward Field	Eugene, Ore.
May 5	Front Range Classic	Cadet Outdoor Track & Field Complex	USAFA, Colo.
May 12-13	Pac-12 Outdoor Championships	Hayward Field	Eugene, Ore.
May 25-26	NCAA West Preliminary Championships	Mike A. Myers Track Stadium	Austin, Texas
June 6-9	NCAA Outdoor Championships	Drake Stadium	Des Moines, Iowa
June 22-July 1	USA Track and Field Olympic Trials	Hayward Field	Eugene, Ore.

* Schedule is tentative and subject to change

The University of Colorado track and field teams start an exciting era as the 2012 season marks the first year as a member of the Pac-12 Conference (outdoor) and Mountain Pacific Sports Federation (indoor). The Buffs start the season by hosting the Potts Indoor Invitational on January 19-21 at Balch Fieldhouse. It is CU's only home meet of the indoor campaign. The Buffs will host a pair of outdoor meets, the Potts Outdoor Invitational, March 16-17, and the Colorado Invitational, April 13-14, at Potts Field.

DISTANCE

Colorado has made a name for itself as a distance school under the direction of head coach Mark Wetmore and assistant coach Heather Burroughs. The Buffs are fresh off winning the inaugural Pac-12 Conference Cross Country Championships (men and women). The men also placed third at the NCAA Cross Country Championships while the women were 11th overall.

The men have a strong core group that will lead the team in seniors Richard Medina, Christian Thompson and Andy Wacker, as well as junior Joe Bosshard. Medina is a two-time All-American, earning the honor in 2010 in the 5k and in 2011 on the cross country course. Wacker has been an All-American on the cross country course twice (2010 and 2011) and Bosshard is a five-time All-American, twice in cross country and three times on the track. He was sixth in the 10k in 2010 and in 2011 was a second team selection in the 5k (13th). He was eighth in the 10k for first team honors in 2011.

Thompson redshirted the 2011 outdoor season and looks to make his mark on the steeplechase, his signature event, in his final season of eligibility. Thomson competed at the NCAA Championships in the steeplechase, finishing 20th overall in 2009. He will have some help from junior Aric Van Halen, who placed fourth at the Big 12 Championship in 2011, and junior Jonny Stevens who was ninth at the conference meet.

NCAA and USATF Steeplechase Champion Emma Coburn will lead the Buffs in her final season. She earned All-American honors in 2011 in the indoor mile, placing eighth overall, and won the 2011 NCAA Steeplechase crown. In total she has four All-American honors to her name, including one from this past cross country season. She will be

joined by junior Shalaya Kipp, who has earned four All-American honors (two in cross country and two in the steeplechase). Kipp placed third in the steeplechase in 2011.

Junior Camille Logan scored for CU in the 10k at the final Big 12 Outdoor meet, placing sixth overall. Jessica Pixler, will return for her final season of eligibility during the outdoor season. She has a great deal of range, competing at a high level in the 800, 1,500 and 5,000 and will play a big part in the Buffs' outdoor success.

MIDDLE DISTANCE

Coaches Wetmore and Burroughs have a talented group of middle distance runners as well. Junior Matthew Biegner and senior Steven Kasica once again will lead the men's group. Both have shown a great deal of improvement through the years. Kasica has become one of CU's top 800-meter performers, currently ranking fourth on the indoor list and 10th outdoors.

The women also look quite strong in the middle distances. Junior Elizabeth Tremblay ranks second on Colorado's indoor 800-meter performers list and is third on the outdoor 800 list. She was second at the Big 12 Indoor Championships (800 meters) and placed third at the outdoor meet. Senior Katie Cumming is strong in the mile and the 1,500 and will look to pick up a lot of points for CU in those events. Junior Staci Foster helped CU last season during the indoor season, placing seventh at the Big 12 Indoor Championships.

JUMPS/COMBINED EVENTS

Assistant coach Lindsey Malone is in her fifth year at the helm of the combined events and jumps program. Senior Adam Salzmann, one of her first two recruits at CU, will return for his final season, competing only in the decathlon during the outdoor campaign. Senior Eddie Taylor will also be in his final season, although he has both indoor and outdoor seasons to compete.

Senior Katie Dreher and redshirt juniors Brianne Beemer and Alyssa Frank will lead the women. All three have been showing a great deal of improvement over the last few years and are on the cusp of scoring



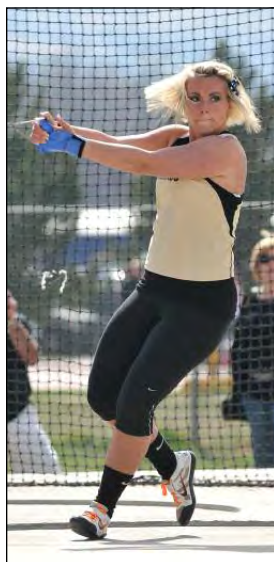
Emma Coburn



Katie Dreher



Stephen Kasica



Adrienne Lettow



Joe Morris

for CU. Beemer earned All-Big 12 honors in 2010, finishing seventh in the pentathlon and heptathlon and will look to add some Pac-12 honors to the list this spring.

SPRINTS/HURDLES

Assistant coach Drew Morano is in his third season at the helm of the Buffalo sprinters and has a group of athletes that are led by juniors Joe Morris and Kyle MacIntosh. Morris was a second-team All-American in the indoor 60, finishing ninth at the NCAA Championships. MacIntosh has been part of CU's relays which have done quite well in recent years. He will look to score his first points individually for the Buffs. Matthew Butcher, a senior transfer from Oregon, could make an immediate impact for CU. He was an All-American in 2010, helping the Ducks' 4x400-meter relay to a sixth-place finish at the indoor championships.

The women are very young with six freshmen and two sophomores. Freshmen Eileen Gehring and Bridget Sweeney look to lead the group and will receive assistance from the upper classmen, senior Amber Rozier and sophomores Lindsey Hubbard and Rachael Opgenorth.

THROWS

Casey Malone, a 2004 and 2008 Olympian and two-time USA Discus Champion, will lead the Buff throwers for the 12th season. Senior Niklas Cederstrom, juniors Dane Chobanian and Cameron Hutchins and sophomore Alex Kizirian are all looking to have breakout seasons for the Buffs this spring. They have made huge improvements during the offseason and hope to have that momentum carry into the 2012 campaign.

The women will be led by junior Emily Hunsucker, who became the second best CU performer in the hammer throw and the fourth best CU performer in the weight throw last season. Senior Kirsten Wicks and sophomores Kajsa Bank, Adrienne Lettow and Kellie Lind will help Hunsucker build the throws program this season. The addition of freshman Sophie Hallam-Eames will add a lot of depth to the women's side.

THE MEET SCHEDULE

CU officially kicks off the indoor season at the Potts Indoor Invitational and will stay on the Front Range for most of the indoor season. A group of athletes will compete at a pair of meets at the University of Washington and some will compete at the New Mexico Classic.

Washington will host the 2012 Mountain Pacific Sports Federation Championships in Seattle, Wash., February 24-25. CU joined the MPSF as the Pac-12 does not host an indoor championship for track and field. The following weekend CU will send athletes to a variety of last chance meets to qualify for the NCAA Indoor Championship, March 9-10, in Boise, Idaho.

As soon as the indoor season is over, the Buffs will switch gears to the outdoor campaign, hosting their first of two meets at Potts Field, March 16-17, the Potts Invitational. The second home meet is the Colorado Invitational, April 13-14.

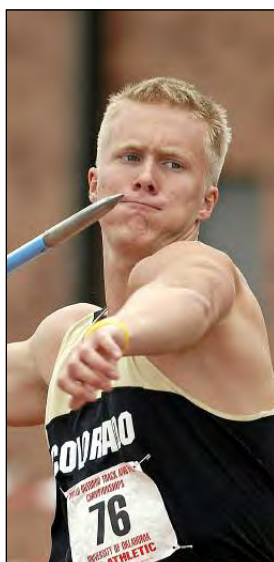
As usual CU will compete at several meets along the Front Range in Fort Collins, Colo. and at the Air Force Academy. The Buffs won't just stay regional as several athletes will have the opportunity to compete at a pair of meets at Stanford and the prestigious Mt. SAC Relays.

Oregon will host the inaugural Pac-12 Outdoor Track & Field Championships at Hayward Field in Eugene, Ore. The combined events portion of the meet will be contested May 5-6, while all other event areas will compete May 12-13.

Texas will host the NCAA West Preliminary Championships, May 25-26, at Mike A. Myers Stadium. The 2012 NCAA Outdoor Championship is June 6-9 in Des Moines, Iowa, with Drake University hosting the championships. The U.S. Track & Field Olympic Trials will be hosted by UO June 22-July 1.



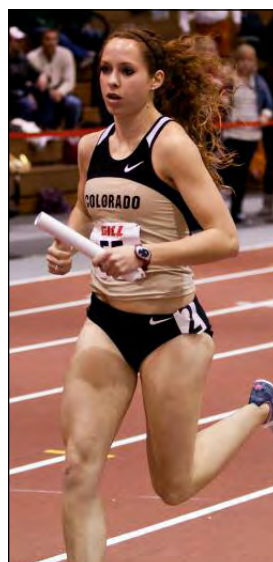
Rachel Opgenorth



Brian Owens



Adam Salzmann



Elizabeth Tremblay



Andy Wacker

2012 Track And Field Rosters

MEN	Ht.	Yr.	In/Out	Event(s)	Hometown (High School/Previous College)
Tyler Baker	5-11	Fr./So.	RS/VR	Hurdles	Santa Rosa, Calif. (Marin Carrillo)
Blake Berens	5-11	Fr./So.	RS/VR	Sprints	Loveland, Colo. (Loveland)
Matthew Biegner	6-4	Jr.	VR/VR	Middle Distance	Broomfield, Colo. (Broomfield)
Joe Bosshard	6-0	Jr.	1L/2L	Distance	Crested Butte, Colo. (Crested Butte Academy)
Matthew Butcher	6-0	Sr.	TR/TR	Sprints	Longmont, Colo. (Longmont/Oregon)
Garrett Carmichael	5-10	So./Fr.	VR/RS	Middle Distance	Nashville, Tenn. (Ensworth)
Niklas Cederström	6-3	Sr.	VR/VR	Throws	Greeley, Colo. (Greeley Central)
Dane Chobanian	6-7	Jr.	VR/VR	Throws	San Diego, Calif. (Scripps Ranch)
Cameron Clayton	6-2	Sr.	VR/VR	Distance	Superior, Colo. (Monarch)
Jason DeWitt	6-3	So.	VR/VR	Combined Events	Arvada, Colo. (Ralston Valley)
Hugh Dowdy	6-1	Fr.	VR/RS	Distance	Petaluma, Calif. (Petaluma)
Brock Emory	6-4	Jr.	VR/VR	Combined Events	Colorado Springs, Colo. (Fountain Fort Carson)
Shaw Gifford	6-1	So.	TR/TR	Sprints	Littleton, Colo. (Chatfield)
Michael Goodger	5-11	Fr.	VR/RS	Distance	Carlsbad, Calif. (Carlsbad)
Cameron Hutchins	6-6	Jr.	VR/VR	Throws	Centennial, Colo. (Arapahoe)
Jake Hurysz	5-10	So.	TR/TR	Middle Distance	Mebane, N.C. (Eastern Alamance/UNC)
Mark Jones	6-8	Fr.	HS/HS	Combined Events/Jumps	Summit, N.J. (Summit)
Stephen Kasica	6-2	Sr.	1L/1L	Middle Distance	Grand Junction, Colo. (Fruita Monument)
David Kilgore	5-8	Fr.	HS/HS	Distance	Palm Bay, Fla. (Holy Trinity)
Alexandre Kizirian	6-2	So.	VR/VR	Throws	Thornton, Colo. (Mountain Range)
Kyle MacIntosh	6-2	Jr.	VR/1L	Sprints	Littleton, Colo. (Littleton)
Martin Medina	5-6	Sr./Jr.	VR/VR	Distance	Grand Junction, Colo. (Grand Junction)
Richard Medina	5-5	Sr.	2L/3L	Distance	Grand Junction, Colo. (Grand Junction)
Joe Morris	5-11	Jr.	VR/VR	Sprints	Golden, Colo. (Golden/Tennessee)
Ammar Moussa	5-7	Fr.	HS/HS	Distance	Arcadia, Calif. (Arcadia)
Pierce Murphy	5-8	Fr.	HS/HS	Distance	Hanalei, Hawai'i (Island)
Brian Owens	6-4	So.	VR/1L	Javelin	Elmer, N.J. (Woodstown)
Jerome Perkins	6-3	Jr.	VR/VR	Distance	Franklin Lakes, N.J. (Indian Hills)
Blake Reimer	6-0	So.	VR/VR	Sprints	Fort Collins, Colo. (Fort Collins)
Brady Rutt	6-1	Fr.	HS/HS	Throws	Hastings, Neb. (Hastings)
Adam Salzmann	6-5	Sr.	1L/2L	Combined Events	Wheat Ridge, Colo. (Wheat Ridge)
Ryan Savercool	5-11	So.	VR/VR	Distance	Chester, N.J. (Mendham)
Dillon Shije	5-8	So.	VR/VR	Distance	Zia Pueblo, N.M. (Sandia Preparatory)
Jonny Stevens	6-3	Jr.	1L/VR	Distance	Vail, Colo. (Battle Mountain)
Eddie Taylor	6-1	Sr.	VR/1L	Combined Events	Detroit Lakes, Minn. (Detroit Lakes)
Blake Theroux	5-8	Fr.	VR/RS	Middle Distance	Chesapeake, Va. (Western Branch)
Christian Thompson	5-10	Sr.	VR/2L	Distance	Candor, N.Y. (Candor)
Jake Timmons	6-3	Sr./Jr.	VR/VR	Jumps	Franktown, Colo. (Ponderosa)
Aric Van Halen	5-11	Sr./Jr.	VR/1L	Distance	Los Angeles, Calif. (Oakwood)
Andy Wacker	5-11	Sr.	VR/2L	Distance	Pinehurst, N.C. (Pinecrest)
Garrett Ward	6-0	So./Jr.	VR/VR	Distance	Pleasanton, Calif. (Amador Valley)
Jeff Warren	5-9	Jr./So.	VR/VR	Distance	Highlands Ranch, Colo. (Mountain Vista)
Connor Winter	5-11	Fr.	HS/HS	Middle Distance	Centennial, Colo. (Arapahoe)

PRONUNCIATION GUIDE

Matt BIEGNERbig-ner	Alexandre KIZIRIAN.....KEH-zeer-E-ian
Joe BOSSHARDboss-HARD	Ammar MOUSSA.....MOO-sah
Dane CHOBANIAN.....CHOO-bay-NE-an	Blake REIMER.....REAM-er
Michael GOODGERGOOD-ger	Dillon SHIJE.....SHE-hay
Stephen KASICA.....KAH-si-CA	Blake THEROUX.....THER-row

TRACK & FIELD 2012 Track And Field Rosters

WOMEN	Ht.	Yr.	In/Out	Event(s)	Hometown (High School/Previous College)
Kajsa Bank	5-8	So.	VR/VR	Throws	Louisville, Colo. (Monarch)
Rachel Baptista	5-4	Fr.	HS/HS	Distance	Austin, Texas (Austin)
Brianne Beemer	5-7	Jr.	RS-1L/2L	Combined Events	Loveland, Colo. (Mountain View)
Courtney Bouchet	5-4	So./Jr.	VR/VR	Distance	Estes Park, Colo. (Estes Park)
Emma Coburn	5-8	Sr.	2L/3L	Distance	Crested Butte, Colo. (Crested Butte)
Katie Cumming	5-6	Sr./Jr.	2L/1L	Middle Distance	Hudson, Wis. (Hudson)
Lara Darco	5-6	Sr.	VR/VR	Distance	Walpack, N.J. (Pope John XXIII Regional/Brown)
Nicki DeSouchet	5-5	Fr.	HS/HS	Middle Distance	Alamosa, Colo. (Alamosa)
Katharine Dreher	5-7	Sr.	VR/VR	Combined Events	Salida, Colo. (Salida)
Emily Elliott	5-6	Fr.	HS/HS	Sprints	Windsor, Colo. (Fort Collins)
Kelsey English	6-2	Fr.	HS/HS	Jumps	Colorado Springs, Colo. (Doherty)
Staci Foster	5-6	Jr./So.	VR/1L	Middle Distance	Anaheim Hills, Calif. (Orange Lutheran)
Alyssa Frank	5-9	Jr.	RS/RS	Combined Events	Union, Ky. (Ryle)
Eileen Gehring	5-6	Fr.	HS/HS	Sprints	Madison, Wis. (Edgewood)
Diana George	5-9	So.	VR/VR	Distance	Livermore, Calif. (Livermore)
Sophie Hallam-Eames	6-3	Fr.	HS/HS	Throws	Seattle, Wash. (Nathan Hale)
Lindsey Hubbard	5-5	So./Fr.	VR/RS	Sprints/Hurdles	LaSalle, Colo. (Valley)
Emily Hunsucker	5-6	Jr.	VR/VR	Throws	Arvada, Colo. (Pomona)
Kara Hyde	5-9	Fr.	HS/HS	Sprints/Hurdles	Forney, Texas (Forney)
Shalaya Kipp	5-7	Jr.	1L/2L	Distance	Salt Lake City, Utah (Skyline)
Margaux Krahe	5-8	Fr.	HS/HS	Throws	Bethel Park, Pa. (Bethel Park)
Adrienne Lettow	5-8	So.	VR/VR	Throws	Arvada, Colo. (Valley)
Brittany Lewis	5-8	Fr.	HS/HS	Combined Events	Aurora, Colo. (George Washington)
Kellie Lind	5-8	So.	VR/VR	Throws	Gig Harbor, Wash. (Gig Harbor)
Camille Logan	5-6	Jr.	VR/1L	Distance	Littleton, Colo. (Littleton)
Nikki Look	5-2	So.	VR/VR	Middle Distance	Castle Rock, Colo. (Douglas County)
Lindsay Mattson	5-9	Fr.	HS/HS	Sprints	Grand Rapids, Minn. (Grand Rapids)
Genny Mayden	5-9	So.	VR/VR	Combined Events	Nashville, Tenn. (Ensworth)
Catrina McAlister	5-3	Fr.	HS/HS	Middle Distance	San Clemente, Calif. (Arcadia)
Allie McLaughlin	4-10	So.	RS/RS	Distance	Colorado Springs, Colo. (Air Academy)
Jessica McLaughlin	5-4	Sr.	VR/VR	Javelin	Elizabeth, Colo. (Elizabeth)
Lainey Nash	5-8	Fr.	HS/HS	Sprints/Hurdles	Beaverton, Ore. (Southridge)
Holly Odneal	5-10	Jr.	VR/VR	Combined Events	Palisade, Calif. (Palisade)
Rachel Opgenorth	5-6	So.	VR/VR	Sprints	Denver, Colo. (Cherry Creek)
Becky Popiel	5-0	Sr.	VR/VR	Distance	Montclair, N.J. (Montclair)
Gwen Ricco	5-10	Jr.	TR/TR	Combined Events	Dallas, Texas (Highland Park/Wake Forest)
Amber Rozier	5-4	Sr./Jr.	VR/VR	Sprints/Hurdles	Pearland, Texas (Pearland)
Jana Stolting	5-7	So.	TR/TR	Distance	Tallahassee, Texas (Maclay/San Francisco)
Bridget Sweeney	5-7	Fr.	HS/HS	Sprints	Hopkins, Minn. (Hopkins)
Jessica Tebo	5-6	Gr.	VR/VR	Distance	Sammamish, Wash. (Seattle Pacific)
Abrianna Torres	5-7	Fr.	HS/HS	Combined Events	San Luis Obispo, Calif. (San Luis Obispo)
Elizabeth Tremblay	5-7	Jr.	2L/1L	Middle Distance	Loveland, Colo. (Thompson Valley)
Rachel Viger	5-5	Fr.	RS/RS	Distance	Fort Collins, Colo. (Fort Collins)
Kirsten Wicks	6-2	Sr.	VR/VR	Throws	Wheaton, Ill. (Wheaton)
Saeko Yuda	5-4	Fr.	HS/HS	Distance	Shizuoka, Japan (Suma)

PRONUNCIATION GUIDE

KAJSA Bank.....KI (like high)-sa	GENNY Mayden.....Jenny
Brianne BEEMER.....BEAM-er	Holly ODNEAL.....Odd-kneel
Courtney BOUCHET.....BOO-shay	Amber ROZIER.....ROW-zier
Lara DARCO.....DAAR-Koh	Rachel VIGER.....VEE-jay
Nicki DESOUCHET.....DE-Sioux-shay	SAEKO Yuda.....SAL-e-Koh
MARGAEX Krahe.....Margo	

TYLER BAKER



Sprints/Hurdles
Freshman/Sophomore,
RS/VR
Santa Rosa, Calif.
(Maria Carrillo)

PERSONAL BESTS

OUTDOOR

400 Meters: 50.09 (2010)
 400 Meter-Hurdles: 53.65 (2011)

2011: *Indoor:* Did not compete.

Outdoor: Baker competed in the 400-meter hurdles for CU four times. He set a personal record of 53.65 at the CU Invite (4/11) and placed third overall. He also took third in the B section at the LSU Alumni Gold meet (4/23) and at the Potts Invite (3/19).

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

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

IN THE CLASSROOM: Baker is an arts and sciences open major. He was a member of the Big 12 Commissioner's Honor Roll.

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

BLAKE BERENS



Sprints
Freshman/Sophomore,
RS/VR
Loveland, Colo.
(Loveland)

PERSONAL BESTS

OUTDOOR

100 Meters: 11.10 (2011)
 200 Meters: 21.63 (2010)
 400 Meters: 49.90 (2011)

2011: *Indoor:* Did not compete.

Outdoor: Berens competed in the 100 and 400-meter dashes, but mostly concentrated on the 200. He raced his fastest time of the season (22.04) at the Jack Christiansen Invite (4/23) and earned a fourth-place finish. Berens' second fastest time of the year was 22.05 which he raced the previous week at the CSU-Pueblo Open. He had personal records in the 100 (11.01 at the Jack Christiansen Invite) and the 400 (49.90 at the CSU-Pueblo Open).

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

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

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

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

MATT BIEGNER



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

PERSONAL BESTS

INDOOR

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

OUTDOOR

800-Meters: 1:51.16 (2011)
 1,500-Meters: 3:51.76 (2010)

HONORS

Academic All-Big 12 (2010, 11)

2011: *Indoor:* Did not compete.

Outdoor: Biegner focused on the 800-meter run during the outdoor season. He clocked a personal record of 1:51.16 at the Oregon Twilight (5/6) and placed sixth in the process. That time was the fourth fastest by a Buff during the 2011 outdoor campaign. Biegner earned his best finish of the season when he took second at the Jack Christiansen Invite (4/23) with a time of 1:51.73.

2010: *Indoor:* Biegner was one of CU's top middle distance runners. He won the mile at the Potts Invite (1/23) with a time of 4:26.90 and the 800 at the Don Barrett Duals (1/30) with a time of 1:54.53. Biegner earned his personal best in the mile at the Husky Classic (2/13). His time was 4:09.44 and he took 14th overall in the unseeded section. Biegner debuted in the 1,000 at the Big 12 meet. He just missed the finals as he took ninth overall with a time of 2:27.23. The time placed him eighth overall on the performers list. *Outdoor:* Once again Biegner hit the track hard, concentrating on the 800 and 1,500. He ran a season-best of 1:51.97 in the 800 at the CU Invite (4/10). Biegner's top time in the 1500 was at the Mt. SAC Relays (4/16). He clocked a time of 3:51.76 and was 41st in the university/open division. Biegner ran in both the 800 and 1500 at the conference meet. He was 26th in the 800 (1:55.03) and took 14th in the 1500 (3:52.59).

2009: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Biegner ran in three races for the Buffs as a junior. He was 15th overall at the Rocky Mountain Shootout, finishing with a time of 26:35. Biegner led the Buffs at the Santa Clara Bronco Invite, crossing the finish in 17th place. His last meet of the season was the inaugural Pac-12 Championships where he took 50th overall. (2010) Biegner earned a spot on the varsity roster as a sophomore. He was 31st at the Rocky Mountain Shootout, 29th at the NCAA Pre-National Meet, 47th at the Big 12 Championship, 60th at regionals and finished the season 234th at nationals. Biegner's fastest 8k time of the season was 25:46.30 at the Big 12 meet. (2009) Biegner ran in three races. He was 59th at the Rocky Mountain Shootout

and took 24th at the Fort Hays Invite. Biegner ran unattached in his final race of the season and took 30th at the Rocky Mountain Athletic Conference open race. (2008) Biegner ran in two open races. He was the 32nd to finish the Rocky Mountain Shootout in 28:06. Biegner was third in the (21:05.85) 6k at the Air Force Open.

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

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

IN THE CLASSROOM: Biegner is majoring in business and is also interested in pre-med. He owns a GPA greater than 3.5 and was a member of the Big 12 Commissioner's Honor Roll. Biegner was named to the Academic All-Big 12 First Team in 2010 and 11. He was a member of the honor roll and National Honor Society in high school.

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

JOE BOSSHARD



Distance
Junior, 1L/2L
Crested Butte, Colo.
(Crested Butte Academy)

PERSONAL BESTS

INDOOR

3,000 Meters: 8:09.22 (2011)
 5,000 Meters: 13:49.59 (2011)

OUTDOOR

800 Meters: 2:04
 1,500 Meters: 3:52.24 (2011)
 5,000 Meters: 13:34.44 (2011)
 10,000 Meters: 28:41.56 (2011)

BIG 12 SCORING

2010 (O) 10,000-Meter Run, 6th (29:31.68)
 2011 (I) 3,000-Meter Run, 4th (8:09.22)
 2011 (I) 5,000-Meter Run, 3rd (13:51.65)
 2011 (O) 5,000-Meter Run, 1st (13:50.62 – meet record)
 2011 (O) 10,000-Meter Run, 1st (28:52.85 – meet & stadium record)

NCAA CHAMPIONSHIP SCORING

2010 (O) 10,000-Meter Run, 6th (28:59.87)
 2011 (O) 10,000-Meter Run, 8th (28:41.56)

HONORS

2010 10k All-American
 2011 5k All-American (Second Team)
 2011 10k All-American (First Team)
 CU Athlete of the Week (5/3/11, 5/18/11, 6/13/11)
 Academic All-Big 12 (2011)

CAREER UPDATE: Bosshard stormed into the CU record books during the 2011 season. He ranks seventh in the indoor 5k (13:49.59), sixth in the outdoor 5k (13:34.44) and fourth in the 10k (28:41.56) on the performers list. Bosshard won the 5k and 10k Big 12 titles during the 2011 season, becoming the first CU male to pull off the double-double. He did it in style, winning the 5k in meet record time (13:50.62), breaking former Buff great Brent Vaughn's record, and taking home the 10k crown in meet and stadium record time (28:52.85). Bosshard is a three-time All-American on the track, twice in the 10k and once in the 5k.

2011: Indoor: Bosshard recorded the top two 5k times by a Buff. He became the fifth fastest CU performer for the indoor 5k after finishing in 13:49.59, the ninth best in school history, at the Husky Classic (2/12). Bosshard scored for CU at the final Big 12 Indoor Championships in both the 3k and 5k. He placed third in the 5k with the second fastest CU time of the year of 13:51.65 and was fourth in the 3k with a time of 8:09.22.

Outdoor: Bosshard continued to shine during his sophomore season, leading the Buffs in the 5k and 10k. He won the 10k at the Stanford Invite (3/25) in 29:10.85. At the Cardinal Invite (5/1) Bosshard finished the 5k with the 12th-fastest time in school history at 13:34.57. He helped the Buffs finish the Big 12 era in style, capturing both the 5k and 10k individual crowns. Bosshard started the meet by winning the 10k title in meet and stadium record time (28:52.85). He followed that up by winning the 5k in another meet record of 13:50.62. Bosshard qualified for the NCAA West Preliminary Championships in both events, placing third in the 5k (13:34.44) and eighth in the 10k (29:15.57). With those finishes, Bosshard advanced to the finals at the NCAA Championships. He raced to an eighth-place finish in the 10k with the fourth fastest time in CU history (28:41.56) while earning All-American honors. Just one day later he placed 13th in the 5k (13:55.67) and earned All-American Second Team honors.

2010: Indoor: Did not compete.

Outdoor: Bosshard's debut in the 5k was at the Mt. SAC Relays. He ran a season-best mark of 14:07.31. At the Big 12 Outdoor Championship and NCAA West Preliminary, Bosshard raced in both the 5k and 10k runs. He ran a time of 29:31.68 in his 10k debut, which scored points for CU with a sixth-place finish. It was one of the fastest debuts by a CU freshman and ranks 18th on the CU all-time performers list. Two days after the 10k, Bosshard barely missed picking up more points for CU in the 5k with a ninth-place finish (14:14.15). He advanced to the NCAA West Prelims in the 5k and 10k two weeks later. He finished seventh overall in the 10k, with an automatic bid to advance to nationals (29:40.29). Bosshard followed that up with another great performance in the 5k (14:21.04) but was 17th. At the NCAA Championship, Bosshard gave another strong performance. He ran a time of 28:59.87 to place sixth overall for his first-ever All-America honor. The time also made him the 10th fastest performer in the event and was the fastest by a Buff during the 2010 season.

2009: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Bosshard ran in two meets for the Buffs, but he made them count. He helped CU win the inaugural Pac-12 team title after finishing ninth (CU's third scorer). Bosshard was the alternate on the regional squad, but was back in the line-up at NCAAs and earned his second All-American honor with a 24th-place finish. Bosshard was also named to the All-Pac-12 First Team. (2010) Bosshard led CU in four of its five varsity races. He won the Rocky Mountain Shootout with the sixth fastest time in course history (24:44). Bosshard earned all-confer-

ence and all-region honors by placing sixth and eighth, respectively, in those races and was named an All-American after finishing 26th at the NCAA Championship. He was named the CU Athlete of the Week for that performance. (2009) Bosshard earned his way onto the varsity roster after winning the Fort Hays State Open. He crossed the finish in 24:09.73 and was named the CU Athlete of the Week as well as the Big 12 Runner of the Week for his performance. Bosshard was 19th at the Big 12 Championship and earned his first all-region honor as he finished 24th at regionals. Bosshard was the fourth Buff to cross the finish at nationals and placed 80th overall.

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

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

IN THE CLASSROOM: Bosshard is majoring in finance at Colorado and was a member of the Big 12 Commissioner's Honor Roll. He was named to the Academic All-Big 12 second team in 2011.

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

MATT BUTCHER



Sprints
Senior, TR
Longmont, Colo.
(Longmont)

PERSONAL BESTS

OUTDOOR

200 Meters: 21.28 (2008)

400 Meters: 47.01 (2007)

NCAA CHAMPIONSHIP SCORING

2010 (I) 4x400 Meter Relay, 6th (3:08.42) – At Oregon

HONORS

2010 4x400 Meter Relay All-American

2008-11 (at Oregon): Butcher earned All-American status while at Oregon, placing sixth in the 4x400-meter relay at the NCAA Indoor Championships in 2010. The relay recorded a time of 3:08.42. Butcher also scored for the Ducks at the 2009 Pac-12 Championships where he placed seventh in the 4x100 relay (41.23).

HIGH SCHOOL: Butcher broke the Colorado boys 400-meter state record while capturing the 2007 4A title in 47.01. He scored points in the 400 all four years, helping LHS win the state championship his senior season (2008). Butcher won back-to-back state titles in the 200 in 2007

(21.55) and 2008 (21.28) and placed third in the 100 as a junior.

HIGH SCHOOL BESTS: 100 Meters: 10.72; 200 Meters: 21.28; 400 Meters: 47.01.

IN THE CLASSROOM: Butcher is majoring in sociology and is interested in philosophy. He owns a GPA greater than 3.00.

PERSONAL: Matthew James Butcher was born on April 16, 1990 in Orlando, Fla. He is the son of Jim and Candy Butcher or Longmont, Colo. and has one brother.

GARRETT CARMICHAEL



Middle Distance
Sophomore/Freshman,
VR/RS
Nashville, Tenn.
(Ensworth)

PERSONAL BESTS

INDOOR

800 Meters: 1:56.94 (2011)

1,000 Meters: 2:30.75 (2011)

2011: Indoor: Carmichael competed in the 800 and 1,000-meter runs. He recorded a personal-best time of 1:56.94 in the 800 at the Don Barrett Duals (1/29) and placed fourth overall. Carmichael was also fourth at the Air Force Invite (2/12) after running a time of 1:57.04. He also PR'd in the 1,000 and ran the fastest 2011 time for a Buff at the Husker Invite (2/5), crossing the finish in 2:30.75. Carmichael ran the second fastest time of the season for the Buffs at the Big 12 Championships when he finished 12th in 2:31.09.

Outdoor: Did not compete.

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

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

IN THE CLASSROOM: Carmichael is majoring in integrative physiology. He owns a GPA of 3.370 and was a member of the Big 12 Commissioner's Honor Roll.

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

NIKLAS CEDERSTRÖM



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

PERSONAL BESTS

INDOOR

Shot Put: 48-08.50/14.84m (2010)
Weight Throw: 52-06/16.01m (2011)

OUTDOOR

Shot Put: 44-05.50/13.55m (2009)
Hammer Throw: 158-01/48.18m (2011)
Discus: 146-10/44.75m (2009)

HONORS

Academic All-Big 12 (2009)

2011: *Indoor:* Cederström competed in the weight throw during the indoor season. He started the season with a throw of 43-07.75 at the Potts Indoor Invite (1/22). At the final meet of the season, only four weeks later, Cederström launched a personal record of 52-06.06 to place fourth at the Colorado School of Mines Twilight (2/19). It was the seventh best throw for CU during the 2011 season.

Outdoor: Cederström participated in the discus and hammer throws. He recorded his best toss of the season (158-01) in the discus at the Beach Invitational (4/16). Cederström had a better outing in the hammer throw. He threw a personal-best (158-01) at the CU Invite (4/9) and placed seventh overall. The throw was the eighth best for CU during the outdoor campaign. He also had the ninth best hammer toss by a Buff when he threw 157-10 at the Front Range Classic (5/1).

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

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

2009: *Indoor:* Cederström competed in the shot put and weight throw during the indoor season, recording season-bests in both events. His throw of 44-00.50 in the shot put earned him an eighth-place finish at the Colorado School of Mines Twilight Meet (2/20). Cederström took fifth at the Potts Indoor Invite (1/24) with a toss of 48-03.50.

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

HIGH SCHOOL: Cederström earned four letters as a member of the Greeley Central track and field team. As a

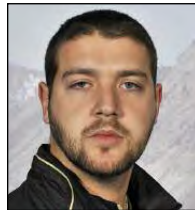
senior, he won the 4A state discus championship with a personal record of 159-05. Cederström was the first discus thrower at GCHS to win the discus throw. He also won the regional and conference championship as a junior and senior.

HIGH SCHOOL BESTS: Discus: 159-05.

ACADEMICS: Cederström is majoring in psychology at Colorado. He was named to the Big 12 Commissioner's Honor Roll during the fall of 2009. Cederström was a member of the Academic All-Big 12 second team in 2009.

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

DANE CHOBANIAN



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

PERSONAL BESTS

INDOOR

Shot Put: 52-10.25/16.11m (2011)
Weight Throw: 54-06.75/16.55m (2010)

OUTDOOR

Shot Put: 50-03.50/15.32m (2011)
Discus: 182-03/55.54m (2010)
Hammer Throw: 158-05/48.28m (2010)

HONORS

CU Athlete of the Week (April 22, 2010)

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

2011: *Indoor:* Chobanian had the top three throws for CU during the indoor season in the shot put. He tossed the shot put 49-10.50 at the Husker Invite (2/5) and 49-10 at the Air Force Invite (2/12), placing 16th overall at both meets. Chobanian's best throw of 52-10.25, which is also his personal record, was at the Big 12 Championships. He placed 13th overall. Chobanian also competed in the weight throw. His season-best throw was 46-07.50 at the Air Force Invite (2/11).

Outdoor: Chobanian was one of CU's top throwers during the outdoor season. He had the top seven throws for the Buffs in the discus. Chobanian was the runner-up at the CU Invite with a toss of 175-03. His second best throw was 171-01, which came at the Big 12 Championships. Chobanian placed 12th overall. He also qualified for the NCAA West Preliminaries and was 28th at the meet with a toss of 165-07.

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

54-06.75 which placed 12th overall. That was the fourth highest mark by a Buff on the season.

Outdoor: Chobanian led the Buffs in the discus and had the second best throw in the shot put. His best mark in the discus was 182-03, thrown at the Beach Invitational (4/17) and tied for the 13th best all-time in CU history; fourth on the all-time performers list. The performance earned him the CU Athlete of the Week honor. At the Big 12 Championship he was 12th with a toss of 158-05. At the NCAA West Preliminary, he placed 39th after throwing a mark of 155-11. Chobanian's top mark in the shot put was 49-05.50, recorded at the Tom Benich Classic (4/3). He notched a mark of 43-05 at the conference meet and placed 15th.

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

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

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

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

CAMERON CLAYTON



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

PERSONAL BESTS

INDOOR

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

OUTDOOR

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

2011: *Indoor:* Did not compete.

Outdoor: Did not compete.

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

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

ran at the Big 12 meet and took 15th (9:32.80).

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

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

2008: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Clayton did not compete. (2010) Clayton ran all five varsity races, starting with a 13th-place finish at the Rocky Mountain Shootout. He was the fifth scorer for CU at Pre-Nats, placing 64th overall. Clayton was CU's sixth runner the last three races, placing 24th at Big 12s, 42nd at regionals and 210th at nationals. (2009) Clayton ran in three races for the Buffs during his freshman campaign. He was 27th overall at the Rocky Mountain Shootout. At the Fort Hays Invite, he was CU's No. 5, finishing 32nd overall. His best finish came at the Air Force Invite, where he was the second scorer for the Buffs and was fifth overall in a season best mark of 26:36.26. (2008) Did not compete. (2007) Clayton took 10th at the Rocky Mountain Shootout and was 15th at NCAA Pre-Nationals in the open race.

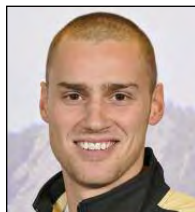
HIGH SCHOOL: Clayton was a three-time All-Front Range First Team selection in cross country and earned honorable mention honors on the *Rocky Mountain News* All-Colorado team. He also earned first-team recognition on the all-state team as a freshman, junior and senior and was on the second team as a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

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

IN THE CLASSROOM: Clayton is majoring in molecular, cellular and developmental biology (MCDB) and Spanish at Colorado. He was a member of the Big 12 Commissioner's Honor Roll. Clayton was a member of the All-Colorado Academic team as a senior and an academic all-conference performer as a junior in high school.

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

JASON DEWITT



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

PERSONAL BESTS

INDOOR

Heptathlon: 4.220 (2011)
60 Meters: 7.42 (2011)
Long Jump: 22-02.25/6.77m (2011)
Shot Put: 36-7/11.15m (2011)
High Jump: 6-06.75/2.00m (2011)
60-Meter Hurdles: 8.56 (2011)
Pole Vault: 13-3.75/4.06m (2011)
1,000 Meters: 2:59.60 (2011)

OUTDOOR

Decathlon: 5,557 (2010)
100 Meters: 11.59 (2010)
Long Jump: 20-0.25/6.10m (2010)
Shot Put: 33-05.75/10.20m (2010)
High Jump: 6-08 (2010)
400 Meters: 54.60 (2010)
110-Meter Hurdles: 15.23 (2011)
Discus: 83-10/25.57m (2010)
Pole Vault: 13-1.50/4.00m (2011)
Javelin: 142-00/42.28m (2011)
1,500 Meters: 5:20.77 (2011)
Triple Jump: 45-01 (2009)

2011: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

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

Outdoor: DeWitt stuck with the high jump during the outdoor campaign but also competed in one decathlon. He recorded a score of 5,557 points for fourth-place at the Glenn Morris meet 4/22-23). He tied for second in the long jump (20-00.25) and was second in the high jump (6-03.25), 110-hurdles (15.69) and javelin (110-02). DeWitt reached a height of 6-08, the best by a Buff, at the Front Range Classic (5/1) and was third in the meet.

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

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

IN THE CLASSROOM: DeWitt is majoring in international affairs.

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

HUGH DOWDY



Distance
Freshman, VR/VR
Petaluma, Calif.
(Petaluma)

PERSONAL BESTS

INDOOR

3,000 Meters: 9:02.52 (2011)

2011: Indoor: Dowdy ran in one meet for the Buffs. He was fourth in the 3,000-meter run after running a time of 9:02.52.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Dowdy ran in two meets for CU. He placed 20th at the Rocky Mountain Shootout and was 100th at the Santa Clara Bronco Invite.

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

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

IN THE CLASSROOM: Dowdy is majoring in engineering physics. He was a member of the Big 12 Commissioner's Honor Roll.

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

BROCK EMORY



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

PERSONAL BESTS

INDOOR

Heptathlon: 4,736 (2011)
60-Meters: 7.48 (2011)
Long Jump: 19-11/6.07m (2011)
Shot Put: 38-05/11.71m (2011)
High Jump: 6-6.25/1.99m (2011)
60-Meter Hurdles: 8.56 (2011)
Pole Vault: 12-9.5/3.90m (2011)
1,000-Meters: 2:57.02 (2011)

OUTDOOR

Decathlon: 6,179 (2011)
100-Meters: 11.62 (2011)
Long Jump: 20-6.50/6.26m (2011)
Shot Put: 38-7.75/11.78m (2011)
High Jump: 6-5.50/1.97m (2011)
400-Meters: 51.86 (2011)
110-Meter Hurdles: 15.15 (2011)
Discus: 104-5/31.08m (2011)
Pole Vault: 13-2.50/4.03m (2011)
Javelin: 138-01/42.08m (2011)
1,500 Meters: 4:56.56 (2011)

2011: *Indoor:* Emory competed in three heptathlons during his sophomore year. His best outing came at the Big 12 Indoor Championships when he totaled a personal best score of 4,736 points and placed 16th. Emory's had PR's in six of the seven events. He ran a time of 7.48 in the 60-meter dash, a time of 8.56 in the 60-hurdles, which is seventh on CU's all-time combined event list, and a time of 2:57.02 in the 1,000. Emory also had PR's in the long jump (19-11), shot put (38-05) and pole vault (12-09.50). His toss in the shot put ranks eighth in CU history. Emory did PR during the season in the high jump. He cleared a height of 6-06.25 to place first in the event at the Potts Indoor Combined Events Invite (1/22).

Outdoor: Emory participated in three decathlons for the Buffs and once again he had his best outing at the Big 12 Championships, placing 13th with 6,179 points. Emory had personal bests in five of the 10 events. He ran the 400 in 51.86 and the 1,500 in 4:56.56 while recording marks of 22-06.50 in the long jump, 38-07.75 in the shot put and 13-02.50 in the pole vault. At the Jim Click Invite he jumped 6-05.50 in the high jump to tie for eighth in CU combined events history. He also raced to a time of 15.15 at the meet in the 110-hurdles, which ranks eighth on the same list.

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

Outdoor: Emory competed in five different events during the outdoor season. He reached a height of 11-11.75 in the pole vault, 5-10.75 in the high jump and threw the javelin

166-07 in the field events. On the track he ran 12.30 in the 100 and 15.93 in the 110 hurdles.

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

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

IN THE CLASSROOM: Emory is majoring in geography.

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

SHAW GIFFORD



Sprints
Sophomore, TR
Littleton, Colo.
(Chatfield)

PERSONAL BESTS

INDOOR

100 Meters: 10.79 (2011)
200 Meters: 21.32 (2011)

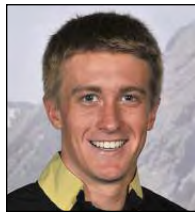
2011 (at Arizona): Gifford competed at the University of Arizona during the 2011-12 season. He recorded personal bests in the 100 (10.79) and 200 (21.32) at the Jim Click Invite.

HIGH SCHOOL: Gifford was an all-conference and all-state honoree during his junior season. He earned four letters as a member of the track and field team. Gifford also played three years on the football team.

IN THE CLASSROOM: Gifford is majoring in political science.

PERSONAL: Shaw Connor Gifford was born on March 26, 1992 in Littleton, Colo. He has one brother, Stefan.

MICHAEL GOODGER



Distance
Freshman, VR/VR
Carlsbad, Calif.
(Carlsbad)

PERSONAL BESTS

INDOOR

3,000 Meters: 9:03.02 (2011)

2011: *Indoor:* Goodger ran in one race for the Buffs. He placed fifth overall in the 3,000-meter run (9:03.02) at the Potts Invite (1/22).

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Goodger competed in two races for CU. He was 26th overall at the Rocky Mountain Shootout and placed 78th at the Santa Clara Bronco Invite.

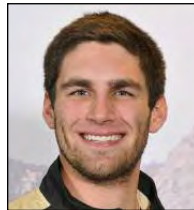
HIGH SCHOOL: Goodger holds the CHS record in the 1600 (4:14) and 3200-meter (9:12) runs. He recorded his 1,600 record on May 14, 2010 and the 3,200 on April 30, 2010. Goodger lettered twice in cross country and three times on the track. During his junior year he finished second team All-North County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

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

IN THE CLASSROOM: Goodger is majoring in integrative physiology.

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

CAMERON HUTCHINS



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

PERSONAL BESTS

INDOOR

Weight Throw: 48-02/14.68m (2011)

OUTDOOR

Discus: 131-00/39.92m (2010)
Hammer Throw: 148-11/45.38m (2011)

2011: *Indoor:* Hutchins focused on the weight throw during the indoor season. He recorded a personal record of 48-02 at the Colorado School of Mines Twilight (2/18) and placed seventh overall.

Outdoor: Hutchins only threw the hammer during the outdoor season. He PR'd at the final meet of the season, the Front Range Classic (5/1) with a throw of 148-11 and took 14th overall.

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

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

2009: Redshirt. Did not compete.

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

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

ACADEMICS: Hutchins is majoring in Classics at Colorado and has a GPA greater than 3.00. He was a member of the Big 12 Commissioner's Honor Roll.

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

JAKE HURYSZ



Middle Distance
Sophomore, TR/TR
Mebane, N.C.
**(Eastern Alamance/
 UNC Chapel Hill)**

PERSONAL BESTS

OUTDOOR

1,500 Meters: 3:45.97
 3,000 Meters: 8:01.97
 5,000 Meters: 14:14.84

AT UNC: Hurysz ran one season on the track for the Tar Heels in 2011. He ran a personal best 3:45.97 in the 1,500 and clocked a time of 8:01.97 in the 3,000. Hurysz competed in both the 1,500 and 5k at the ACC Championships, placing fifth in the 5k. He advanced to the NCAA East Preliminary Championships in the 1,500.

CROSS COUNTRY: Hurysz became the first UNC Tar Heel to qualify for the NCAA Cross Country Championships since 1997; finishing 62nd in 2011. He led UNC at the ACC and Southeast regionals, placing sixth and seventh, respectively. As a freshman he was 14th at the conference meet and placed 44th at regionals.

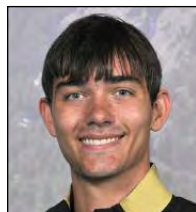
HIGH SCHOOL: Hurysz ran the second fastest indoor two-mile in N.C. state history. He won the 2010 indoor state title in the 3,200. Hurysz was named the 2009 N.C. Gatorade Cross Country Runner of the Year. He won the NCHSAA 3A title and placed sixth at the Footlocker National Championships.

HIGH SCHOOL PERSONAL BESTS: 800-Meters: 1:52.60; Mile: 4:06.18; 3,200-Meters: 8:49.76.

IN THE CLASSROOM: Hurysz is an open major.

PERSONAL: Jacob Michael Hurysz was born on July 15, 1992 in Chapel Hill, N.C. He is the son of Mike Hurysz and Alison McChee. He has one brother, Carson. Hurysz enjoys playing basketball and skiing.

MARK JONES



High Jump
Freshman, HS/HS
Summit, N.J.
(Summit)

PERSONAL BESTS

High Jump: 7-00.25/2.14m
 55-meter hurdles: 7.72
 110-meter hurdles: 14.59
 400-meter hurdles: 58.03
 Long Jump: 23-06.25/7.17m
 Triple Jump: 42-06/12.95m
 55-meters: 7.06
 300-meters: 39.52
 Shot put: 42-05.25/12.93m

HIGH SCHOOL: Jones is a two-time national champion in the high jump. He won the 2010 indoor high jump title at the New Balance nationals after clearing a height of 6-11.75. Jones followed up that title by capturing the 2011 indoor crown with a personal best of 7-00.25. He earned seven letters on the high jump, long jump and hurdles at SHS. Jones was the New Jersey State indoor and outdoor high jump champion in 2010 and 11 and also won the long jump title in 2011. He was a four-time first team All-New Jersey selection and led SHS to the 2010 NJ Sectional State Team Championships by winning four individual events (high jump, long jump, triple jump and high hurdles). Jones was recruited by Virginia, Michigan and Cornell before deciding on CU.

HIGH SCHOOL BESTS: High Jump: 7-00.25; Long Jump: 23-07.

IN THE CLASSROOM: Jones is an open option major in the arts and sciences but would like to be a geologist after graduation.

PERSONAL: Mark Albert Jones was born on Oct. 14, 1992 in Raleigh, N.C. He is the son of Robert and Susan Jones and has one brother, Doug, who attends Cornell. Both of his parents competed in the high jump at Cornell and had the school record. Jones and his father made U.S. history in 2011 as the only father/son due to jump over seven feet in high school. Jones enjoys climbing and wood working.

STEPHEN KASICA



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

PERSONAL BESTS

INDOOR

800-Meters: 1:50.45 (2011)
 1,000-Meters: 2:38.64 (2011)

OUTDOOR

400-Meters: 51.05 (2011)
 800-Meters: 1:49.92 (2011)
 1,500-Meters: 4:05.01 (2011)

BIG 12 SCORING

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

HONORS

Academic All-Big 12 First Team (2010, 11)
 Two-time All-Big 12 Performer

CAREER UPDATE: Kasica is fast becoming one of CU's best middle distance runners. He is the fourth fastest performer in the indoor 800-meter run (1:50.45). Kasica has the sixth and seventh best times in indoor school history. He has also added his name to the outdoor record book as the 10th fastest performer (1:49.92).

2011: Indoor: Kasica became the fourth fastest performer in the 800 after clocking a time of 1:50.45 at the Husky Classic (2/12). At the indoor Big 12 meet he placed 12th in the prelims after running a time of 1:54.41.

Outdoor: Kasica continued to excel in the 800 during the outdoor season and recorded the top three 800 times of the season for CU. He clocked a personal best time of 1:49.92 at the Mt. SAC Relays (4/15) making him the 10th fastest performer in CU history. Kasica's second best time was 1:50.91, which came at Oregon Twilight (5/6). He also competed at the NCAA West Preliminary Championship (5/26) and placed 26th overall in 1:50.81. Kasica did compete for the Buffs at the Big 12 Championship, placing placed 19th in the prelims (1:58.03).

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

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

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

Outdoor: Kasica ran the 800 four times. He ran a then-personal best of 1:52.21 at the Oregon Relays (4/24). Kasica

was 19th in the prelims at the Big 12 Championship.

CROSS COUNTRY: (2011) Kasica participated in two meets for the Buffs. He was 31st overall at the Rocky Mountain Shootout and was 64th at the Santa Clara Bronco Invite. (2010) Kasica ran in two races for CU. He was 61st at the Rocky Mountain Shootout and placed 30th overall at the Fort Hays State Open. (2009) Kasica was 41st at the Rocky Mountain Shootout and took 26th at the Fort Hays Invite. Kasica also ran unattached at the Rocky Mountain Athletic Conference open race and placed 33rd overall.

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

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

IN THE CLASSROOM: Kasica is majoring in news-editorial and English at CU. He has earned a GPA of 3.710 and was a member of the Big 12 Commissioner's Honor Roll. Kasica was named to the Academic All-Big 12 First Team in 2010 and 11.

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

DAVID KILGORE



Distance
Freshman, HS
Palm Bay, Fla.
(Holy Trinity)

PERSONAL BESTS

800 Meters: 1:59
1600 Meters: 4:20
3000 Meters: 8:48.46
5000 Meters: 14:50.59

HIGH SCHOOL: Kilgore was a 2011 5,000-meter run All-American at New Balance Indoor Nationals. He placed third in the 5k with a Florida state indoor record of 14:50.59 and was a second-team All-American in the 3,200-meter run with a time of 9:29.57. Kilgore won the 1,600-meter state title his junior (4:26.99) and senior (4:21.55) seasons. He was also sixth as a senior in the 3,200-meter run at the state meet. Kilgore also shined on the cross country course. He was the runner-up in 2009 at the state championship and went on to win the meet his senior year (2010). Kilgore's high school team won the state championship when he was a sophomore. He was also recruited by Florida State, Auburn and Indiana.

HIGH SCHOOL BESTS: 800-meters: 1:59; 1,600-meters: 4:20.08; 3,000-meters: 8:48.46; 5,000-meters: 14:50.59.

IN THE CLASSROOM: Kilgore is majoring in psychology. He owns a GPA greater than 3.00 after his first semester.

PERSONAL: David Ray Kilgore was born on Nov. 21, 1991 in England. He is the son of Kevin Kilgore and Dorothy Fitzgerald of Palm Bay, Fla. He has one older brother, Chris, who is in the army. Kilgore enjoys mountain biking, hiking and camping.

ALEXANDRE KIZIRIAN



Throws
Sophomore, VR/VR
Thornton, Colo.
(Mountain Range)

PERSONAL BESTS

INDOOR

Shot Put: 44-06/13.56m (2011)
Weight Throw: 50-06.25/16.60m (2011)

OUTDOOR

Discus: 154-00/46.94m (2011)
Shot Put: 45-10.50/13.98m (2011)
Hammer Throw: 175-09/53.58m (2011)

2011: *Indoor:* Kizirian started his career with the Buffs competing in the shot put and weight throw. He had a season-best throw of 44-06 at the Don Barrett Duals (1/29) and took 17th overall. Kizirian did well in the weight throw and had a pair of meets with throws over 50 feet. He threw 53-11 at the Big 12 Championships, placing 16th overall. Kizirian's personal best came at the Colorado School of Mines Twilight (2/18) when he had a toss of 54-05.

Outdoor: Kizirian participated in the shot put, discus and hammer throws during his first outdoor campaign and actually had the top two throws by a Buff that season in the hammer throw as just a freshman. He had a personal best throw of 175-09 at the Front Range Classic (5/1) and placed fourth. His second best performance was at the USATF Junior Championships (6/24). Kizirian placed 17th overall with a throw of 172-09. He placed 14th at the Big 12 Championships after launching the hammer 150-10. Kizirian recorded personal bests in the shot put and discus at home meets during the campaign. His best toss of 45-10.50 in the shot put came at the CU Invite (4/9) and he had a throw of 154-00 in the discus at the Potts Invite (3/19).

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

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

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

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

KYLE MacINTOSH



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

PERSONAL BESTS

INDOOR

60-Meters: 7.21 (2010)
200-Meters: 22.42 (2010)
400-Meters: 49.33 (2011)

OUTDOOR

200-Meters: 21.74
400-Meters: 48.06
400-Meter Hurdles: 53.38 (2010)

BIG 12 SCORING

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

2011: *Indoor:* MacIntosh raced in just the 400-meter dash and was the lead off leg of the 4x400 relay for the Buffs. He PR'd at the Air Force Invite (2/12), running 49.33 to earn sixth place overall. MacIntosh advanced to the finals the previous day after running 49.49. At the Big 12 Championships he raced to a 16th-place finish in prelims with a time of 49.59. The relay competed twice. They ran a time of 3:14.38 at the Husker Invite (2/5) and 3:15.30 at the indoor conference championships (2/26).

Outdoor: MacIntosh focused on the 400-hurdles individually and also ran in the 4x400 relay. He earned a second-place finish at the CU Invite in the 400-hurdles with a season-best time of 53.52. MacIntosh was 18th in the preliminary round at the Big 12 Championships, crossing the finish in 53.97. He ran in four meets with the relay, which recorded its best time of 3:12.70 at the Big 12 Outdoor Championships.

2010: *Indoor:* MacIntosh concentrated on the 400-meter run during his first season as a Buff. He ran his best time, and the fastest by a Buff in 2010, at the Air Force All-Comers Meet (1/15). MacIntosh finished in 49.46 and placed third. At the conference meet he took 21st in the prelims. MacIntosh ran on the 4x400-meter relay team at the conference championship. The relay placed 10th overall but they finished with the 10th fastest time in CU history at 3:15.23.

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

HIGH SCHOOL: MacIntosh owns the LHS record in the 300-meter hurdles at 37.58. In 2009 the Lions won the state 5A team championship and he won the 300-hurdle championship. MacIntosh earned gold in the 400, 60

hurdles and 4x400 relay at the Simplot Games. During the 2009 indoor season, he recorded three top-10 U.S. marks in the 60 hurdles, the 200 and 400. MacIntosh was an all-state honoree as a junior and senior.

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

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

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

MARTIN MEDINA



Distance
Senior/Junior, VR/VR
Grand Junction, Colo.
(Grand Junction)

PERSONAL BESTS

INDOOR

Mile: 4:34.84 (2010)
3,000-Meters: 9:05.86 (2009)
5,000-Meters: 14:38.53 (2009)

OUTDOOR

1,500-Meters: 4:01.1 (2011)
5,000-Meters: 14:22.33 (2011)
10,000-Meters: 30:05.75 (2011)

2011: *Indoor:* Medina competed in one race during the indoor season, running the 5k at the Husker Invite (2/5). Medina earned a third-place finish.

Outdoor: Medina had a good outdoor portion of his season, running in the 1,500, 5k and 10k. He ran a personal record in the 1,500 at the CU Invite, clocking a time of 4:01. Medina just missed scoring for the Buffs at the Big 12 Championships, finishing ninth in the 5k and 10k. He ran PR's in both events; finishing the 5k in 14:22.33 and the 10k in 30:05.75.

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

Outdoor: Did not compete.

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

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

CROSS COUNTRY: (2011) Medina had a breakout season for CU as a junior. He was fourth overall and the fourth Buff to finish the Rocky Mountain Shootout to start the season. At pre-nationals he took 58th and then moved up to 22nd at the inaugural Pac-12 Championships, helping CU to the team title. Medina earned his first all-region honor after placing 13th and ended the year with a 173rd

finish at nationals. (2010) Medina ran in two races for the Buffs. He placed 28th at the Rocky Mountain Shootout and finished 56th overall at the Big 12 Championship, both times as CU's No. 9 runner. (2009) Medina competed at the 2009 USA Cross Country Junior Championship and placed 27th overall. He started his collegiate season that fall with a 12th-place finish at the Rocky Mountain Shootout (CU's No. 8 runner). He ran in the open race at pre-nats to earn another 12th-place finish. Medina's final race of the season was the Big 12 Championship where he placed 54th. (2008) Medina finished the course in 25:49. (2008) Did not compete.

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

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

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

RICHARD MEDINA



Distance
Senior, 2L/3L
Grand Junction, Colo.
(Grand Junction)

PERSONAL BESTS

INDOOR

3,000-Meters: 8:23.74 (2011)
5,000-Meters: 13:57.20 (2011)

OUTDOOR

1,500-Meters: 3:48.50
5,000-Meters: 13:44.34 (2011)
10,000-Meters: 29:14.91 (2011)

BIG 12 SCORING

2008 (I) 5,000-Meters, 4th (14:18.64)
2008 (O) 5,000-Meters, 4th (14:40.92)
2008 (O) 10,000-Meters, 5th (30:44.46)
2010 (O) 5,000-Meters, 2nd (14:07.23)
2010 (O) 10,000-Meters, 5th (29:28.18)
2011 (I) 5,000-Meters, 6th (14:03.32)
2011 (O) 10,000-Meters, 4th (29:16.42)

HONORS

Seven-time All-Big 12 Performer
2010 All-American (Outdoor 5k)
Academic All-Big 12 (2010, 11)

CAREER UPDATE: Richard Medina ranks 13th on the indoor 5,000-meter top performers CU record book, 13th in the outdoor 5k and 12th in the 10k. He has earned seven all-conference honors (two indoor, five outdoor) and quali-

fied for the NCAA Outdoor Championships twice in the 5k, earning his first All-America honor in 2010 when he finished ninth.

2011: *Indoor:* Medina recorded the third fastest 5k time for a Buff during the season when he finished the Husky Classic (2/11) in 13:57.20. It was also the 22nd fastest time in school history. At the Big 12 Championships Medina scored for CU in the 5k, placing sixth overall in 14:03.32. He also competed in the 3k but did not score as he crossed the finish 15th overall (8:23.74).

Outdoor: Medina focused on the longer distances again, competing in the 5k and 10k. He started the season at the Stanford Invite, running a personal best 29:14.91. Medina placed third in the second section and the time was the 12th best on the CU performers list. He recorded a personal record of 13:44.34 in the 5k two weeks later at the Mt SAC Relays (4/15), placing sixth in the Olympic Developmental section. The time made his the 13th fastest performer in school history. Medina scored once again for the Buffs at the conference championships, this time placing fourth in the 10k (29:16.42). He advanced to the NCAA West Preliminary Championships in the 5k but didn't advance to nationals after placing 31st overall (14:13.13).

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

Outdoor: Medina got back into the swing of things during the outdoor season. He ran the fastest 2010 times for a Buff in the 1,500 (3:48.50) at the Payton Jordan Cardinal Invite and the 5k (13:48.26) at the Mt. SAC Relays. At the Big 12 Championship, Medina once again raced the 5 and 10k's, just two days apart. He placed fifth in the 10k with a time of 29:28.18 to become the 15th best CU performer in the event. Medina dug deep during the 5k, looking to win it all, but was passed in the final 200 meters to finish second overall. He clocked a time of 14:07.23 to record his fifth all-conference track honor. Medina advanced to the NCAA West Preliminaries in the 5k and advanced to the finals by finishing seventh (14:02.30). At nationals he fought hard but just missed scoring for the Buffs as he was the ninth person to cross the finish (13:55.66), but Medina was named a USTFCCA All-American in the process.

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

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

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

CROSS COUNTRY: (2011) Medina returned to the line-up after missing a season and had the best season of his

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

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

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

ACADEMICS: Medina is majoring in Spanish. He was a member of the Big 12 Commissioner's Honor Roll. Medina was a member of the 2010 and 11 Academic All-Big 12 Second Team.

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

JOE MORRIS



Sprints
Junior, VR/VR
Golden, Colo.
(Golden/ Tennessee)

PERSONAL BESTS

INDOOR

60-Meters: 6.63 (2011, school record)

200-Meters: 21.29 (2011)

OUTDOOR

100-Meters: 10.32 (2011)

200-Meters: 20.90 (2011)

HONORS

2011 60-Meter Dash Honorable Mention All-American
 CU Athlete of the Week (1/26/11, 2/1/11, 4/26/11)

CAREER UPDATE: Morris stormed on to the scene at CU, breaking the 60-meter dash record in his first meet for the black and gold with a time of 6.63. He has the top two 60-meter times in school history as he clocked a time of 6.66 at the 2011 NCAA Indoor Championship. He is also the third fastest performer in school history in the indoor 200 (21.29). He is also in the top-10 on the performers list for the outdoor 100 and 200. Morris is fifth in the 100 (10.32) and is 10th in the 200 (20.90).

2011: *Indoor:* Morris started his career at CU by breaking a 12-year-old school record in the 60-meter dash. Morris broke the tape in 6.63 seconds at the Potts Invite (1/22), surpassing the 6.67 time set by Jonathan Prather in 1999, and won the meet. He won the Don Barrett Duals (1/29) with a time of 6.70 and then turned around and won the 200 with a time of 21.53. Morris ran his fastest non-elevation time of 6.66 at the NCAA Championships and placed ninth in the prelims to earn honorable All-American status. He is also third on the indoor 200 performers list. Morris ran 21.29 at the Husker Invite (2/5) and placed second overall after finishing third in the prelims with a time of 21.55. Morris fell short at the Big 12 Championships when he was 11th in the prelims of the 60 and was 14th in the prelims of the 200. He also ran the third leg of the mile and 4x400-meter relays during the season.

Outdoor: Morris had a good outdoor season for the Buffs, adding his name to the outdoor record books as well. He became the fifth fastest CU male in the 100 after he finished the LSU Alumni Gold 'B' section in 10.32. Morris won the Potts Invite (3/19) to start the season in 10.53. He also ranks 10th on the CU performers list in the 200. Morris finished the Potts Invite in 20.90, second overall but the top collegiate finisher. At the conference championship he did not advance to the finals. Morris placed 15th in the 100 prelims (10.72) and was 11th in the 200 prelims (21.10). He did advance to the NCAA West Preliminary Championships and was eighth in the prelims of the 100 (10.39) and 12th in the prelims of the 200 (21.28). In the final round of preliminaries he was 19th in the 100 (10.68) and 15th in the 200 (21.37). Morris also competed in the 4x400-meter relay for the Buffs during the season.

2010: Redshirt. Did not compete.

2009 (at Tennessee): Morris had a successful season for the Tennessee Volunteers and ranks 10th in school history in the 60-meter dash with a time of 6.71 seconds, which

he ran during the prelims of the SEC Indoor Championship. Morris just missed scoring for UT at the meet by taking ninth in the 60 finals (6.83). He was also 19th in the 200 (21.52). During the outdoor season, he qualified for the regional meet in the 100, 200 and the 4x100-meter relay. Morris placed 15th in the 100 (10.62) and 19th in the 200 (21.32). The 4x100 relay team recorded a season-best time of 38.90 and placed seventh.

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

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

IN THE CLASSROOM: Morris is majoring in sociology.

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

AMMAR MOUSSA



Distance
Freshman, HS
Arcadia, Calif.
(Arcadia)

PERSONAL BESTS

800-meters: 1:53.21

1,600-meters: 4:10.27

3,200-meters: 8:49.59

5,000-meters: 14:05.79

CROSS COUNTRY: Moussa had a breakout freshman year, earning a spot on the Buff's varsity roster. He raced unattached at the Rocky Mountain Shootout, but finished sixth overall. Moussa's first meet in a black and gold jersey was pre-nationals and he placed 19th overall and was CU's No. 3 finishers. Moussa helped the Buffs win the inaugural Pac-12 team championship by finishing 15th and went on to take 17th at the regional meet. Moussa ended the season with an 88th-place finish at the national championship which helped CU take third overall. He earned all-conference first team honors as well as all-region honors during the season.

HIGH SCHOOL: Moussa is a two-time California State cross country champion, winning the title as a junior and senior. Both years he was named the Gatorade Cross Country Player of the Year. Moussa was sixth at the 2011 USA Junior Cross Country Championship and went on to place 32nd at the IAAF World Championships. He placed fourth at the Nike Cross Nationals in 2009 and 2010 while helping his team to the title in 2010. On the track he owns school records in every event from 800-meters to 5,000-

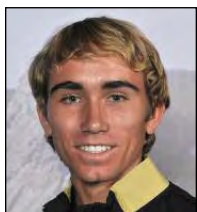
meters. Moussa capped off his senior year by winning the two-mile run at the New Balance Outdoor Championship, running a personal-record of 8:51.80. He also won the 3k title at the meet in 8:16.03. Moussa was also recruited by Oregon, UNC, Cal, Arizona State, Wisconsin and Oklahoma State.

HIGH SCHOOL BESTS: 800-meters: 1:53.21; 1,600-meters: 4:10.27; 3,200-meters: 8:49.59; 5,000-meters: 14:05.79.

IN THE CLASSROOM: Moussa is majoring in integrative physiology and is also interested in business.

PERSONAL: Ammar Moussa was born on December 1, 1993 in Encino, Calif. He is the son of Ameer Moussa and Malika Bouchama of Arcadia, Calif. He has one younger brother, Mahmoud. Moussa also enjoys soccer and basketball. He is fluent in Arabic and English and also knows some Spanish.

PIERCE MURPHY



Distance
Freshman, HS
Hanalei, Hawai'i
(Island)

PERSONAL BESTS

800-meters: 2:00.67
1,600-meters: 4:29.53
3,200-meters: 9:14.09
5,000-meters: 16:26.00

HIGH SCHOOL: Murphy was a standout at Island School in Lihue, Hawai'i. He set a pair of state records en route to winning in the 1,500 and 3,000-meter runs at the Hawaii State Championships in 2011 and was named the Gatorade Hawai'i Track Athlete of the Year. In 2009 he was named the Gatorade Hawai'i Cross Country Athlete of the Year. Murphy owns records for the island of Kauai in the 800, 1,500 and 3,000. He was a KIG all-star for track and cross country his freshman through senior seasons. Murphy was also recruited by Portland and Hawai'i.

HIGH SCHOOL BESTS: 800-meters: 2:00.67; 1,600-meters: 4:29.53; 3,200-meters: 9:14.09; 5,000-meters: 16:26.00.

IN THE CLASSROOM: Murphy is majoring in psychology.

PERSONAL: Pierce Thomas Murphy is the son of Shawn and Doreen Murphy of Hanalei, Hawai'i. He has one younger sister, Jade. He enjoys surfing in his free time.

BRIAN OWENS



Throws
Sophomore, 1L
Elmer, N.J.
(Woodstown)

PERSONAL BESTS

Javelin: 221-00/67.36 (2011)

BIG 12 SCORING

2011 (O) Javelin, 6th (206-00)

HONORS

CU Athletes Choice Award (2010)

CU Athlete of the Week (4/13/11)

CAREER UPDATE: Owens quickly became one of the top javelin throwers in CU history after launching a throw of 221-00 on April 9, 2011 at the CU Invite. The throw was the seventh best in school history and made him the fourth best performer in school history. Owens also had the 11th best throw in school history (206-00) at the Big 12 Championships (5/13),

2011: Owens quickly proved he would be one of CU's top throwers of all-time when he recorded a personal record toss of 221-00 at the CU Invite (4/8). Owens won the meet and became the fourth best performer in the javelin and the throw ranks seventh in CU history. He threw over 200 feet one more time during the season, this time at the Big 12 Championships. Owens placed sixth at the meet with a throw of 206-00, the seventh best in school history.

2010: Redshirt. Did not compete.

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

HIGH SCHOOL BESTS: Javelin: 191-00.

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

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

JEROME PERKINS



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

PERSONAL BESTS

INDOOR

Mile: 4:40.93 (2010)

3,000-Meters: 9:20.95 (2010)

OUTDOOR

1,500-Meters: 4:13.90 (2010)

3,000-Meters: 8:56.46 (2010)

5,000-Meters: 15:34.73 (2010)

HONORS

Academic All-Big 12 (2010)

2011: *Indoor:* Did not compete.

Outdoor: Did not compete.

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

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

2009: *Indoor:* Perkins ran in three meets during the indoor season. He placed sixth at Air Force (2/13) with a time of 4:53.16. Perkins ran a season-best 3k time at the Air Force Duals (1/31) when he finished in 9:50.61.

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

CROSS COUNTRY: (2011) Perkins placed 85th overall at the Santa Clara Bronco Invitational. (2010) Perkins ran in two races for CU. He was 27th at the Rocky Mountain Shootout and placed 52nd in the open section of the NCAA Pre-National meet.

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

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

IN THE CLASSROOM: Perkins is majoring in applied math. He has a GPA of 3.805 and was a member of the Big 12 Commissioner's Honor Roll. Perkins was named to the Academic All-Big 12 First Team in 2010. He was a member of the National Honor Society in high school.

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

BLAKE REIMER



Sprints
Sophomore, VR
Fort Collins, Colo.
(Fort Collins)

PERSONAL BESTS

INDOOR

400 Meters: 49.02 (2011)

600 Yards: 1:14.31 (2011)

OUTDOOR

200 Meters: 21.74 (2011)

400 Meters: 47.83 (2011)

2011: *Indoor:* Reimer ran the top two times by a Buff in the 400 during the indoor season. His season-best was 49.02, which he ran in the prelims of the Big 12 Championships. Reimer placed 12th in the prelims. The second fastest time was 49.23 at the Don Barrett Duals (1/29). He placed sixth in that meet. Reimer also competed in the 4x400-meter and mile relay.

Outdoor: Reimer once again led the Buffs in the 400, this time recording the top four times for the Buffs. He raced to a personal-record time of 47.83 at the LSU Alumni Gold. Reimer placed fourth overall in the 'B' section. In the prelims of the Big 12 Championships he raced to his second best time of 48.24 and was 17th in prelims. Reimer also competed in the 200. He PR'd at the CSU-Pueblo meet (4/16) with a time of 21.74 and placed sixth. At the conference meet he was 17th in prelims, crossing the finish in 21.84. Reimer was a member of the 4x400-meter relay as well.

HIGH SCHOOL: Reimer was a member of the FCHS track and field team and focused mainly on the 400-meter dash. He was all-conference and the team's MVP his junior year.
HIGH SCHOOL BESTS: 200 Meters: 22.44; 400 Meters: 48.46.

IN THE CLASSROOM: Reimer is a physics major and was a member of the Big 12 Commissioner's Honor Roll.

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

BRADY RUTT



Throws
Freshman, HS
Hastings, Neb.
(Hastings)

PERSONAL BESTS

Discus: 187-2

Shot put: 56-6

HIGH SCHOOL: Rutt earned letters all four years as a member of the track and field team at HHS. He recorded the school record in the discus with a throw of 187-02 and also has the middle school discus record at 167-1.50. Rutt

owns the USATF intermediate boys division state record which is 167-06.0. He won back-to-back state titles in the discus as a junior and senior. Rutt also competed on the Tigers' football team and earned all-conference, all-district honors. Rutt was also an all-state honorable mention selection. He was recruited by Wichita State, Utah State and Nebraska.

HIGH SCHOOL BESTS: Discus: 187-2; Shot Put: 56-06.

IN THE CLASSROOM: Rutt is majoring in psychology. He owns a GPA greater than 3.00 after his first semester.

PERSONAL: Brady Shawn Rutt was born on July 17, 1993 in Hastings, Neb. He is the son of Curtis and Shari Rutt. Rutt enjoys hunting, fishing and frisbee golf and hopes to compete in the Olympics after college.

ADAM SALZMANN



Combined Events
Senior, 1L/2L
Wheat Ridge, Colo.
(Wheat Ridge)

PERSONAL BESTS

INDOOR

Heptathlon: 5,282 (2011)

60-Meters: 7.17 (2011)

Long Jump: 21-11.75/6.70m (2010)

Shot Put: 38-01.25/11.49m (2011)

High Jump: 6-04.25/1.94m (2011)

60-Meter Hurdles: 8.43 (2011)

Pole Vault: 15-3.50/4.66m (2011)

1,000-Meters: 2:36.03 (2010)

400-Meters: 49.86 (2011)

OUTDOOR

Decathlon: 6,899 (2011)

100-Meters: 10.98 (2011)

Long Jump: 21-05.75/6.53m (2011)

Shot Put: 37-10.75/11.55m (2011)

High Jump: 6-02.75/1.90m (2011)

400-Meters: 48.80 (2008)

110-Meter Hurdles: 15.18 (2010)

Discus: 116-09/35.59m (2010)

Pole Vault: 15-05/4.70m (2010)

Javelin: 155-06/47.41m (2011)

1,500-Meters: 4:22.82 (2011)

400-Meter Hurdles: 52.94 (2010)

BIG 12 SCORING

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

2011 (I) Heptathlon, 8th (5,282)

2011 (O) Decathlon, 7th (6,899)

HONORS

2010 All-Big 12

CU Athlete of the Week (4/8/10)

CAREER UPDATE: Salzmann has put his name all over the CU Combined Events indoor and outdoor record book. He owns the second fastest time in the 1,000-meter run, third in the 60 and the 60-hurdles, fourth in the pole vault, sixth in the long jump, eighth in the high jump and is ninth in the shot put. He also ranks third in the heptathlon. In the decathlon, he ranks second in the 1,500, third in the pole vault, fourth in the 400, eighth in the 100 and 10th in the 110 hurdles. Overall his PR ranks 10th and is the most for a Buff since 1997.

2011: *Indoor:* Salzmann's final indoor season started off

with a bang as he recorded 5,103 points and a first place finish at the Potts Invite. At the meet he recorded a personal best mark of 38-01.25 in the shot put. Salzmann was fourth at the New Mexico Classic with 5,250 points and had his best outing with 5,282 points at the Big 12 Championships, placing eighth for his first indoor all-conference award. Those three marks rank third, fourth and fifth all-time in CU history. Salzmann ran the second fastest time in CU combined events history when he finished the 60 in 7.17 seconds on Feb. 26 at the conference meet. He also recorded a PR of 6-04.25 in the high jump (which ranks eighth) and ran 8.43 in the 60-hurdles (ranks third). Salzmann's personal best in the pole vault (15-03.50) came at the Colorado School of Mines Twilight. He placed fourth overall.

Outdoor: Salzmann competed in two decathlons, but saved the best for last at the Big 12 Championships. Salzmann totaled 6,899 points to place seventh, earning his second outdoor all-conference honor. The total ranks 10th in CU history and is the best total by a Buff since 1997. Salzmann recorded personal combined events records in the 100 (11.15), shot put (37-10.75), 400 (48.93) and the 1,500 (4:22.82). His 1,500 time was the second best in school history. He just missed the record by 0.12 seconds, which was set by Mike Hill on June 5, 1974. His 400 (48.93) time is the fourth best in school history and his 100 (11.15) time is the eighth best all-time.

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

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

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

Outdoor: Redshirt. Did not compete.

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

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

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

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

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

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

RYAN SAVERCOOL



Distance
Sophomore, VR/VR
Chester, N.J.
(Mendham)

PERSONAL BESTS

INDOOR

Mile: 4:34.16 (2011)
3,000-Meters: 9:24.72 (2011)
5,000-Meters: 15:37.43 (2011)

OUTDOOR

1,500-Meters: 4:08.91 (2011)
3,000-Meters: 8:59.77 (2011)
5,000-Meters: 15:10.43 (2011)

HONORS

Academic All-Big 12 (2011)

2011: Indoor: Savercool ran three times during the indoor season. He started off by running the 3k at the Potts Invite (1/22), finishing in 9:24.72. The following weekend he ran

the mile run at the Don Barrett Duals (1/29), placing ninth overall with a time of 4:34.16. His final race was the 5k at the Husker Invite (2/5). He finished 11th overall in 15:37.43.

Outdoor: Savercool competed four times during the outdoor season. He ran the 1,500 twice, earning a PR of 4:08.91 at the Jack Christiansen Invite (4/23). Savercool's best finish of the outdoor campaign was in the 3k when he placed ninth overall with a time of 8:59.77.

2010: Did not compete.

CROSS COUNTRY: (2011) Savercool ran in a pair of meets for the Buffs. He finished 38th overall at the Rocky Mountain Shootout and was 87th at the Santa Clara Bronco Invitational. (2010) Savercool raced in the black and gold in one meet, the Fort Hays State Open. He placed 34th overall and was CU's fifth runner.

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

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

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

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

DILLON SHIJE



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

PERSONAL BESTS

INDOOR

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

OUTDOOR

3,000-Meters: 8:58.60 (2011)
5,000-Meters: 14:52.47 (2011)

2011: Indoor: Did not compete.

Outdoor: Shije ran twice for the Buffs. He was seventh at the CU Invite (4/9) in the 3k with a time of 8:58.60. Shije also raced the 5k at the Beach Invite (4/16) where he finished fifth with at time of 14:52.47.

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

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Shije ran in three meets for the Buffs as a sophomore. He was the seventh Buff to cross the finish at the Rocky Mountain Shootout, finishing 12th

overall. Shije was the second CU harrier to cross the finish at the Santa Clara Bronco Invitational, placing 30th. His final meet was the inaugural Pac-12 Championships. He finished 49th overall as the Buffs won the team title. (2010) Shije competed at the 2010 USA Junior Cross Country Championships and took 20th overall with a time of 25:40. In the fall, he ran in three meets for CU. Shije was 19th overall at the Rocky Mountain Shootout, 185th at pre-nats and 51st at the Big 12 Championship. (2009) Did not compete.

HIGH SCHOOL: Shije became the first Sundevil to place on the podium during the track season for Sandia Preparatory. In 2009 he placed second in the 3,200-meter run, recording a time of 10:01.85. At the same meet, he placed seventh in the 1,600 (4:36.36). He did that after not competing most of the 2009 season due to an injury; returning to the track two weeks prior to the state meet. Shije also competed in basketball as a freshman and sophomore and was awarded the Iron Man Award for his participation in three sports (was also a member of the cross country team). He finished third at the state cross country championship in 2008 and won districts; the best finish for a Sundevil in school history. Shije was named top Native American runner in the nation as a junior and senior and was named most inspirational as a senior.

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

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

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

JONATHAN STEVENS



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

PERSONAL BESTS

INDOOR

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

OUTDOOR

1,500-Meters: 4:01.0H (2011)
Steeplechase: 9:13.87 (2011)

BIG 12 SCORING

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

2011: Indoor: Did not compete.

Outdoor: Stevens competed in both the 1,500 and steeplechase. He recorded a personal best in the 1,500 with a time of 4:01 at the CU Invite (4/9). Stevens focused on the steeplechase, running it three times. He PR'd at the Big 12 Championship with a time of 9:13.87 and just missed scoring for CU with a ninth-place finish. It was the fifth fastest time by a Buff that season. Stevens also had the sixth best time by a Buff that season. He recorded a time of 9:23.13 at the Beach Invite (4/16).

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

Outdoor: Did not compete.

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

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

CROSS COUNTRY: (2011) Stevens earned a spot on the varsity roster, racing in four meets for CU. He started the season with a fifth-place finish at the Rocky Mountain Shootout. Two weeks later at pre-nationals Stevens finished 68th overall. Stevens raced in the first Pac-12 Championships and placed 36th while the men's team won the title. His final race of the season was regionals where he took 54th overall. (2010) Stevens raced in two meets for the Buffs. He was 38th at the Rocky Mountain Shootout and placed 74th in the open section of the NCAA Pre-National meet.

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

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

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

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

EDDIE TAYLOR



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

PERSONAL BESTS

INDOOR

Heptathlon: 4,766 (2010)
60-Meters: 7.32 (2011)
Long Jump: 20-06.25/6.25m (2010)
Shot Put: 40-2/12.24m (2011)
High Jump: 6-01.5/1.87m (2011)
60-Meter Hurdles: 8.93 (2011)
Pole Vault: 14-01.25/4.30m (2011)
1,000-Meters: 2:40.24 (2010)
400-Meters: 5:11.11 (2010)
800-Meters: 2:05.80 (2009)

OUTDOOR

Decathlon: 6,392 (2011)
100-Meters: 11.21 (2011)
Long Jump: 20-03/6.17m (2010)
Shot Put: 39-05/12.01m (2011)
High Jump: 6-01.25/1.86m (2011)
400-Meters: 50.67 (2011)
110-Meter Hurdles: 16.24 (2011)
Discus: 126-00/38.42m (2011)
Pole Vault: 14-04.5/4.38m (2011)
Javelin: 122-10/37.44m (2010)
1,500-Meters: 4:30.47 (2010)
400-Meter Hurdles: 57.00 (2010)

BIG 12 SCORING

2010 (0) Decathlon, 7th (6,212)

HONORS

2010 All-Big 12

CAREER UPDATE: Taylor keeps making his mark on the CU combined events record book. During the indoor season, he recorded the second-best throw in the shot put (40-02) and ran the fifth fastest time in the 1,000 (2:40.24). Taylor also owns the 10th best mark in the pole vault (14-01.25). In the outdoor record book, Taylor owns the seventh best shot put throw (39-05) and discus throw (126-00) and the eighth best pole vault (14-04.50).

2011: *Indoor:* Taylor competed in three heptathlons. He placed fifth at the Potts Invite (4,673), was 11th at the New Mexico Invite (4,648) and 15th at the Big 12 Championships with 4,764 points. Taylor recorded a pair of personal bests at the Big 12 meet. He finished the 60-hurdles in 8.93 and cleared a height of 14-01.25 in the pole vault. Taylor excelled in the shot put as his two best throws of the year rank second and third on CU's all-time list. His PR of 40-02 placed first at the Potts Invite while his throw of 39-09.75 at the conference meet was 12th overall.

Outdoor: Taylor participated in three decathlons. He earned a PR of 6,327 points at the Big 12 Championships, picking up a 10th-place finish in the process. At the meet he recorded the seventh best toss in the discus at 126-00. His throw in the shot put, 38-09.75, was the 10th best in CU history. Taylor finished second at the Glenn Morris meet with 6,327 points and placed 12th at the Jim Click with 6,258 points. At Glenn Morris he had the seventh farthest shot put throw (39-05) and the eighth best pole

vault clearance (14-04.50).

2010: *Indoor:* Taylor had a great sophomore campaign in the heptathlon. He started the season off with a third-place finish at the Potts Indoor Invite (4,683). At the meet, Taylor recorded four personal records. He ran 7.34 in the 60 and 9.32 in the 60-hurdles, jumped 6-00.50 in the high jump and cleared 13-09.25 in the pole vault. His pole vault PR ranks eighth on the all-time CU combined events chart. Taylor better his PR in the heptathlon at the Big 12 meet when he scored 4,766 points to take 10th overall. He threw the shot put 38-08.75 for the third best throw all-time at CU for a heptathlete. Taylor also ran a time of 2:40.24 in the 1,000, the fourth best at CU.

Outdoor: Taylor showed even more improvement in the decathlon. He was 10th at the Jim Click meet (4/1-2) and notched personal bests in the long jump (20-03) and discus (110-08). Taylor placed second at the Glenn Morris meet (4/22-23). There he earned PR's in the high jump (6-00.75) and the pole vault (13-11.25). Taylor's top performance came at the Big 12 Championship. He scored 6,212 points to take seventh overall and earned his first letter. He notched career-highs in the shot put (38-07.50), javelin (122-10) and the 1,500 (4:30.47). His shot put throw was the ninth best all-time at CU and his 1,500 time is the 10th best ever.

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

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

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

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

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

BLAKE THEROUX



Middle Distance
Freshman, VR/VR
Chesapeake, Va.
(Western Branch)

PERSONAL BESTS

INDOOR
 3,000 Meters: 8:57.21 (2011)

2011: *Indoor:* Theroux won the 3,000-meter run at the Potts Invite (1/22) with a time of 8:57.21.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Theroux earned a spot on the varsity team as a redshirt freshman and competed in five meets. He started the season with a 10th-place finish at the Rocky Mountain Shootout and followed up that performance with a 36th-place finish at pre-nationals. Theroux finished 28th at the inaugural Pac-12 Championship, helping the Buffs to the team title. He just missed all-region honors at the region championships with a 26th-place finish. Theroux finished the season strong, placing 183rd at the NCAA Championships. (2010) Redshirt. Did not compete.

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

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

IN THE CLASSROOM: Theroux is majoring in history. He owns a GPA greater than 3.00.

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

CHRISTIAN THOMPSON



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

PERSONAL BESTS

INDOOR
 Mile: 4:10.99 (2008)
 3,000-Meters: 8:09.29 (2011)
 5,000-Meters: 14:08.05 (2011)
OUTDOOR
 1,500-Meters: 3:58.46 (2009)
 Steeplechase: 8:49.38 (2009)

BIG 12 SCORING

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

NCAA MIDWEST REGION CHAMPIONSHIP SCORING

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

HONORS

Two-time All-Big 12 Performer
 Academic All-Big 12 (2009, 10)

2011: *Indoor:* Thompson competed in the mile, 3k and 5k for the Buffs during his final indoor season and picked up personal bests in the 3k and 5k runs in the process. Thompson raced to a time of 8:09.29 in the 3k at the UW Invite (1/29), placing eighth in the process. Two weeks later at the Husky Classic (2/12) he recorded a time of 14:08.05 in the 5k. Thompson raced both events at the final Big 12 Championship. He was 10th in the 5k (14:15.06) and 13th in the 3k (8:21.24).

Outdoor: Redshirt. Did not compete.

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

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

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

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

advanced to nationals on his PR time. Thompson finished 20th overall at NCAA's in the prelims.

2008: *Indoor:* Thompson competed in the mile and 3,000-meter runs during the indoor season. He ran the 3k at the conference meet and placed 22nd with a time of 8:30.44. Thompson raced to his season-best in the 3k of 8:17.42 at the Husky Invite and placed 28th overall. His PR in the mile (4:10.99) came at the Seattle Last Chance meet where he finished 10th.

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

CROSS COUNTRY: (2011) Thompson had a great final season on the cross country course for CU, finishing either third or fourth for the Buffs' team score. He started off by placing third at the Rocky Mountain Shootout. The following meet, pre-nationals, he was 21st overall. Thompson helped the Buffs claim the inaugural Pac-12 Championship title; placing 13th overall individually. He was 12th at regionals and finished his career at NCAA's with a 49th-place finish. Thompson was named to the All-Pac-12 Second Team and all-region honors for the season. (2010) Thompson raced in all five varsity meets for the Buffs. He placed fourth overall at the Rocky Mountain Shootout and followed that performance up with a 30th-place finish at pre-nats. Thompson was all-conference again with a seventh-place finish (CU's No. 3) and earned all-region recognition after placing 19th at the NCAA Mountain Region Championship. He finished the season with a 90th-place finish at nationals. (2009) The season proved to be a breakout year for Thompson as he led the Buffs in a pair of races and was the second or third Buff twice. He started the year by taking fifth at the Rocky Mountain Shootout and was the fourth Buff harrier to cross the finish. Thompson's first time leading the Buffs came at pre-nats when he finished 14th and led the Buffs to a second-place team finish. He was ninth overall at the Big 12 Championship (second on the team) and was 10th at the regional meet (third Buff) to earn his first all-region and all-conference honors. Thompson led the Buffs at nationals with a 44th-place finish and just missed his first All-American honor. (2008) Thompson got out to a good start as he finished eighth overall (CU's No. 7) at the Iowa State Invite. A few weeks later at the Rocky Mountain Shootout he was sixth overall and the No. 3 harrier for CU. After the return of some of Thompson's teammates, he moved down to the No. 5 runner at the pre-national meet (finishing 79th). Thompson earned a spot on the post-season roster and placed 29th at Big 12s, 34th at regionals and 208th at nationals. (2007) Did not compete.

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

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

ACADEMICS: Thompson is majoring in International Affairs. He was a member of the honor roll in high school.

Thompson is a member of the Big 12 Commissioner's Honor Roll and was named to the Academic All-Big 12 Second Team in 2009 and 10.

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

JAKE TIMMONS



Jumps
Senior/Junior, VR/VR
Franktown, Colo.
(Ponderosa)

PERSONAL BESTS

INDOOR

High Jump: 6-09.75/2.08m (2011)

OUTDOOR

High Jump: 6-07/2.01m (2010)

HONORS

Academic All-Big 12 (2010, 11)

Big 12 Athlete of the Week (5/12/09)

2011: *Indoor:* Timmons became the ninth best CU performer in the high jump during the indoor season when he cleared 65-09.75 at the Air Force Invite (2/12). The jump placed fourth overall at the meet. Timmons placed first at a pair of meets during the season. He tied for first at the Don Barrett Duals (1/29) with a jump of 6-08.75 and took first at the Potts Invite (1/22) after jumping 6-06.75.

Outdoor: Redshirt. Did not compete.

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

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

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

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

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

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

ACADEMICS: Timmons is majoring in mechanical engineering with a GPA greater than 3.00 and was a member of the Big 12 Commissioner's Honor Roll. He was named to the Academic All-Big 12 second team in 2010 and 11. Timmons was a member of the National Honor Society in high school.

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

ARIC VAN HALEN



Distance
Senior/Junior, VR/1L
Los Angeles, Calif.
(Oakwood)

PERSONAL BESTS

INDOOR

Mile: 4:19.93 (2010)

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

OUTDOOR

1,500-Meters: 3:53.48 (2011)

Steeplechase: 8:52.53 (2011)

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

BIG 12 SCORING

2011 (O) Steeplechase, 4th (8:57.16)

2011: *Indoor:* Van Halen earned his best finish of the season with a fourth-place finish in the mile (4:26.67) at the Don Barrett Duals (1/29). He also raced at the Husky Classic (2/12). Van Halen placed 33rd overall with a time of 8:21.09 in the 3k.

Outdoor: Van Halen continued to focus on the steeplechase during the outdoor season. He ran his personal record of 8:52.53 at the Cardinal Invite (5/1). Van Halen also scored for the Buffs at the Big 12 Championships, placing fourth with a time of 8:57.16. He went on to compete at the NCAA West Preliminary Championships (5/27) and placed 24th overall with a time of 9:03.18.

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

Outdoor: Van Halen had some success in the steeplechase during his first outdoor campaign. He ran the fifth best time for a Buff in 2010 at the Mt. SAC Relays, crossing the finish in 9:12.7 (hand-timed). He improved on that time when he ran 9:12.42 at the Big 12 Championship. Van Halen just missed scoring when he finished 10th.

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

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Van Halen raced twice during the fall for CU. He was 17th at the Rocky Mountain Shootout and placed 34th at the Santa Clara Bronco Invite. (2010) Van Halen continued to show improvement on the cross country course as a sophomore, starting with a 17-

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

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

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

ACADEMICS: Van Halen is majoring in film studies.

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

ANDY WACKER



Distance
Senior, VR/2L
Pinehurst, N.C.
(Pinecrest)

PERSONAL BESTS

INDOOR

3,000-Meters: 8:17.02 (2011)

5,000-Meters: 14:03.41 (2011)

OUTDOOR

1,500-Meters: 3:49.20 (2011)

5,000-Meters: 13:41.49 (2011)

10,000-Meters: 29:10.89 (2011)

BIG 12 SCORING

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

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

2011 (O) 5,000-Meter Run, 5th (14:02.92)

2011 (O) 10,000-Meter Run, 7th (29:30.12)

HONORS

Academic All-Big 12 (2009, 10, 11)

Four-time All-Big 12 Performer

2011: *Indoor:* Wacker ran in three races for the Buffs. He started off by finishing the 5k at the Husky Classic (2/12) in 14:03.41, which ranks 14th on the CU performers list. At the Big 12 Championship he raced in both the 3k and 5k. Wacker just missed scoring in both as he was ninth in the 5k (14:05.60) and 11th in the 3k (8:17.02).

Outdoor: Wacker recorded personal bests in all three of the events he competed in during the campaign. He started off with a PR in the 10k at the Stanford Invite (3/25), finishing in 29:10.89 and becoming the 11th fastest

performer in the event. A couple weeks later at the Beach Invite (4/16) he finished the 1,500 in 3:59.20. Wacker went on to PR in the 5k at the Cardinal Invite (5/1). His time of 13:41.49 placed him 10th on the CU performers list. Wacker scored for the Buffs in the 5k and 10k at the Big 12 Championships. He placed fifth in the 5k (14:02.92) and was seventh in the 10k (29:30.12). Wacker qualified for the NCAA West Preliminary Championships in both distance events. He placed 17th in the 10k (29:32.06) and was 22nd in the 5k (14:01.13).

2010: Indoor: Did not compete.

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

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

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

2008: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Wacker finished off his cross country career on a very high note, capturing All-Pac-12 First Team, All-Mountain Region and All-American honors. He started out by taking second overall at the Rocky Mountain Shootout, finishing just behind teammate Richard Medina. Wacker led CU at the NCAA Pre-Nationals, once again placing second overall. He helped CU win the inaugural Pac-12 Championships, placing sixth at the meet. Wacker went on to take seventh at regionals and finished the season with his second All-American honor and a 20th-place finish. The Buffs placed third overall. (2010) Wacker was the runner-up at the Rocky Mountain Shootout, starting his junior year off on a great note. He was 17th at the NCAA Pre-National Invitation. Wacker was CU's No. 2 runner in all but one meet, the Big 12 Championship, where he led the Buffs with a fifth-place finish and collected all-conference honors. He was ninth at the NCAA Mountain Region Championship, earning all-region honors in the process. Wacker capped off the season by placing 37th at nationals; earning his first All-American honor. (2009) Wacker started the season by placing eighth at the Rocky Mountain Shootout and was the fifth Buff to score. At pre-nats, he was the 39th runner across the finish (24:22.5) with his best time of the year. Wacker earned his first all-conference and all-region honors after taking 13th and 25th, respectively, at each meet. He finished the season at NCAAs as the 70th finisher and the No. 3 scorer for the Buffs. (2008) Wacker made the varsity team immediately, placing eighth overall in his debut at the Iowa State Invite (CU's No. 7), finishing

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

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

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

ACADEMICS: Wacker earned his bachelor's degree in evolutionary biology and integrated physiology during the summer of 2011. He is a graduate student majoring in integrated physiology and owns a greater than 3.0 GPA. He was a member of the Big 12 Commissioner's Honor Roll and was a member of the honor roll in high school. Wacker was a member of the Academic All-Big 12 team in 2009, 10 and 11.

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

GARRETT WARD



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

PERSONAL BESTS

INDOOR

Mile: 4:30.04 (2011)

OUTDOOR

1,500-Meters: 4:06.00 (2011)

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

5,000-Meters: 15:20.20 (2011)

2011: Indoor: Ward placed sixth in the mile (4:30.04) at the Don Barrett Duals (1/29).

Outdoor: Ward raced to personal bests in the 1,500 and 5k. He finished the 1,500 in 4:06.00 at the Potts Invite (3/19), placing sixth overall. Ward recorded a PR of 15:20.20 in

the 5k at the Beach Invitational (4/16), which was good for 20th overall.

2010: Indoor: Did not compete.

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

CROSS COUNTRY: (2011) Ward raced twice for the Buffs. He was 23rd at the Rocky Mountain Shootout and placed 96th at the Santa Clara Bronco Invite. (2010) Ward ran for the Buffs at the Fort Hays State Open, placing 22nd overall.

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

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

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

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

JEFF WARREN



Distance
Junior/Sophomore,
VR/VR
Highlands Ranch, Colo.
(Mountain Vista)

PERSONAL BESTS

INDOOR

800-Meters: 1:57.10 (2011)

Mile: 4:14.34 (2011)

3,000-Meters: 8:50.60 (2010)

2011: Indoor: Warren earned a PR in the mile at the Husker Invite (2/5). He ran a time of 4:14.34 to finish ninth overall.

Outdoor: Did not compete.

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

Outdoor: Did not compete.

CROSS COUNTRY: (2011) Did not compete. (2010) Warren ran in a pair of races for CU. He was 43rd at the Rocky Mountain Shootout and placed 21st at the Fort Hays State Open.

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

the state championship from MVHS.

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

IN THE CLASSROOM: Warren is majoring in integrative physiology. He owns a greater than 3.00 GPA and was a member of the Big 12 Commissioner's Honor Roll.

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

CONNOR WINTER



Middle Distance
Freshman, HS
Centennial, Colo.
(Arapahoe)

PERSONAL BESTS

800-meters: 1:52.56
1,600-meters: 4:22.40
3,200-meters: 9:09.04
5,000-meters: 15:21.60

CROSS COUNTRY: (2011) Redshirt. Did not compete.

HIGH SCHOOL: Winter earned six individual state championship titles while at Arapahoe High School. He won the 800, 1,600 and 3,200-meter runs as a junior and senior. Winter earned all-state honors on the track his sophomore, junior and senior years. He was the runner-up at the 2009 state cross country championship his junior year. Winter was also recruited by Georgetown, Arizona State and Oklahoma State.

HIGH SCHOOL BESTS: 800-meters: 1:52.56; 1,600-meters: 4:22.40; 3,200-meters: 9:09.04; 5,000-meters: 15:21.60.

IN THE CLASSROOM: Winter is majoring in engineering. He owns a greater than 3.00 GPA after his first semester.

PERSONAL: Connor R. Winter was born on February 18, 1993 in Littleton, Colo. He is the son of Robert and Jill Winter of Centennial, Colo. and has one younger sister, Bailey. Winter was featured in *Sport Illustrated's* Faces in the Crowd section after sweeping the distance events at the Colorado State 5A Championships, the first athlete to do so in at least 60 years, according to CHSAA. He won the 800 (1:52.56), the 1,600 (4:22.52) and the 3,200 (9:17.17).

KAJSA BANK



Throws
Sophomore, VR/VR
Louisville, Colo.
(Monarch)

PERSONAL BESTS

INDOOR

Shot Put: 37-04.50/11.39m (2011)

Weight Throw: 42-04/12.91m (2011)

OUTDOOR

Hammer Throw: 134-09/41.08m (2011)

Javelin: 89.17/27.30m (2011)

Shot Put: 34-01.25/10.39m (2011)

2011: *Indoor:* Bank started her CU career throwing the shot put and weight throw. She recorded personal bests at the Colorado School of Mines Twilight (2/18) in both events. Bank placed 10th in the shot put with a toss of 37-04.50 and was 14th in the weight throw after a toss of 42-04.

Outdoor: Bank competed in the hammer throw, javelin and shot put. She recorded PRs in the hammer throw (134-09) and the javelin (89-07) at the Potts Invite (3/18). Bank PR'd in the shot put at the CU Invite (4/9) after recording a mark of 34-01.25.

2010: Redshirt. Did not compete.

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

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

IN THE CLASSROOM: Bank is majoring in psychology.

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

RACHEL BAPTISTA



Distance
Freshman, HS
Austin, Texas
(Austin)

PERSONAL BESTS

1,600-meters: 4:55

3,200-meters: 10:40.44

5,000-meters: 15:21.60

CROSS COUNTRY: (2011) Baptista quickly earned a spot on the varsity roster for CU after finishing fourth overall at the Rocky Mountain Shootout. She wore the black and gold at the NCAA Pre-National Invitational and crossed the finish 63rd overall. Two weeks later at the Pac-12 Championships she recorded a 14th-place finish and helped the Buffs win the inaugural Pac-12 Championships as the fourth harrier. Baptista raced to a 37th-place finish at regionals and finished the season 170th overall at nationals. Baptista was named to the All-Pac-12 Second Team.

HIGH SCHOOL: Baptista was an all-state selection on the cross country course after placing ninth at the Texas State Championship in 2010. She was an honorable mention selection her sophomore and junior seasons, placing 26th as a junior. Baptista was also an all-state selection on the track while at Austin High School. She placed fourth in the 3,200-meter run as a senior, running a personal-best time of 10:40.44. As a junior she was sixth in the 3,200 (11:13.74) and seventh in the 1,600 (5:07.79). Baptista was also recruited by Texas, Baylor, Arkansas, Tulsa and Rice.

HIGH SCHOOL BESTS: 1,600-meters: 4:55; 3,200-meters: 10:40.44.

IN THE CLASSROOM: Baptista is an arts and sciences open option major. She owns a GPA greater than 3.00 after her first semester.

PERSONAL: Rachel Anna Baptista was born on April 23, 1993 in Austin, Texas. She is the daughter of Frank Baptista and Deborah Fleming of Austin, Texas.

BRIANNE BEEMER



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

PERSONAL BESTS

Indoor

Pentathlon: 3,665 (2011)
 60-Meter Hurdles: 8.99 (2011)
 High Jump: 5-05.75/1.67m (2011)
 Shot Put: 34-08.50/10.58m (2011)
 Long Jump: 17-06.25/5.34m (2011)
 800-Meters: 2:13.99 (2010)
 400-Meters: 56.92 (2010)

Outdoor

Heptathlon: 5,143 (2011)
 100-Meter Hurdles: 14.41 (2011)
 High Jump: 5-04.25/1.63m (2011)
 Shot Put: 32-02.00/9.80m (2011)
 200-Meters: 25.46 (2011)
 Long Jump: 17-1.25/5.21m (2011)
 Javelin: 108-7/33.11m (2011)
 800-Meters: 2:10.80 (2011)
 400-Meter Hurdles: 1:00.96 (2010)

BIG 12 SCORING

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

HONORS

Honour-time All-Big 12 honoree
 CU Athlete of the Week
 Academic All-Big 12 (2010)

CAREER UPDATE: Beemer has become one of the best 800-meter combined events athletes to wear the black and gold. She owns the top two marks in the 800 (pentathlon), both of which came at the Big 12 Championships. Her time of 2:13.99 came at the 2010 meet and is also the 10th fastest in CU's overall history. Her second fastest time is 2:15.39, which she ran at the 2009 meet. During the outdoor season (heptathlon), Beemer took six of the top nine marks. She set the record (2:13.20) in Tucson, Ariz. on April 2, 2010.

2011: *Indoor:* Redshirt. Did not compete for CU. Beemer did compete unattached at the 2011 USA Indoor Combined Events Championships and placed eighth overall.

Outdoor: Redshirt. Did not compete.

2010: *Indoor:* Beemer continued to impress in the combined events area, as well as single events. She recorded her best overall pentathlon performance with 3,635 points at the New Mexico Classic (2/5). The total made her the fifth-best performer in the event. Beemer recorded four personal records at the meet. She ran the 60-meter hurdles in 9.21, reached a height of 5-05.25 in the high jump, threw the shot put 33-04.50 and jumped 17-00 in the long jump. Beemer had also been working on her short distances and ran the fastest 400-meter time (56.92) for CU in eight years after placing fourth in the finals of the event at the Air Force Invite (2/13). Two weeks later at the Big 12 Championship, Beemer earned two All-Big 12 honors. Her first came after she placed seventh overall in the pentathlon (3,611). Beemer had a strong performance in the 800-meter run as she set the CU pentathlon 800 record with a time of 2:13.99. The mark is the seventh fastest

ever in CU overall history and made her the sixth fastest performer in the event. The second honor came after she helped the distance medley relay team to a fifth-place finish (11:34.32).

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

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

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

HIGH SCHOOL: Beemer earned 12 letters at MVHS as a member of the cross country, track & field and basketball teams. Her 2004 cross country team won the state 4A championship. Beemer was also a part of the 4x800-meter relay which won the 2005 state championship (she was the anchor leg), as well as part of the 2008 state championship sprint medley relay team. Beemer earned seven all-state honors (three in cross country and four in track) and eight all-conference honors. She owns school records in the 400-meter dash (59.13), 800-m (2:16), 1600-m (5:18.39), 300-hurdles (44.61) and the 4x400 (59.13), 4x800 (1:48.25) and sprint medley relay (9:37.76) teams. Beemer won the 2008 Student Athlete Milk Mustache Scholarship, was named the MVHS Female Athlete of the Year, the *Reporter-Herald* Female Athlete of the Year and was also one of six finalists for the Steinmark Award.

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

IN THE CLASSROOM: Beemer is majoring in marketing and speech, language and hearing sciences and owns a GPA better than a 3.00. She was a member of the Big 12 Commissioner's Honor Roll and was named to the Academic All-Big 12 Second Team in 2010.

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

COURTNEY BOUCHET



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

PERSONAL BESTS

INDOOR

Mile: 5:22.39 (2011)
 3,000-Meters: 10:16.10 (2011)

OUTDOOR

800-Meters: 2:26.26 (2010)
 1,500-Meters: 4:55.12 (2011)
 Steeplechase: 11:40.77 (2011)

HONORS

Academic All-Big 12 (2011)

2011: *Indoor:* Bouchet competed in the mile and 3k. She raced to a season-best time of 5:22.39 and a third-place finish at the Potts Invite (1/22). At the Air Force Invite (2/12) she was third in the mile with a time of 5:23.16. Bouchet set her PR in the 3k at the Husker Invite (2/5), clocking a time of 10:16.10.

Outdoor: Bouchet raced in the 1,500 and the steeplechase. She set a PR of 4:55.12 at the Potts Invite (4/9) and placed fifth in the process. She ran the steeplechase twice. Her best finish of 11:40.77 came at the CU Invite (4/9) where she registered a second-place finish.

2010: *Indoor:* Did not compete.

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

CROSS COUNTRY: (2011) Bouchet ran in three meets for CU. She started the season off by placing 18th at the Rocky Mountain Shootout. Bouchet followed it up with a 28th-place performance at the Santa Clara Bronco Invite. She finished the season at the Pac-12 Championships, placing 70th overall. (2010) Bouchet ran at the Fort Hays State Open and placed 12th overall.

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

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

IN THE CLASSROOM: Bouchet is majoring in molecular, cellular and developmental biology. She owns a GPA greater than 3.3 and was a member of the Big 12 Commissioner's Honor Roll. She was named to the Academic All-Big 12 first team in 2011. Bouchet was a member of the honor roll in high school as well as an academic all-state honoree.

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

EMMA COBURN



**Distance/
Steeplechase
Senior, 2L/3L
Crested Butte, Colo.
(Crested Butte)**

PERSONAL BESTS

INDOOR

800-Meters: 2:19.98 (2009)
1,000-Meters: 2:52.43 (2009)
Mile: 4:36.08 (2011)
3,000-Meters: 9:17.46 (2011)

OUTDOOR

800-Meters: 2:09.81 (2010)
1,500-Meters: 4:12.97 (2011)
Steeplechase: 9:37.16 (2011)

BIG 12 SCORING

2009 (O) Steeplechase, 4th (10:33.49)
2010 (I) Mile, 6th (4:43.87)
2010 (I) Distance Medley Relay, 5th (11:34.32)
2010 (O) 800-Meter Run, 6th (2:12.44)
2010 (O) Steeplechase, 1st (9:56.53, meet record)
2011 (I) 3,000-Meter Run, 1st (9:17.46)
2011 (I) Distance Medley Relay, 4th (11:22.87)
2011 (O) Steeplechase, 1st (9:57.39)

NCAA CHAMPIONSHIP SCORING

2010 (O) Steeplechase, 2nd (9:51.86)
2011 (I) Mile, 8th (4:36.08)
2011 (O) Steeplechase, 1st (9:41.14)

HONORS

Eight-time All-Big 12 honoree
Three-time All-American
2010, 11 Big 12 Steeplechase Champion
2010 Outdoor All-American (Steeplechase, 2nd)
2011 Indoor All-American (Mile, 8th)
2011 Outdoor All-American (Steeplechase, 1st)
CU Co-Female Athlete of the Year (2010, 11)
CU Athlete of the Week (3/9/10, 4/22/10, 5/3/10, 4/19/11, 5/3/11, 5/18/11, 6/16/11)
Academic All-Big 12 (2010, 11)
Big 12 Athlete of the Week (4/20/11)
USATF Athlete of the Week (5/3/11)
2011 USATF Steeplechase Champion (9:44.11)
Mile High Sports Magazine Collegiate Athlete of the Year

CAREER UPDATE: Coburn is leaving her mark on the CU record book. Indoors she currently is the second-best CU performer in the mile (4:36.08), sixth in the 3,000 (9:17.46) and seventh in the 1,000-meter run (2:52.43). Coburn ran the anchor leg in the CU record-setting distance medley relay that placed fourth at the Big 12 Championship with a time of 11:22.87. On the outdoor track, she is the second fastest performer in the steeplechase (9:37.16), fourth in the 1,500 (4:12.97) and sixth best in the 800 (2:09.81). Coburn became just the second Buff to run a sub-10 minute steeplechase when she debuted during the 2010

season at the Mt. SAC Relays. Coburn is an eight-time All-Big 12 honoree which includes three individual championships (two in the steeplechase and one in the indoor 3k), as well as a three-time All-American (twice in the steeplechase and one in the mile).

2011: Indoor: Coburn had another season to remember, focusing mainly on the mile run. She started the season off by running the mile in 4:43.58 at the UW Invite (1/29), finishing fifth overall. Two weeks later Coburn she raced to the fourth best time in school history and became the second fastest performer in the event with a time of 4:37.44 at the Husky Classic (2/12). Coburn shifted gears at the Big 12 Championship, winning in the 3,000 and anchoring the fourth place distance medley relay. Coburn went back to the mile, competing at the NCAA Championships. She advanced to the finals after running the third best time in CU history (4:36.99), which was fifth overall. She saved the best time for last, running the second best time of 4:36.08 to place eighth overall and earn her first indoor All-American honor.

Outdoor: Coburn continued to shine during the outdoor season, focusing mainly on the steeplechase. During the course of the season she improved her personal record by 14.24 seconds. Coburn's first steeplechase race of the season was at the Cardinal Invite (5/1). She won the race with the then fastest time in the world (9:40.51), defeating several professionals in the process while earning the Olympic 'A' standard. Two weeks later Coburn won her second Big 12 Steeplechase crown in 9:57.39. She advanced to the NCAA West Preliminary Championships and won the meet in 9:55.03. At the NCAA Championships, Coburn won her first NCAA individual championship and second All-American honor in the steeplechase. She crossed the finish in 9:41.14. Coburn kept her season going, competing at the USATF Outdoor Championships two weeks later. She advanced to the finals after finishing ninth overall in the prelims (9:59.75). In the finals, Coburn won her first USA title in 9:44.11. The win earned her a spot on the U.S. World Championships team, extending her season. She competed twice before the world championships, first in 1,500. Coburn became the fourth fastest Buff in the 1,500 after finishing her Belgium race in 4:12.97. She then ran a personal best and the 13th fastest time in school history of 9:37.16 at the London Grand Prix. At the world championships she was the only American to advance to the finals, finishing in 9:38.42, 14th overall. Coburn ended the season with a 13th-place finish (9:51.40) and after the disqualification of a competitor, moved up to 12th overall. Over the course of the season Coburn earned several honors including the USATF Athlete of the Week, Big 12 Athlete of the Week and the CU co-Female Athlete of the Year.

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

Outdoor: Coburn debuted in the steeplechase at the prestigious Mt. SAC Relays (4/16). Coburn clocked the then-fastest time in the world at 9:56.29 to win the race and become just the second Buffalo to finish the race in less than 10 minutes. Her next race was a 1500, where she

knocked off six seconds from her pr (4:27.69) when she ran 4:21.37. Coburn was the high points scorer for the Buff at the Big 12 Championship when she recorded 13 points. She won her first Big 12 title in the steeplechase, running a meet record time of 9:56.23. She came back in the finals of the 800 to run 2:12.44 and secure a sixth-place finish. Coburn focused on the steeplechase for nationals and easily made it through the NCAA West Prelims in the event after running the second fastest time (10:08.35). Coburn had a strong finish to her season when she placed second in the NCAA finals in 9:51.86. She had the second fastest time in all of the NCAA Division I for the season and improved on her 2009 season best by 14.35 seconds.

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

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

CROSS COUNTRY: (2011) Coburn had a great final cross country season for the Buffs, earning All-Pac-12 First Team, all-region and All-America honors. She was CU's No. 2 finisher in all three races she competed in, including a pair of fifth-place finishes at the Pac-12 and regional championships. Coburn earned her first All-American honor when she crossed the finish 20th overall. She helped the Buffs win the inaugural Pac-12 title, tie for first in the regional championship and place 11th at NCAAs. (2010) Coburn stepped into a leadership role her junior year. She started the season by taking second place at the Rocky Mountain Shootout, finishing just one second behind teammate Laura Tremblay. Two weeks later she placed 14th overall at pre-nats. Coburn added to her list of accomplishments after earning all-conference and all-region honors. She placed fifth at the Big 12 Championship and was 11th at the regional meet. Coburn ended the year by taking 53rd overall at nationals. (2009) Coburn continued as part of the varsity roster. She started strong with a third-place finish at the Rocky Mountain Shootout behind teammates Jenny Barringer and Allie McLaughlin. At pre-nats, she was 32nd overall and scored for the Buffs as the No. 5 racer. Coburn once again finished as the fifth scorer for CU at the Big 12 Championships and was 22nd overall. Regionals was the best personal performance for Coburn as she took 16th overall to earn her first all-region honor. At the NCAA championship, Coburn placed 115th. (2008) Coburn made an immediate impact for the Buffs as a freshman, earning a spot on the varsity roster. She took 25th overall and was the No. 6 harrier for CU in her debut at the ISU Open. Coburn followed it up by taking eighth at the Rocky Mountain Shootout. A few weeks later at Pre-Nationals, she was CU's No. 5 (1:39th). Coburn moved up to the Buffs third racer at the conference (27th) and regional (30th) meets.

HIGH SCHOOL: Coburn was an all-state performer for four years for the Titans; including two fourth place finishes at the state cross country meet in 2006 and 2007.

She placed 29th at the 2007 Foot Locker Midwest Championship. On the track Coburn is an eight-time 2A state champion. She owns five CBHS records: 400m (1:02), 800m (2:16), 1,600m (5:11), 3,200m (11:32), the 4x800-meter relay and in the high jump (5 feet, 1 inch). She ran the 2,000-meter steeplechase at Nike Outdoor Nationals and placed second in 2008 and was fourth in 2007, earning a pair of All-American honors. Her time in 2008 was the fifth fastest time in high school history. Coburn was a member of the basketball and volleyball in high school.

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

IN THE CLASSROOM: Coburn is majoring in marketing at Colorado and was a member of the Big 12 Commissioner's Honor Roll. She owns a greater than 3.00 GPA and was named to the Academic All-Big 12 Second Team in 2010 and 11.

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

KATIE CUMMING



**Middle Distance
Senior/Junior, 2L/1L
Hudson, Wis. (Hudson)**

PERSONAL BESTS

INDOOR

800-Meters: 2:24.96 (2009)
1,000-Meters: 3:02.03 (2009)
3,000-Meters: 9:34.32 (2011)
5,000-Meters: 16:28.80 (2011)

OUTDOOR

800-Meters: 2:13.50 (2011)
1,500-Meters: 4:20.93 (2011)
5,000-Meters: 16:10.85 (2011)

BIG 12 SCORING

2010 (I) Distance Medley Relay, 5th (11:34.32)
2011 (I) Distance Medley Relay, 4th (11:22.87 – school record)
2011 (O) 5,000-Meter Run, 6th (16:25.78)

HONORS

Academic All-Big 12 (2010, 11)
Three-time All-Big 12 honoree

2011: *Indoor:* Cumming ran the third best 5k time by a Buff for the 2011 season at the Husky Classic (2/12) when she finished in 16:28.80. She raced in the 3k at the Big 12 Championships, finishing in 9:34.32, placing 15th overall. Cumming was an important part of the fourth-place finishing distance medley relay, running the first leg as the relay team set the CU record of 11:22.87, breaking a 12-year-old record.

Outdoor: Cumming started the season by running a personal best in the 800. She finished in 2:13.50 at the CU Invite (4/9) and placed fifth overall. The following week at Mt. SAC Relays she became the 12th fastest CU performer in the 5k, finishing in 16:10.85. Cumming also PR'd in the 1,500 at the Cardinal Invite (5/1), crossing the finish in

4:20.93. At the Big 12 Championships she scored for CU in the 5k, placing sixth overall in 16:25.78. She just missed adding more points for CU in the 1,500, finishing 10th in 4:26.95. Cumming qualified for the NCAA West Preliminaries in the 5k and ended the season 26th (16:41.89).

2010: *Indoor:* Cumming ran in three 3,000-meter races during the indoor season, recording a personal-best 9:37.60 at the Husky Classic (2/13). She competed in the 3k at the Big 12 Championship (9:53.98), placing 24th overall. Cumming was also a part of the distance medley relay that placed fifth at the conference meet. She ran the first leg of the race and was followed by Elizabeth Tremblay, Brianne Beemer and Emma Coburn; the team finished in 11:34.32 which was the fourth best time in school history. *Outdoor:* Did not compete.

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

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

CROSS COUNTRY: (2011) Cumming raced in all five varsity meets for the Buffs. She started the season off with a seventh-place finish at the Rocky Mountain Shootout. Two weeks later at pre-nats she placed 24th overall. Cumming helped the Buffs win the inaugural Pac-12 Championship, placing 18th overall as CU's No. 5 runner. At the NCAA Mountain Region Championships Cumming placed 27th. She finished the season at nationals with a 137th-place finish while helping the Buffs to an 11th-place team finish. (2010) Cumming missed the Rocky Mountain Shootout, but made it back to the line-up for the NCAA Pre-National Invitational where she placed 69th. Cumming then raced to a 37th-place finish at the conference championship. She was 27th at the NCAA Mountain Region Championship and ended her season by running a 215th-place finish. (2009) Cumming started the season off well after racing to a ninth-place finish at the Rocky Mountain Shootout. Cumming recorded a top-75 finish at pre-nats when she finished 72nd overall as CU's No. 7 harrier. Cumming improved on her performances as conference and regionals by placing 33rd and 27th, respectively. At her first NCAA Championship, Cumming finished 150th, scoring for CU as the No. 4 runner. (2008) Cumming earned a spot on the varsity roster immediately as a freshman. Her highest finish of the season was at the Rocky Mountain Shootout when she placed 11th overall (CU's No. 6). Cumming took 49th at conference and was 58th at regionals.

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

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

IN THE CLASSROOM: Cumming is majoring in philosophy and owns a cumulative GPA greater than 3.30. She was a member of the Big 12 Commissioner's Honor Roll. Cumming was named to the Academic All-Big 12 First Team in 2010 and 11. She was a member of the honor roll in high school and a Wisconsin Academic All-State selection all four years. She was named the Wisconsin Intercollegiate Athletic Association Scholar Athlete as a senior.

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

LARA DARCO



**Distance
Senior, VR/VR
Sparta, N.J.
(Pope John XXIII
Regional/Brown)**

PERSONAL BESTS

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

2011: *Indoor:* Darco mainly competed in the 800 for CU. She ran her fastest time of the season at the Air Force Invite (2/12), crossing the finish eighth overall in 2:22.57. Darco also raced once in the 1000 at the Husker Invite (2/5) where she finished 11th in 2:59.42.

Outdoor: Did not compete.

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

CROSS COUNTRY: (2011) Darco earned a spot on the varsity roster and made an immediate impact for the Buffs. She crossed the finish fifth overall at the Rocky Mountain Shootout and then placed 23rd at pre-nationals. Darco recorded a ninth-place finish at the inaugural Pac-12 Championships, helping CU win the team title. She finished the season with a 29th-place finish at regionals and was 137th at the NCAA Championships. Darco was named to the All-Pac-12 Second Team for her performance.

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

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

IN THE CLASSROOM: Darco is majoring in Spanish, literature and secondary education. She owns an impressive 3.829 GPA.

PERSONAL: Lara Fae Darco (formerly Heigis) was born on

Oct. 5, 1988 in Denville, N.J. She is the daughter of James and Lee Darco of Walpack, N.J. and has one younger sister, Jenny. Darco enjoys painting, yoga and snowboarding.

NICKI DESOUCHE



Middle Distance
Freshman, HS/HS
Alamosa, Colo.
(Alamosa)

PERSONAL BESTS

800-meters: 2:14.67
 1,600-meters: 5:13.83
 3,200-meters: 11:10.41

HIGH SCHOOL: DeSouchet was a decorated cross country and track athlete at Alamosa High School, lettering in both sports all four years. DeSouchet was the anchor of the 4x800-meter relay team that won the State 4A Championship her freshman year. Her sisters, Jenny and Aimee, were also on the team which was nicknamed the "DeSouchet team." She was also a member of the 2009 Colorado State Cross Country team and a year later she placed third individually at the state meet. DeSouchet had a successful junior track season. She placed second in the 3,200, was third in the 1,600 and eighth in the 800. DeSouchet was unable to compete during her senior year due to an injury. She owns a pair of AHS records after clocking a time of 11:10.41 in the 3,200 and 9:26 in the 4x800 (she was the anchor). DeSouchet was also recruited by Adams State, Northern Arizona, Portland, Columbia, Libscomb and Lamar.

HIGH SCHOOL BESTS: 800-meters: 2:14.67; 1,600-meters: 5:13.83; 3,200-meters: 11:10.41.

IN THE CLASSROOM: DeSouchet is majoring in integrative physiology. She owns a GPA greater than 3.00 after her first semester.

PERSONAL: Nicole Marie DeSouchet was born on Sept. 8, 1993 in San Diego, Calif. She is the daughter of William and Janis DeSouchet of Alamosa, Colo. She has a twin sister, Jenny, who is running at Columbia University, as well as three older siblings, Aimee DeSouchet, Jason Bartlett and Chris Bartlett.

KATHARINE DREHER



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

PERSONAL BESTS

Indoor

Pentathlon: 3,474 (2011)
 60-Meter Hurdles: 9.34 (2010)
 High Jump: 5-7/1.70m (2011)
 Shot Put: 31-01.75/9.49m (2010)
 Long Jump: 18-01.50/5.52m (2011)
 800-Meters: 2:21.16 (2011)
 Triple Jump: 38-02.75 (2009)

Outdoor

Heptathlon: 4,953 (2011)
 100-Meter Hurdles: 15.22 (2011)
 High Jump: 5-5/1.65m (2011)
 Shot Put: 30-07.75/9.34m (2009)
 200-Meters: 25.50 (2011)
 Long Jump: 18-4.25/5.59m (2011)
 Javelin: 109-11/33.51m (2011)
 800-Meters: 2:18.23 (2011)

HONORS

Academic All-Big 12 (2010, 11)

2011: *Indoor:* Dreher led the female combined athletes during the indoor season and became the seventh best performer in school history since 1985 after recording a score of 3,474 points at the Big 12 Indoor meet where she placed ninth. Dreher recorded a season best throw of 27-11.50 in the shot put at the conference championships, as well as running a season best time in the 60-hurdles at 9.37. She placed second in the 800 at Big 12s, crossing the finish in 2:21.55 for second overall. The time was the ninth fastest in combined events history. Dreher recorded the eighth best 800 time at the New Mexico Classic (2/4), finishing second with a time of 2:21.16. She finished that meet 14th overall with 2,369 points (she didn't compete in the high jump at the meet). Dreher was third at the Potts Invite (1/22) with 3,409 points. Dreher also recorded a pair of personal records in individual events during the campaign. She tied for first in the high jump at the Colorado School of Mines Twilight (2/18), clearing a height of 5-07. Dreher took fifth at the meet in the long jump, leaping 18-01.50. She was named the CU Athlete of the Week for her performances at the CSM Twilight.

Outdoor: Dreher competed in a pair of heptathlons for the Buffs, once again leading the team during the outdoor campaign. She placed fifth at the Glenn Morris Combined Events (4/21-22) with 4,432 points. Her PR of 4,953 points came at the Big 12 Championships where she once again placed ninth overall. Her point total made her the fifth-best heptathlon performer at CU. Dreher recorded three personal bests at the conference meet. She clocked a time of 15.22 in the 100-hurdles, 25.50 in the 200 and jumped a mark of 18-04.25 in the long jump. Dreher also clocked a PR of 2:18.23 in the 800, placing second overall. The time is the 10th fastest in CU history.

2010: *Indoor:* Dreher recorded the fifth best pentathlon score for a Buff in 2010 after recording 3,347 at the Potts Indoor Invite (1/22). She was 12th overall at the Big 12 Championship with 3,264 points. Her best event was the 800-meter run and she finished second overall with a time

of 2:19.6h. Dreher was the best horizontal jumper on the team, leading CU in the long and triple jumps. She recorded a fourth-place finish in the long jump at the Air Force All-Comers Meet (1/15), leaping 17-03.50. Most impressively, Dreher became the fourth best performer in the triple jump after recording a jump of 37-11.50 at the Air Force Invite (2/13). It was the 20th best jump in CU history.

Outdoor: Dreher continued to improve during the outdoor campaign. She completed the fourth best heptathlon by a Buff in 2010 at the Jim Glick Combined Events meet (4/2) with 4,515 points and placed ninth overall. Dreher recorded four personal records in the meet. She jumped 5-01.75 in the high jump, 17-01.50 in the long jump, threw the javelin 104-02 and ran 2:20.14 in the 800-meter run. Dreher became the ninth-best performer in CU history in the triple jump after recording a PR of 37-02.25, the best jump for a CU athlete in 2010. Dreher competed at the Big 12 meet and placed 11th in the heptathlon (4,445 points) and earned a PR of 28-08.25 in the shot put. She was also 15th in the triple jump (35-05.75).

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

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

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

HIGH SCHOOL BESTS: Triple Jump: 38-05.

IN THE CLASSROOM: Dreher is majoring in Spanish at Colorado. She carries a GPA greater than 3.0 and was a member of the Big 12 Commissioner's Honor Roll. Dreher was named to the Academic All-Big 12 Second Team in 2010 and 11.

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

EMILY ELLIOTT



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

PERSONAL BESTS

100-meters: 12.41
 200-meters: 25.25
 400-meters: 56.71

HIGH SCHOOL: Elliott was a decorated athlete at Windsor High School before transferring to Fort Collins High School, playing a part in six WHS records that currently stand. As a sophomore in 2009 she recorded the school record in the 400, clocking a time of 56.71. During Elliott's junior year she ran the 200 record time of 25.30 and was part of four record setting relays; the 4x100 (49.50), 4x200 (1:43.98), 4x400 (3:55.35) and 800 sprint medley relay (1:47.48). As a senior, Elliott set personal bests in the 100 (12.41) and the 200 (25.25). She recorded a top-10 performance in the 200 at the state championships, finishing ninth overall. Elliott was also recruited by Nebraska, Colorado State, Wyoming, Iowa, Air Force, Northern Colorado, Colorado School of Mines and Cornell.
HIGH SCHOOL BESTS: 100-meters: 12.41; 200-meters: 25.25; 400-meters: 56.71

IN THE CLASSROOM: Elliott is interested in majoring in communications. She was an academic all-state first team selection as a junior and senior.

PERSONAL: Emily Elizabeth Elliott was born on September 29, 1992 in Stillwater, Okla. She is the daughter of Lance and Debbie Elliott of Windsor, Colo. and has two brothers, Zach and Matt.

STACI FOSTER



Middle Distance
Junior/Sophomore,
1L/VR
Anaheim Hills, Calif.
(Orange Lutheran)

PERSONAL BESTS

INDOOR
 1000-Meters: 2:55.36 (2011)
 Mile: 4:50.49 (2011)
OUTDOOR
 800-Meters: 2:17.52 (2011)
 1,500-Meters: 4:27.88 (2011)
BIG 12 SCORING
 2011 (I) Mile, 7th (4:55.70)

2011: Indoor: Foster focused on the middle distances and found success. She won the 1,000 at the Potts Invite (1/22), crossing the finish line in 3:06.15. Foster recorded her 800 PR at the Husker Invite (2/5), finishing sixth overall in 2:55.36. Her greatest strength proved to be the mile run. Foster advanced to the finals at the Big 12

Championships after placing fifth in a personal best time of 4:50.49. In the finals she placed seventh, crossing the finish in 4:55.70.

Outdoor: Foster mainly raced the 1,500 during the outdoor season. She was 11th for CU at the Big 12 Championships, finishing in 4:28.48. She set her personal record at the NCAA West Preliminary Championships, placing 35th overall with a time of 4:27.88.

2010: Indoor: Foster ran a pair of mile runs at the Air Force Academy in her first season. She clocked a season-best time of 5:19.31 to place third at the Don Barrett Duals (1/30). Foster finished sixth at the Air Force Invite (2/13) with a time of 5:38.15.

Outdoor: Did not compete.

CROSS COUNTRY: (2011) Foster competed in a pair of races. She was 14th overall at the Rocky Mountain Shootout and then placed 85th at the Santa Clara Bronco Invite. (2010) Foster ran in a pair of races for the Buffs. She recorded a 28th-place finish at the Rocky Mountain Shootout and then placed 85th overall at the NCAA Pre-National Invitational.

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

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

IN THE CLASSROOM: Foster is majoring in psychology.

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

ALYSSA FRANK



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

PERSONAL BESTS

INDOOR
 Pentathlon: 3,468 (2010)
 60-Meter Hurdles: 9.36 (2010)
 High Jump: 5-07/1.70m (2010)
 Shot Put: 33-01/10.08m (2011)
 Long Jump: 16-10/5.13m (2010)
 800-Meters: 2:33.73 (2010)
 60-Meters: 8.73 (2010)
 400-Meters: 1:04.29 (2009)
OUTDOOR
 Heptathlon: 4,579 (2011)
 100-Meter Hurdles: 15.36 (2011)
 High Jump: 5-06.50/1.69m (2011)
 Shot Put: 34-04.75/10.48m (2010)
 200-Meters: 27.34 (2011)
 Long Jump: 16-10/5.13m (2009)
 Javelin: 105-08/32.20m (2010)
 800-Meters: 2:29.27 (2011)
HONORS
 Academic All-Big 12 (2010)

2011: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

2010: Indoor: Frank competed in three pentathlons during the indoor season. She recorded a personal record 3,468 points at the New Mexico Classic (2/5), the third best total in 2010 for a Buff. She had four PRs at the meet in the 60-hurdles (9.36), high jump (5-7), shot put (33-01) and long jump (16-10). Frank's PR in the high jump was 10th best jump in combined events history and tied her for eighth on the CU all-time performers list. Frank participated in the high jump and pentathlon for the Buffs at the conference championship. She was 10th in the pentathlon (3,344) and tied for 14th in the high jump (5-03.25).

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

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

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

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

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

IN THE CLASSROOM: Frank is a mechanical engineering major and has earned a 3.700 GPA as well as a spot on the Big 12 Commissioner's Honor Roll. She was named to the Academic All-Big 12 First Team in 2010. Frank was a member of the honor roll in high school and graduated in the top 10 percent of her class. Frank was a member of the National, Math and Hispanic Honor Societies.

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

EILEEN GEHRING



Sprints
Freshman, HS
Madison, Wis.
(Edgewood)

PERSONAL BESTS

100-meters: 12.11
200-meters: 25.00
400-meters: 56.45

HIGH SCHOOL: Gehring recorded three school records. She recorded a time of 12.11 while winning the 100-meter dash at the 2010 state meet. Her record in the 200 is 25.00 and her 400 record is 56.45. Gehring was an all-state and all-conference selection her freshman, sophomore, junior and senior years. She was also recruited by Wisconsin and Minnesota.

HIGH SCHOOL BESTS: 100-meters: 12.11; 200-meters: 25.00; 400-meters: 56.45

IN THE CLASSROOM: Gehring is majoring in business. Eileen Elizabeth Gering was born on July 20, 1993 in Madison, Wis. She is the daughter of Mark Gehring and Colleen Murphy and has two siblings, Audrey and Nicholas.

DIANA GEORGE



Distance
Sophomore, VR
Livermore, Calif.
(Livermore)

PERSONAL BESTS

800-Meters: 2:15.09 (2008)
1,600-Meters: 4:52 (2007)
3,200-Meters: 10:35 (2007)
2011: Did not compete.

2010: Redshirt. Did not compete.

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

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

CROSS COUNTRY: (2011) George started off the season by placing 11th overall at the Rocky Mountain Shootout, CU's No. 5 runner. She followed it up with a 115th-place finish at pre-nationals, this time as CU's No. 7 runner. George ended the season with a 69th-place finish at the Pac-12 Championships and the Buffs won the team title. (2010) George ran in three varsity meets for the Buffs. She started the year by taking 62nd at the Rocky Mountain Shootout. George was the 10th competitor to cross the finish in the open section of the NCAA Pre-National Invitational. Her final race of the season was the Big 12 Championship where she placed 55th overall. (2009) Did not compete.

IN THE CLASSROOM: George is majoring in mechanical engineering. George owns an impressive 3.871 GPA and was a member of the Big 12 Commissioner's Honor Roll. She received the Sandia Women's Committee Award in Mathematics as a junior in high school and was a constant on the Principal's Honor Roll her freshman through senior years.

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

SOPHIE HALLAM-EAMES



Throws
Freshman, HS
Seattle, Wash.
(Nathan Hale)

PERSONAL BESTS

Discus: 132-2
Hammer: 149-1

HIGH SCHOOL: Hallam-Eames earned four letters as a member of the track & field team at Nathan Hale High School. She owns school records in the hammer (149-1) and the discus (132-2); both were set during the 2011 season. Hallam-Eames cites winning the hammer state title as the biggest moment of her high school career. She was recruited by Princeton, Stanford, Washington and Washington State before deciding on CU.

HIGH SCHOOL BESTS: Discus: 132-2; Hammer: 149-1.

IN THE CLASSROOM: Hallam-Eames is a civil engineering major. In high school, Hallam-Eames won the Marine Corps Athletic Award and was a Washington Scholar.

PERSONAL: Sophie Antonia Hallam-Eames was born on March 27, 1993 in Seattle, Wash. She is the daughter of Matthew Hallam-Eames and Scott and Sheryl Huston. She has two siblings, Winston Hallam-Eames and Abby Huston.

LINDSEY HUBBARD



Sprints
Sophomore/Freshman,
VR/VR
Gilcrest, Colo.
(Valley)

PERSONAL BESTS

INDOOR
200 Meters: 26.48 (2011)
400 Meters: 59.74 (2011)
600 Yards: 1:27.44 (2011)

2011: Indoor: Hubbard competed in the 200 and 400-meter dashes and the 600-yard dash in her first season at CU. She clocked a season-best time of 1:27.44 in the 600 at the Husker Invite (2/5), which was 14th overall. Hubbard also set season bests on the 200 and 400 at the Air Force Invite (2/11). She crossed the finish of the 200 in 26.48 to place 30th overall and finished the 400 in 59.74 for 14th. *Outdoor:* Did not compete.

HIGH SCHOOL: Hubbard was a member of the track and field, softball and swimming teams at Valley High School and earned four letters in each sport. Her father, Mike, was her coach on the track and helped guide the Vikings to the conference championship from 2008-10. Hubbard set the school record in the 300-meter hurdles (44.51) and was a member of a pair of school record setting relays (4x400, 4:03.86 and 4x200, 1:44.51). She was an all-conference and all-state selection her sophomore, junior and senior years.

HIGH SCHOOL BESTS: 100-Meters: 12.53; 300-Meter Hurdles: 44.51.

IN THE CLASSROOM: Hubbard is majoring in mechanical engineering and has a greater than 3.30 GPA. She was the class valedictorian and earned the Boettcher Scholarship which gave her a full scholarship to any university in Colorado.

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

EMILY HUNSUCKER



Throws
Junior, VR
Arvada, Colo.
(Pomona)

PERSONAL BESTS

INDOOR

Shot Put: 49-11/15.23m (2011)
Weight Throw: 54-00/16.45m (2011)

OUTDOOR

Shot Put: 41-05.25/12.63m (2010)
Discus: 131-10/40.19m (2011)
Hammer Throw: 176-08/53.85m (2011)

HONORS

Academic All-Big 12 (2011)
Speed-Strength & Conditioning Female Lifter of the Year (2011)

2011: *Indoor:* Hunsucker earned her way into the CU record book as a sophomore, becoming the fourth best performer in the weight throw when she launched a throw of 54-00.00 at the first meet of the season, the Potts Invite (1/22). The throw placed fourth overall. Hunsucker recorded a throw of 52-00.50 at the Big 12 Championships, placing 20th overall. Those marks were the top two by a Buff during the 2011 season. She also did well in the shot put, recording a PR of 49-11 at the Colorado School of Mines Twilight (2/18), placing third overall.

Outdoor: Hunsucker continued to do well during the outdoor campaign as she became the second best performer in CU history in the hammer throw. Hunsucker had a huge throw of 176-08 at the Jack Christiansen Invite (4/23), placing fourth overall. She was 13th at the Big 12 Championships with a throw of 162-04. Hunsucker had the top three throws for a Buff in the hammer throw as she also recorded a toss of 166-08 at the Beach Invitational (4/16). Hunsucker's throw of 38-10.25 at the CU Invite led the Buffs, as it was 10th overall. She also led CU in the discus throw, tossing the best three throws for a Buff during the year. She PR'd at the Potts Invite (3/19) with a throw of 131-10, placing eighth overall. Her other throws were 120-01 (CU Invite) and 114-06 (Jack Christiansen Invite).

2010: *Indoor:* Hunsucker has a successful start to her CU career, throwing both the shot put and weight in the winter. She recorded a personal record of 44-03.25 in the weight throw at the Air Force Invite (2/12). It was her best throw by 2.5 feet as her next best one was 41-07.75. Hunsucker competed in the shot put at six different meets. She had the sixth best throw of the season for a Buff with

a toss of 41-05. Hunsucker recorded that mark twice, first at the Potts Invite (1/23) and then at the New Mexico Classic (2/6). Her throw at the Potts Invite was her first collegiate win.

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

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

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

IN THE CLASSROOM: Hunsucker is majoring in finance. She owns a GPA greater than 3.0 and was a member of the Big 12 Commissioner's Honor Roll. Hunsucker was named the Outstanding U.S. History Student as a sophomore and her junior year she was named the Outstanding AP World History Student.

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

KARA HYDE



Sprints/Hurdles
Freshman, HS
Forney, Texas.
(Forney)

PERSONAL BESTS

100-Meter Hurdles: 14.12
300-Meter Hurdles: 43.57

HIGH SCHOOL: Hyde owns a pair of school records in the 100 and 300-meter hurdles. She clocked a time of 14.12 in the 100-hurdles and 43.57 in the 300-hurdles. Hyde qualified for the state championship in both hurdle events as a junior, placing second in the 300-hurdles. Hyde was third in the 100-hurdles at the 2010 and 2011 state championships. She was also recruited by Baylor, Texas Tech, Colorado State and Kansas.

HIGH SCHOOL BESTS: 100-meter hurdles: 14.23; 300-meter hurdles: 43.57

IN THE CLASSROOM: Hyde is interested in studying history and education. She was member of the National Honor Society and the Spanish Honor Society in high

school.

PERSONAL: Kara Ann Hyde was born on August 20, 1993 in Dallas, Texas. She is the daughter of Dennis and Janet Hyde of Forney, Texas and has one brother, T.J.

SHALAYA KIPP



Distance
Junior, 1L/2L
Salt Lake City, Utah
(Skyline)

PERSONAL BESTS

INDOOR

Mile: 5:13.93 (2010)
3,000-Meters: 9:32.76 (2011)
5,000-Meters: 16:28.56 (2011)

OUTDOOR

1,500-Meters: 4:29.63 (2011)
5,000-Meters: 16:01.26 (2011)
Steeplechase: 9:56.37 (2011)

BIG 12 SCORING

2010 (O) Steeplechase, 4th (10:10.48)
2011 (I) 5,000-Meter Run, 6th (16:33.09)
2011 (O) 5,000-Meter Run, 5th (16:23.01)

NCAA CHAMPIONSHIP SCORING

2010 (O) Steeplechase, 5th (9:59.37)
2011 (O) Steeplechase, 3rd (9:56.37)

HONORS

2010, 11 Steeplechase All-American
Three-time All-Big 12 honoree
Placed ninth at the 2011 USATF Championships in the steeplechase

2011: *Indoor:* Kipp raced at three meets for CU. She started off by running a time of 9:44.42 in the 3k at the UW Invite (1/31), placing 12th overall. Two weeks later at the Husky Classic (2/12) she recorded a 5k personal record of 16:28.56. Kipp scored for the Buffs at the Big 12 Championships in the 5k, placing sixth (16:33.09). She also competed in the 3k, finishing 12th overall with a PR of 9:32.76.

Outdoor: Kipp's main focus was once again the steeplechase, however she did compete in the 1,500 and the 5k. Her first race of the season was the 1,500 at the CU Invite. Kipp placed second overall with a time of 4:29.63. The following week at Mt. SAC Relays (4/15) she won the 'B' section in the 5k with a PR of 16:01.26. The time placed Kipp 10th on the CU all-time performers list. Kipp competed in the 5k at the Big 12 Championships and placed fifth (16:23.01). After the conference meet Kipp was able to shift her focus back to the steeplechase. She had run a time of 10:03.37 at the Cardinal Invite (ninth overall), which qualified her for the NCAA West Preliminary Championships where she was second with a time of 10:00.03, enabling her to advance to the NCAA Championships. Kipp went on to place third in the finals with a personal best (9:56.37) to earn her second All-American honor on the track. Kipp extended her season at the USATF Outdoor Championships and placed ninth in the finals (10:00.3).

2010: *Indoor:* Kipp ran in four meets during her first season with CU. She started off by running the mile at the Potts Indoor Invite (1/23). Kipp won the race in 5:13.93. She fol-

lowed that up by running a 3k at the Don Barrett Duals (1/30). Kipp also won that event with an elevated time of 10:29.15. Kipp ran one 5k (17:03.27) during the season which came at the Husky Classic (2/12). She ended the season by recording a season-best time in the 3k at the Big 12 Championship. There she placed 16th with time of 9:45.27.

Outdoor: Kipp started the season by running the 1,500 and 5,000-meter runs before turning her focus to the 3,000-meter steeplechase. She ran a personal record of 16:29.38 in the 5k to win the university/open section at the Mt. SAC Relays (4/16). Kipp recorded a season-best time of 4:29.69 in the 1,500 at the Payton Jordan Cardinal Invite (5/1) after running a time of 4:41.98 at the CU Invite (4/10). At this time, Kipp started to focus on the steeplechase, winning the Fum McGraw Open (5/8) with a time of 10:53.14. She improved her time in the event to 10:10.48 the following week at the Big 12 Championship. Kipp took fourth overall to earn her first All-Big 12 honor and moved up to fourth on the all-time performers list. She advanced to the NCAA West Preliminaries in the steeplechase and placed third with a time of 10:10.04. Kipp then advanced to the semifinals at the NCAA Championship and clocked a time of 9:59.93, good for second to earn herself a place in the finals. She became just the third Buff to ever finish the event in less than 10 minutes. Kipp capped off her season in the finals of the NCAA Championship by placing fifth overall to earn her first All-American honor.

HIGH SCHOOL: Kipp won the 2009 state 1,600 and 3,200-meter run titles and owns the SHS 3,200 record (10:50), which she set on May 17, 2009. Kipp was the MVP of the SHS cross country team her sophomore year and was the cross country and track and field team captain as a senior. Kipp won the Utah State 5A Cross Country Championship in 2006 and was the runner-up in 2008. As a senior she qualified for Foot Locker nationals and placed 28th overall. Kipp earned eight letters with the Eagles.

HIGH SCHOOL BESTS: 1,600-Meters: 5:02; 3,200-Meters: 10:50, 5,000-Meters: 17:50.

CROSS COUNTRY: (2011) Kipp had another great season, earning All-Pac-12 First Team, all-region and All-American honors. She led CU in every race the entire season. Kipp started off by winning the Rocky Mountain Shootout and two weeks later she finished ninth overall at pre-nats. Kipp led the Buffs with a fifth-place finish at the Pac-12 Championships, helping the Buffs win the inaugural Pac-12 team title. She led the Buffs at regionals, once again placing fifth overall. Kipp finished the season with a 19th-place finish, earning her second straight All-American honor. (2010) Kipp earned a spot on the varsity roster from the very first team race of the season, finishing as CU's No. 3 racer and third overall at the Rocky Mountain Shootout. She followed that performance up with a 12th-place finish at pre-nationals, this time as CU's No. 2 runner. Kipp recorded her first All-Big 12 honor when she placed eighth overall at the conference meet. She went on to earn all-region recognition by placing 10th at regionals. Kipp capped off the season by placing 40th overall at nationals, earning All-American status in her first season. (2009) Redshirt. Did not compete.

IN THE CLASSROOM: Kipp is majoring in integrative physiology and was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Shalaya Kipp was born on August 19, 1990 in Salt Lake City, Utah. She is the daughter of Ron Kipp and Shannon Kipp-Gillette. Kipp lists her hobbies as skiing and hiking. She also alpine ski raced for 10 years.

MARGAUX KRAHE



Throws
Freshman, HS
Bethel Park, Pa.
(Bethel Park)

PERSONAL BESTS

Discus: 107-05
Shot put: 40-01

HIGH SCHOOL: Krahe earned four letters as a member of the track & field team at Bethel Park High School. She owns school records in the shot put (indoor) and the discus. Krahe competed at the USATF junior championships from 2008-2010.

HIGH SCHOOL BESTS: Discus: 107-05; Shot Put: 40-01.

IN THE CLASSROOM: Krahe is a physics major. She was the secretary and eventually the president of her high school class. She won a number of awards throughout her high school career, including the Wendy's High School Heisman Award and Rotary Student of the Month.

PERSONAL: Margaux Marie Krahe was born on July 13, 1992 in Pittsburgh, Pa. She is the daughter of Bill and Linda Krahe and has two brothers, Malcolm and Liam, and two sisters, Lucia and Sophia. Krahe enjoys snowboarding, playing guitar, and volunteering.

ADRIENNE LETTOW



Throws
Sophomore, VR/VR
Arvada, Colo.
(Faith Christian)

PERSONAL BESTS

INDOOR
Shot put: 39-11.25/12.17m (2011)
Weight Throw: 41-07/12.68m (2011)
OUTDOOR
Shot put: 37-09/11.35m (2011)
Hammer Throw: 122-06/37.34m (2011)

2011: *Indoor:* Lettow had a good freshman debut for the Buffs. She recorded a pair of personal bests in the shot put and weight throws at the Colorado School of Mines Twilight (2/18). Her toss of 39-11.25 in the shot put was the second best throw by a Buff during the season and placed Lettow eighth overall. She also recorded a throw of 41-07 in the weight throw, which was 15th.

Outdoor: Lettow continued to improve during the outdoor season. At the first meet of the season Lettow recorded a PR of 37-03 at the Potts Invite (3/19), which was fifth overall. It was also the third best toss by a Buff during the outdoor campaign. In the hammer throw Lettow tossed a season best mark of 122-06 at the CU Invite (4/9).

HIGH SCHOOL: Lettow owns FCHS records in the indoor shot put (39-07.50), outdoor shot put (39-04.50) and discus (118-10). She won the state meet as a junior in the shot put with her final throw of 39-04.50. Lettow was an all-conference selection and girls' track MVP all four years.

She was also named the FCHS Senior of the Year (2010).
HIGH SCHOOL BESTS: Discus: 118-10; Shot put (I): 39-07.50; Shot put (O): 39-04.50.

IN THE CLASSROOM: Lettow is a pre-communications major. She was a member of the honor roll in high school.

PERSONAL: Adrienne Elizabeth Lettow was born on November 7, 1991 in El Cajon, Calif. She is the daughter of Kris, who threw at UCLA and participated in the U.S. Olympic Trials in the discus, and Chrissie Lettow of Arvada. Her older brother, Ian, was a thrower at Colorado State. Lettow enjoys shopping, photography and listening to music.

BRITTANY LEWIS



Combined Events/Jumps
Freshman, HS/HS
Aurora, Colo.
(George Washington)

PERSONAL BESTS

INDOOR
60-Meters: 9.32
200-Meters: 27.13
400-Meters: 59.01
800-Meters: 2:29.05
60-Meter Hurdles: 9.43
Long Jump: 18-10
High Jump: 5-04
Shot Put: 34-04
OUTDOOR
Heptathlon: 4,810
100-Meters: 15.33
200-Meters: 25.5
400-Meters: 57.04
800-Meters: 2:22
100-Meter Hurdles: 15.5
400-Meter Hurdles: 1:04.11
Long Jump: 19-04
High Jump: 5-02
Shot put: 34-03.5
Javelin: 108-00

HIGH SCHOOL: Lewis was a standout athlete at George Washington High School. She earned four letters as a member of the track and field team. Lewis was a two-time Colorado State 5A Long Jump Champion, winning in 2009 with a mark of 18-00.50 and in 2010 with a leap of 18-05.5. Lewis competed on the national level in the long jump as well. She was fifth at the 2009 AAU Championships (18-04.25) and placed fifth in 2010 at the USATF Junior Championships (18-09.75). Lewis did well in the sprints at the state 5A championships too. She was fourth in the 400 in 2008 and took fifth in the 300-hurdles in 2010. Lewis was named the most valuable athlete for the GWHS Patriots in 2010 and was the team captain in 2011. She recorded a personal best in the heptathlon at the 2010 Great Southwest, scoring 4,810 points. Lewis placed 12th at the 2011 USATF Junior Championships, recording 4,648 points. Lewis was also recruited by Arizona, Texas-San Antonio.

HIGH SCHOOL BESTS: **INDOOR:** 60-Meters: 9.32; 200-Meters: 27.13; 400-Meters: 59.01; 800-Meters: 2:29.05; 60-Meter Hurdles: 9.43; Long Jump: 18-10; High Jump: 5-

04; Shot Put: 34-04.

OUTDOOR: Heptathlon: 4,810; 100-Meters: 15.33; 200-Meters: 25.5; 400-Meters: 57.04; 800-Meters: 2:22; 100-Meter Hurdles: 15.5; 400-Meter Hurdles: 1:04.11; Long Jump: 19-04; High Jump: 5-02; Shot put: 34-03.5; Javelin: 108-00.

IN THE CLASSROOM: Lewis intends to major in integrative physiology. She was a member of the honor roll from 2007-10.

PERSONAL: Brittany Simone Lewis was born on Jan. 19, 1993 in Sterling, Colo. She is the daughter of Don and Tonya Lewis of Aurora, Colo. Her father ran track at UNC. She has a brother, Dashawn, and a sister, Dawnielle. Lewis enjoys singing and riding her bike.

KELLIE LIND



Throws
Sophomore, VR/VR
Fox Island, Wash.
(Gig Harbor)

PERSONAL BESTS

INDOOR

Weight Throw: 50-08/15.44m (2011)

OUTDOOR

Hammer Throw: 148-00/45.12m (2011)

2011: *Indoor:* Lind focused on the weight throw during the indoor season. She had the third-best throw by a Buffalo at the Potts Invite (1/22), tossing the weight 55-08 for sixth-place.

Outdoor: Lind threw the hammer during the outdoor season. Her personal best of 148-00 at the Front Range Classic (5/1) was the sixth best throw of the season for the Buffs. She placed 12th at the meet.

HIGH SCHOOL: Lind earned four letters as a member of the Tides' track and field team. She placed 10th at the state championship in 2010 in the discus. That same year she was seventh in the hammer at the state competition.

HIGH SCHOOL BESTS: Hammer: 136-11.

IN THE CLASSROOM: Lind is an engineering major.

PERSONAL: Kellie Anne Lind was born on June 6, 1992 in Tacoma, Wash. She is the daughter of Chris Lind of Gig Harbor and Wendy Lind of Fox Island. Lind is the youngest of five children. She has two sisters, Katie and Amy, and two brothers, Michael and Kevin. Katie played soccer at Concordia University (Portland, Ore.). She enjoys skiing, hiking, rock climbing and camping.

CAMILLE LOGAN



Distance
Junior, VR/1L
Littleton, Colo.
(Littleton)

PERSONAL BESTS

INDOOR

Mile: 5:21.07 (2010)

3,000-Meters: 9:33.85 (2011)

5,000-Meters: 16:38.18 (2011)

OUTDOOR

1,500-Meters: 4:23.66 (2011)

3,000-Meters: 10:33.85 (2010)

5,000-Meters: 16:15.19 (2011)

10,000-Meters: 34:16.11 (2011)

BIG 12 SCORING

2011 (O) 10,000-Meter Run, 6th (34:27.12)

HONORS

Academic All-Big 12 (2011)

2011: *Indoor:* Logan raced to a personal record in the 5,000 at the Husky Classic (2/11), finishing in 16:38.18. At the Big 12 Championships she just missed scoring for the Buffs in the 5k, placing ninth in 16:42.18. Logan also raced in the 3k, finishing 14th overall in 9:33.85.

Outdoor: Logan ran in the 1,500, 5k and 10k races. She recorded a personal best of 4:23.66 in the Cardinal Invite (5/1), finishing 10th in the third section. Logan won the 1,500 at the CU Invite (4/9), finishing in 4:25.96. She PR'd in the 5k, becoming the 13th best CU performer in the event with a time of 16:15.19 at Mt. SAC Relays (4/15). Logan raced in the 10k at the Stanford Invite (3/25), crossing the finish in 34:33.24 for third overall in the second section. She participated in both the 5k and 10k at the Big 12 Championships. She placed sixth in the 10k (34:27.12) and was 12th in the 5k (16:41.17). Logan went on to compete in the same two events at the NCAA West Preliminary Championships. She was 21st in the 10k, finishing with a 10k best of 34:16.11, making her the ninth fastest CU performer in the event. Logan was 18th overall in the 5k after finishing in 16:27.96.

2010: *Indoor:* Logan ran the mile and 3,000-meter runs during her first season with the Buffs. She debuted in the mile, running a time of 5:21.07 at the Potts Invite (1/23). Logan ran a pair of 3k's after that. Her best time was 10:19.77, which she did at the Husky Classic (2/13).

Outdoor: Logan ran in several different events during the outdoor campaign, including the 1,500, 3,000, 5,000 and 10,000-meter runs. She ran her first race of the season at the CU Invite (4/11), clocking a PR of 10:33.85 for fifth place. Logan ran a personal best 17:21.38 at the Mt. SAC Relays just six days later, finishing fifth in her division. At the Big 12 Championships, Logan competed in the 5 and 10k runs. She started out with a 13th-place finish in the 10k, running a time of 36:24.92. Two days later she was 24th in the 5k, finishing just under her PR with a time of 17:25.12.

HIGH SCHOOL: Logan set three school records while a member of the LHS cross country and track and field team. She ran a school 5k Liberty Course record of 18:14 in 2008 and took fourth in the meet. On the track, Logan recorded school records in the 1,600 and 3,200-meter runs. She ran a time of 5:03 to place third in the 1,600 and 11:03 in the 3,200 to finish 12th. Both were at the Arcadia Invitational

in April of 2008. On the track she was named all-league first team her sophomore through senior years and was named All-Colorado honorable mention as a junior.

HIGH SCHOOL BESTS: 1,600-Meters: 5:03; 3,200-Meters: 11:03.

CROSS COUNTRY: (2011) Logan had a good sophomore campaign, scoring for CU in four of its five varsity meets. She started off with a sixth-place finish at the Rocky Mountain Shootout and followed it up with a 40th-place finish at pre-nationals. Logan placed 26th at the inaugural Pac-12 Championships, crossing the finish sixth for the Buffs. She was 19th overall at regionals, helping CU tie for first as the No. 3 runner. Logan ended the year at nationals with a 165th-place finish. The Buffs placed 11th overall. (2010) Logan made her way onto the varsity roster as a redshirt freshman. She placed 13th at the Rocky Mountain Shootout and was 97th at the NCAA Pre-National Invitational. Logan finished her only Big 12 Championship with a 25th-place finish and followed that up with a 43rd-place finish at regionals. She finished the season by placing 227th at nationals. (2009) Redshirt. Did not compete.

IN THE CLASSROOM: Logan is majoring in integrative physiology. She was a member of the honor roll and was named to the highest honor roll in high school.

PERSONAL: Camille Catherine Logan was born on August 10, 1991 in Denver, Colo. She is the daughter of Karl and Mary Logan and has two siblings, James and Jordan. Logan lists hiking and dancing as her hobbies. She used to compete in Irish step dancing and has volunteered for Habitat for Humanity.

NIKKI LOOK



Middle Distance
Sophomore, VR
Castle Rock, Colo.
(Douglas County)

PERSONAL BESTS

OUTDOOR

1,500-Meters: 5:08.04 (2011)

HONORS

Academic All-Big 12 (2011)

2011: *Indoor:* Did not compete.

Outdoor: Look raced twice for the Buffs in the 1,500. She recorded a PR at the CU Invite (4/9), finishing in 5:08.04. Look was just off her PR at the Jack Christiansen Invite (4/23), crossing the finish line in 5:08.80.

2010: Did not compete.

CROSS COUNTRY: (2010) Look ran in two meets for CU. She placed 36th overall at the Rocky Mountain Shootout and was 13th at the Fort Hays State Open.

HIGH SCHOOL: Look was a four-sport athlete at DCHS. She received the National Girls and Women in Sports Day Recognition Award as a junior and earned one letter as a member of the cross country team and four on the track team. Look earned the Female Sprinter Award twice, was the 2008 most valuable athlete, a two-time captain and a member of the school record setting 800-meter sprint medley (1:48.01), 4x200 (1:45.16) and 4x100 (50.20) relay on the track team. She owns the Zoom Track Club Team records in the 100 and 200. Look was a member of the 800

sprint medley relay that placed second at the state meet in 2008.

IN THE CLASSROOM: Look is majoring in applied mathematics. She has recorded a perfect 4.00 in her time at CU and has been named to the Dean's List and Big 12 Commissioner's Honor Roll. Look was named the Outstanding Female Student Athlete of the Year as a senior at DCHS and was awarded the Boettcher Scholarship, which grants a full-ride scholarship to any Colorado college. She was an academic all-state selection in basketball and swimming.

PERSONAL: Nicole Look was born on October 28, 1990, in San Mateo, Calif. She is the daughter of Douglas and Lois Look of Castle Rock, Colo. She has one younger sister, Danielle. Look lists developing healthy baking habits, scrapbooking, photography, swimming, yoga and golfing as her hobbies. She started Tae Kwon Do at the age of three and earned a black belt by the time she was eight. Look co-founded Nourish Peace which raises money to support Global Education Fund's effort in building schools around the world. She has worked as a rehabilitation aide at a physical therapy clinic, a six-year-old track coach and a ballot judge for the 2008 Presidential Election.

LINDSY MATTSON



Sprints
Freshman, HS
Grand Rapids, Minn.
(Grand Rapids)

PERSONAL BESTS

200-meters: 25.29
400-meters: 55.18

HIGH SCHOOL: Mattson owns three GRHS records, the 200, 400 and the 4x200-meter relay. She ran a time of 25.29 in the 200 and helped the relay to a mark of 1:42.40. Mattson's fastest time in the 400 is 55.18. She has broken her school record in the 400 seven times and her current mark ranks seventh in Minnesota state history. Mattson has qualified for the state meet in 11 races and has earned six all-state honors. She was second at the 2009 state meet in the 400 and was third the following year. Mattson was also recruited by Minnesota, Iowa State, Iowa, Northern Iowa, North Dakota State, Wisconsin, Nebraska, Kentucky, South Dakota State and Wake Forest.

HIGH SCHOOL BESTS: 200-meters: 25.29; 400-meters: 55.18

IN THE CLASSROOM: Mattson is majoring in communications and has recorded a greater than 3.00 GPA after her first semester. She is a member of the National Honor Society.

PERSONAL: Lindsay Caitlin Mattson was born on February 1, 1993 in Grand Rapids, Minn. She is the daughter of Jeff and Tara Mattson and has a sister, Sidney, and a brother, Mitchell.

GENNY MAYDEN



Combined Events
Sophomore, VR/VR
Nashville, Tenn.
(Ensworth)

PERSONAL BESTS

INDOOR

Pentathlon: 3,364 (2011)
60-Meter Hurdles: 9.20 (2011)
High Jump: 5-02.50/1.59m (2011)
Shot Put: 35-06/10.82m (2011)
Long Jump: 17-08.75/5.39m (2011)
800-Meters: 2:34.29 (2011)

OUTDOOR

Heptathlon: 4950 (2011)
100-Meter Hurdles: 15.28 (2011)
High Jump: 5-04.25/1.63m (2011)
Shot Put: 37-06.75/11.45m (2011)
200 Meters: 26.07 (2011)
Long Jump: 18-04.50/5.60m (2011)
Javelin: 121-06/37.06m (2011)
800 Meters: 2:27.80 (2011)

2011: *Indoor:* Mayden competed in three pentathlons during her first season. She started the season sixth at the Potts Invite (1/22) with 3,167 points and was seventh at the New Mexico Classic (2/4) with 3,273 points. Her personal record of 3,364 points came at the Big 12 Championships where she tied for 11th overall. Mayden's PR made her the 10th best CU performer since 1985 in the pentathlon. Mayden ran her pentathlon PR of 9.24 in the 60-hurdles, putting her 10th on the all-time list. She also PR'd in the 800 with a time of 2:34.29. Mayden recorded a pair of personal bests at the Colorado School of Mines Twilight (2/18). She jumped 17-08.75 in the long jump, placing sixth, and finished the 60-hurdles in 9.20 for fifth overall.

Outdoor: During the outdoor season Mayden continued to have a great freshman campaign. She competed in four meets, recording more than 4,900 points in her final two meets. Mayden notched 4,939 points at the Big 12 Championships, which placed 10th overall. At the meet she recorded two personal bests. She clocked a time of 26.07 in the 200 and jumped 18-04.50 in the long jump, which placed sixth at the meet. Mayden's best performance came at the USATF Junior Championships. She put together a score of 4,950 points, which was fourth at the meet. The score made her the sixth best performer at CU. At the championships Mayden recorded four personal bests. She cleared a height of 5-04.25 in the high jump, threw the shot put 37-06.75 (which was second at the championships), had a throw of 121-06 in the javelin (third) and ran the 800 in 2:27.80. Mayden's javelin toss ranked fifth in school history and her shot put throw was 10th for combined event athletes.

HIGH SCHOOL: As a member of the track and field team at Ensworth High School, Mayden earned four letters. During her junior year, she took first place in the triple jump at the Nashville City Meet. She holds school records for the pentathlon (2942) and triple jump (35-7). She earned two letters for basketball and was a member of the team when the Tigers won the state title in 2008. Mayden was also recruited by Miami, South Carolina and Tulane.

IN THE CLASSROOM: Mayden is a studio art major with interest in photography and art history. She would like to be a photographer after college.

PERSONAL: Genny Emanuelle Mayden was born on January 27, 1992 in New York and is the daughter of Ted and Barbara Mayden. She has two sisters, Samantha and Talia. Samantha is the member of the cross country and track and field team at Muhlenberg College. She lists her hobbies as drawing, crossword puzzles, board games, hiking, traveling and music. Mayden also volunteers frequently at Nashville Animal Shelter.

CATRINA McALISTER



Middle Distance
Freshman, HS
San Clemente, Calif.
(Arcadia)

PERSONAL BESTS

1,600-meters: 4:50.78
3,200-meters: 10:24.85

HIGH SCHOOL: McAlister ran most of her collegiate career at Arcadia High School. While attending AHS she was very successful on the cross country course and on the track. McAlister was an all-state selection in cross country as a junior and senior. She was ninth in 2009 and 10th in 2010 at the state championship. McAlister was the Pacific League Champion in 2010 as well. She went on to compete at the FootLocker meets where she was seventh in the west and finished 25th in the finals. On the track McAlister was the Pacific League Champion her sophomore and junior seasons in the 1,600 and 3,200-meter runs. McAlister placed 10th at the state championship in the 3,200 as a junior.

HIGH SCHOOL BESTS: 1,600-meters: 4:50.78; 3,200-meters: 10:24.85.

IN THE CLASSROOM: McAlister is an open major in the arts and sciences. She recorded a 3.4 GPA in her first semester.

PERSONAL: Catrina Jean McAlister was born on August 21, 1993 in Los Angeles, Calif. She is the daughter of Claron and Carla McAlister and has two younger siblings, Cocyte and Caiya, twins. McAlister enjoys writing, surfing, photography, gardening and playing the guitar.

ALLIE McLAUGHLIN



Distance
Sophomore, RS
Colorado Springs,
Colo. (Air Academy)

PERSONAL BESTS

INDOOR

3,000-Meters: 9:23.31 (2010)

2011: *Indoor:* Did not compete.

Outdoor: Did not compete.

2010: Indoor: McLaughlin recorded an NCAA provisional time in the 3,000-meter run at the UW Invitational (1/30), her only race of the season. McLaughlin made her collegiate track debut in quick fashion as she clocked a time of 9:23.31. She placed third overall and was the top collegiate finisher in the race. Amy Hastings won the 3k with a time of 8:58.45 and Jen Rhines was second (8:58.47); both were running unattached. McLaughlin's time was the 18th fastest ever recorded by a Buff and is the second fastest freshman debut. Sara (Gorton) Slattery recorded the fastest mark of 2:11.59 on Feb. 3, 2001 in Lincoln, Neb.

Outdoor: Did not compete.

CROSS COUNTRY: McLaughlin had quite possibly the best freshman season in CU history during the 2009 season. She started off the season by finishing second at the Rocky Mountain Shootout in 20:22, the eighth best time in course history. It was also the second fastest time by a freshman. McLaughlin showed it wasn't beginner's luck as she raced to a 10th-place finish at pre-nats. Two weeks later she became the first Buff since 2005 to be named the Big 12 Newcomer of the Year after the race to a runner-up finish at the conference championship. The regional meet saw McLaughlin finish third overall, another impressive race for the frosh. But most notably McLaughlin led the Buffs at the NCAA Championships, as a freshman. She finished fifth overall to earn her first All-American honor and was the top freshman in the race. It was the second best finish for a freshman ever at the meet (Shalane Flanagan was fourth in 2000). McLaughlin did not compete in 2010.

HIGH SCHOOL: McLaughlin ran one year of track and two seasons of cross country while at Air Academy. As a junior, the only season she ran track, McLaughlin also had a lot of success. She won the 2008 state 3,200-meter run title and was the regional champion. McLaughlin was named all-first team in track and cross country by the Colorado Springs Gazette. *The Rocky Mountain News* named her the Distance Runner of the Year in 2008. She won the Colorado State 5A Cross Country championship by more than a minute as a senior with a PR of 17:04, which doubles as the AAHS and meet record. McLaughlin was undefeated her senior season and set three course records as well as four meet records. Besides winning the state title, she was the conference and regional champion. McLaughlin was named the cross country runner of the year by the *Rocky Mountain News*, *The Denver Post* and *The Colorado Springs Gazette*. In addition to those honors, she was named the AAHS Female Athlete of the Year, Sportswomen of Colorado honoree for cross country, Rotary Champions nominee and the Gatorade Colorado Runner of the Year. McLaughlin qualified for the IAAF World Championships after placing fourth at the USA Junior Championships in 2008 and earned All-American honors by placing fifth at the Foot Locker National Championships. She also served as the captain for the cross country and lacrosse teams her senior year.

HIGH SCHOOL BESTS: 1,600-Meters: 5:13; 3,200-Meters: 10:49.

IN THE CLASSROOM: McLaughlin is majoring in communications and owns a greater than 3.00 GPA. While in high school, she was a member of the National Honor Society, the Principal's Honor Roll and was named to the Colorado High School Activities Association Academic All-State First Team.

PERSONAL: Allison Jordan McLaughlin was born on Oct. 30, 1990 in Dayton, Ohio. She is the daughter of Thomas, who played lacrosse at Michigan State, and Carol McLaughlin of Colorado Springs, Colo. She has one older

brother, Andrew. McLaughlin lists snowboarding, wakeboarding, swimming, downhill mountain biking, weightlifting, photography and running with her dogs as her hobbies. She has also volunteered her time baking food in a soup kitchen while in high school.

JESSICA McLAUGHLIN



Javelin
Senior, VR
Elizabeth, Colo.
(Elizabeth)

PERSONAL BESTS

Javelin: 82-07 (2010)

2011: Indoor: Did not compete.

Outdoor: McLaughlin competed in three meets for the Buffs. She recorded a season-best mark of 76-10 at the CU Invite (4/9).

2010: Indoor: Did not compete.

Outdoor: McLaughlin competed in four meets for the Buffs. She recorded a personal best of 82-07 in the javelin at the CU Invite (4/10), placing 17th overall.

2009: Indoor and Outdoor: Did not compete.

HIGH SCHOOL: McLaughlin was a member of the National Honor Society at EHS and also served as the student body president from 2006-07.

ACADEMICS: McLaughlin is majoring in English and is a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Jessica Lee McLaughlin was born on October 22, 1988 in New Haven, Conn. She is the daughter of Mark McLaughlin and Shelly Blazier. McLaughlin lists hiking, soccer and rock climbing as her hobbies.

LAINY NASH



Sprints/Hurdles
Freshman, HS
Beaverton, Ore.
(Southridge)

PERSONAL BESTS

100-meters: 12.70
200-meters: 25.51
400-meters: 56.52
100-meter hurdles: 15.32
300-meter hurdles: 44.34

HIGH SCHOOL: Nash won the 2010 Oregon State 400-meter title to earn Southridge High School's Athlete of the Year award. She was a member of the state champion 4x400-meter relay as a freshman and sophomore, and the Skyhawks women's team won the overall state title in 2009. That same year she was third in the 300-hurdles. She was also a member of the 4x100 relay that placed second in 2009, 10 and 11. Nash was all-state her freshman, sophomore, junior and senior years. She was also recruited by Nevada-Reno, Cornell, Northern Arizona,

Brown and San Francisco.

HIGH SCHOOL BESTS: 100-meters: 12.70; 200-meters: 25.51; 400-meters: 56.52; 100-meter hurdles: 15.32; 300-meter hurdles: 44.34.

IN THE CLASSROOM: Nash is majoring in integrative physiology.

PERSONAL: Lainey Sarah Nash was born on August 3, 1993 in Portland, Ore. She is the daughter of David and Aviva Nash of Beaverton, Ore. She has two brothers, Daniel and Aaron.

HOLLY ODNEAL



Combined Events
Junior, VR
Palisade, Colo.
(Palisade)

PERSONAL BESTS

INDOOR

Pentathlon: 3,380 (2011)
60-Meter Hurdles: 9.16 (2011)
High Jump: 5-07/1.70m (2010)
Shot Put: 38-2.75/11.65m (2011)
Long Jump: 16-04.25/4.98m (2010)
800-Meters: 2:33.88 (2011)
60-Meters: 8.59 (2010)

OUTDOOR

Heptathlon: 4,699 (2011)
100-Meters Hurdles: 14.70 (2011)
High Jump: 5-05.25/1.66m (2011)
Shot Put: 36-10.25/11.23m (2011)
200-Meters: 27.55 (2011)
Long Jump: 17-02.00/5.23m (2011)
Javelin: 113-03/34.53m (2010)
800-Meters: 2:34.30 (2010)

HONORS

Academic All-Big 12 (2011)

2011: Indoor: Odneal continued to improve for the Buffs, competing in three pentathlons during the indoor season. Her best meet was the Potts Invite (1/22), where she recorded a personal best and seasonal best total of 3,380 points to rank eighth on the CU performers list. Odneal placed fourth overall. She was sixth at the New Mexico Classic (2/4) with 3,342 points and placed 11th at the Big 12 Championships with 3,364 points. Odneal recorded the fifth and sixth fastest CU times for the pentathlon in the 60-meter hurdles. She finished the conference meet in 9.16 and clocked a time of 9.19 at the Potts Invite. Odneal also ranks in CU's combined events shot put chart with the seventh and eighth best throws. She tossed the shot put 38-02.75 at the Big 12 meet, which was third, and recorded a throw of 38-00.75 at the Potts Invite.

Outdoor: Odneal took part in three heptathlons for the Buffs, competing at the Jim Click (3/31-4/1), Glenn Morris (4/22-23) and Big 12 (5/13-14) meets. Odneal earned her personal best at the conference championships, picking up a score of 4,699 points for 11th place with six personal bests. She ran to PR's in the 100-meter hurdles (14.70), 200 (27.55) and 800 (2:34.30) and recorded marks of 5-05.25 in the high jump, 36-10.25 in the shot put and 17-02

in the long jump. Her point total at Big 12s is ninth on CU's all-time performers chart.

2010: Indoor: Odneal competed in three pentathlons for the Buffs in her first season. She recorded a personal record (3,258 points) at the New Mexico Classic (2/5). Odneal also set PRs in the shot put (35-07.75) and long jump (16-04.25). Her mark in the shot put is the 10th best in CU combined events history. Odneal also competed at the Big 12 Championship, placing 13th overall (3,223). Odneal also spent time focusing on the high jump. She reached a height of 5-7 at the Don Barrett Duals (1/30), which ties for eighth on the all-time CU performers list.

Outdoor: Odneal participated in two heptathlons during the outdoor season and saved the best for last since she recorded a PR of 4,277 points at the Big 12 Championship (placing 13th overall). Odneal totaled three PRs at the meet, running the 200 in 27.84, the 800 in 2:34.30 and throw the javelin 113-03. Her mark in the javelin ranks eighth on the CU combined events chart and was the fifth best throw for a Buff in the 2010 season. Odneal recorded a PR in the shot put at the Glenn Morris Multi-Events meet (4/22-23). Her throw of 35-07.75 ranks 21st on the CU combined events chart.

HIGH SCHOOL: Odneal earned four letters in track and field at PHS. She was a two-time regional champion in the high jump and won the region champion in the 100-meter hurdles once. Odneal owns the PHS records in both events. She recorded a jump of 5-4 high jump and a time of 15.2 in the 100-meter hurdles. Odneal was an all-conference selection all four years and was all-state as a sophomore. She also competed at a meet in Brisbane, Australia and took first in the high jump, clearing the bar at 5-04.50. Odneal was also a four-year letterwinner for the basketball team and was all-conference her senior year.

HIGH SCHOOL BESTS: High Jump: 5-04.50; 100-Meter Hurdles: 15.2; Heptathlon: 3,800.

IN THE CLASSROOM: Odneal is majoring in finance. She earned a 4.0 GPA her first semester and was named to the Dean's List and the Big 12 Commissioner's Honor Roll. Odneal currently owns a GPA greater than 3.5. She earned first team academic honors as a junior and senior in high school.

PERSONAL: Holly Rae Odneal was born on December 22, 1990 in Palisade, Colo. and is the daughter of Wes and Linda Odneal. Linda played basketball at Otero Junior College and Wes was on the rodeo team at Sterling Junior College and then rode bare-back broncos professionally. She has one sister, Hannah, and one brother, Joey. Odneal lists her hobbies as snowboarding, shopping and playing solitaire. She volunteered at the YMCA for a service learning class through AmeriCorps in 2008.

RACHEL OPGENORTH



Sprints
Sophomore, VR
Denver, Colo.
(Cherry Creek)

PERSONAL BESTS

INDOOR

60 Meters: 7.96 (2011)
200 Meters: 25.92 (2011)

OUTDOOR

100 Meters: 12.90 (2011)
200 Meters: 26.26 (2011)

2011: Indoor: Opgenorth raced in both the 60 and 200-meter dashes. She recorded a personal best in the 60 of 7.96 at the Don Barrett Duals, placing eighth overall. Opgenorth earned another PR at the Air Force Academy, this time at the Air Force Invite (2/11), finishing in 25.92.

Outdoor: Opgenorth ran a two meets for the Buffs, the CU Invite (4/9) and the Jack Christiansen Invite (4/23). She raced to a season best of 12.90 in the 100 at the CU Invite, placing eighth overall. Opgenorth was 11th overall in the 200 at the Jack Christiansen Invite with a time of 26.26.

HIGH SCHOOL: Opgenorth earned four letters as a member of the track and field team at Cherry Creek High School. She was a member of the relay team, which holds a school record in the 4x200 (1.42.33) in 2009 and the 200-meter sprint medley (1.47.28) in 2010. The Bruins were three time Centennial League Champions (2007, 2009, 2010) and were two time runners-up at State (2009, 2010). During her senior year, Opgenorth placed sixth in the 100-meters and eighth in 200-meters at the state track meet. In addition, she was named team captain and most outstanding female performer. Opgenorth was also recruited by Boise State and Wyoming.

HIGH SCHOOL BESTS: 60-meters: 8.04; 100-meters: 12.49; 200-meters: 25.66.

IN THE CLASSROOM: Opgenorth is majoring in arts and science. She owns a GPA greater than 3.00 and was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Rachael Marie Opgenorth was born on October 12, 1991 in Denver, Colo. and is the daughter of Jeffrey Opgenorth. She has one brother, Aaron. Opgenorth spent time volunteering at God's Katrina Kitchen for a summer in Mississippi.

BECKY POPIEL



Distance
Senior, VR
Dana Point, Calif.
(Dana Hills)

PERSONAL BESTS

INDOOR

1000 Meters: 3:38.57 (2011)
Mile: 6:17.03 (2011)

OUTDOOR

1500 Meters: 5:26.99 (2011)
3000 Meters: 12:12.14 (2011)

2011: Indoor: Popiel participated in two races for the Buffs. She finished the 1,000 in 3:38.57 at the Potts Invite (1/22). Popiel ran the mile three weeks later at the Air Force Invite (2/11) and crossed the finish in 6:17.03.

Outdoor: Popiel ran in three meets for CU. She earned a personal record of 5:26.99 at the Jack Christiansen Invite (4/23) after running a time of 5:37.92 at the Potts Invite (3/19) in the same event. Popiel also recorded a PR in the 3k, completing the race in 12:12.14.

CROSS COUNTRY: (2011) Popiel ran twice for the Buffs in her first campaign. She was 65th at the Rocky Mountain Shootout and went on to place 168th at the Santa Clara Bronco Invite.

HIGH SCHOOL: Popiel was a member of the cross country team for three years at MHS.

IN THE CLASSROOM: Popiel is majoring in film studies.

PERSONAL: Rebecca Elizabeth Popiel was born on May 28, 1990. She is the daughter of David Popiel and Joyce Luiken. Popiel enjoys snowboarding and playing basketball.

GWEN RICCO



Combined Events
Junior, TR/TR
Dallas, Texas
(Highland Park/
Wake Forest)

PERSONAL BESTS

INDOOR

Pentathlon: 3,341
Long Jump: 18-04.25

OUTDOOR

Heptathlon: 4,954
100-Meter Hurdles: 14.68
200-Meters: 24.52
Long Jump: 18-09.25
Javelin: 107-08
800-Meter: 2:22.0

AT WAKE FOREST: As a sophomore in 2011 Ricco placed eighth in the heptathlon at the ACC Outdoor Championships, recording a personal best 4,831 points in the process. She also placed 18th at the championship in the long jump, recording a mark of 16-11.25. In 2010 Ricco was a member of the outdoor 4x200-meter relay team that

set the school record of 1:38.97. During the indoor season she raced on the 4x400 team that set the school record at 3:43.66, placing sixth at the ACC Indoor Championships.

HIGH SCHOOL: Ricco was a four-time letterwinner on the track team for HPHS. While in high school she recorded a personal record of 4,622 points in the heptathlon. She was a member of the school record setting 4x100 and 4x200-meter relay teams.

IN THE CLASSROOM: Ricco is majoring in anthropology. She was a member of the 2010-11 ACC Academic Honor Roll. In high school she was a member of the national honor society.

PERSONAL: Gwendolyn Maria Ricco was born on October 31, 1990 in Dallas Texas. She is the daughter of Vince Ricco and Pamela Huntress and has a twin sister, Maddy.

AMBER ROZIER



Sprints/Hurdles
Senior/Junior, VR/VR
Pearland, Texas
(Pearland)

PERSONAL BESTS

INDOOR
60-Meters: 7.99 (2011)
200-Meters: 26.08 (2011)
60-Meter Hurdles: 9.47 (2010)
OUTDOOR
100-Meters: 13.18 (2009)
200-Meters: 25.78
400-Meter Hurdles: 63.97

2011: *Indoor:* Rozier participated in the 60 and 200-meter dashes and earned personal bests in each event. She placed ninth at the Don Barrett Duals (1/29) in the 60, finishing in 7.99. Rozier also PR'd in the 200 at the same meet, crossing the finish in 26.08 to place seventh overall.

Outdoor: Did not compete.

2010: *Indoor:* Rozier competed in three meets during the indoor season. She earned then-personal records in the 60 and 200-meter runs, as well as the 60-meter hurdles. Rozier clocked a time of 8.06 in the 60 at the Air Force All-Comers meet (1/15). She recorded a PR of 26.22 in the 200 at the Air Force Invite (2/12). Rozier also clocked a time of 10.57 in the 60 hurdles at the Potts Invite (1/23).

Outdoor: Rozier ran the 100 and the 100 hurdles during the outdoor season. Her best time in the 100 was 13.40, which she ran at the Tom Benich Classic (4/3). Rozier clocked a season best time of 1:07.62 in the 100 hurdles at the Front Range Classic.

2009: *Indoor:* Did not compete.

Outdoor: Rozier ran in one 100-meter dash during the outdoor season. She finished 11th at the Potts Invite in 13.18.

HIGH SCHOOL: Rozier was a four-year letterwinner for PHS. She was a USATF Junior Olympic Qualifier in the 400-meter hurdles as a junior and senior and qualified for the finals both seasons. Rozier was the District 3A Champion in the 300-meter hurdles as a junior and qualified for the state meet, which she also lists as the biggest moment of her high school career. Pearland won the district championship from 2004-08 and the regional

championship in 2008.

HIGH SCHOOL BESTS: 200-Meters: 26.21; 300-Meter Hurdles: 43.61; 400-Meter Hurdles: 1:03.97.

ACADEMICS: Rozier is majoring in ethnic studies. She was a member of the National Honor and Spanish Honor Societies in high school.

PERSONAL: Amber Michelle Rozier was born on Sept. 9, 1990 in Galveston, Texas. Her parents are Mike Rozier, who won the Heisman Trophy in 1983 as a member of the Nebraska Cornhuskers, and Rita Baldwin. Mike also played in the NFL for the Houston Oilers and the Atlanta Falcons and was selected for the College Football Hall of Fame in 2006. Rozier has two siblings, Jamichael and Michael. She enjoys shopping and sports and has volunteered for Habitat for Humanity and the Advocacy Center for Children.

JANA STOLTING



Distance
Sophomore, TR
Tallahassee, Fla.
(Maclay/San Francisco)

PERSONAL BESTS

INDOOR
5,000 Meters: 16:51.21 (2011)
OUTDOOR
1,500 Meters: 4:35.27 (2011)
10,000 Meters: 34:29.08 (2011)

SAN FRANCISCO: Stolting ran one season at San Francisco. She led USF at the NCAA West Region Championship, placing 15th overall and just missed an at-large bid to the national championships. Stolting finished fourth at the West Coast Conference Championship to earn first team all-conference honors and WCC Freshman of the Year status. USF won the WCC team title and was seventh at the west regional. Stolting was also a member of the track and field team. She qualified for the 10k in the NCAA West Preliminaries and placed 29th overall. Stolting set the USF 10k record at Mt. SAC Relays, finishing in 34:29.08.

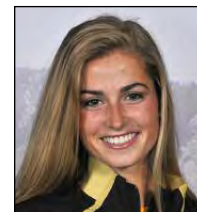
HIGH SCHOOL: Stolting earned a trio of third place finishes at the Florida State Championship she senior year. She was third in the cross country meet as well as the 1,600 and 3,200-meter runs. She was an All-Bend first team selection in track her sophomore, junior and senior seasons and was All-Bend for cross country as a junior and senior. She was also a National Merit Scholar in 2009 and 2010.

HIGH SCHOOL BESTS: 1,600-meters: 4:57.64; 3,200-meters: 10:41.54.

IN THE CLASSROOM: Stolting is majoring in philosophy and owns a greater than 3.00 GPA.

PERSONAL: Jana Elizabeth Stolting was born on December 8, 1991 in Tallahassee, Fla. She is the daughter of Steven and Karen Stolting and has three sisters, Lauren, Alana and Nicole. Stolting enjoys hiking, camping and traveling.

BRIDGET SWEENEY



Sprints
Freshman, HS
Hopkins, Minn.
(Hopkins)

PERSONAL BESTS

200-meters: 25.32
400-meters: 55.14

HIGH SCHOOL: Sweeney is the school record holder in the 400-meter dash (55.14) and was a part of the school and state record setting 4x200 (1:40.62) and 4x400 (3:51.28) relays. She placed second individually at the state championship in the 400 in 2010 and 11. Both relays placed first her junior and senior years as she helped the HHS Royals to the state title in 2010. Sweeney was an all-conference and all-state selection in track from eighth-grade to her senior season. Sweeney placed third at the Nike Track Nationals in 2010 and 11 and was seventh at the 2011 USA Junior Outdoor Championships in the 400. She was also recruited by Minnesota, Wisconsin and Notre Dame.

HIGH SCHOOL BESTS: 200-meters: 25.32; 400-meters: 55.14

IN THE CLASSROOM: Sweeney is an open major in the arts and sciences. She recorded a 3.862 GPA in her first semester. Sweeney is a member of the National Honor Society.

PERSONAL: Bridget Ruth Sweeney was born on January 31, 1993 in Minneapolis, Minn. She is the daughter of Terry and Barb Sweeney and has one sister, Meghan.

JESSICA TEBO



Distance
Grad, VR
Sammamish, Wash.
(Eastlake/
Seattle Pacific)

PERSONAL BESTS

800-Meters: 2:04
1,500-Meters: 4:11.06 (2010)
5,000-Meters: 15:25.58 (2011)

2011: *Indoor:* Did not compete.

Outdoor: Tebo had a great spring although it was cut short due to injury. She ran in three races, finishing first in the 1,500 at the Potts Invite (3/19) and first in the 800 at the CU Invite (4/9). Tebo also placed first at the prestigious Stanford Invite (3/25) in the 5k, competing with some of the best professionals in the country. Tebo crossed the finish in 15:25.58, finishing over seven seconds ahead of the runner-up, adidas' Jen Rhines (15:32.70). Prior to Tebo's race, the top time in the world was held by Brazil's Simone De Silva at 15:27.69. The time was the fourth fastest time ever run by a Buff and she also became the third fastest performer at CU in the event. The only two Buffs to ever run faster times were Jenny Barringer (15:05.25 and

15:07.64) and Sara (Gorton) Slattery (15:24.97). Tebo was named the Big 12 Athlete of the Week as well as the CU Athlete of the Week for the performance. Earlier in the season she was named the recipient of the NCAA Walter Byer's Postgraduate Scholarship.

AT SEATTLE PACIFIC: Tebo came to CU after a decorated career at Seattle Pacific University. She is a 12-time NCAA cross country and track champion, winning the NCAA Division II indoor mile all four years. Tebo also has titles in the 1,500, distance medley relay and in cross country. She was named the Great Northwest Athletic Conference Athlete of the Year 10 times, four in cross country and indoor track and twice in outdoor track. Tebo was also named the SPU Athlete of the Year a record setting four years.

HIGH SCHOOL: Tebo won the Washington Class 4A state track title in the 800 as a senior at EHS in 2006. She owns school records in the 400, 800, 1,600 and 3,200.

ACADEMICS: Tebo is a grad student at CU and is studying for a Masters of Curriculum and Education K-12 Education. In her first three semesters of graduate school, Tebo has recorded a 4.00 GPA; earning a spot on the Dean's List and the Big 12 Commissioner's Honor Roll. She graduated from SPU with a 3.93 GPA as an English major and was a three-time CoSIDA Academic All-American. Tebo was also named the USTFCCA Scholar Athlete of the Year for track five times and cross country three times. She was a recipient of an NCAA Postgraduate Scholarship.

PERSONAL: The former Jessica Elise Pixler was born on April 8, 1988 and married Matt Tebo, a former CU standout, in December of 2011. She is the daughter of Jeff and Nancy Pixler who both ran at CU. She has two sisters, Melissa and Courtney, and one brother, Nathan. Tebo lists her hobbies as snowshoeing, hiking and reading.

ABRIANNA TORRES



**Combined
Events/Jumps
Freshman, HS
San Luis Obispo, Calif.
(San Luis Obispo)**

PERSONAL BESTS

100-Meters: 12.32
200-Meters: 25.65
800-Meters: 2:31
100-Meter Hurdles: 14.45
300-Meter Hurdles: 44.23
Long Jump: 19-11.5
Triple Jump: 39-06.5
High Jump: 5-3.75
Shot Put: 33-05
Javelin: 91-06
Heptathlon: 4,826

HIGH SCHOOL: Torres earned four letters at SLOHS and owns school records in the long jump (19-11.50), triple jump (39-06.50), 100-meter hurdles (14.45), heptathlon (4,826) and the 4x100-meter relay (48.12). She also owns Pac 7 League records in the 300-hurdles, 100-hurdles, long and triple jumps. Torres helped the Tigers win the Pac 7 League Championship in 2008, 09, 10 and 11, as well as the CIF DIII Championships in 2008 and 09. As an individ-

ual she won the 2011 DIF long jump and triple jump. Torres earned a runner-up finish in the long jump at the 2009 USATF Junior Championships and was 10th overall at the 2011 USATF Junior Championships in the heptathlon with 4,707 points. She was also recruited by Cal, Cal Poly, Reno, UCLA and Duke.

HIGH SCHOOL BESTS: 100-Meters: 12.32; 200-Meters: 25.65; 800-Meters: 2:31; 100-Meter Hurdles: 14.45; 300-Meter Hurdles: 44.23; Long Jump: 19-11.5; Triple Jump: 39-06.5; High Jump: 5-3.75; Shot Put: 33-05; Javelin: 91-06; Heptathlon: 4,826.

IN THE CLASSROOM: Torres is majoring in sociology but is also interested in criminal justice. She was a scholar athlete all throughout high school.

PERSONAL: Abrianna Nicole Torres was born on Jan. 3, 1993 in San Luis Obispo, Calif. She is the daughter of Victor Sr. and Zona (Cece Chandler) Torres. She has two sisters, Katrina and Grace, and two brothers, Victor Jr. and Chandler. Both of her parents were school record holders at Col Poly in the jumps and hurdles. She enjoys outdoor adventuring, watching the news and hanging out with family and friends. She was named the SLOHS Homecoming Princess as a junior and the Homecoming Queen as a senior.

ELIZABETH (LIZ) TREMBLAY



**Middle Distance
Junior, 2L/1L
Loveland, Colo.
(Thompson Valley)**

PERSONAL BESTS

INDOOR
600-Yards: 1:24.07 (2011)
800-Meters: 2:09.23 (2011)
OUTDOOR
400-Meters: 55.1 (2009)
800-Meters: 2:06.59 (2011)

BIG 12 SCORING

2010 (I) Distance Medley Relay, 5th (11:34.32)
2011 (I) Distance Medley Relay, 4th (11:22.87 – school record)
2011 (I) 800-Meter Run, 2nd (2:10.23)
2011 (O) 800-Meter Run, 3rd (2:06.59)

HONORS

Academic All-Big 12 (2011)

CAREER UPDATE: It didn't take long for Tremblay to make her way into the CU record book. She is the second best performer in the indoor 800-meter run (2:09.23) and is third in the 600-yard dash (1:24.07). Tremblay is also a member of the CU record setting distance medley relay team which broke a 12-year-old CU record when they finished in 11:22.87, placing fourth at the Big 12 Championships. Her name is also in the outdoor record book as she is the third-fastest 800 performer (2:06.59) for the Buffs.

2011: *Indoor:* Tremblay became the second fastest CU performer in the 800 and put up three of the top four times in school history during the season. She clocked a time of 2:09.51 at the UW Invite (1/29), finishing seventh overall. At the Big 12 Championships she clocked a time of 2:09.23, the second-best in school history, in the prelims. During the finals Tremblay earned a second-place overall

finish with a time of 2:10.23. She was also a member of the school record setting distance medley relay team that placed fourth (11:22.87) breaking a 12-year-old record.

Outdoor: Tremblay's main focus was again the 800 and she recorded seven of the top 15 times in CU history while becoming the second fastest performer at CU. She started the season off with a second-place finish of 2:09.26 at the CU Invite (4/9) and improved the following week at Mt. SAC Relays (4/15) with a time of 2:08.58. Tremblay recorded her season-best (2:06.59) at the Oregon Twilight (5/6), placing fifth. She found more success at the conference championships. Tremblay third in the finals with the eighth fastest time in school history (2:07.07). She qualified for the NCAA West Preliminary Championships and advanced to the finals after placing 22nd in the prelims (2:08.10). She finished the season 18th at the championships with a time of 2:07.76.

2010: *Indoor:* Tremblay competed in the 600-yard and 800-meter runs during her first indoor season. She recorded her season-best time of 2:13.96 in the 800 at the Husky Classic (2/12) to become the fifth fastest performer for CU in the event. The mark was the sixth-fastest ever at CU. Tremblay also stamped a spot in the CU record book in the 600. At the Big 12 Championship she clocked a time of 1:25.74 which was the ninth-best ever in CU history and made her the seventh fastest performer in the event for the Buffs. Tremblay was also a member of the distance medley relay team that placed fifth at the conference championship. The quartet of Katie Cumming, Tremblay, Brianne Beemer and Emma Coburn ran the fourth fastest time in school history with a mark of 11:34.32 to earn All-Big 12 honors.

Outdoor: Tremblay continued to focus on the 800, running the event at four meets during the outdoor campaign. Her fastest time of the season was 2:11.25, which she ran at the Mt. SAC Relays (4/16). In doing so, she became the eighth fastest performer in the event at CU. Tremblay competed in the 800 at the Big 12 Championship. She placed 15th overall in the preliminaries (2:11.99). She ran in the fastest two 4x400-meter relay teams for the 2010 season. She ran the anchor leg of the ninth-place team (3:53.25) at the Big 12 meet and was the third leg on the team that ran a time of 3:53.43 at the CU Invite (4/10).

CROSS COUNTRY: (2011) Tremblay earned another letter as a member of the varsity squad as a sophomore. She placed 19th in the first meet of the season, the Rocky Mountain Shootout and led CU at the Santa Clara Bronco Invite with a 14th-place finish. Tremblay raced to a 51st-place finish at the inaugural Pac-12 Championships, helping CU to the team title. She served as the alternate at regionals and nationals. (2010) Tremblay competed in three meets for CU, starting at the Rocky Mountain Shootout where she placed 45th overall. Tremblay led the Buffs at the Fort Hays State Open with a 10th-place finish. She ended the season at the conference championship, placing 109th overall. (2009) Did not compete.

HIGH SCHOOL: Tremblay won the state title in the 400-meter run in a meet and school record of 55.1 seconds to cap off an undefeated season in the event. She was also a member of three meet and school records in the 800-medley (1:47.2), 4x400 (3:47.4) and 4x800 (8:58.6). Tremblay also has TVHS records in the 100 (12.1), 200 (25.1) and 400 (55.1). Her high school track and field team was the 2008 and 09 state champions. On the cross country course, Tremblay recorded a 20th-place finish at the state championship her senior year en route to her high school winning the team title. The Eagles won the state championship in 2006. She was all-conference, all-region

and all-state her senior year and was named the Most Improved Athlete for TVHS. Tremblay's team also finished fourth at Nike regional cross country meet.

HIGH SCHOOL BESTS: 100-Meters: 12.1; 200-Meters: 25.1; 400-Meters: 55.1; 800-Meters: 2:15.

IN THE CLASSROOM: Tremblay is majoring in integrative physiology. She owns a GPA greater than 3.30 and was named to the Big 12 Commissioner's Honor Roll. Tremblay was a member of the honor roll while at TVHS, as well as an academic all-state selection her junior and senior years.

PERSONAL: Elizabeth Tremblay was born on March 28, 1991 in Loveland, Colo. She is the daughter of Michael and Olivia Tremblay. She has two older siblings, Anne and Joe, and a twin sister Laura, who is a member of CU cross country and track and field teams. Tremblay lists her hobbies as reading, playing sports, outdoor activities and hanging out with friends. She has volunteered with the Hearts and Horses program, Local House for Humanity, House of Neighborly Service and Immanuel Lutheran School.

RACHEL VIGER



Distance
Freshman, RS
Fort Collins, Colo.
(Fort Collins)

PERSONAL BESTS

1,600 Meters: 5:15 (2009)
3,200 Meters: 11:05 (2010)

2011: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2011) Viger competed in four varsity meets for the Buffs. She started the season at pre-nationals, placing 59th overall as CU's No. 5 scorer. At the Pac-12 Championships Viger was 35th overall. She went on to take 41st at regionals and finished the season with a 169th-place finish at nationals. (2010) Viger earned a spot on the varsity roster in her first season with the Buffs. Her first race was pre-nationals where she finished 125th overall. She improved to 50th overall at the Big 12 Championship two weeks later. Viger came in 69th at the regionals and was 225th at the NCAA Championships.

HIGH SCHOOL: Viger was an All-Front Range Conference selection her sophomore, junior and senior years at FCHS. She was named all-state her senior year in cross country and was all-state on the track as a junior and senior. Viger's team placed third at the 2009 Nike Cross Nationals and was seventh in 2007 and 2008.

HIGH SCHOOL BESTS: 1,600-meters: 5:15; 3,200-meters: 11:05.

IN THE CLASSROOM: Viger is majoring in chemical engineering. She has earned a 4.00 GPA in her three semesters and is a member of the Dean's List and was a four-time member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Rachel Elizabeth Viger was born on October 14, 1991 in Fort Collins, Colo. She is the daughter of Charles and Sharron Viger. She enjoys hiking, swimming, camping and reading in her free time.

KIRSTEN WICKS



Throws
Senior, VR
Wheaton, Ill.
(Wheaton)

PERSONAL BESTS

INDOOR

Shot Put: 35-09.25/10.90m (2011)
Weight Throw: 45-08.50/13.93m (2011)

OUTDOOR

Shot Put: 34-06.25/10.52m (2011)
Javelin: 103-05/31.52m (2010)
Hammer Throw: 131-03/40.00m (2011)

HONORS

Academic All-Big 12 (2011)

2011: Indoor: Wicks stuck with the shot put and weight throws, recording personal records in both events. She started the season off with an eighth-place finish at the Potts Invite (1/22), recording a toss of 45-08.50 in the weight throw. Wicks also PR'd in the shot put at the Air Force Invite (2/12) with a throw of 35-09.25.

Outdoor: Wicks threw the shot put, javelin and hammer throws during the outdoor season. She had her best performances in all three events at the Potts Invite (3/18-19). Wicks had a season best of 95-02 in the javelin, which was sixth overall. She had a personal best throw of 34-06.25 in the shot put, placing seventh overall, and had a toss of 131-03 in the hammer throw which was ninth overall.

2010: Indoor: Wicks started her first track and field season by throwing the shot put and weight throw. She recorded her best shot put throw of the season (35-03.25) in her CU debut at the Potts Indoor Invite (1/23). Wicks added the weight throw to her repertoire after that meet. She earned her season-best throw in the final meet of the season (Colorado School of Mines Twilight, 2/19) with a toss of 38-06.75.

Outdoor: Wicks competed in the shot put, javelin and weight throw during the outdoor campaign. Her top throw in the hammer throw (106-09) came at the Tom Benich Classic (4/3). The following week at the CU Invite (4/10), Wicks tossed the shot put a season-high 32-05.50. She earned her best throw of the season in the javelin at the Jack Christiansen Invite (4/24) with a throw of 103-05.

2007-08: Wicks was a member of the CU volleyball team and earned two letters for the Buffs.

HIGH SCHOOL: Wicks was a four-year letterwinner at Wheaton Warrenville South High School on the volleyball team. She helped her squad to a 63-11 record as a junior and senior (31-6 her final season). Wicks recorded 277 kills her senior season and hit .362 while adding 80 aces. As a junior, she tallied 280 kills and hit .365. Wicks set the school record in career kills with 1,036 and career aces with 182. She also became the 35th player in the Illinois High School Association to reach the 1,000-career kill mark. Wicks was a four-time all-conference selection and a four-time Daily Herald All-Area Team, twice on the first team and twice as an honorable mention selection.

IN THE CLASSROOM: Wicks is a sociology and marketing major with a greater than 3.00 GPA. She was a member of the Big 12 Commissioner's Honor Roll.

PERSONAL: Born Kirsten Nicole Wicks on Nov. 2, 1988 in

Wheaton, Ill. Her parents are Doug, who played football at the University of Wisconsin, and Patti Wicks. She has two younger sisters, Jenna and Jordan. Wicks lists her hobbies as shopping and working out.

SAEKO YUDA



Distance
Freshman, HS
Shizuoka, Japan
(Suma)

PERSONAL BESTS

3,000-meters: 9:19.24
5,000-meters: 16:00.96

HIGH SCHOOL: Yuda was a member of the Ekiden team, a distance-relay team, which placed eighth at Japanese Nationals. She was the anchor leg, which was a 5k.

HIGH SCHOOL BESTS: 3,000-meters: 9:19.24; 5,000-meters: 16:00.96.

IN THE CLASSROOM: Yuda is an open major.

PERSONAL: Saeko Yuda was born on October 24, 1992 in Sendai, Miyagi, Japan. She is the daughter of Shuji and Tomoko Yuda. She has two brothers, Keisuke and Ippei.

2012 NCAA Indoor Qualifying Standards

MEN'S INDOOR QUALIFYING STANDARDS (SEA LEVEL)

Event	FAT	MT
55 Meters	6.14	
60 Meters	6.60	
55 Hurdles	7.17	
60 Hurdles	7.70	
200 Meters		
(Under 200m/220 yds)*	21.38	
(200m/220 yds)*	21.13	
(Banked or Over 200m/220 yds)*	20.73	
400 Meters		
(Under 200m/220 yds)*	47.00	46.75
(200m/220 yds)*	46.60	46.35
(Banked or Over 200m/220 yds)*	46.00	45.75
800 Meters		
(Under 200m/220 yds)*	1:48.60	1:48.30
(200m/220 yds or 1ess)*	1:48.20	1:47.90
(Banked or Over 200m/220 yds)*	1:47.30	1:47.0
Mile		
(Under 200m/220 yds)*	4:00.20	3:59.9
(200m/220 yds or 1ess)*	3:59.70	3:59.4
(Banked or Over 200m/220 yds)*	3:57.90	3:57.6
3000 Meters		
(Under 200m/220 yds)*	7:56.30	7:56.0
(200m/220 yds or 1ess)*	7:55.00	7:54.7
(Banked or Over 200m/220 yds)*	7:52.30	7:52.0
5000 Meters		
(Under 200m/220 yds)*	13:50.90	13:50.6
(200m/220 yds or 1ess)*	13:48.40	13:48.1
(Banked or Over 200m/220 yds)*	13:44.60	13:44.3
4x400 Relay		
(Under 200m/220 yds)*	3:10.50	3:10.2
(200m/220 yds)*	3:08.90	3:08.6
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2
4x440 Relay		
(Under 200m/220 yds)*	3:11.70	3:11.4
(200m/220 yds)*	3:10.10	3:09.8
(Banked or Over 200m/220 yds)*	3:07.70	3:07.4
Distance Medley Relay		
(Under 200m/220 yds)*	9:35.10	9:34.8
(200m/220 yds or 1ess)*	9:34.00	9:33.7
(Banked or Over 200m/220 yds)*	9:31.00	9:30.7
Distance Medley Relay (Yards)		
(Under 200m/220 yds)*	9:36.60	9:36.3
(200 m/220 yds or 1ess)*	9:35.50	9:35.2
(Banked or Over 200 m/220 yds)*	9:32.50	9:32.2

Field Events (Metric)

High Jump	2.24
Pole Vault	5.50
Long Jump	8.00
Triple Jump	16.30
Shot Put	19.35
Weight Throw	21.50
Heptathlon	5,750 points

Note: Altitude converter and adjustments for all running events available at NCAA.org.

* Denotes size of track.

WOMEN'S INDOOR QUALIFYING STANDARDS (SEA LEVEL)

Event	FAT	MT
55 Meters	6.71	
60 Meters	7.23	
55 Hurdles	7.53	
60 Hurdles	8.10	
200 Meters		
(Under 200m/220 yds)*	23.82	
(200m/220 yds)*	23.62	
(Banked or Over 200m/220 yds)*	23.12	
400 Meters		
(Under 200m/220 yds)*	53.60	53.3
(200m/220 yds)*	53.30	53.0
(Banked or Over 200m/220 yds)*	52.60	52.3
800 Meters		
(Under 200m/220 yds)*	2:05.80	2:05.5
(200m/220 yds or 1ess)*	2:05.50	2:05.2
(Banked or Over 200m/220 yds)*	2:04.50	2:04.2
Mile		
(Under 200m/220 yds)*	4:39.40	4:39.1
(200m/220 yds or 1ess)*	4:38.90	4:38.6
(Banked or Over 200m/220 yds)*	4:37.00	4:36.7
3000 Meters		
(Under 200m/220 yds)*	9:14.00	9:13.7
(200m/220 yds or 1ess)*	9:13.00	9:12.7
(Banked or Over 200m/220 yds)*	9:10.00	9:09.7
5000 Meters		
(Under 200m/220 yds)*	16:04.50	16:04.2
(200m/220 yds or 1ess)*	16:02.00	16:01.7
(Banked or Over 200m/220 yds)*	15:57.00	15:56.7
4x400 Relay		
(Under 200m/220 yds)*	3:38.00	3:37.7
(200m/220 yds)*	3:36.80	3:36.5
(Banked or Over 200m/220 yds)*	3:34.00	3:33.7
4x400 Relay		
(Under 200m/220 yds)*	3:39.20	3:38.9
(200m/220 yds)*	3:38.00	3:37.7
(Banked or Over 200m/220 yds)*	3:35.20	3:34.9
Distance Medley Relay		
(Under 200m/220 yds)*	11:08.90	11:08.6
(200m/220 yds or 1ess)*	11:09.40	11:07.1
(Banked or Over 200m/220 yds)*	11:03.50	11:03.2
Distance Medley Relay (Yards)		
(Under 200m/220 yds)*	11:11.40	11:11.1
(200m/220 yds or 1ess)*	11:10.90	11:10.6
(Banked or Over 200m/220 yds)*	11:07.00	11:06.7

Field Events (Metric)

High Jump	1.85
Pole Vault	4.35
Long Jump	6.45
Triple Jump	13.30
Shot Put	17.20
Weight Throw	21.00
Pentathlon	4,150 points

Note: Altitude converter and adjustments for all running events available at NCAA.org.

* Denotes size of track.

2012 Olympic Trials and Olympic Games Qualifying Standards

2012 U.S. OLYMPIC TRIALS - QUALIFYING STANDARDS

Men	Automatic ('A')	Provisional ('B')	Women	Automatic ('A')	Provisional ('B')
Track Events			Track Events		
100 Meters	10.18	10.28	100 Meters	11.29	11.40
200 Meters	20.55	20.75	200 Meters	23.10	23.35
400 Meters	45.30	46.00	400 Meters	51.50	52.60
800 Meters	1:46.50	1:48.30	800 Meters	2:01.30	2:05.90
1500 Meters	3:39.00	3:34.00	1500 Meters	4:12.93	4:17.00
5000 Meters	13:33.00	13:50.00	5000 Meters	15:35.00	15:50.00
10000 Meters	28:15.00	29:00.00	10000 Meters	32:45.00	34:00.00
20k Race Walk	1:36:00	none	20k Race Walk	1:48:00	none
50k Race Walk	4:45:00	none			
110 Meter Hurdles	13.52	13.99	100 Meter Hurdles	13.00	13.30
400 Meter Hurdles	49.50	50.95	400 Meter Hurdles	56.00	57.80
3000 M Steeplechase	8:32.00	8:45.00	3000 M Steeplechase	9:55.00	10:15.00
Field Events			Field Events		
High Jump	2.28	2.20	High Jump	1.87	1.84
Pole Vault	5.70	5.50	Pole Vault	4.50	4.30
Long Jump	8.05	7.80	Long Jump	6.65	6.45
Triple Jump	16.66	15.80	Triple Jump	13.75	13.20
Shot Put	20.00	18.60	Shot Put	17.90	16.40
Discus Throw	63.75	58.80	Discus Throw	60.00	56.00
Hammer Throw	72.00	64.00	Hammer Throw	68.00	64.00
Javelin Throw	77.00	70.00	Javelin Throw	55.00	50.50
Decathlon	7,900	7,600	Heptathlon	5,800	5,600

2012 OLYMPIC GAMES - QUALIFYING STANDARDS

Men	Automatic ('A')	Provisional ('B')	Women	Automatic ('A')	Provisional ('B')
Track Events			Track Events		
100 Meters	10.18	10.24	100 Meters	11.29	11.38
200 Meters	20.55	20.65	200 Meters	23.10	23.30
400 Meters	45.30	45.90	400 Meters	51.55	52.35
800 Meters	1:45.60	1:46.30	800 Meters	1:59.90	2:01.30
1500 Meters	3:35.50	3:38.00	1500 Meters	4:06.00	4:08.90
5000 Meters	13:20.00	13:27.00	5000 Meters	15:20.00	15:30.00
10000 Meters	27:45.00	28:05.00	10000 Meters	31:45.00	32:10.00
Marathon	2:15.00	2:18.00	Marathon	2:37:00	2:43:00
20k Race Walk	1:22:30	1:24.30	20k Race Walk	1:33:30	1:38:00
50k Race Walk	3:59.00	4:09.00			
110 Meter Hurdles	13.52	13.60	100 Meter Hurdles	12.96	13.15
400 Meter Hurdles	49.50	49.80	400 Meter Hurdles	55.50	56.65
3000 M Steeplechase	8:23.10	8:32.00	3000 M Steeplechase	9:43.00	9:48.00
Field Events			Field Events		
High Jump	2.31	2.28	High Jump	1.95	1.84
Pole Vault	5.72	5.60	Pole Vault	4.50	4.30
Long Jump	8.20	8.10	Long Jump	6.75	6.45
Triple Jump	17.20	16.85	Triple Jump	14.30	13.20
Shot Put	20.50	20.00	Shot Put	18.30	16.40
Discus Throw	65.00	63.00	Discus Throw	62.00	56.00
Hammer Throw	78.00	74.00	Hammer Throw	71.50	64.00
Javelin	82.00	79.50	Javelin Throw	61.00	59.00
Decathlon	8,200	7,900	Heptathlon	6,150	5,950

2011 Colorado Cross Country Results

COLORADO WOMEN

Sept. 3 ALUMNI/OPEN/VARSITY TIME TRIAL.....NTS
Oct. 1 ROCKY MOUNTAIN SHOOTOUT (Boulder).....1/5
1. Colorado, 16; 2. Wyoming, 49; 3. Air Force, 91; 4. Northern Colorado, 108; 5. Nebraska-Omaha, 135.

Oct. 15 at Bronco Invitational (Sunnyvale, Calif.).....11/21
 1. Long Beach State, 94; 2. Portland, 100; 3. Idaho State, 116; 4. Idaho, 126; 5. Cal Poly, 133; 6. Boise State, 138; 7. UC Riverside, 173; 8. Fresno State, 203; 9. Sacramento State, 236; 10. California, 262; **11. Colorado, 296.**

Oct. 16 at Pre-National Invitational (Terre Haute, Ind.).....4/37
 1. Florida State, 46; 2. Georgetown, 99; 3. Michigan, 158; **4. Colorado, 160;** 5. Cornell, 161; 6. UC Davis, 221; 7. Dartmouth, 273; 8. Iona, 304; 9. Central Michigan, 329; 10. Tulsa, 336.

Oct. 29 at Pac-12 Championships (Tempe, Ariz.).....1/12
1. Colorado, 50; 2. Washington, 73; 3. Stanford, 75; 4. Oregon, 89; 5. Arizona, 104; 6. Arizona State, 168; 7. California, 190; 8. Utah, 205; 9. Oregon State, 249; 10. UCLA, 288; 11. Washington State, 291; 12. USC, 384.

Nov. 14 at NCAA Mountain Region Championships (Provo, Utah).....1/19
1. Colorado, 84; 1. New Mexico, 84; 3. Weber State, 135; 4. BYU, 140; 5. Colorado State, 154; 6. Texas Tech, 191; 7. Northern Arizona, 204; 8. Utah, 221; 9. Idaho State, 242; 10. New Mexico State, 278; 11. Southern Utah, 299; 12. Wyoming, 317; 13. U.S. Air Force Academy, 320; 14. UTEP, 367; 15. Montana State, 377; 16. Montana, 412; 17. Utah Valley, 438; 18. Utah State, 445; 19. Nevada, 516.

Nov. 21 at NCAA Championships (Terre Haute, Ind.).....11/31
 1. Georgetown, 162; 2. Washington, 170; 3. Villanova, 181; 4. Florida State, 189; 5. Oregon, 281; 6. Vanderbilt, 282; 7. Iowa State, 290; 8. West Virginia, 297; 9. New Mexico, 322; 10. Stanford, 332; **11. Colorado, 335.**

COLORADO MEN

Sept. 3 ALUMNI/OPEN/VARSITY TIME TRIAL.....NTS
Oct. 1 ROCKY MOUNTAIN SHOOTOUT (Boulder).....1/4
1. Colorado, 15; 2. Wyoming, 52; 3. Air Force, 76; 4. Northern Colorado, 112.

Oct. 15 at Bronco Invitational (Sunnyvale, Calif.).....5/19
 1. Stanford, 38; 1. Cal Poly, 77; 3. Long Beach State, 153; 4. Boise State, 171; **5. Colorado, 191;** 5. Idaho, 191; 7. San Francisco, 201; 8. UC Riverside, 203; 9. Sacramento State, 252; 10. Southern Oregon, 257.

Oct. 16 at Pre-National Invitational (Terre Haute, Ind.).....1/35
1. Colorado, 82; 2. Portland, 104; 3. Iona, 109; 4. Eastern Kentucky, 186; 5. Florida State, 186; 6. Tulsa, 197; 7. Louisville, 232; 8. Indiana, 259; 9. Virginia Tech, 322; 10. Dartmouth, 343.

Oct. 29 at Pac-12 Championships (Tempe, Ariz.).....1/9
1. Colorado, 46; 2. Stanford, 53; 3. Oregon, 93; 4. UCLA, 122; 5. California, 140; 6. Washington State, 148; 7. Washington, 153; 8. Arizona, 190; 9. Arizona State, 195.

Nov. 14 at NCAA Mountain Region Championships (Provo, Utah).....2/17
 1. BYU, 49; **2. Colorado, 55;** 3. Northern Arizona, 69; 4. New Mexico, 178; 5. Southern Utah, 187; 6. Weber State, 190; 7. Utah State, 191; 8. U.S. Air Force Academy, 199; 9. Wyoming, 218; 10. Colorado State, 227; 11. UTEP, 232; 12. New Mexico State, 296; 13. Montana State, 345; 14. Utah Valley, 401; 15. Idaho State, 419; 16. Montana, 457; 17. Texas Tech, 493.

Nov. 21 at NCAA Championships (Terre Haute, Ind.).....3/31
 1. Wisconsin, 97; 2. Oklahoma State, 139; **3. Colorado, 144;** 4. BYU, 203; 5. Stanford, 207; 6. Oklahoma, 213; 7. Indiana, 257; 8. Portland, 259; 9. Iona, 265; 10. North Carolina State, 282.

INDIVIDUAL RESULTS (Overall / CU)

Runner	RMS 5.8k	SCBI 5k	PRE-NC 6k	P12 6k	MTR 6k	NCAA 6k
R. Baptista	+4 21:10		63/6 22:03	14/4 20:25	37/6 22:15.8	170/7 21:34.3
C. Bouchet	18/7 22:52	28/2 17:42.4		70/10 21:56		
E. Coburn				5/2 19:55	5/2 21:00.00	20/2 20:08.9
K. Cumming	7/4 21:26		34/3 21:40	18/5 20:30	27/4 21:51.8	137/4 21:17.8
L. Darco	5/2 21:15		23/2 21:26	9/3 20:18	29/5 21:59.2	97/3 21:00.3
S. Foster	14/6 22:28	85/4 18:24.9				
D. George	11/5 22:17		115/7 22:43	69/9 21:55		
K. King	21/9 23:01	63/3 18:15.7				
S. Kipp	1/1 20:29		9/1 20:51	4/1 19:54	4/1 20:59.7	19/1 20:08.1
C. Logan	6/3 21:19		40/4 21:44	26/6 20:49	19/3 21:36.0	165/5 21:28.9
C. McAlister	+16 22:35					
B. Popiel	65/10 24:44	168/5 20:00.8				
Liz Tremblay	19/8 22:54	14/1 17:32.5		51/8 21:28	Alt.	Alt.
R. Viger			59/5 22:02	35/7 21:07	41/7 22:22.9	169/6 21:33.5

INDIVIDUAL RESULTS (Overall / CU)

Runner	RMS 8k	SCBI 8k	PRE-NC 8k	P12 8k	MTR 10k	NCAA 10k
M. Biegner	15/8 26:35			17/1 50/10 24:44		
J. Bosshard				9/3 23:30	Alt.	24/3 29:53.7
H. Dowdy	20/10 27:00		100/9 25:48.2			
M. Goodger	26/12 27:16		78/5 25:24.9			
S. Kasica	31/13 27:36		64/4 25:14.8			
D. Kilgore	+29 27:26					
M. Medina	4/4 25:32		58/6 25:17	22/6 23:52	13/4 31:01.6	173/6 31:26.9
R. Medina	1/1 24:39		4/2 24:04	3/1 22:54	6/1 30:36.7	8/1 29:27.8
A. Moussa	+6 25:47		19/3 24:36	15/5 23:43	17/5 31:07.3	88/5 30:42.4
P. Murphy	+18 26:46					
J. Perkins		85/6 25:29.5				
R. Savercool	38/14 27:51		87/7 25:32.7			
D. Shije	12/7 26:16		30/2 24:34.9	40/9 24:30		
J. Stevens	8/5 25:48		68/7 25:23	36/8 24:25	54/7 32:04.7	Alt.
B. Theroux	10/6 26:04		36/5 24:56	28/7 24:04	26/6 31:17.2	183/7 31:31.4
C. Thompson	3/3 25:20		21/4 24:39	13/4 23:37	12/3 30:59.8	49/4 30:22.3
A. Van Halen	17/9 26:40	34/3 24:39.1				
A. Wacker	2/2 25:00		2/1 23:58	6/2 23:24	7/2 30:37.9	20/2 29:44.8
G. Ward	23/11 27:06	96/8 25:44.6				
C. Winter	+19 26:58					

+open race/unattached

2011 Men's Indoor Bests

60 Meters (6.60 auto, 6.63 CU record)

6.63	pr/sr	Joe Morris	Potts Indoor (1/22)
6.66	p/AA2nd	Joe Morris	NCAA Indoors (3/11)
6.70		Joe Morris	Don Barrett Dual (1/29)
6.72	pr	A.J. Whitaker	Potts Indoor (1/22)
6.73	p	Joe Morris	Potts Indoor (1/22)
6.75	p	Joe Morris	Husker Invite (2/5)
6.77	p	A.J. Whitaker	Potts Indoor (1/22)
6.77	p	Joe Morris	AFA Invite (2/12)
6.78	p	Joe Morris	Big 12 Indoor (2/25)

200 Meters (20.83 auto, 20.88 cu)

21.29		Joe Morris	Husker Invite (2/5)
21.53		Joe Morris	Don Barrett Dual (1/29)
21.55	p	Joe Morris	Husker Invite (2/5)
21.62	p	Quinton Dodson	Big 12 Indoor (2/25)
21.78		Quinton Dodson	Don Barrett Dual (1/29)
21.79		Quinton Dodson	Husker Invite (2/5)
21.83	p	Joe Morris	Big 12 Indoor (2/25)
21.85	p	Quinton Dodson	Husker Invite (2/5)

400 Meters (46.15 auto, 46.13 cu)

49.02	p	Blake Reimer	Big 12 Indoor (2/25)
49.23		Blake Reimer	Don Barrett Dual (1/29)
49.33		Kyle MacIntosh	AFA Invite (2/12)
49.41		Matthew McCathran	Don Barrett Dual (1/29)
49.49	p	Kyle MacIntosh	AFA Invite (2/11)
49.59	p	Kyle MacIntosh	Big 12 Indoor (2/25)
49.68		Kyle MacIntosh	Don Barrett Dual (1/29)
49.75	p	Kyle MacIntosh	Husker Invite (2/5)

600 Yards* (1:10.2 cu)

1:12.11		Matthew McCathran	Husker Invite (2/5)
1:12.12	p	Matthew McCathran	Big 12 Indoor (2/25)
1:14.24		Matthew McCathran	Potts Indoor (1/22)
1:14.31		Blake Reimer	Potts Indoor (1/22)

800 Meters (1:48.00 auto, 1:49.37 cu)

1:50.45		Steve Kasica	Husky Classic (2/12)
1:54.41	p	Steve Kasica	Big 12 Indoor (2/25)
1:56.94		Garrett Carmichael	Don Barrett Dual (1/29)
1:57.04		Garrett Carmichael	AFA Invite (2/12)
1:57.10		Jeff Warren	Don Barrett Dual (1/29)
1:57.39		Evan Johnston	Husker Invite (2/5)
1:57.54		Evan Johnston	Don Barrett Dual (1/29)

1,000 Meter Run* (2:21.5 cu)

2:30.75		Garrett Carmichael	Husker Invite (2/5)
2:31.09	p	Garrett Carmichael	Big 12 Indoor (2/25)
2:34.93		Garrett Carmichael	Potts Indoor (1/22)
2:38.64		Steve Kasica	Potts Indoor (1/22)
2:40.66	hep	Adam Salzmann	New Mexico Classic (2/5)
2:40.18	hep	Adam Salzmann	Big 12 Indoor (2/26)
2:40.57	hep	Alex Von Hagen	Big 12 Indoor (2/26)
2:41.90	hep	Alex Von Hagen	New Mexico Classic (2/5)

Mile (3:59.00 auto, 3:59.55 cu)

4:14.34		Jeff Warren	Husker Invite (2/5)
4:23.72		Christian Thompson	Potts Indoor (1/22)
4:26.67		Aric Van Halen	Don Barrett Dual (1/29)
4:27.05		Jeff Warren	Potts Indoor (1/22)
4:30.04		Garrett Ward	Don Barrett Dual (1/29)
4:34.16		Ryan Savercool	Don Barrett Dual (1/29)

3,000 Meters (7:54.50 auto, 7:46.03 cu)

8:09.22		Joe Bosshard	Big 12 Indoor (2/26)
8:09.29		Christian Thompson	UW Invite (1/29)
8:15.48		Matt Tebo	Big 12 Indoor (2/26)
8:17.02		Andy Wacker	Big 12 Indoor (2/26)
8:21.09		Aric Van Halen	Husky Classic (2/12)
8:21.24		Christian Thompson	Big 12 Indoor (2/26)
8:23.74		Richard Medina	Big 12 Indoor (2/25)
8:57.21		Blake Theroux	Potts Indoor (1/22)

5,000 Meters (13:47.00 auto, 13:38.23 cu)

13:49.59		Joe Bosshard	Husky Classic (2/11)
13:51.65		Joe Bosshard	Big 12 Indoor (2/25)
13:57.20		Richard Medina	Husky Classic (2/11)
13:59.12		Matt Tebo	Husky Classic (2/11)
14:03.41		Andy Wacker	Husky Classic (2/11)

14:03.32		Richard Medina	Big 12 Indoor (2/25)
14:05.11		Matt Tebo	Big 12 Indoor (2/25)
14:05.60		Andy Wacker	Big 12 Indoor (2/25)

60 Meter Hurdles (7.70 auto, 7.75 cu)

8.43	hep	Adam Salzmann	Big 12 Indoor (2/26)
8.52		Adam Salzmann	Don Barrett Dual (1/29)
8.52		Adam Salzmann	CSM Twilight (2/18)
8.53	hep	Adam Salzmann	New Mexico Classic (2/5)
8.56	hep	Brock Emory	Big 12 Indoor (2/26)
8.57	p	Adam Salzmann	AFA Invite (2/12)
8.58	hep	Adam Salzmann	Potts Indoor (1/22)
8.78		Brock Emory	Don Barrett Dual (1/29)

Mile Relay (3:07.50 auto, 3:09.1h cu)

3:18.21		MacIntosh/McCathran/Morris/Reimer	Don Barrett Dual (1/29)
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4x400 Meter Relay (3:06.50 auto, 3:07.9h cu)

3:14.38		MacIntosh/McCathran/Morris/Reimer	Husker Invite (2/5)
3:15.30		MacIntosh/McCathran/Morris/Reimer	Big 12 Indoors (2/26)

High Jump (2.24/7-04.25 auto, 7-03.50 cu)

6-09.75/2.08		Jake Timmons	AFA Invite (2/12)
6-08.75/2.05		Jake Timmons	Don Barrett Dual (1/29)
6-07/2.01		Jake Timmons	Big 12 Indoor (2/26)
6-06.75/2.00		Jake Timmons	Potts Indoor (1/22)
6-06.75/2.00		Alex Von Hagen	New Mexico Classic (2/4)
6-06.25/1.99		Brock Emory	Potts Indoor (1/21)
6-05.50/1.97		Brock Emory	New Mexico Classic (2/4)
6-04.25/1.94		Adam Salzmann	Big 12 Indoor (2/25)
6-04/1.93		Alex Von Hagen	Potts Indoor (1/21)

Pole Vault (5.50/18-00.50 auto, 17-02 cu)

15-03.50/4.66		Adam Salzmann	CSM Twilight (2/18)
15-01/4.60		Adam Salzmann	Big 12 Indoor (2/26)
15-01/4.60		Adam Salzmann	New Mexico Classic (2/5)
14-07.25/4.45		Adam Salzmann	Potts Indoor (1/22)
14-01.25/4.30		Adam Salzmann	Don Barrett Dual (1/29)
14-01.25/4.30		Eddie Taylor	Big 12 Indoor (2/26)
13-07.25/4.15		Alex Von Hagen	Potts Indoor (1/22)
13-03.75/4.06		Eddie Taylor	CSM Twilight (2/18)

Long Jump (7.90/25-11 auto, 25-7.50 cu)

22-02.50/6.77		Alex Von Hagen	New Mexico Classic (2/4)
22-00.75/6.72		Alex Von Hagen	Big 12 Indoor (2/25)
21-09/6.63		Alex Von Hagen	Potts Indoor (1/21)
21-00.75/6.42		Alex Von Hagen	AFA Invite (2/11)
20-06.26.25		Adam Salzmann	New Mexico Classic (2/4)
19-11/6.07		Brock Emory	Big 12 Indoor (2/25)
19-11/6.07		Adam Salzmann	Potts Indoor (1/21)
19-10.75/6.06		Adam Salzmann	Big 12 Indoor (2/25)

Shot Put (19.30/63-4 auto, 61-2.25 cu)

52-10.25/16.11		Dane Chobanian	Big 12 Indoor (2/26)
49-10.50/15.20		Dane Chobanian	Husker Invite (2/5)
49-10/15.19		Dane Chobanian	AFA Invite (2/12)
48-09.50/14.87		Michael Field	CSM Twilight (2/18)
48-02.75/14.70		Michael Field	Don Barrett Dual (1/29)
47-05.25/14.46		Michael Field	Big 12 Indoor (2/26)
47-05/14.45		Dane Chobanian	Don Barrett Dual (1/29)
47-05/14.45		Michael Field	Husker Invite (2/5)

35-pound Weight (21.50/70-06.50 auto, 63-00.75 cu)

56-11/17.35		Trey Mullen	CSM Twilight (2/18)
56-05.75/17.21		Trey Mullen	Big 12 Indoor (2/25)
55-01.50/16.80		Trey Mullen	Potts Indoor (1/22)
55-00.25/16.77		Trey Mullen	Husky Classic (2/12)
54-09/16.70		Alex Kizirian	CSM Twilight (2/18)
53-11/16.43		Alex Kizirian	Big 12 Indoor (2/25)
52-06/16.01		Niklas Cederstrom	CSM Twilight (2/18)
51-01/15.59		Michael Field	CSM Twilight (2/18)

Heptathlon (5,675 auto, 5,392 cu)

5282		Adam Salzmann	Big 12 Indoor (2/26)
5250		Adam Salzmann	New Mexico Classic (2/5)
5103		Adam Salzmann	Potts Indoor (1/22)
5022		Alex Von Hagen	Big 12 Indoor (2/26)
4996		Alex Von Hagen	Potts Indoor (1/22)
4764		Eddie Taylor	Big 12 Indoor (2/26)
4736		Brock Emory	Big 12 Indoor (2/26)

2011 Women's Indoor Bests

60 Meters (7.26 auto, 7.34 CU record)

7.96		Rachael Opgenorth	Don Barrett Duals (1/29)
7.99		Amber Rozier	Don Barrett Duals (1/29)
8.05	p	Rachel Opgenorth	Husker Invite (2/5)
8.06	p	Amber Rozier	Husker Invite (2/5)
8.13	p	Amber Rozier	AFA Invite (2/12)
8.15		Jennifer Gruver	Don Barrett Duals (1/29)
8.16		Jennifer Gruver	Potts Indoor (1/22)

200 Meters (23.20 auto, 23.81 cu)

25.92	p	Rachael Opgenorth	AFA Invite (2/11)
25.96	p	Rachael Opgenorth	Husker Invite (2/5)
26.03		Rachael Opgenorth	Don Barrett Duals (1/29)
26.08		Amber Rozier	Don Barrett Duals (1/29)
26.08	p	Amber Rozier	AFA Invite (2/11)
26.33	p	Katie Dreher	AFA Invite (2/11)
26.48	p	Lindsey Hubbard	AFA Invite (2/11)

400 Meters (52.60 auto, 55.10 cu)

57.37		Brooke Regan	Don Barrett Duals (1/29)
58.63		Katie Dreher	Don Barrett Duals (1/29)
59.74	p	Lindsey Hubbard	AFA Invite (2/11)
60.34		Joi Windham	Don Barrett Duals (1/29)
60.68		Lindsey Hubbard	Don Barrett Duals (1/29)
1:02.53		Jennifer Gruver	Potts Indoor (1/22)

600 Yards* (1:21.60 cu)

1:23.66	p	Brooke Regan	Big 12 Indoors (2/25)
1:23.70		Brooke Regan	Husker Invite (2/5)
1:24.07		Liz Tremblay	Potts Indoor (1/22)
1:25.13		Brooke Regan	Potts Indoor (1/22)
1:26.37		Joi Windham	Husker Invite (2/5)
1:27.44		Lindsey Hubbard	Husker Invite (2/5)
1:29.58		Lindsey Hubbard	Potts Indoor (1/22)

800 Meters (2:05.00 auto, 2:04.69 cu)

2:09.23	p	Elizabeth Tremblay	Big 12 Indoors (2/25)
2:09.51		Elizabeth Tremblay	UW Invite (1/29)
2:10.23		Elizabeth Tremblay	Big 12 Indoors (2/26)
2:17.41		Heather Balbier	Husker Invite (2/5)
2:18.44		Heather Balbier	AFA Invite (2/12)
2:18.62	p	Heather Balbier	AFA Invite (2/11)
2:19.50		Elizabeth Tremblay	Husky Classic (2/12)

1,000 Meters* (2:49.1 cu)

2:54.53	p	Heather Balbier	Big 12 Indoors (2/25)
2:55.36		Staci Foster	Husker Invite (2/5)
2:56.07		Paige Throckmorton	Husker Invite (2/5)
2:59.34	p	Paige Throckmorton	Big 12 Indoors (2/25)
2:59.42		Lara Darco	Husker Invite (2/5)
3:06.15		Staci Foster	Potts Indoor (1/22)
3:07.22		Heather Balbier	Potts Indoor (1/22)

Mile (4:37.00 auto, 4:25.91 cu)

4:36.08	AA1st	Emma Coburn	NCAA Indoors (3/12)
4:36.99	p	Emma Coburn	NCAA Indoors (3/11)
4:37.44		Emma Coburn	Husky Classic (2/12)
4:43.58		Emma Coburn	UW Invite (1/29)
4:50.49	p	Staci Foster	Big 12 Indoors (2/25)
4:55.70		Staci Foster	Big 12 Indoors (2/26)
5:14.79		Staci Foster	AFA Invite (2/12)

3,000 Meters (9:13.00 auto, 8:42.03 cu)

9:17.46		Emma Coburn	Big 12 Indoors (2/26)
9:32.76		Shalaya Kipp	Big 12 Indoors (2/26)
9:33.56		Laura Thweatt	Big 12 Indoors (2/26)
9:33.85		Camille Logan	Big 12 Indoors (2/25)
9:34.32		Katie Cumming	Big 12 Indoors (2/26)
9:44.42		Shalaya Kipp	UW Invite (1/29)
10:16.10		Courtney Bouchet	Husker Invite (2/5)

5,000 Meters (16:07.50 auto, 15:01.70 cu)

16:17.39		Laura Thweatt	Husky Classic (2/11)
16:28.56		Shalaya Kipp	Husky Classic (2/11)
16:28.80		Katie Cumming	Husky Classic (2/11)
16:33.09		Shalaya Kipp	Big 12 Indoors (2/25)
16:34.63		Laura Thweatt	Big 12 Indoors (2/25)
16:38.18		Camille Logan	Husky Classic (2/11)
16:42.18		Camille Logan	Big 12 Indoors (2/25)

60 Meter Hurdles (8.14 auto, 8.27 cu)

9.16		Holly Odnal	Big 12 Indoors (2/25)
9.19		Holly Odneal	Potts Indoor (1/21)
9.20		Genny Mayden	CSM Twilight (2/18)
9.24		Genny Mayden	Big 12 Indoors (2/25)
9.27		Holly Odneal	CSM Twilight (2/18)
9.28		Genny Mayden	Potts Indoor (1/21)
9.33		Holly Odneal	New Mexico Classic (2/4)
9.36	p	Genny Mayden	AFA Invite (2/12)

4x400 Meter Relay (3:34.00 auto, 3:45.15 cu)

3:53.05		J.Windham/Opgenorth/Hubbard/Regan	Husker Invite (2/5)
3:53.11		K.Dreher/Hubbard/L.Tremblay/Regan	Big 12 Indoors (2/26)

Mile Relay (3:34.20 auto, 3:45.53ccu)

3:54.78		J.Windham/Dreher/Hubbard/Regan	Don Barrett Duals (1/29)
4:09.59		Davis/Opgenorth/Gruver/Rozier	Don Barrett Duals (1/29)
4:24.44		Balbier/Throckmorton/Darco/Foster	Don Barrett Duals (1/29)

Distance Medley Relay (11:05.50 auto, 11:22.87 cu)

11:22.87	sr	Cumming/Regan/L.Tremblay/Coburn	Big 12 Indoors (2/25)
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High Jump (1.85/6-0.75 auto, 6-2 cu)

5-07/1.70		Laurisa Canini	CSM Twilight (2/18)
5-07/1.70		Katie Dreher	CSM Twilight (2/18)
5-06/1.68		Laurisa Canini	New Mexico Classic (2/5)
5-05.75/1.67		Katie Dreher	Potts Indoor (1/21)
5-05/1.65		Laurisa Canini	Potts Indoor (1/22)
5-05/1.65		Laurisa Canini	Don Barrett Duals (1/29)
5-05/1.65		Katie Dreher	Don Barrett Duals (1/29)
5-05/1.65		Laurisa Canini	AFA Invite (2/12)
5-05/1.65		Katie Dreher	AFA Invite (2/12)

Long Jump (6.38/20-11.25 auto, 20-10.50 cu)

18-01.50/5.52		Katie Dreher	CSM Twilight (2/18)
17-09/5.41		Katie Dreher	AFA Invite (2/11)
17-08.75/5.40		Genny Mayden	CSM Twilight (2/18)
17-06.75/5.35		Katie Dreher	Big 12 Indoors (2/25)
17-01.50/5.22		Katie Dreher	New Mexico Classic (2/4)
16-09.25/5.11		Katie Dreher	Potts Indoor (1/21)
16-08.75/5.10		Genny Mayden	New Mexico Classic (2/4)
16-08/5.08		Genny Mayden	Big 12 Indoors (2/25)
16-08/5.08		Laurisa Canini	Potts Indoor (1/22)

Shot Put (16.90/55-5.50 auto, 50-4.75 cu)

41-01/12.52		Emily Hunsucker	CSM Twilight (2/18)
39-11.25/12.17		Adrienne Lettow	CSM Twilight (2/18)
39-05.75/12.03		Emily Hunsucker	Don Barrett Duals (1/29)
39-01.25/11.92		Emily Hunsucker	Potts Indoor (1/22)
38-02.75/11.65		Holly Odneal	Big 12 Indoors (2/25)
38-00.75/11.60		Holly Odneal	Potts Indoor (1/21)
37-08.50/11.49		Adrienne Lettow	Don Barrett Duals (1/29)
37-04.50/11.39		Kajsa Bank	CSM Twilight (2/18)

20-pound Weight Throw (21.00/68-10.75 auto, 18.81/62-08.50 cu)

54-00/16.46		Emily Hunsucker	Potts Indoor (1/22)
52-00.50/15.86		Emily Hunsucker	Big 12 Indoors (2/25)
50-08/15.44		Kellie Lind	Potts Indoor (1/22)
49-11/15.23		Emily Hunsucker	CSM Twilight (2/18)
49-04/15.05		Max Van Dyke	CSM Twilight (2/18)
49-01.50/14.97		Max Van Dyke	Potts Indoor (1/22)
48-08.75/14.85		Emily Hunsucker	Husky Classic (2/12)
48-06.75/14.80		Emily Hunsucker	Don Barrett Duals (1/29)

Pentathlon (4,075 auto, 4,046 cu)

3474		Katie Dreher	Big 12 Indoors (2/25)
3409		Katie Dreher	Potts Indoor (1/21)
3380		Holly Odneal	Potts Indoor (1/21)
3364		Genny Mayden	Big 12 Indoors (2/25)
3364		Holly Odneal	Big 12 Indoors (2/25)
3342		Holly Odneal	New Mexico Classic (2/4)
3273		Genny Mayden	New Mexico Classic (2/4)
3167		Genny Mayden	Potts Indoor (1/21)

2011 Men's Outdoor Bests

100 Meters (10.0 cu)

10.32	Joe Morris	LSU Alumni Gold (4/23)
10.37	Joe Morris	CU Invite (4/9)
10.39	p Joe Morris	NCAA West Prelims (5/26)
10.53	Joe Morris	Potts Invite (3/19)
10.62	Joe Morris	NCAA West Prelims (5/27)
10.72	Joe Morris	Big 12 Outdoor (5/13-15)
10.82	A.J. Whitaker	Potts Invite (3/19)
10.98	Adam Salzmänn	Front Range Classic (5/1)
11.01	Blake Berens	Jack Christiansen Invite (4/23)

200 Meters (20.37 cu)

20.90	Joe Morris	Potts Invite (3/19)
21.10	Joe Morris	Big 12 Outdoor (5/13-15)
21.27	Joe Morris	LSU Alumni Gold (4/23)
21.28	p Joe Morris	NCAA West Prelims (5/27)
21.37	Joe Morris	NCAA West Prelims (5/28)
21.37	Joe Morris	CU Invite (4/9)
21.74	Blake Reimer	CSU-Pueblo (4/16)
21.84	Joe Morris	Big 12 Outdoor (5/13-15)

400 Meters (45.64 cu)

47.83	Blake Reimer	LSU Alumni Gold (4/23)
48.24	Blake Reimer	Big 12 Outdoor (5/13-15)
48.28	Blake Reimer	CU Invite (4/9)
48.83	Blake Reimer	CSU-Pueblo (4/16)
48.93	dec Adam Salzmänn	Big 12 Outdoor (5/13-15)
49.31	dec Matthew McCathran	CSU-Pueblo (4/16)
49.49	Matthew McCathran	CU Invite (4/9)
49.58	Blake Berens	CSU-Pueblo (4/16)

800 Meter Run (1:46.47 cu)

1:49.92	Steve Kasica	Mt. SAC Relays (4/15)
1:50.61	Steve Kasica	Oregon Twilight (5/6)
1:50.81	Steve Kasica	NCAA West Prelims (5/26)
1:51.16	Matthew Biegner	Oregon Twilight (5/6)
1:51.73	Matthew Biegner	Jack Christiansen Invite (4/23)
1:53.42	Matthew Biegner	CU Invite (4/9)
1:53.43	Steven Kasica	CU Invite (4/9)
1:57.01	Evan Johnston	Jack Christiansen Invite (4/23)

1,500 Meter Run (3:39.74 cu)

3:49.20	Andy Wacker	Beach Invite (4/16)
3:49.25	Matt Tebo	Cardinal Invite (5/1)
3:49.73	Richard Medina	CU Invite (4/9)
3:52.24	Joe Bosshard	CU Invite (4/9)
3:53.32	Matt Tebo	CU Invite (4/9)
3:53.48	Aric Van Halen	Beach Invite (4/16)
3:56.25	Matthew Biegner	Beach Invite (4/16)

3,000 Meters* (7:50.39 cu)

8:58.60	Dillon Shije	CU Invite (4/9)
8:59.77	Ryan Savercool	CU Invite (4/9)
9:10.79	Garrett Ward	CU Invite (4/9)

5,000 Meters (13:24.56 cu)

13:34.44	Joe Bosshard	NCAA West Prelim (5/28)
13:34.57	Joe Bosshard	Cardinal Invite (5/1)
13:41.49	Andy Wacker	Cardinal Invite (5/1)
13:44.03	Matt Tebo	Mt. SAC Relays (4/15)
13:44.34	Richard Medina	Mt. SAC Relays (4/15)
13:50.62	Joe Bosshard	Big 12 Outdoor (5/15)
13:55.67	Joe Bosshard	NCAA Outdoors (6/11)
14:00.04	Matt Tebo	Big 12 Outdoor (5/15)
14:01.13	Andy Wacker	NCAA West Prelim (5/28)

10,000 Meters (27:38.50 cu)

28:41.56AA	Joe Bosshard	NCAA Outdoors (6/10)
28:52.85	Joe Bosshard	Big 12 Outdoor (5/13)
29:10.85	Joe Bosshard	Stanford Invite (3/25)
29:10.89	Andy Wacker	Stanford Invite (3/25)
29:14.91	Richard Medina	Stanford Invite (3/25)
29:15.57	Joe Bosshard	NCAA West Prelims (5/26)
29:16.42	Richard Medina	Big 12 Outdoor (5/13)
29:24.05	Matt Tebo	Big 12 Outdoor (5/13)

110 Meter Hurdles (13.3 cu)

15.15	dec Brock Emory	Glenn Morris Combined Events (4/21-22)
15.29	Adam Salzmänn	Potts Invite (3/19)
15.30	dec Adam Salzmänn	Big 12 Outdoor (5/13-15)
15.40	dec Brock Emory	Jim Click Combined Events (3/31-4/1)
15.54	Brock Emory	CU Invite (4/9)
15.73	Brock Emory	Potts Invite (3/19)
16.15	dec Alex Von Hagen	Glenn Morris Combined Events (4/21-22)
16.24	Eddie Taylor	Front Range Classic (5/1)

400 Meter Hurdles (49.66 cu)

53.52	Kyle MacIntosh	CU Invite (4/9)
53.65	Tyler Baker	CU Invite (4/9)
53.97	Kyle MacIntosh	Big 12 Outdoor (5/13-15)
54.03	Kyle MacIntosh	LSU Alumni Gold (4/23)
54.43	Tyler Baker	LSU Alumni Gold (4/23)
54.56	Tyler Baker	Potts Invite (3/19)

3,000 M Steeplechase (8:26.45 cu)

8:52.53	Aric Van Halen	Cardinal Invite (5/1)
8:57.16	Aric Van Halen	Big 12 Outdoor (5/13-15)
9:02.59	Aric Van Halen	Mt. SAC Relays (4/14)
9:03.18	p Aric Van Halen	NCAA West Prelims (5/27)
9:13.87	Jonny Stevens	Big 12 Outdoor (5/13-15)
9:23.13	Jonny Stevens	Beach Invite (4/16)
9:37.62	Aric Van Halen	CU Invite (4/9)
9:49.85	Jonny Stevens	Potts Invite (3/19)

4x400 Meter Relay (3:05.16 cu)

3:12.70	Salzmänn/Morris/MacIntosh/Reimer	Big 12 Outdoor (5/13-15)
3:13.13	MacIntosh/Morris/McCathran/Reimer	Jack Christiansen Invite (4/23)
3:19.98	Blake/Q.Dodson/MacIntosh/Whitaker	Potts Invite (3/19)
3:20.00	MacIntosh/Berens/McCathran/Reimer	CU Invite (4/9)

2011 Men's Outdoor Bests

Long Jump (26-2.50 cu)

22-08/6.91	dec	Alex Von Hagen	Jim Click Combined Events (3/31-4/1)
22-04.50/6.82	dec	Alex Von Hagen	Glenn Morris Combined Events (4/21-22)
21-11.75/6.70	dec	Alex Von Hagen	Big 12 Outdoor (5/13-15)
20-06.50/6.26	dec	Brock Emory	Big 12 Outdoor (5/13-15)
20-05.75/6.24		Adam Salzmann	Front Range Classic (5/1)
20-04.50/6.21	dec	Adam Salzmann	Big 12 Outdoor (5/13-15)
20-03.50/6.18	dec	Brock Emory	Jim Click Combined Events (3/31-4/1)
20-02.25/6.15		Adam Salzmann	Jack Christiansen Invite (4/23)
19-10.25/6.05	dec	Eddie Taylor	Jim Click Combined Events (3/31-4/1)
19-07/5.97	dec	Brock Emory	Glenn Morris Combined Events (4/21-22)

High Jump (7-04.00 cu)

6-05.50/1.97	dec	Alex Von Hagen	Jim Click Combined Events (3/31-4/1)
6-05.50/1.97	dec	Brock Emory	Jim Click Combined Events (3/31-4/1)
6-04/1.93	dec	Alex Von Hagen	Big 12 Outdoor (5/13-15)
6-04/1.93		Brock Emory	CU Invite (4/9)
6-03.50/1.92	dec	Alex Von Hagen	Glenn Morris Combined Events (4/21-22)
6-02.75/1.90	dec	Adam Salzmann	Jim Click Combined Events (3/31-4/1)
6-02/1.88		Adam Salzmann	CU Invite (4/9)
6-01.50/1.87	dec	Adam Salzmann	Big 12 Outdoor (5/13-15)
6-01.25/1.86	dec	Eddie Taylor	Glenn Morris Combined Events (4/21-22)
6-01.25/1.86	dec	Brock Emory	Glenn Morris Combined Events (4/21-22)

Shot Put (60-11.50 cu)

50-04.75/15.36		Michael Field	Jack Christiansen Invite (4/23)
50-03.50/15.33		Dane Chobanian	Big 12 Outdoor (5/13-15)
50-02.75/15.31		Michael Field	Big 12 Outdoor (5/13-15)
49-04.50/15.05		Michael Field	Front Range Classic (5/1)
49-02.25/14.99		Dane Chobanian	Potts Invite (3/19)
49-00.75/14.95		Michael Field	CU Invite (4/9)
48-05.25/14.76		Dane Chobanian	Jack Christiansen Invite (4/23)
47-10.50/14.59		Michael Field	Beach Invite (4/16)
47-08/14.53		Dane Chobanian	CU Invite (4/9)

Hammer Throw (210-11 cu)

175-09/53.58		Alex Kizirian	Front Range Classic (5/1)
172-09/52.65		Alex Kizirian	USATF (6/24)
172-04/52.52		Trey Mullen	CU Invite (4/9)
172-03/52.50		Trey Mullen	Potts Invite (3/18)
171-09/52.35		Trey Mullen	Mt. SAC Relays (4/15)
170-08/52.02		Trey Mullen	Big 12 Outdoor (5/13-15)
162-08/49.59		Trey Mullen	Jack Christiansen Invite (4/23)
158-01/48.18		Niklas Cederstrom	CU Invite (4/9)
157-10/48.10		Niklas Cederstrom	Front Range Classic (5/1)
157-01/47.88		Niklas Cederstrom	Beach Invitational (4/16)

Discus Throw (209-7 cu)

175-03/53.41		Dane Chobanian	CU Invite (4/9)
171-01/52.15		Dane Chobanian	Big 12 Outdoor (5/13-15)
169-03/51.60		Dane Chobanian	Mt. SAC Relays (4/15)
167-03/50.98		Dane Chobanian	Jack Christiansen Invite (4/23)
165-07/50.48		Dane Chobanian	NCAA West Prelims (5/28)
164-02/50.03		Dane Chobanian	Beach Invite (4/16)
160-01/48.80		Dane Chobanian	Potts Invite (3/19)
155-02/47.31		Trey Mullen	Big 12 Outdoor (5/13-15)
154-00/46.94		Alex Kizirian	Potts Invite (3/19)

Javelin (241-4.5 cu)

221-00/67.37		Brian Owens	CU Invite (4/9)
206-00/62.80		Brian Owens	Big 12 Outdoor (5/13-15)
199-09/60.88		Brandin Williams	Potts Invite (3/18)
195-04/59.55		Brandin Williams	Beach Invite (4/16)
189-00/57.60		Brian Owens	Beach Invite (4/16)
188-08/57.52		Brian Owens	NCAA West Prelims (5/26)
187-03/57.08		Brandin Williams	Front Range Classic (5/1)
185-08/56.59		Brian Owens	Potts Invite (3/18)
183-00/55.78		Kevin Fasing	CU Invite (4/9)

Pole Vault (17-06.50 cu)

14-07.25/4.45		Adam Salzmann	Potts Invite (3/19)
14-05.50/4.38	dec	Eddie Taylor	Glenn Morris Combined Events (4/21-22)
14-02.50/4.33	dec	Eddie Taylor	Big 12 Outdoor (5/13-15)
14-02.50/4.33	dec	Adam Salzmann	Big 12 Outdoor (5/13-15)
14-01.25/4.30		Eddie Taylor	Potts Invite (3/19)
14-01.25/4.30	dec	Eddie Taylor	Jim Click Combined Events (3/31-4/1)
13-07.25/4.15		Brock Emory	Potts Invite (3/19)

Decathlon (7,500 auto/6,900 provisional; 7,645 cu)

6899	Adam Salzmann	Big 12 Outdoor (5/13-15)
6724	Alex Von Hagen	Jim Click Combined Events (3/31-4/1)
6667	Alex Von Hagen	Glenn Morris Combined Events (4/21-22)
6506	Alex Von Hagen	Big 12 Outdoor (5/13-15)
6392	Eddie Taylor	Big 12 Outdoor (5/13-15)
6327	Eddie Taylor	Glenn Morris Combined Events (4/21-22)
6258	Eddie Taylor	Jim Click Combined Events (3/31-4/1)
6179	Brock Emory	Big 12 Outdoor (5/13-15)

2011 Women's Outdoor Bests

100 Meters (11.65 cu)

12.90	Rachael Opgenorth	CU Invite (4/9)
13.08	Rachael Opgenorth	Jack Christiansen Invite (4/23)
13.14	Jennifer Gruver	CSU-Pueblo (4/16)

200 Meters (23.86 cu)

25.24	Brooke Regan	Potts Invite (3/19)
25.47	p Brooke Regan	Big 12 Outdoor (5/13-15)
25.50	hep Katie Dreher	Big 12 Outdoor (5/13-15)
25.54	Brooke Regan	CU Invite (4/9)
25.80	Katie Dreher	Front Range Classic (5/1)
26.07	hep Genny Mayden	Big 12 Outdoor (5/13-15)
26.10	Liz Tremblay	Jack Christiansen Invite (4/23)
26.26	Rachael Opgenorth	Jack Christiansen Invite (4/23)

400 Meters (54.22 cu)

56.09	Brooke Regan	CU Invite (4/9)
56.85	Liz Tremblay	Beach Invite (4/16)
56.88	Brooke Regan	CSU-Pueblo (4/16)
57.25	Brooke Regan	Potts Invite (3/19)
57.29	Brooke Regan	LSU Alumni Gold (4/23)

800 Meter Run (2:02.54 cu)

2:06.59	Liz Tremblay	Oregon Twilight (5/6)
2:07.07	Liz Tremblay	Big 12 Outdoor (5/13-15)
2:07.76	Liz Tremblay	NCAA West Prelim (5/27)
2:07.83	p Liz Tremblay	Big 12 Outdoor (5/13-15)
2:08.10	p Liz Tremblay	NCAA West Prelims (5/26)
2:08.23	Jessica Pixler	CU Invite (4/9)
2:08.58	Liz Tremblay	Mt. SAC Relays (4/15)
2:09.26	Liz Tremblay	CU Invite (4/9)
2:10.63	Laura Thweatt	CU Invite (4/9)
2:11.55	Emma Coburn	CU Invite (4/9)

1,500 Meter Run (3:59.90 cu)

4:12.97	Emma Coburn	Ghent, Belgium
4:14.34	Emma Coburn	Mt. SAC Relays (4/15)
4:20.93	Katie Cumming	Cardinal Invite (5/1)
4:21.05	Laura Thweatt	Cardinal Invite (5/1)
4:23.66	Camille Logan	Cardinal Invite (5/1)
4:25.96	Camille Logan	CU Invite (4/9)
4:26.95	p Katie Cumming	Big 12 Outdoor (5/13-15)
4:27.88	p Staci Foster	NCAA West Prelims (5/26)
4:28.48	p Staci Foster	Big 12 Outdoor (5/13-15)

3,000 Meters* (8:54.22 cu)

10:34.39	Megan Burrell	Potts Invite (3/19)
10:47.96	Emily Hanenburg	Potts Invite (3/19)
10:58.13	Kelly King	CU Invite (4/9)

5,000 Meters (15:07.64 cu)

15:25.58	Jessica Pixler	Stanford Invite (3/25)
15:57.24	Laura Thweatt	Mt. SAC Relays (4/15)
16:01.26	Shalaya Kipp	Mt. SAC Relays (4/15)
16:10.85	Katie Cumming	Mt. SAC Relays (4/15)
16:15.19	Camille Logan	Mt. SAC Relays (4/15)
16:16.29	Laura Thweatt	Big 12 Outdoor (5/13-15)
16:23.01	Shalaya Kipp	Big 12 Outdoor (5/13-15)
16:25.63	Laura Thweatt	NCAA West Prelims (5/28)
16:25.78	Katie Cumming	Big 12 Outdoor (5/13-15)

10,000 Meters (32:50.80 cu)

33:49.00	Laura Thweatt	Big 12 Outdoor (5/13-15)
34:16.11	Camille Logan	NCAA West Prelims (5/26)
34:27.12	Camille Logan	Big 12 Outdoor (5/13-15)
34:33.08	Laura Thweatt	Stanford Invite (3/25)
34:33.24	Camille Logan	Stanford Invite (3/25)
35:05.11	Laura Thweatt	NCAA West Prelims (5/26)

100 Meter Hurdles (12.98)

14.70	hep Holly Odneal	Big 12 Outdoor (5/13-15)
14.77	Holly Odneal	Front Range Classic (5/1)
14.96	Holly Odneal	CU Invite (4/9)
15.13	hep Holly Odneal	Jim Click Combined Events (3/31-4/1)
15.22	hep Katie Dreher	Big 12 Outdoor (5/13-15)
15.28	hep Genny Mayden	USATF (6/23-24)
15.29	Holly Odneal	Glenn Morris Combined Events (4/21-22)
15.49	hep Genny Mayden	Big 12 Outdoor (5/13-15)
15.50	Genny Mayden	CU Invite (4/9)

400 Meter Hurdles (57.77 cu)

1:00.34	p Joi Windham	Big 12 Outdoor (5/13-15)
1:01.33	Joi Windham	LSU Alumni Gold (4/23)
1:01.63	p Joi Windham	NCAA West Prelims (5/26)
1:01.78	Joi Windham	Potts Invite (3/19)
1:02.04	Joi Windham	CU Invite (4/9)
1:04.19	Toi Windham	CU Invite (4/9)
1:04.80	Toi Windham	Potts Invite (3/19)

3,000 M Steeplechase (9:12.50 cu)

9:37.16	pr Emma Coburn	London Grand Prix (8/6/11)
9:38.42	p Emma Coburn	IAAF World Championships (8/26/11)
9:40.51	Emma Coburn	Cardinal Invite (5/1)
9:41.14	AA Emma Coburn	NCAA Outdoors (6/11)
9:44.11	Emma Coburn	USATF (6/26)
9:51.40	Emma Coburn	IAAF World Championships (8/28/11)
9:55.03	Emma Coburn	NCAA West Prelim (5/27)
9:56.37	AA/pr Shalaya Kipp	NCAA Outdoors (6/11)
9:57.39	Emma Coburn	Big 12 Outdoor (5/13-15)
9:59.75	p Emma Coburn	USATF (6/24)
10:00.03	Shalaya Kipp	NCAA West Prelim (5/27)
10:00.43	p Emma Coburn	NCAA Outdoors (6/9)

4x400 Meter Relay (3:33.07 cu)

3:48.47	J.Windham/ Regan/Dreher/Tremblay	Big 12 Outdoor (5/13-15)
3:58.33	J.Windham/T.Windham/Regan/Davis	Potts Invite (3/19)
3:58.40	J.Windham/Opgenorth/Windham/Gruver	CU Invite (4/9)

Long Jump (20-10.50 cu)

18-04.50/5.60	Genny Mayden	Big 12 Outdoor (5/13-15)
18-04.25/5.59	Katie Dreher	Big 12 Outdoor (5/13-15)
17-08.25/5.39	Genny Mayden	Front Range Classic (5/1)
17-06/5.33	Genny Mayden	USATF (6/23-24)
17-02.00/5.23	Holly Odneal	Big 12 Outdoor (5/13-15)
17-01.25/5.21	Katie Dreher	Front Range Classic (5/1)
16-09.50/5.12	Genny Mayden	Glenn Morris Combined Events (4/21-22)

High Jump (6-3 cu)

5-05.25/1.66	Holly Odneal	Jim Click Combined Events (3/31-4/1)
5-05.25/1.66	Holly Odneal	Big 12 Outdoor (5/13-15)
5-05/1.65	Holly Odneal	Potts Invite (3/19)
5-05/1.65	Katie Dreher	Potts Invite (3/19)

2011 Women's Outdoor Bests

Shot Put (54-6 cu)

38-10.25/11.84	Emily Hunsucker	CU Invite (4/9)
37-06.75/11.45	Genny Mayden	USATF (6/23-24)
37-03/11.35	Adrienne Lettow	Potts Invite (3/19)
37-03/11.35	Genny Mayden	Big 12 Outdoor (5/13-15)
37-01.75/11.32	Adrienne Lettow	CSU-Pueblo (3/26)
36-10.50/11.24	Genny Mayden	Glenn Morris Combined Events (4/21-22)
36-10.25/11.23	Holly Odneal	Big 12 Outdoor (5/13-15)
36-07.75/11.17	Emily Hunsucker	Potts Invite (3/19)
36-05.50/11.11	Adrienne Lettow	Beach Invitational (4/16)

Hammer Throw (196-10 cu)

176-08/53.85	Emily Hunsucker	Jack Christiansen Invite (4/23)
166-08/50.81	Emily Hunsucker	Beach Invitational (4/16)
162-04/49.47	Emily Hunsucker	Big 12 Outdoor (5/13-15)
162-03/49.46	Max Van Dyke	Front Range Classic (5/1)
159-11/48.75	Max Van Dyke	Beach Invitational (4/16)
148-00/45.12	Kellie Lind	Front Range Classic (5/1)
147-04/44.91	Max Van Dyke	Big 12 Outdoor (5/13-15)
146-11/44.78	Kellie Lind	CU Invite (4/9)

Javelin (169-5 cu)

121-06/37.03	Genny Mayden	USATF (6/23-24)
120-09/36.80	Genny Mayden	Big 12 Outdoor (5/13-15)
110-00/33.53	Max Van Dyke	Potts Invite (3/18)
109-11/33.51	Katie Dreher	Glenn Morris Combined Events (4/21-22)
109-08/33.44	Katie Dreher	Front Range Classic (5/1)
104-02/31.76	Genny Mayden	Front Range Classic (5/1)
102-11/31.36	Holly Odneal	Big 12 Outdoor (5/13-15)
102-07/31.28	Holly Odneal	Jim Click Combined Events (3/31-4/1)
102-05/31.22	Max Van Dyke	Beach Invitational (4/16)

Discus Throw (181-7 cu)

131-10/40.19	Emily Hunsucker	Potts Invite (3/19)
120-01/36.60	Emily Hunsucker	CU Invite (4/9)
114-06/34.91	Emily Hunsucker	Jack Christiansen Invite (4/23)

Heptathlon (5,893 cu)

4953	Katie Dreher	Big 12 Outdoor (5/13-15)
4950	Genny Mayden	USATF (6/23-24)
4939	Genny Mayden	Big 12 Outdoor (5/13-15)
4699	Holly Odneal	Big 12 Outdoor (5/13-15)
4454	Holly Odneal	Jim Click Combined Events (3/31-4/1)
4434	Genny Mayden	Glenn Morris Combined Events (4/21-22)
4432	Katie Dreher	Glenn Morris Combined Events (4/21-22)
4338	Holly Odneal	Glenn Morris Combined Events (4/21-22)

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	6.63, Joe Morris Potts Invitational, 2011	
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	5,103, Adam Salzman, Colorado Potts Invitational, 2011

Women's Indoor Records

& FIELD

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	11:22.87 (Cumming/E.Tremblay/Regan/Coburn) Big 12 Indoors, 2011	
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 Tánander 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	70-05.25, Loree Smith, NYAC Potts Invitational, 2011
Pentathlon	#4,071, Annette Tánander Big Eight Indoors, 1983	4116, Janey DeLoach, unattached Potts Invitational, 2011
	\$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*

6.63	Joe Morris	1/22/11	Boulder
6.66	Joe Morris	3/11/11	NCAA, College Station, Texas
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.
6.70	Joe Morris	1/29/11	USAFA, Colo.
6.72	Jonathan Prather	2/19/99	Manhattan, Kan.
6.72	Jeremy Dodson	2/14/09	USAFA, Colo.
6.72	A.J. Whitaker	1/22/11	Boulder
6.73	Marcus Stiggers	2/19/99	Manhattan, Kan.
6.73	Joe Morris	1/22/11	Boulder
6.75	Marcus Stiggers	2/19/99	Manhattan, Kan.
6.75	Jeremy Dodson	2/14/09	USAFA, Colo.
6.75	Joe Morris	2/5/11	Lincoln, Neb.
6.76	Ryan Campbell	2/3/07	USAFA, Colo.

60-Meter Dash *Top Performers*

6.63	Joe Morris	1/22/11	Boulder
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.
6.72	A.J. Whitaker	1/22/11	Boulder
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.
6.80	Quinton Dodson	1/22/11	Boulder

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
21.29	Joe Morris	2/5/11	Lincoln, Neb.
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.

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.

Men's All-Time Indoor Bests

FIELD

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.
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	Mik 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	Mik 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.
1:50.45	Steve Kasica	2/12/11	Seattle, Wash.
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.

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.
1:50.45	Steve Kasica	2/12/11	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.

1,000-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

Men's All-Time Indoor Bests

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.
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
13:49.59	Joe Bosshard	2/11/11	Seattle, Wash.
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.
13:51.65	Joe Bosshard	2/25/11	Big 12, Lincoln, Neb.

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.
13:49.59	Joe Bosshard	2/11/11	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.

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 Vaughan	1/18/91	Boulder
6-09.75	Jake Timmons	2/12/11	Seattle, Wash.
6-09.50	Rob Martin	2/27/88	Lincoln, Neb.

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.

Men's All-Time Indoor Bests

FIELD

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
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.
5,282	Adam Salzmann	2/26/11	Big 12, Lincoln, Neb.
5,250	Adam Salzmann	2/5/11	Albuquerque, N.M.
5,103	Adam Salzmann	1/22/11	Boulder
5,083	Alex Von Hagen	2/27/10	Big 12, Ames, Iowa
5,042	Alex Von Hagen	2/6/10	Albuquerque, N.M.
5,022	Alex Von Hagen	2/26/11	Big 12, Lincoln, Neb.
5,001	Adam Salzmann	2/28/09	Big 12, College Station, Texas
4,996	Alex Von Hagen	1/22/11	Boulder
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.

Heptathlon Top Performers

5,392	Drew Hildner	2/26/00	Big 12, Ames, Iowa
5,337	Jordan Hudgens	2/22/97	Lincoln, Neb.
5,282	Adam Salzmann	2/26/11	Albuquerque, N.M.
5,083	Alex Von Hagen	2/27/10	Big 12, Ames, Iowa
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
4,736	Brock Emory	2/26/11	Big 12, Lincoln, Neb.
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	Procanzano/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.
3:14.38	MacIntosh/McCathran/Morris/Reimer	2/5/11	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.
3:15.30	MacIntosh/McCathran/Morris/Reimer	2/26/11	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.
3:18.21	MacIntosh/McCathran/Morris/Reimer	1/29/11	USAFA, Colo.
3:19.19	MacIntosh/Aguilar/McCathran/Gomez	1/30/10	USAFA, Colo.
3:20.46	Stewart/Gomez/Cronin/Terry	2/9/08	USAFA, Colo.
3:21.0	no order listed	1/23/98	Boulder

Distance Medley Relay Top Performances

9:42.9	Castaneda/Endean/Musgrave/Peterson	2/9/74	Pocatello, Idaho
9:44.24	Kenney/G.Pincock/Buchanan/Janson	2/23/07	Big 12, Ames, Iowa
9:46.9	Castaneda/Windle/Gregorio/Peterson	2/17/73	Pocatello, Idaho
9:48.7	Castaneda/Windle/Gregorio/Peterson	3/10/73	Detroit, Mich.
9:49.30	Reese/Amador/Napier/Goucher	2/8/97	Lincoln, Neb.
9:50.02	Reyes/Cisneros/Napier/Culpepper	2/23/96	Big Eight
9:50.22	Wells/Piper/Reyes/Goucher	2/21/97	Lincoln, Neb.
9:50.50	Dillon/Abuan/Lundin/Schoolmeester	2/28/03	Lincoln, Neb.
9:52.03	Pixler/Alsford/Waller/Brown	2/26/83	Big 12, Lincoln, Neb.
9:53.84	Kenney/Terry/Buchanan/Janson	2/24/06	Big 12, Lincoln, Neb.
9:54.59	Blondeau/Butler/Queen/Slattery	2/22/02	Lincoln, Neb.
9:54.95	Kenney/Kerry/Winton/Janson	2/26/05	Big 12, Lincoln, Neb.
9:55.14	Reese/DePass/Reyes/Batliner	2/27/98	Ames, Iowa

Women's All-Time Indoor Bests

55-Meter Top Performances

6.92	Amaris Buchanan	1/19/01	Boulder
6.95	Yolanda Johnson	1989	Big Eight, Lincoln, Neb.
6.97	Tanisha Johns	1/30/93	USAFA, Colo.
6.99	Amaris Buchanan	1/18/02	Boulder
7.00	Yolanda Johnson	1/26/90	Boulder
7.00	Yolanda Johnson	2/3/90	USAFA, Colo.
7.00	Rachel Joy	2/27/99	Boulder
7.00	Mandi Farquhar	2/1/97	USAFA, Colo.
7.01	Yolanda Johnson	2/24/90	Big Eight
7.02	Yolanda Johnson	2/10/90	Lincoln, Neb.
7.03	Yolanda Johnson	1/26/90	Boulder
7.03	Yolanda Johnson	2/24/90	Big Eight
7.06	Mandi Farquhar	2/21/97	Lincoln, Neb.
7.07	Mandi Farquhar	3/1/97	Boulder
7.07	Yvonne Scott	2/3/96	USAFA, Colo.

55-Meters Top Performers

6.92	Amaris Buchanan	1/19/01	Boulder
6.95	Yolanda Johnson	1989	Big Eight, Lincoln, Neb.
6.97	Tanisha Johns	1/30/93	USAFA, Colo.
7.00	Rachel Joy	2/27/99	Boulder
7.00	Mandi Farquhar	2/1/97	USAFA, Colo.
7.07	Yvonne Scott	2/3/96	USAFA, Colo.

55-Meter Hurdles Top Performances

7.60	Yolanda Johnson	1/20/90	USAFA, Colo.
7.62	Yolanda Johnson	3/10/90	Lincoln, Neb.
7.63	Mandi Farquhar	2/1/97	USAFA, Colo.
7.66	Mandi Farquhar	3/7/97	NCAA, Indianapolis, Ind.
7.67	Yvonne Scott	3/8/96	NCAA, Indianapolis, Ind.
7.69	Mandi Farquhar	1/24/97	USAFA, Colo.
7.70	Yolanda Johnson	2/9/90	Lincoln, Neb.
7.70	Yvonne Scott	3/8/96	NCAA, Indianapolis, Ind.
7.71	Mandi Farquhar	2/21/97	Lincoln, Neb.
7.71	Yvonne Scott	2/24/96	Lincoln, Neb.
7.72	Mandi Farquhar	2/23/96	Lincoln, Neb.
7.73	Rachel Scott	2/1/97	USAFA, Colo.
7.74	Yvonne Scott	3/2/96	Boulder
7.74	Yolanda Johnson	2/10/90	Lincoln, Neb.

55-Meter Hurdles Top Performers

7.60	Yolanda Johnson	1/20/90	USAFA, Colo.
7.63	Mandi Farquhar	2/1/97	USAFA, Colo.
7.67	Yvonne Scott	3/8/96	NCAA, Indianapolis, Ind.
7.73	Rachel Scott	2/1/97	USAFA, Colo.

60-Meter Dash Top Performances

7.34	Amaris Buchanan	2/24/01	Big 12, Lincoln, Neb.
7.34	Amaris Buchanan	1/17/01	USAFA, Colo.
7.34	Amaris Buchanan	2/23/01	Big 12, Lincoln, Neb.
7.37	Amaris Buchanan	2/23/01	Big 12, Lincoln, Neb.
7.40	Amaris Buchanan	2/3/01	Lincoln, Neb.
7.44	Amaris Buchanan	2/22/02	Big 12, Lincoln, Neb.
7.44	Amaris Buchanan	2/17/01	USAFA, Colo.
7.47	Rachel Joy	1/30/99	USAFA, Colo.
7.48	Amaris Buchanan	2/3/01	Lincoln, Neb.
7.50	Amaris Buchanan	3/9/01	NCAA, Fayetteville, Ark.
7.50	Amaris Buchanan	1/29/00	USAFA, Colo.

60-Meters Top Performers

7.34	Amaris Buchanan	2/24/01	Big 12, Lincoln, Neb.
7.47	Rachel Joy	1/30/99	USAFA, Colo.
7.61	Deneeka Torrey	2/27/04	Big 12, Lincoln, Neb.
7.73	Mandi Farquhar	2/7/97	Lincoln, Neb.

60-Meter Hurdles Top Performances

8.27	Hannah Cooper	3/8/02	NCAA, Fayetteville, Ark.
8.28	Hannah Cooper	3/1/02	Ames, Iowa
8.28	Hannah Cooper	2/17/01	USAFA, Colo.
8.29	Hannah Cooper	3/8/02	NCAA, Fayetteville, Ark.
8.29	Hannah Cooper	3/9/01	NCAA, Fayetteville, Ark.
8.29	Hannah Cooper	2/23/01	Big 12, Lincoln, Neb.
8.29	Hannah Cooper	2/3/01	Lincoln, Neb.
8.29	Hannah Cooper	2/24/01	Big 12, Lincoln, Neb.
8.31	Hannah Cooper	2/23/01	Big 12, Lincoln, Neb.
8.32	Hannah Cooper	3/2/01	Ames, Iowa

60-Meter Hurdles Top Performers

8.27	Hannah Cooper	3/8/02	NCAA, Fayetteville, Ark.
8.38	Rachel Joy	1/30/99	USAFA, Colo.
8.42	Deneeka Torrey	3/6/04	Seattle, Wash.
8.42	Mandi Farquhar	2/8/97	Lincoln, Neb.

200-Meter Dash Top Performances

23.81	Amaris Buchanan	2/24/01	Big 12, Lincoln, Neb.
23.98	Amaris Buchanan	2/23/01	Big 12, Lincoln, Neb.
24.00	Amaris Buchanan	2/17/01	USAFA, Colo.
24.14	Amaris Buchanan	3/2/01	Ames, Iowa
24.43	Leona Russell	1/27/96	USAFA, Colo.
24.52	Cynthia Newsome	2/14/98	USAFA, Colo.
24.55	Leona Russell	2/23/96	Lincoln, Neb.
24.61	Tanisha Johns	2/28/93	Ames, Iowa
24.63	Amaris Buchanan	1/25/02	USAFA, Colo.
24.70	Amaris Buchanan	2/8/02	Lincoln, Neb.
24.70	Yolanda Johnson	2/3/90	USAFA, Colo.

200-Meters Top Performers

23.81	Amaris Buchanan	2/24/01	Big 12, Lincoln, Neb.
24.43	Leona Russell	1/27/96	USAFA, Colo.
24.52	Cynthia Newsome	2/14/98	USAFA, Colo.
24.61	Tanisha Johns	2/28/93	Ames, Iowa
24.70	Yolanda Johnson	2/3/90	USAFA, Colo.

400-Meters Top Performances

54.00	Leona Russell	3/1/96	Ames, Iowa
54.46	Leona Russell	2/24/96	Lincoln, Neb.
54.70	Tamara Ards	3/1/96	Ames, Iowa
54.96	Leona Russell	2/10/96	Lincoln, Neb.
55.57	Leona Russell	1/27/96	USAFA, Colo.
55.75	Leona Russell	2/23/96	Lincoln, Neb.
55.76	Leona Russell	2/23/96	Lincoln, Neb.
55.94	Leona Russell	2/3/96	USAFA, Colo.
55.94	Michelle Outlaw	2/27/88	Lincoln, Neb.
56.02	Tamara Ards	2/27/93	Ames, Iowa

400-Meters Top Performers

54.00	Leona Russell	3/1/96	Ames, Iowa
54.70	Tamara Ards	3/1/96	Ames, Iowa
55.94	Michelle Outlaw	2/27/88	Lincoln, Neb.
56.33	Cynthia Newsome	1/30/99	USAFA, Colo.

600-Yard Run Top Performances

1:21.60	Lee Ballenger	6/1/05	AIAW
1:23.66	Brooke Regan	2/25/11	Big 12, Lincoln, Neb.
1:23.70	Brooke Regan	2/5/11	Lincoln, Neb.
1:24.07	Elizabeth Tremblay	1/22/11	Boulder
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	2/24/89	
1:25.13	Brooke Regan	1/22/11	Boulder
1:25.19	Erin Lowe	1/18/02	Boulder
1:25.21	Joi Windham	2/29/08	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.
1:26.37	Joi Windham	2/5/11	Lincoln, Neb.

Women's All-Time Indoor Bests



600-Yard Run *Top Performers*

1:21.60	Lee Ballenger	6/1/05	AIAW
1:23.66	Brooke Regan	2/25/11	Big 12, Lincoln, Neb.
1:24.07	Elizabeth Tremblay	1/22/11	Boulder
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	2/24/89	
1:25.21	Joi Windham	2/29/08	Big 12, Lincoln, Neb.
1:25.72	Mikaela Raddatz	2/24/06	Lincoln, Neb.
1:25.77	Jenny Cathey	2/21/97	Lincoln, Neb.
1:26.67	Alex Boksay	2/14/04	Adidas Classic

800-Meter Run *Top Performances*

2:05.29	Mary Decker	2/19/78	Lincoln, Neb.
2:09.23	Elizabeth Tremblay	2/25/11	Big 12, Lincoln, Neb.
2:09.51	Elizabeth Tremblay	1/29/11	Seattle, Wash.
2:10.23	Elizabeth Tremblay	2/26/11	Big 12, 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.

800-Meters *Top Performers*

2:05.29	Mary Decker	2/19/78	Lincoln, Neb.
2:09.23	Elizabeth Tremblay	2/25/11	Big 12, 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.
2:13.99	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.

1,000-Meter Run *Top Performances*

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
4:36.08	Emma Coburn	3/12/11	NCAA, College Station, Texas
4:36.99	Emma Coburn	3/11/11	NCAA, College Station, Texas
4:37.44	Emma Coburn	2/12/11	Seattle, Wash.
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.

Mile Run *Top Performers*

4:25.91	Jenny Barringer	2/28/09	Big 12, College Station, Texas
4:36.08	Emma Coburn	3/12/11	NCAA, 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.
4:42.87	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.

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.
9:17.46	Emma Coburn	2/26/11	Big 12, Lincoln, Neb.
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.

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.
9:17.46	Emma Coburn	2/26/11	Big 12, Lincoln, Neb.
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.

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.
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.

Women's All-Time Indoor Bests

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.
16:17.39	Laura Thweatt	2/11/11	Seattle, Wash.
16:25.95	Kalin Toedebusch	3/6/04	Seattle, Wash.

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	Sarrah 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	Sarrah 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.
5-07.00	Laurisa Canini	2/18/11	Golden, Colo.

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

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	AIAW, 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

Women's All-Time Indoor Bests

FIELD

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
54-00.00	Emily Hunsucker	1/22/11	Boulder
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*

4,046	Pam Owen	2/27/93	Ames, Iowa
3,847	Pam Owen	2/28/92	Big Eight Championship
3,847	Pam Owen	2/28/92	Big Eight
3,840	Carol Hood	1991	Big Eight
3,788	Carol Hood	2/26/88	Lincoln, Neb.
3,764	Pam Owen	1993	USAFA, Colo.
3,725	Pam Owen	1991	Big Eight
3,665	Tamra Miller	2/24/90	Big Eight
3,653	Diane Keller	2/24/90	Big Eight
3,625	Brianne Beemer	2/5/10	Albuquerque, N.M.
3,611	Brianne Beemer	2/26/10	Big 12, Ames, Iowa
3,573	Heather Sterlin	1/26/96	USAFA, Colo.
3,566	Diane Keller	1991	Big Eight
3,513	Diane Keller	2/26/88	Lincoln, Neb.
3,474	Katie Dreher	2/25/11	Big 12, Lincoln, Neb.

Pentathlon *Top Performers*

4,046	Pam Owen	2/27/93	Ames, Iowa
3,840	Carol Hood	1991	Big Eight
3,665	Tamra Miller	2/24/90	Big Eight
3,653	Diane Keller	2/24/90	Big Eight
3,625	Brianne Beemer	2/5/10	Albuquerque, N.M.
3,573	Heather Sterlin	1/26/96	USAFA, Colo.
3,474	Katie Dreher	2/25/11	Big 12, Lincoln, Neb.
3,468	Alyssa Frank	2/5/10	Albuquerque, N.M.
3,380	Holly Odneal	1/21/11	Boulder
3,364	Genny Mayden	2/25/11	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 listed	2/25/94	Oklahoma City
3:50.98	Simmons/Fox/Ballenger/Decker	2/19/78	Lincoln, Neb.
3:51.24	no order listed	2/13/99	USAFA, Colo.
3:54.78	J.Windham/Dreher/Hubbard/Regan	1/29/11	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 listed	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.
3:53.05	J.Windham/Opgeorth/Hubbard/Regan	2/5/11	Lincoln, Neb.
3:53.11	Dreher/Hubbard/E.Tremblay/Regan	2/26/11	Big 12, Lincoln, Neb.
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.

Distance Medley Relay *Top Performances*

11:22.87	Cumming/E.Tremblay/Regan/Coburn	2/25/11	Big 12, Lincoln, Neb.
11:23.34	Messner/Newsome/Higgins/Wheeler	2/5/99	Indianapolis, Ind.
11:29.84	Higgins/Miller/Manatt/Gorton	2/23/01	Big 12, Lincoln, Neb.
11:32.81	J. Smith/Newsome/Bradfield/K. Smith	2/27/98	Ames, Iowa
11:34.32	Cumming/E.Tremblay/Beemer/Coburn	2/27/10	Big 12, Ames, Iowa
11:37.95	Messner/Lucero/Wheeler/Smith	2/8/97	Lincoln, Neb.
11:50.90	Scarlett/Cathey/Wille/Dahlberg	2/23/96	Lincoln, Neb.
11:56.31	Zeigle/Torrey/Manatt/Gragas-Wheeler	2/28/03	Big 12, Lincoln, Neb.
11:56.90	no order listed	2/16/80	Lincoln, Neb.
11:58.80	no order listed	2/22/02	Big 12, Lincoln, Neb.
12:05.63	Simmons/Powers/Wilson/Slater	3/5/79	Lincoln, Neb.
12:13.66	Bolf/Pasciuto/Ensrud/Raddatz	2/4/06	USAFA, Colo.
12:19.10	no order listed	1/30/99	USAFA, Colo.



Men's Outdoor Records

Event	CU Record	Potts Field Record
100 Meters	10.0, Cliff Branch NCAA Outdoors, 1972	10.03, Gerald Phiri, Texas A&M Big 12 Outdoors, 2008
110-meter Hurdles	13.3, Marcus Walker USA-France Dual, 1970	13.54, Shawon Harris, Texas Tech Big 12 Outdoors, 2008
200 Meters	20.37, Jeremy Dodson Big 12 Outdoors, 2008	20.29, Gerald Phiri, Texas A&M Big 12 Outdoors, 2008
400 Meters	45.54, James Davis Big Three, 1996	44.45, Todd Long, Oklahoma Big Eight Outdoors, 1983
400-meter Hurdles	49.66, Maurice Mitchell Big Eight Outdoors, 1993	48.80, Danny Harris, Iowa State Big Eight Outdoors, 1986
800 Meters	1:47.52, Mike Macinko World Cup, 1989	1:48.28, Jacob Hernandez, Texas Big 12 Outdoors, 2008
1,500 Meters	3:39.77, Alan Culpepper Big Eight Championships, 1996	3:41.80, Leo Manzano, Texas Big 12 Outdoors, 2008
3,000 Meters	7:50.39, Dathan Ritzenhein Adidas Invitational, 2004	8:08.04, Brent Vaughn, Nike CU Invitational, 2010
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	13:18.46, Brent Vaughn Payton Jordan, 2008	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, 1975	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 Big 12, 2007	240-05, Drew Loftin, unattached CU Invitational, 2011

Women's Outdoor Records

& FIELD

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	4:25.00, Sally Kipyego, Texas Tech Big 12 Outdoors, 2008
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
10.30	Scott Sanders	1977	Las Vegas, Nev.
10.32	Jeremy Dodson	5/3/08	Laramie, Wyo.
10.32	Joe Morris	4/23/11	Baton Rouge, La.
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
10.37	Joe Morris	4/9/11	Boulder
10.38	Jeremy Dodson	5/27/10	NCAA Prelims, Austin, Texas

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
10.30	Scott Sanders	1977	Las Vegas, Nev.
10.32	Joe Morris	4/23/11	Baton Rouge, La.
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

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.
20.90	Joe Morris	4/9/11	Boulder

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	5/20/98	Austin, Texas
1:49.92	Stephen Kasica	4/15/11	Walnut, Calif.

Men's All-Time Outdoor Bests

FIELD

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.
13:34.44	Joe Bosshard	5/28/11	NCAA Prelims, Eugene, Ore.
13:34.57	Joe Bosshard	5/1/11	Palo Alto, 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

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.
13:34.44	Joe Bosshard	5/28/11	NCAA Prelims, Eugene, Ore.
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.
13:41.49	Andy Wacker	5/1/11	Palo Alto, Calif.

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.
28:41.56	Joe Bosshard	6/10/11	NCAA, Des Moines, Iowa
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.
29:10.89	Andy Wacker	3/25/11	Palo Alto, Calif.
29:14.91	Richard Medina	3/25/11	Palo Alto, Calif.
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.
29:28.67	Zeke Tiernan	4/18/97	Walnut, Calif.

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.
28:41.56	Joe Bosshard	6/10/11	NCAA, Des Moines, Iowa
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.

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
221-00	Brian Owens	4/8/11	Boulder
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
206-00	Brian Owens	5/13/11	Big 12, Norman, Okla.
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

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
221-00	Brian Owens	4/8/11	Boulder
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.

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.
175-09	Alex Kizirian	5/1/11	Fort Collins, Colo.
172-04	Trey Mullen	4/8/11	Boulder
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.
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

Men's All-Time Outdoor Bests

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 Comers Meet
15-6	Kevin Cash	3/17/90	CU All Comers 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
6,899	Adam Salzmann	5/14/11	Big 12, Norman, Okla.
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.

Decathlon *Top Performers*

7645	Mike Hill	6/6/74	Austin, Texas
7470	Mike Wedman	1972	Lawrence, Kan.
7184	Steve Brittenham	1977	Des Moines, Iowa
7144	Jordan Hudgens	3/28/97	Walnut, Calif.
6899	Adam Salzmann	5/14/11	Big 12, Norman, Okla.
6897	Rob Martin	5/19/90	
6725	Chris Olsen	5/15/98	Columbia, Mo.
6724	Alex Von Hagen	4/1/11	Tucson, Ariz.
6718	Grant Cleghorn	5/17/97	Big 12, Waco, Texas
6392	Eddie Taylor	5/14/11	Big 12, Norman, Okla.

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.
2:06.59	Elizabeth Tremblay	5/6/11	Eugene, Ore.
2:07.07	Elizabeth Tremblay	5/15/11	Big 12, Norman, Okla.
2:07.51	Lee Ballenger	4/26/80	Des Moines, Iowa
2:07.76	Elizabeth Tremblay	5/27/11	NCAA Prelims, Eugene, Ore.
2:07.83	Elizabeth Tremblay	5/14/11	Big 12, Norman, Okla.
2:08.10	Elizabeth Tremblay	5/26/11	NCAA Prelims, Eugene, Ore.
2:08.23	Jessica Pixler	4/9/11	Boulder
2:08.58	Elizabeth Tremblay	4/15/11	Walnut, Calif.
2:08.87	Kelly Smith	5/16/95	Big Eight, Ames, Iowa

Women's All-Time Outdoor Bests



800-Meters Top Performers

2:02.54	Jenny Barringer	8/8/09	Cottbus, Germany
2:03.7	Lee Ballenger	5/13/78	Eugene, Ore.
2:06.59	Elizabeth Tremblay	5/6/11	Eugene, Ore.
2:08.23	Jessica Pixler	4/9/11	Boulder
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.
2:10.63	Laura Thweatt	4/9/11	Boulder

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, La.
4:12.97	Emma Coburn	7/30/11	Ghent, Belgium
4:13.88	Kelly Smith	6/6/97	Bloomington, Ind.
4:14.34	Emma Coburn	4/15/11	Walnut, Calif.
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.

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.
4:12.97	Emma Coburn	7/30/11	Ghent, Belgium
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.
4:20.93	Katie Cumming	5/1/11	Palo Alto, Calif.
4:21.05	Laura Thweatt	5/1/11	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, Duram, 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
9:37.16	Emma Coburn	8/6/11	London, England
9:38.42	Emma Coburn	8/26/11	IAAF, Daegu, Korea
9:40.51	Emma Coburn	5/1/11	Palo Alto, Calif.

Steeplechase Top Performers

9:12.50	Jenny Barringer	8/17/09	IAAF, Berlin, Germany
9:37.16	Emma Coburn	8/6/11	London, England
9:56.37	Shalaya Kipp	6/11/11	NCAA, Des Moines, Iowa
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.

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.
15:25.58	Jessica Pixler	3/25/11	Palo Alto, 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.

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.
15:25.58	Jessica Pixler	3/25/11	Palo Alto, 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.
15:57.24	Laura Thweatt	4/15/11	Walnut, Calif.
16:01.26	Shalaya Kipp	4/15/11	Walnut, Calif.

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.
33:49.00	Laura Thweatt	5/13/11	Big 12, Norman, Okla.
34:11.74	Molly Austin	6/12/03	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.
33:49.00	Laura Thweatt	5/13/11	Big 12, Norman, Okla.
33:56.41	Patty Roberts	4/27/95	Philadelphia, Pa.
34:16.11	Camille Logan	5/26/11	NCAA Prelims, Eugene, Ore.
34:17.10	Heather Burroughs	5/15/99	Palo Alto, 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.
4953	Katie Dreher	5/14/11	Big 12, Norman, Okla.
4950	Genny Mayden	6/24/11	USATF Juniors, Eugene, Ore.
4714	Chelsea Haverty	5/17/08	Big 12, Boulder
4707	Brianne Beemer	6/2009	Eugene, Ore.
4699	Holly Odneal	5/14/11	Big 12, Norman, Okla.
4510	Alyssa Frank	5/15/10	Big 12, Columbia, Mo.

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 Negriff	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 Negriff	4/6/05	Boulder
40-06.25	Liza Negriff	5/1/04	Big 12, Norman, Okla.
40-04.75	Liza Negriff	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 Negriff	4/26/03	Ft. Collins, Colo.
39-08.00	Liza Negriff	3/20/04	Boulder
39-07.25	Liza Negriff	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 Negriff	3/19/05	
39-03.25	Liza Negriff	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 Negriff	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.
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

Women's All-Time Outdoor Bests



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.
176-08	Emily Hunsucker	4/23/11	Fort Collins, Colo.
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.

TEAM FINISHES

Big Seven Conference

	Indoor	Outdoor
1948	6th	5th
1949	5th	2nd
1950	5th	2nd
1951	7th	6th
1952	3rd	6th
1953	6th	7th
1954	4th	4th
1955	4th	7th
1956	4th	3rd
1957	6th	2nd

Big Eight Conference

1958	7th	7th
1959	4th	6th
1960	4th	5th
1961	5th	6th
1962	6th	3rd
1963	4th	4th
1964	5th	6th
1965	7th	6th
1966	No Entry	6th
1967	8th	5th
1968	6th	6th
1969	6th	6th
1970	8th	7th
1971	2nd	5th
1972	2nd	4th
1973	5th	5th
1974	3rd	3rd
1975	4th	4th
1976	6th	(t)3rd
1977	6th	7th
1978	5th	7th
1979	6th	5th
1980	6th	6th
1981	(t)7th	8th
1982	7th	8th
1983	6th	7th
1984	7th	8th
1985	8th	8th
1986	8th	4th
1987	(t)5th	7th
1988	7th	7th
1989	5th	5th
1990	6th	4th
1991	7th	6th
1992	6th	5th
1993	6th	3rd
1994	3rd	4th
1995	5th	6th
1996	4th	3rd

Big 12 Conference

1997	3rd	8th
1998	4th	6th
1999	2nd	5th
2000	6th	10th
2001	7th	8th
2002	6th	8th
2003	8th	7th
2004	8th	9th
2005	7th	7th
2006	7th	4th
2007	8th	4th
2008	7th	1st
2009	12th	11th
2010	12th	6th
2011	12th	8th

INDOOR CHAMPIONS

60-yard/55-meter Dash

Augie Raso	1951	:6.03
Clifford Branch	1971	:6.1
Clifford Branch	1972	:6.0

60-yard Low Hurdles

Merwin Hodel	1950	:7.0
Jim Miller	1964	:6.8
Marcus Walker	1971	:6.1
Ohene Karikari	1973	:6.7
Ohene Karikari	1974	:6.7

60-yard/55-meter High Hurdles

Ray Magsamen	1950	:7.7
Fritz Hageboeck	1956	:7.6
Fritz Hageboeck	1956	:7.5

60-meter Hurdles

Lex Butler	2000	:7.75
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440-yard/400-meter Dash

Chuck Carlson	1958	:50.5
Ted Woods	1960	:49.8
George Daniels	1972	:49.4
Tony Page	1987	:48.31
Kyle Hargett	1988	:47.02

600-yard Dash

Jim Heath	1961	1:12.1
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880-yard/800-meter Run

Mike Macinko	1988	1:50.80
Mike Macinko	1990	1:50.36

1000-meter Run

Anthony Chiulli	2007	2:21.82
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OUTDOOR CHAMPIONS

100-yard/meter Dash

Don Campbell	1949	:09.6
Chuck Smith	1957	:10.0
George Daniels	1971	:09.3
George Daniels	1972	:09.6

220-yard/200-meter Dash

Don Campbell	1949	:22.6
Chuck Smith	1957	:21.9
Orlando Hazley	1959	:20.9
George Daniels	1971	:20.4
James Davis	1996	:20.73

440-yard/400-meter Dash

Chuck Carlson	1959	:46.5
Ted Woods	1960	:47.7
Jim Heath	1961	:46.5
Ted Woods	1962	:46.1
Dean Greenaway	1979	:46.04
James Davis	1996	:45.67

880-yard/800-meter Run

Mike Peake	1958	1:50.0
Rick Musgrave	1976	1:49.22
Mike Macinko	1989	1:47.89

Mile/1500-meter Run

Rick Musgrave	1976	3:47.46
Tom Smith	1980	3:47.55
Adam Goucher	1998	3:43.27
Jorge Torres	2002	3:42.91
Jared Scott	2004	3:49.46
Stephen Pifer	2006	3:40.70

2-mile Run

Bernie Frakes	1958	9:16.5
Bob Griffith	1962	9:11.1

5000-meter Run

Mark Spilsbury	1978	14:10.14
Mark Spilsbury	1979	14:03.75
Mark Scrutton	1980	14:15.41
Mark Scrutton	1981	14:33.53
Mark Scrutton	1982	13:57.55
Mark Scrutton	1983	13:54.97
Adam Goucher	1995	14:00.30
Adam Goucher	1997	14:19.38
Adam Goucher	1998	14:07.51

Mile Run

Tom Reese	1998	4:04.77
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2-mile/3000-meter Run

Bernie Frakes	1958	9:15.3
Dave Wighton	1965	9:08.4
Craig Runyan	1969	8:51.0
Mark Spilsbury	1978	8:47.8
Mark Spilsbury	1979	8:48.2
Mark Scrutton	1981	8:41.3
Mark Scrutton	1982	8:50.95
Mark Scrutton	1983	8:30.10
Adam Goucher	1995	8:10.48
Adam Goucher	1997	8:01.23
Adam Goucher	1998	7:55.57
Dathan Ritzzenhein	2002	8:01.72
Dathan Ritzzenhein	2004	8:01.18
Brent Vaughn	2005	8:05.90
Brent Vaughn	2006	8:04.03

3-mile/5000-meter Run

Mark Scrutton	1980	13:33.60
Mark Scrutton	1981	13:33.41
Mark Scrutton	1982	13:23.3
Mark Scrutton	1983	13:32.4
Shawn Found	1994	14:00.33
Adam Goucher	1995	14:05.07
Ron Roybal	1997	14:18.54
Adam Goucher	1998	13:38.23
Mike Friedberg	1999	14:25.68
Jorge Torres	2000	14:05.56
Jorge Torres	2002	13:51.32
Dathan Ritzzenhein	2004	13:55.50
Brent Vaughn	2005	13:59.55
Billy Nelson	2006	13:54.70
Brent Vaughn	2007	13:48.74
Bradley Harkrader	2008	14:11.09

400-meter Hurdles

Ron Roybal	1999	14:23.13
Dathan Ritzzenhein	2002	13:56.21
Jorge Torres	2003	14:16.37
Dathan Ritzzenhein	2004	14:08.40
Brent Vaughn	2005	13:53.01
Bret Schoolmeester	2006	14:06.48
Brent Vaughn	2007	14:21.46
Brent Vaughn	2008	14:13.99
Joe Bosshard	2011	13:50.62

3-mile Run

Ted Castenada	1973	13:37.4
Ted Castenada	1974	13:24.6

10000-meter Run

Mark Scrutton	1980	29:35.23
Mark Scrutton	1981	29:44.98
Mark Scrutton	1982	30:11.39
Mark Scrutton	1983	29:02.87
Chuck Trujillo	1986	31:14.63
Brent Vaughn	2006	30:28.17
Kenyon Neuman	2008	30:40.78
Joe Bosshard	2011	28:52.85

110-meter High Hurdles

Maurice Mitchell	1994	14.09
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120-yard High Hurdles

Pat Hindman	1954	:14.2
Jim Miller	1964	:14.0
Marcus Walker	1970	:13.7

330-yard Intermediate Hurdles

Jim Miller	1963	:36.5
Jim Miller	1964	:36.4
Jim Miller	1965	:36.4

3000-meter Steeplechase

Terry Johnson	1979	8:58.9
Dan Reese	1987	8:51.71
Steve Slattery	2001	8:47.16
Steve Slattery	2002	8:51.25
Pete Janson	2006	8:44.76
Billy Nelson	2007	8:47.89
Billy Nelson	2008	8:53.84

Mile Relay

No Order Listed	1962	3:12.5
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440-yard/400-meter Relay

No Order Listed	1964	:40.5
No Order Listed	1972	:40.6

High Jump

Leander Durlley	1963	6-10 1/4
Jason Dudley	1989	7-1 1/2

Long Jump

Don Meyers	1960	23-10 1/2
Don Meyers	1961	24-1
Kingsley Adams	1973	25-5
Kingsley Adams	1974	25-7 1/2

Pole Vault

Dennis Plooster		
and Stew Walker	1954	13-6 1/2
Stew Walker	1955	13-7 3/4
Bill Curnow	1975	16-8

Shot Put

Wally Tanner	1951	50-11
Wally Tanner	1952	50-4
Barry King	1967	55-8 1/2
Clint Moore	1995	58-11 1/4

Triple Jump

Don Duvall	1975	52-8 1/4
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Distance Medley Relay

Zach Hancock/Charles Johnson/Brett Larsen/Alan Culpepper	1994	9:50.92
John Reyes/Jason Cisneros/Matt Napier/Alan Culpepper	1996	9:50.02
Clint Wells/Carter Piper/John Reyes/Adam Goucher	1997	9:50.22

400-meter Hurdles

Maurice Mitchell	1993	49.66
Maurice Mitchell	1994	50.27

High Jump

Joe Gold	1949	6-1 7/8
Bill Jankunis	1975	7-4
Jason Dudley	1988	6-11 1/2
Jason Dudley	1990	7-1 3/4

Long Jump

Don Meyers and Bill Toomey	1960	23-5 1/2
Don Meyers	1961	24-6
Lynn Baker	1965	24-6
Kingsley Adams	1972	25-1
Kingsley Adams	1972	25-10 1/4

Triple Jump

James Nyumutei	1974	52-0 3/4
Don Duvall	1976	50-11 3/4

Pole Vault

Warren Bateman	1948	13-7
Chuck Rogers	1967	15-8
Chuck Rogers	1968	16-8
Dave Bussabarger	1969	15-7 1/4
Bill Curnow	1975	17-0

Javelin

Jack Todd	1948	198-7 3/4
Jack Todd	1949	194-8 3/4
George Holley	1950	204-2
George Holley	1951	201-9
Ken Yob	1956	222-10
Ken Yob	1957	213-3
Dick Clark	1961	228 1/2
Dick Clark	1962	241-4 1/2
Brandin Williams	2009	222-01

Shot Put

Jim Allen	1950	53-10 1/4
Wally Tanner	1952	49-7

Discus

Doug Fuchs	1954	155-4 1/4
Matt Lepsis	1996	182-3
Jeff Singleton	1998	181-7
James Begley	2008	173-01

Women's Conference History

FIELD

TEAM FINISHES

	Indoor	Outdoor
Big Eight Conference		
1976	4th	
1977	3rd	6th
1978	4th	5th
1979	3rd	3rd
1980	7th	3rd
1981	7th	7th
1982	6th	7th
1983	4th	7th
1984	7th	8th
1985	8th	8th
1986	8th	7th
1987	8th	8th
1988	4th	7th
1989	3rd	5th
1990	6th	6th
1991	4th	5th
1992	6th	5th
1993	7th	4th
1994	4th	2nd
1995	3rd	2nd
1996	2nd	1st

Big 12 Conference

1997	3rd	4th
1998	6th	7th
1999	5th	6th
2000	11th	6th
2001	4th	10th
2002	5th	6th
2003	6th	8th
2004	5th	9th
2005	8th	9th
2006	11th	10th
2007	11th	10th
2008	12th	12th
2009	12th	12th
2010	12th	11th
2011	11th	10th

INDOOR CHAMPIONS

400-meter Dash

Mary Decker	1977	56.7
Lee Ballenger	1979	56.40
Leona Russell	1996	54.46

800-meter Run

Mary Decker	1978	2:05.29
Leigh Ballenger	1980	2:11.5

1000-meter Run

Carrie Messner	1996	2:51.94
Lesley Higgins	1999	2:50.89

Mile Run

Mary Decker	1978	4:41.21
Chris McNamara	1988	4:49.88
Brooke Baughman	1994	4:51.59
Kelly Smith	1995	4:50.07
Shayne Wille	1996	4:48.23
Shayne Wille	1997	4:49.67
Sara (Gorton) Slattery	2001	4:43.57
Sara (Gorton) Slattery	2002	4:40.35
Renee Metivier	2004	4:45.94
Jenny Barringer	2009	4:25.91

3000-meter Run

Heather Burroughs	1995	9:44.54
Shayne Wille	1997	9:37.83
Jennifer Smith	1998	9:39.95
Kara Grgas-Wheeler	1999	9:32.55
Sara (Gorton) Slattery	2003	9:23.11
Renee Metivier	2005	9:29.35
Emma Coburn	2011	9:17.46

5000-meter Run

Natalie Raveling	1996	16:36.51
Jen Gruia	1998	16:50.50
Jodie Hughes	2001	15:23.65
Jodie Hughes	2002	16:14.00
Sara (Gorton) Slattery	2003	15:58.86
Renee Metivier	2005	16:59.38
Christine Bolf	2006	16:12.60

55-meter Hurdles

Donna Waller	1986	7.87
Donna Waller	1987	7.73
Yolanda Johnson	1991	7.66
Mandi Farquhar	1995	7.87
Yvonne Scott	1996	7.71
Mandi Farquhar	1997	7.64

4x400-meter Relay

No Order Listed	1978	3:50.98
Tasha Ward/Tamara Ards/Heather Sterlin/Leona Russell	1996	:45.15

Distance Medley Relay

Jennifer Smith/Cynthia Newsome/Lindsay Bredfield/Kelly Smith	1998	11:32.81
Carrie Messner/Cynthia Newsome/Lesley Higgins/Kara Grgas-Wheeler	1999	11:34.35

High Jump

Lori West	1976	5-5
Annette Tannander	1979	5-11

Shot Put

Rosario Ramos	1980	47-2
Melisa Weis	1993	53-11 1/4

Long Jump

Annette Tannander	1979	18-11 1/4
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4x800-meter Relay

No Order Listed	1979	6.88
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Pentathlon

Annette Tannander	1983	4071
Pam Owen	1991	3725
Pam Owen	1993	4046

OUTDOOR CHAMPIONS

800-meter Run

Leigh Ballenger	1978	2:08.7
Leigh Ballenger	1980	2:07.7

1500-meter Run

Kelly Smith	1996	4:21.46
Shayne Wille	1997	4:16.66
Kara Grgas-Wheeler	2000	4:12.15

3000-meter Run

Dana Slater	1979	9:42.37
Natalie Raveling	1995	9:31.62
Natalie Raveling	1996	9:40.68
Shayne Wille	1997	9:36.48
Jennifer Smith	1998	9:38.57

5000-meter Run

Sada Slater	1979	17:08.71
Patty Roberts	1995	16:43.20
Natalie Raveling	1996	16:51.29
Sara (Gorton) Slattery	2002	16:11.83
Sara (Gorton) Slattery	2003	16:19.99
Sara (Gorton) Slattery	2005	15:58.58

10000-meter Run

Amy McNitt	1995	35:26.24
Jen Gruia	1998	35:42.72
Tera Moody	2000	34:50.43
Sara Slattery	2005	33:43.10

100-meter Hurdles

Donna Waller	1986	13.76
Donna Waller	1987	13.33
Yolanda Johnson	1990	13.50
Yolanda Johnson	1991	13.47
Yvonne Scott	1994	13.69
Yvonne Scott	1995	13.49
Yvonne Scott	1996	13.35
Hannah Cooper	2002	13.16

400-meter Hurdles

Leona Russell	1995	58.31
Leona Russell	1996	58.13

3000-meter Steeplechase

Lesley Higgins	2002	10:26.16
Jenny Barringer	2007	10:19.34
Jenny Barringer	2009	9:58.14
Emma Coburn	2010	9:56.53
Emma Coburn	2011	9:57.39

Heptathlon

Annette Tannander	1982	5671
Annette Tannander	1983	5638
Carol Hood	1991	5375
Pam Owen	1993	5279
Heather Sterlin	1994	5045
Heather Sterlin	1995	5360
Heather Sterlin	1996	5391
Heather Sterlin	1997	5483

Javelin

Liz Lampros	1987	157-8
Hannah Warfield-Ruffatto	2007	161-01

Long Jump

Annette Tannander	1979	19-2
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Discus

Brenda Denny	1979	164-0
Nicole Roberts	1990	165-5
Nicole Roberts	1992	163-11
Melisa Weis	1993	171-8
Melisa Weis	1994	179-5

High Jump

Annette Tannander	1979	5-10
Karol Damon	1991	5-11 1/2
Anna Magle	2005	5-8 3/4

Shot Put

Rosario Ramos	1979	45-1 3/4
Melisa Weis	1994	54-0

4x400-meter Relay

Tasha Ward/Tamara Ards/Heather Sterlin/Leona Russell	1996	3:34.47
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1996 Big Eight Champions

Men's NCAA Regional Championship History

TEAM FINISHES

Midwest Region

2003	(t)13th
2004	19th
2005	10th
2006	(t)16th
2007	(t) 6th
2008	3rd
2009	31st

Outdoor Participants

2003

AK Ikwuakor	110 Meter Hurdles	21st (prelims)
	400 Meter Hurdles	17th (prelims)
Andy Miller	High Jump	18th
Chase Mullen	Hammer Throw	7th
Billy Nelson	5,000 Meter Run	4th
Ed Tores	5,000 Meter Run	1st
Jorge Torres	1,500 Meter Run	5th
Daric Wilhite	400 Meter Dash	20th (prelims)

2004

Zach Hazen	Discus	17th
Pete Janson	3,000 Meter Steeplechase	9th
Brandon Johnson	400 Hurdles	21st (prelims)
Andy Passen	Shot Put	20th
Dathan Ritzenhein	5,000 Meter Run	1st
Bret Schoolmeester	5,000 Meter Run	7th
Jared Scott	1,500 Meter Run	17th
Jason Zichterman	800 Meter Run	10th

2005

Payton Batliner	5,000 Meter Run	17th
Anthony Chiulli	1,500 Meter Run	9th
Zach Hazen	Discus	19th
Pete Janson	3,000 Meter Steeplechase	8th
Andy Miller	High Jump	NH
Chase Mullen	Hammer Throw	DNR
Billy Nelson	3,000 Meter Steeplechase	2nd
Stephen Pifer	1,500 Meter Run	2nd
James Strang	5,000 Meter Run	9th
Brent Vaughn	5,000 Meter Run	1st
Chris Abuan/George Pincoc/Nate Terry/Jason Zichterman	4x400 Meter Relay	6th

2006

Chris Abuan	400 Meter Dash	17th (prelims)
Payton Batliner	3,000 Meter Steeplechase	10th
Anthony Chiulli	1,500 Meter Run	7th
Pete Janson	3,000 Meter Steeplechase	5th
Chris Pannone	5,000 Meter Run	11th
Stephen Pifer	1,500 Meter Run	4th
George Pincoc	200 Meter Dash	15th (prelims)
Brent Vaughn	5,000 Meter Run	3rd
Ryan Campbell/Sam Napp/Chris Abuan/George Pincoc	4x400 Meter Relay	10th
Sam Napp/George Pincoc/Chris Abuan/Nate Terry	4x100 Meter Relay	12th

2007

Chris Abuan	400 Meter Dash	14th (prelims)
Ryan Campbell	100 Meter Dash	8th
Ryan Campbell	200 Meter Dash	10th (prelims)
Anthony Chiulli	1,500 Meter Run	12th
Jeremy Dodson	200 Meter Dash	4th
Zach Hazen	Hammer Throw	5th
Billy Nelson	3,000 Meter Steeplechase	2nd
Kenyon Neuman	5,000 Meter Run	7th
Stephen Pifer	1,500 Meter Run	2nd
Rob Thayer	1,500 Meter Run	10th
Brent Vaughn	5,000 Meter Run	1st
Ryan Willis	Shot Put	DNR
George Pincoc/Jeremy Dodson/Chris Abuan/Ryan Campbell	4x100 Meter Relay	3rd
George Pincoc/Ryan Campbell/Abe Friesen/Chris Abuan	4x400 Meter Relay	10th

2008

Rob Thayer	1,500 Meter Run	9th
James Begley	Hammer Throw	20th
	Discus	18th
	Shot Put	17th
Ryan Campbell	200 Meter Dash	10th (prelims)
Hugh Charles	Long Jump	6th
	100 Meter Dash	23rd (prelims)
Jeremy Dodson	200 Meter Dash	4th
	100 Meter Dash	16th (prelims)
Pete Janson	3,000 Meter Steeplechase	5th
Richard Medina	5,000 Meter Run	13th
Billy Nelson	3,000 Meter Steeplechase	1st
Kenyon Neuman	5,000 Meter Run	4th
Stephen Pifer	5,000 Meter Run	2nd
Matt Tebo	5,000 Meter Run	7th
Christian Thompson	3,000 Meter Steeplechase	13th
Brent Vaughn	5,000 Meter Run	1st
Brandin Williams	Javelin	18th
Hugh Charles/Ryan Campbell/Nate Terry/Jeremy Dodson	4x100 Meter Relay	2nd

2009

Patrick Bachman	Hammer Throw	21st
Chase Dukes	Hammer Throw	11th
Matt Tebo	5,000 Meter Run	6th
Christian Thompson	3,000 Meter Steeplechase	9th
Andy Wacker	5,000 Meter Run	19th
Brandin Williams	Javelin	12th

Women's NCAA Regional Championship History

TEAM FINISHES

Midwest Region

2003	11th
2004	20th
2005	9th
2006	(t)14th
2007	14th
2008	22nd
2009	22nd

Outdoor Participants

2003

Molly Austin	5,000 Meter Run	5th
Megan Buttner	Pole Vault	NH
Natalie Florence	3,000 Meter Steeplechase	1st
Sara Gorton	5,000 Meter Run	1st
Kendall Grgas-Wheeler	3,000 Meter Steeplechase	13th
Anna Magle	High Jump	NH
Brianna Torres	1,500 Meter Run	14th
Deneeka Torrey	100 Meter Hurdles	19th (prelims)
Hannah Warfield-Ruffato	Javelin	10th

2004

Natalie Florence	3,000 Meter Steeplechase	3rd
Kendall Grgas-Wheeler	3,000 Meter Steeplechase	7th
Anna Magle	High Jump	14th
Renee Metivier	5,000 Meter Run	4th
Deneeka Torrey	100 Hurdles	12th (prelims)
Hannah Warfield-Ruffato	Javelin	

2005

Amberly Casey	Long Jump	12th
Natalie Florence	3,000 Meter Steeplechase	1st
Anna Magle	High Jump	7th
Renee Metivier	5,000 Meter Run	4th
Liza Negriff	Triple Jump	14th
Carly Newlands	Shot Put	13th
Sara Slattery	5,000 Meter Run	1st
Hannah Warfield-Ruffatto	Javelin	8th

2006

Jenny Barringer	3,000 Meter Steeplechase	1st
Amberly Casey	Long Jump	15th
Carly Newlands	Shot Put	12th
Liza Pasciuto	5,000 Meter Run	3rd

2007

Jenny Barringer	3,000 Meter Steeplechase	1st
Sara Ensrud	1,500 Meter Run	3rd
Hannah Warfield-Ruffatto	Javelin	5th

2008

Jenny Barringer	3,000 Meter Steeplechase	1st
Allison Sawyer	3,000 Meter Steeplechase	22nd

2009

Jenny Barringer	3,000 Meter Steeplechase	1st
Emma Coburn	3,000 Meter Steeplechase	9th
Emily Hanenburg	3,000 Meter Steeplechase	16th
Kaity Kark	Discus	27th

TEAM FINISHES

Year	Indoor	Outdoor
1979	NTS	NTS
1980	NTS	(t)50th
1981	NTS	NTS
1982	NTS	NTS
1983	(t)15th	NTS
1984	NTS	NTS
1985	NTS	NTS
1986	NTS	NTS
1987	NTS	NTS
1988	NTS	NTS
1989	NTS	NTS
1990	NTS	NTS
1991	NTS	NTS
1992	NTS	NTS
1993	NTS	42nd
1994	NTS	NTS
1995	(t)21st	(t)37th
1996	NTS	(t)10th
1997	(t)19th	(t)44th
1998	25th	14th
1999	(t)47th	(t)22nd
2000	55th	(t)53rd
2001	NTS	(t)25th
2002	11th	9th
2003	NTS	(t)65th
2004	31st	31st
2005	53rd	31st
2006	31st	NTS
2007	(t)32nd	NTS
2008	NTS	10th
2009	NTS	NTS
2010	NTS	t37th
2011	NTS	64th

INDOOR PARTICIPANTS

Year	Name	Event	Finish
1972	Mike Hill	Long Jump	no result
	Cliff Branch	440 Yd Run	no result
		60 Yd Dash	1st
	George Daniels	440 Yd Run	3rd
		60 Yd Dash	no result
	Dave Bussabarger	Pole Vault	no result
	Jim Speer	Pole Vault	no result
	Mike Wedman	Pole Vault	no result
	Larry Brunson	60 Yd Dash	no result
	Cliff Branch/George Daniels/Windle Brown/Charlie Bennett	Mile Relay	
1973	Kingsley Adams	Long Jump	4th
		Triple Jump	17th
	John Gregorio	Mile Run	7th (Prelims)
	Brown Eindle/Mike Peterson/John Gregorio/Ted Castaneda	Distance Medley Relay	2nd
1974	Ohene Karikari	60 Yd Dash	2nd
	Bill Jankunis	High Jump	4th
1975	Kingsley Adams	Triple Jump	6th
		Long Jump	3rd
1976	Bruce Lundy	1000 Yd Run	4th (Prelims)
1978	Bruce Lundy	1000 Yd Run	3rd (Prelims)
1979	Mitch Monismith	High Jump	(Prelims)
1983	Mark Scrutton	2 Mile Run	1st
	David Brown/Jeff Pixer/Colin Harris/Mike Robinson	800 Meter Relay	NM
1985	Colin Harris	800 Meter	5th (Prelims)
	Mick Bannister	2 Mile Run	10th (Prelims)
1987	Nate Craze/Andy Dunn/Darby Ibobosh/Mike Macinko	Two Mile Relay	DQ
1988	Kyle Hargett	400 Meter Dash	4th
1989	Jason Dudley	High Jump	t-11th
	Mike Macinko	800 Meter Run	6th (Prelims)
1990	Jason Dudley	High Jump	NR
	Mike Macinko	800 Meter Run	4th
1991	Erik Mitchell	55 Meter Dash	5th (Prelims)
	Rico Smith	55 Meter Dash	6th (Semifinals)
	Chris Volgenau	Shot Put	16th
1992	Chris Volgenau	Shot Put	6th
1993	Maurice Mitchell/Lamont Warren/Charles Johnson/Rae Carruth	Mile Relay	NR
1994	Alan Culpepper	5,000 Meter Run	11th
	Shawn Found	5,000 Meter Run	2nd
	Fritz Rogers	3,000 Meter Run	9th
	Bryant Amador/Brett Larsen/Jason Drake/Shawn Found	Distance Medley Relay	8th
1995	Alan Culpepper	3,000 Meter Run	5th
	Adam Goucher	5,000 Meter Run	3rd
	Clint Moore	Shot Put	11th
1996	Alan Culpepper	3,000 Meter Run	6th (Prelims)
	James Davis	400 Meter Dash	8th (DQ)
1997	Adam Goucher	3,000 Meter Run	1st
	Tom Reese	Mile Run	8th
1998	Adam Batliner	3,000 Meter Run	15th
	James Davis	400 Meter Dash	10th (Prelims)
	Adam Goucher	3,000 Meter Run	1st
	James Davis	400 Meter Dash	3rd
1999	Ben Kelly/Jason Horton/Matt Queen/James Davis	4x400 Meter Relay	7th
2000	Lex Butler	60 Meter Hurdles	9th (Prelims)
	Steve Slattery	3,000 Meter Run	10th
	Jorge Torres	5,000 Meter Run	7th
2001	Steve Slattery	3,000 Meter Run	3rd
2002	Dathan Ritzenhein	5,000 Meter Run	3rd
	Steve Slattery	3,000 Meter Run	9th
	Jorge Torres	5,000 Meter Run	2nd
	Ed Torres	5,000 Meter Run	10th
2003	Dathan Ritzenhein	5,000 Meter Run	4th
2004	Bret Schoolmeester	3,000 Meter Run	7th
2005	Brent Vaughn	5,000 Meter Run	8th
2006	Billy Nelson	5,000 Meter Run	9th
	Stephen Pifer	Mile Run	5th
	Bret Schoolmeester	5,000 Meter Run	6th
	Brent Vaughn	5,000 Meter Run	10th
2007	Ryan Campbell	200 Meter Dash	14th (Prelims)
	Stephen Pifer	Mile Run	3rd
	Brent Vaughn	5,000 Meter Run	DNF
2008	Bradley Harkrader	5,000 Meter Run	12th
	Matt Tebo	5,000 Meter Run	10th
2009	Jeremy Dodson	200 Meter Dash	12th
	Kenyon Neuman	5,000 Meter Run	12th
2011	Joe Morris	60 Meter Dash	9th (Prelims)

OUTDOOR PARTICIPANTS

Year	Name	Event	Finish
1954	Stewart Walker	Pole Vault	*NAAU Prelims
	Pat Hindman	120 Yd H. Hurdles	15th
	Doug Fuchs	Discus	17th
1955	Eddie Dove, Bob Spykstra, Jack Dessire, Chuck Smith	880 Yd Relay	5th
1957	Eddie Dove	220 Yd L. Hurdles	3rd
	Ken Yob	Javelin	5th
	Eddie Dove, Bob Spykstra, Jack Dessire, Chuck Smith	Mile Relay	5th
	Eddie Dove, Bob Spykstra, Jack Dessire, Chuck Smith	440 Yd Relay	7th
1958	Chuck Carlsson	200 Meter	* NAUU Prelims
	Mike Peake	440 Yd Dash	6th
	Bob Greenfield	880 Yd Run	9th
1959	Bill Toomey	880 Yd Run	no result
	Mike Peake	Broad Jump	* NAUU Prelims
	Chuck Carlsson	800 Meter run	* NAUU Prelims
1959	Ted Woods	400 Meter	* NAUU Prelims
	Mike Peake	440 Yd Dash	1st
		1 Mile Run	no result
		880 Yd Run	no result
	Chuck Carlsson	440 Yd Dash	no result
	Eddie Dove	220 Yd Dash	no result
		120 Yd H. Hurdles	no result
		220 Yd L. Hurdles	no result
	Boyd Dowler	120 Yd H. Hurdles	no result
	Berrie Frakes	3 Mile Run	no result
	Bill Toomey	Broad Jump	no result
1960	Robert Crumpacker	Shot Put	13th
	Don Meyers	Broad Jump	5th
1961		3,000 Meter Steeplechase	no result
	Jim Heath	440 Yd Dash	7th
	William Toomey	440 Int. Hurdles	7th
	Don Meyers	Pole Vault	Prelim
		Broad Jump	1st
1962	Roger Olander	Pole Vault	5th (Prelims)
	Don Meyers	Pole Vault	10th
		Broad Jump	no result
		High Jump	no result
	Ted Woods	220 Yd Dash	8th
		440 Yd Dash	t-2nd
		440 Yd Dash	no result
	Jim Heath	Javelin	6th
	Richard Clark	1 mile run	no result
	Robert Griffith	1 mile run	no result
1963	Mel Chesnik, David Wrighton, Dick Burns, Jim Miller	880 Yd Relay	4th
	Bob Griffith	1 mile run	6th
	Dick Burns	100 Yd Dash	5th
		220 Yd Dash	5th
	Jim Miller	120 High Hurdles	6th (Prelims)
		440 Yd Int.Hurdles	4th
		High Jump	5th
1965	Leander Durlay	Broad Jump	12th
	Robert Bauers	220 Yd Dash	3rd
	Jim Miller	High Hurdles	8th (Prelims)
		400 Meter hurdles	Prelim
	Dick Burns	200 Meter dash	no result
	David Wighton	1,500 Meter Run	no result
	Mel Chesnik	200 Meter dash	no result
	Mel Chesnik, Dick Burns, Chuck Morton, Jim Miller	440 Yd Relay	6th
1966	Charles Rogers	Pole Vault	7th
	Charles Rogers	Pole Vault	1st
1967	Bill Aeschlimann	Long Jump	Prelim
	Craig Runyan	6 mile run	10th
1969	Marcus Walker	120 Yd Hurdles	2nd
1970		100 Yd Dash	6th
	Rory Kenward	Decathlon	Finals- DNF
	Mike Wedman	Decathlon	3rd
	Dave Bussabarger	Pole Vault	Prelim
1971	Cliff Branch	100 Meter	1st
	George Daniels	220 Yd Dash	2nd
1972	John Gregorio	3 mile run	3rd
	Mike Wedman	Pole Vault	no result
		440-yard relay	DNF
1973	Mike Peterson	3 mile run	no result
	Ted Castaneda	3 mile run	2nd
	Bruce Lundy	1,500 Meter Run	12th
1974	Steve Brittenham	Decathlon	no result
	Kingsley Adams	Long Jump	no result
		Triple Jump	no result
	Ted Castaneda	6 mile run	1st
		3 mile run	no result
	Bill Jankunis	High Jump	no result
	Dick Moritz	3000 Meter Steeplechase	no result
	Rick Musgrave	1 mile run	no result
		880 Yd run	no result
	James Nyumutei	Triple Jump	no result
	Tony Krzyzosiak	440 Yd Dash	no result
	Ray Pryor	440 Yd Dash	no result
1980	Mark Scrutton	5,000 Meter Run	10th (Prelims)
	Dennis Fuller	Pole Vault	Prelim
	Tom Smith	1,500 Meter Run	11th
	Kirk Pfeffer	1,000 Meter Run	11th (Prelims)
	Mark Anderson	1,000 Meter Run	24th (Prelims)
1986	Chuck Trujillo	10,000 Meter Run	9th
1987	Dan Reese	3,000 Meter Steeplechase	4th (Prelims) DQ Final

1988	Devlon Dunn	100 Meter Dash	4th
		200 Meter Dash	6th
1989	Jason Dudley	High Jump	NH (Finals)
	Kyle Hargett	400 Meter Dash	8th
	Mike Macinko	1,500 Meter Run	10th
	Chuck Trujillo	10,000 Meter Run	10th
1990	Jason Dudley	High Jump	11th
	Mike Macinko	800 Meter Run	7th (Prelims)
	Maurice Mitchell	400 Meter Hurdles	DQ
1992	Shawn Found	10,000 Meter Run	DNF
	Maurice Mitchell	400 Meter Hurdles	7th (Semifinals)
	Chris Volgenau	Shot Put	12th
1993	Charles Johnson	400 Meter Hurdles	4th (Prelims)
	Maurice Mitchell	400 Meter Hurdles	3rd
1994	Alan Culpepper	1,500 Meter Run	13th (Semifinals)
	Matt Lepsis	Discus	14th (Prelims)
	Maurice Mitchell	400 Meter Hurdles	6th (Prelims)
	Fritz Rogers	5,000 Meter Run	13th (Prelims)
1995	James Davis	400 Meter Dash	17th (Prelims)
	Adam Goucher	5,000 Meter Run	6th
	Matt Lepsis	Discus	7th
	Clint Wells	3,000 Meter Steeplechase	7th
	Alan Culpepper	5,000 Meter Run	1st
1996	James Davis	400 Meter Dash	12th (Prelims)
	Adam Goucher	5,000 Meter Run	4th
	Matt Lepsis	Discus	14th
	Clint Wells	3,000 Meter Steeplechase	5th
1997	Adam Goucher	5,000 Meter Run	3rd
	Tom Reese	3,000 Meter Steeplechase	17th (Semifinals)
	Zeke Tiernan	10,000 Meter Run	11th
1998	Adam Batliner	3,000 Meter Steeplechase	3rd
	James Davis	400 Meter Dash	5th (Prelims)
	Adam Goucher	5,000 Meter Run	1st
	Clint Wells	3,000 Meter Steeplechase	11th
1999	Adam Batliner	3,000 Meter Steeplechase	3rd
	Aaron Blondeau	5,000 Meter Run	17th
	James Davis	400 Meter Dash	18th (Semifinals)
	Reggie DePass	110 Meter Hurdles	20th (Prelims)
	Tom Reese	3,000 Meter Steeplechase	4th
	Ron Roybal	5,000 Meter Run	19th
	Steve Slattery	3,000 Meter Steeplechase	19th (Prelims)
2000	Ron Roybal	5,000 Meter Run	DNF
	Jorge Torres	5,000 Meter Run	8th
	Steve Slattery	3,000 Meter Steeplechase	7th
2001	Aaron Blondeau	5,000 Meter Run	14th
	Steve Slattery	3,000 Meter Steeplechase	3rd
	Ed Torres	10,000 Meter Run	13th
	Jorge Torres	5,000 Meter Run	5th
2002	Reggie DePass	400 Meter Hurdles	8th
	Dathan Ritzenhein	5,000 Meter Run	3rd
	Steve Slattery	3,000 Meter Steeplechase	2nd
		5,000 Meter Run	8th
	Ed Torres	10,000 Meter Run	9th
	Jorge Torres	5,000 Meter Run	2nd
2003	Billy Nelson	5,000 Meter Run	7th
	Ed Torres	10,000 Meter Run	9th
	Jorge Torres	1,500 Meter Run	9th
2004	Dathan Ritzenhein	5,000 Meter Run	2nd
	Bret Schoolmeester	3,000 Meter Run	13th
2005	Bret Schoolmeester	10,000 Meter Run	5th
	Brent Vaughn	5,000 Meter Run	4th
	Billy Nelson	Steeplechase	17th (Prelims)
2006	Anthony Chiulli	1,500 Meter Run	22nd (Prelims)
	Pete Janson	3,000 Meter Steeplechase	15th (Prelims)
	Stephen Pifer	1,500 Meter Run	23rd (Prelims)
	Bret Schoolmeester	10,000 Meter Run	14th
	Brent Vaughn	5,000 Meter Run	9th
2007	Payton Batliner	10,000 Meter Run	17th
	Ryan Campbell	200 Meter Dash	16th (semis)
	Jeremy Dodson	200 Meter Dash	21st (Prelims)
	Jeremy Dodson/George Pincock/Chris Abuan/Ryan Campbell	4x100 meter relay	6th
	Zach Hazen	Hammer Throw	20th (Prelims)
	Billy Nelson	3,000 Meter Steeplechase	4th
	Kenyon Neuman	5,000 Meter Run	24th (Prelims)
	Stephen Pifer	1,500 Meter Run	11th
	Brent Vaughn	5,000 Meter Run	15th
2008	Jeremy Dodson	200 Meter Run	13th (semis)
	Pete Janson	Steeplechase	24th
	Richard Medina	5,000 Meter Run	24th
	Billy Nelson	Steeplechase	2nd
	Kenyon Neuman	5,000 Meter Run	7th
	Chris Pannone	10,000 Meter Run	18th
	Stephen Pifer	5,000 Meter Run	2nd
	Brent Vaughn	5,000 Meter Run	3rd
	Hugh Charles/Ryan Campbell/Nate Terry/ Jeremy Dodson	4x100 Meter Relay	DNF
2009	Jordan Kyle	10,000 Meter Run	12th
	Matt Tebo	5,000 Meter Run	24th (Prelims)
	Christian Thompson	3,000 Meter Steeplechase	20th (Prelims)
	Brandin Williams	Javelin	23rd (Prelims)
2010	Jeremy Dodson	200 Meter Dash	5th
	Richard Medina	5,000 Meter Run	9th
	Joe Bosshard	10,000 Meter Run	6th
	A.J. Whitaker/Quinton Dodson/Kyle MacIntosh/Jeremy Dodson	4x100-Meter Relay	17th
2011	Joe Bosshard	10,000 Meter Run	8th
		5,000 Meter Run	13th

Women's NCAA History

& FIELD

TEAM FINISHES

	Indoor	Outdoor
1979	NTS	NTS
*1980	(t)38th	(t)16th
1981	NTS	NTS
1982	NTS	NTS
1983	NTS	NTS
1984	NTS	NTS
1985	NTS	NTS
1986	NTS	NTS
1987	NTS	NTS
1988	NTS	NTS
1989	NTS	NTS
1990	NTS	NTS
1991	NTS	NTS
1992	NTS	NTS
1993	NTS	20th
1994	NTS	NTS
1995	(t)19th	(t)14th
1996	NTS	14th
1997	(t)38th	(t)14th
1998	14th	22nd
1999	31st	(t)35th
2000	NTS	(t)8th
2001	6th	(t)35th
2002	16th	17th
2003	12th	(t)39th
2004	38th	56th
2005	16th	12th
2006	51st	25th
2007	NTS	67th
2008	NTS	(t)25th
2009	(t)22nd	(t)29th
2010	NTS	24th
2011	t57th	17th

*AIAW

INDOOR PARTICIPANTS

Year	Name	Event	Finish
1976	Lori West	Pentathlon	5th
1978	Mary Decker	1000 Yd Run	1st
1979	Lee Ballegner	3 Mile Run	DNF
1980	Rosario Ramos	Shot Put	NR
1981	Lee Ballener	600 Yd Run	NR
1982	Annette Tannander	Long Jump	4th
1984	Dawn Taylor	1000 meter run	4th (Prelims)
1986	Donna Waller	60 Yard Hurdles	5th
1987	Donna Waller	60 Yard Hurdles	
1989	Yolanda Johnson	55 Meter Hurdles	3rd (Semifinals)
1990	Karol Damon	High Jump	5th
	Yolanda Johnson	55 Meter Hurdles	2nd
1991	Karol Damon	High Jump	3rd
	Yolanda Johnson	55 Meter Hurdles	DNF
1992	Karol Damon	High Jump	11th
1993	Pam Owen	High Jump	DNP
	Melisa Weis	Shot Put	4th
1994	Brooke Baughman	Mile Run	8th (Semifinals)
	Melisa Weis	Shot Put	6th
1995	Heather Burroughs	5,000 Meter Run	10th
	Mandi Farquhar	55 Meter Hurdles	NT
	Amy McNitt	5,000 Meter Run	8th
	Natalie Raveling	3,000 Meter Run	4th
	Patty Roberts	5,000 Meter Run	6th
	Yvonne Scott	55 Meter Hurdles	NR
	Kelly Smith	Mile Run	8th
1996	Mandi Farquhar	55 Meter Hurdles	6th (Prelims)
	Colleen Glyde	5,000 Meter Run	10th
	Natalie Raveling	3,000 Meter Run	3rd
	Leona Russell	400 Meter Dash	17th (Prelims)
	Yvonne Scott	55 Meter Hurdles	9th (Semifinals)
	Shayne Wille	3,000 Meter Run	8th
1997	Mandi Farquhar	55 Meter Hurdles	8th
	Sarrah Goodwin	High Jump	12th
	Carrie Messner	Mile Run	10th
	Shayne Wille	3,000 Meter Run	7th
1998	Heather Burroughs	5,000 Meter Run	8th
	Jen Gruia	5,000 Meter Run	5th
	Jennifer Smith	Mile Run	5th
	Kelly Smith	Mile Run	11th (Prelims)
1999	Heather Burroughs	5,000 Meter Run	15th
	Kara Grgas-Wheeler	3,000 Meter Run	7th
	Carrie Messner	Mile Run	4th
2000	Carrie Messner	Mile Run	12th (Prelims)
2001	Amaris Buchanan	60 Meter Dash	6th (Prelims)
	Hannah Cooper	60 Meter Hurdles	8th
	Sara Gorton	3,000 Meter Run	6th
	Lesley Higgins	Mile Run	2nd
	Jodie Hughes	5,000 Meter Run	1st
2002	Molly Austin	5,000 Meter Run	5th
	Hannah Cooper	60 Meter Hurdles	8th
	Sara (Gorton) Slattery	Mile Run	6th
	Jodie Hughes	5,000 Meter Run	3rd
2003	Natalie Florence	5,000 Meter Run	9th
	Sara (Gorton) Slattery	3,000 Meter Run	3rd
		5,000 Meter Run	1st
2004	Christine Bolf	5,000 Meter Run	13th
	Renee Metivier	3,000 Meter Run	6th
	Kalin Toedebusch	5,000 Meter Run	16th
2005	Christine Bolf	5,000 Meter Run	10th
	Renee Metivier	5,000 Meter Run	6th
	Renee Metivier	3,000 Meter Run	1st
2006	Liza Pasciuto	3,000 Meter Run	7th
	Christine Bolf	5,000 Meter Run	12th
2007	Jenny Barringer	3,000 Meter Run	12th
2008	Sara Vaughn	Mile Run	17th
2009	Jenny Barringer	3,000 Meter Run	1st
2011	Emma Coburn	Mile Run	8th

OUTDOOR PARTICIPANTS

Year	Name	Event	Finish
1973	Mitzi McMillin	Pentathlon	1st
	Jane Frederick	Pentathlon	1st
1975	Michelle Irving	Javelin	no result
1976	Lori West	Pentathlon	no result
	Lori West	Pentathlon	2nd
	Doni Fischer	Discus	no result
1977	Yvonne Riemann	500 Meter Dash	6th (Prelims)
	Lee Ballenger	800 Meter Run	no result
	Cindy Ike	5,000 Meter Run	no result
	Kathy Woodbridge	5,000 Meter Run	no result
		3,000 Meter Run	no result
	Kim Hills	1,500 Meter Run	no result
1978	Annette Tannander	High Jump	Prelim
	Lee Ballenger	800 Meter Run	2nd
1979	Lee Ballenger	800 Meter Run	no result
	Brenda Chambers	400 Meter Hurdles	Prelim
	Glenda Zaphiroopoulos	Discus	Prelim
	Brenda Denny	Discus	8th
1980	Deborah McClendon	400 Meter Hurdles	6th (Semifinal)
1981	Lisa Greenfield	High Jump	Finals
	Brenda Denny	Discus	Prelim
1983	Sarah Hanson	3,000 Meter Run	9th
	Annette Tannander	High Jump	9th
		Heptathlon	no result
1986	Donna Waller	100 Meter Hurdles	7th
1987	Donna Waller	100 Meter Hurdles	4th
1990	Karol Damon	High Jump	9th
	Yolanda Johnson	100 Meter Hurdles	5th
1991	Karol Damon	High Jump	3rd
	Yolanda Johnson	100 Meter Hurdles	6th
1992	Karol Damon	High Jump	4th
	Carol Hood	Heptathlon	10th
1993	Melisa Weis	Shot Put	3rd
		Discus	4th
1994	Amy McNitt	10,000 Meter Run	15th
	Melisa Weis	Shot Put	6th
		Discus	3rd
1995	Mandi Farquhar	100 Meter Hurdles	7th (Semifinal)
	Amy McNitt	10,000 Meter Run	16th
	Natalie Raveling	3,000 Meter Run	4th
	Patty Roberts	10,000 Meter Run	3rd
	Leona Russell	400 Meter Hurdles	17th
	Yvonne Scott	100 Meter Hurdles	8th (Semifinal)
	Kelly Smith	1,500 Meter Run	3rd
1996	Heather Burroughs	5,000 Meter Run	20th (Prelims)
	Mandi Farquhar	100 Meter Hurdles	7th
	Colleen Glyde	10,000 Meter Run	10th
	Amy McNitt	10,000 Meter Run	17th
	Natalie Raveling	5,000 Meter Run	9th
	Leona Russell	400 Meter Hurdles	9th (Prelims)
	Yvonne Scott	100 Meter Hurdles	5th
	Kelly Smith	1,500 Meter Run	2nd
	Heather Sterlin	Heptathlon	3rd
	Shayne Wille	3,000 Meter Run	13th (Prelims)
	Tamara Ard/Tasha Walsh/Heather Sterlin/Leona Russell	4x400 Meter Relay	7th
1997	Mandi Farquhar	100 Meter Hurdles	15th (Semifinal)
	Sarrah Goodwin	High Jump	No Height
	Kelly Smith	1,500 Meter Run	2nd
	Heather Sterlin	Heptathlon	6th

	Janet Visosky	Hammer Throw	15th
	Shayne Wille	3,000 Meter Run	3rd
1998	Jen Gruia	5,000 Meter Run	18th
	Jennifer Smith	3,000 Meter Run	8th
	Kelly Smith	1,500 Meter Run	2nd
	Janet Visosky	Hammer Throw	7th
1999	Heather Burroughs	5,000 Meter Run	19th
		10,000 Meter Run	18th
	Kara Grgas-Wheeler	3,000 Meter Run	2nd
	Jen Gruia	10,000 Meter Run	12th
	Rachel Joy	100 Meter Hurdles	22nd (Prelims)
	Carrie Messner	3,000 Meter Run	7th (Prelims)
	Briana Stott-Messick	5,000 Meter Run	20th
2000	Kara Grgas-Wheeler	3,000 Meter Run	1st
		5,000 Meter Run	1st
	Jen Gruia	10,000 Meter Run	4th
	Lesley Higgins	3,000 Meter Run	8th
	Jodie Hughes	3,000 Meter Run	10th (Prelims)
2001	Molly Austin	10,000 Meter Run	5th
	Hannah Cooper	100 Meter Hurdles	6th (Semifinal)
	Kara Grgas-Wheeler	5,000 Meter Run	7th
	Lesley Higgins	3,000 Meter	
		Steeplechase	7th (Semifinal)
	Jodie Hughes	5,000 Meter Run	21st
		10,000 Meter Run	8th
2002	Molly Austin	10,000 Meter Run	6th
	Hannah Cooper	100 Meter Hurdles	7th
	Sara (Gorton) Slattery	5,000 Meter Run	4th
	Lesley Higgins	3,000 Meter	
		Steeplechase	17th (Prelims)
	Jodie Hughes	10,000 Meter Run	4th
		5,000 Meter Run	9th
2003	Molly Austin	10,000 Meter Run	13th
	Natalie Florence	3,000 Meter	
		Steeplechase	14th (Prelims)
	Sara (Gorton) Slattery	5,000 Meter Run	3rd
	Brianna Torres	10,000 Meter Run	24th
2004	Christine Bolf	10,000 Meter Run	9th
	Natalie Florence	3,000 Meter	
		Steeplechase	12th
	Renee Metivier	3,000 Meter Run	6th
2005	Christine Bolf	10,000 Meter Run	5th
	Natalie Florence	Steeplechase	10th
	Renee Metivier	5,000 Meter Run	4th
	Sara (Gorton) Slattery	10,000 Meter Run	1st
2006	Jenny Barringer	3,000 Meter Steeplechase	1st
	Christine Bolf	10,000 Meter Run	17th
	Carly Newlands	Shot Put	26th (Prelims)
	Liza Pasciuto	1,500 Meter Run	15th (Prelims)
2007	Jenny Barringer	3,000 Meter Steeplechase	7th
	Sara Ensrud	1,500 Meter Run	22nd
	Hannah		
	Warfield-Ruffatto	Javelin	18th (Prelims)
2008	Jenny Barringer	3,000 Meter Steeplechase	1st
2009	Jenny Barringer	3,000 Meter Steeplechase	1st
	Emma Coburn	3,000 Meter Steeplechase	11th
2010	Emma Coburn	3,000 Meter Steeplechase	2nd
	Shalaya Kipp	3,000 Meter Steeplechase	5th
2011	Emma Coburn	3,000 Meter Steeplechase	1st
	Shalaya Kipp	3,000 Meter Steeplechase	3rd

Men's All-Americans



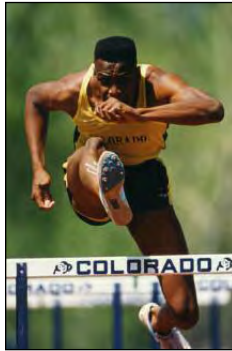
David Bolen



Bill Toomey



Mike Macinko



Maurice Mitchell



Tom Reese



Jeff Singleton



Stephen Pifer



Ted Woods

Chris Abuan	4x100 Meter Relay	2007
Kingsley Adams	Long Jump*	1974
Bryant Amador	Distance Medley Relay	1994
Mark Anderson	Cross Country	1979
	10,000-meter run	1980
Warren Bateman	Pole Vault	1948
Adam Batliner	Cross Country	1997
	Steeplechase	1998
Dave Bolen	440-yard Dash*	1947
Joe Bosshard	10,000-meter run	2010, 11
	5,000-meter run	2011
	Cross Country	2010, 11
Cliff Branch	440-yard Dash	1971
Michael Buhmann	Cross Country	1979
Art Burns	Discus	1977
Lex Butler	60-meter dash	2000
Don Campbell	100-yard Dash	1948
Ryan Campbell	4x100 Meter Relay	2007
Chuck Carlson	440-yard Dash	1959
Ted Casteneda	Cross Country	1973
	Three-mile Run	1973
	Distance Medley Relay	1973
	Two-mile Run	1974
	Six-mile Run	1974
Jay Cleckler	Cross Country	1994
Jon Cooper	Cross Country	1994, 95
Ricky Cron	Cross Country	1996
Gil Cruter	High Jump	1937, 38
Alan Culpepper	Cross Country	1993, 94, 95
	1,500-meter Run	1994
	Mile (I)	1996
	3,000-meter (I)	1996
	5,000-meter (O)*	1996
George Daniels	220-yard Dash	1971
	440-yard Dash	1972
James Davis	400-meter Dash (I)	1996, 98
	4x400-meter relay (I)	1999
Reggie DePass	400-meter Hurdles	2002
Jeremy Dodson	4x100 Meter Relay	2007
	200-meter Dash (I)	2009
	200-meter Dash (O)	2010
Jason Drake	Distance Medley Relay	1994
Brown Windle	Distance Medley Relay	1973
Shawn Found	Cross Country	1992
	5,000-meter Run	1994
	Distance Medley Relay	1994
Bernie Frakes	Cross Country	1957, 59
Mike Friedberg	Cross Country	1998, 99, 00
Adam Goucher	Cross Country	1994, 95, 97, 98*
	5,000-meter Run (I)	1995
	5,000-meter (O)	1995, 96, 97, 98
	3,000-meter (I)	1997, 98
John Gregorio	Cross Country	1972, 73
	Three-mile Run	1973
	Distance Medley Relay	1973
Bob Griffith	Cross Country	1962
Kyle Hargett	400-meter Dash	1988, 89
Bradley Harkrader	5,000-meter run (I)	2008
Eric Heinonen	Cross Country	2006
Mike Hill	Decathlon	1974
Jason Horton	4x400-meter relay (I)	1999
John Hughes	Cross Country	1955
John Hunsaker	Cross Country	1978
Erik Johnson	Discus	1993
Ohene Karikari	60-yard Dash	1974
Dick Kearns	High Hurdles	1938
Ben Kelly	4x400-meter relay (I)	1999
Jordan Kyle	Cross Country	2008
	10,000 Meter Run	2009
Brett Larson	Distance Medley Relay	1994
Scott Larson	Cross Country	1993
Gordon Learned	Low Hurdles	1942
Matt Lepsis	Discus (O)	1996
John Lunn	Cross Country	1968
Mike Macinko	1,500-meter Run	1989
	800-meter Run	1990

Richard Medina	5,000-meter Run (O)	2010
	Cross Country	2011
Don Meyers	Long Jump*	1961
	Pole Vault*	1962
Jim Miller	220-yard Dash	1965
	Pentathlon	1965
Maurice Mitchell	400-meter Hurdles	1993
Joe Morris	60-meter dash	2011
Mike Nahom	Cross Country	1989
Matt Napier	Cross Country	1997
Billy Nelson	Cross Country	2002, 03
	5,000 Meter Run (O)	2003
	5,000 Meter Run (I)	2006
	Steeplechase	2007, 08
Kenyon Neuman	5,000 Meter Run (O)	2008
	5,000 Meter Run (I)	2009
Mike Peake	880-yard Run	1958
Mike Peterson	Cross Country	1973
	Distance Medley Relay	1973
Stephen Pifer	Cross Country	2004, 05, 06, 07
	Mile (I)	2006, 07
	1,500-meter Run (O)	2007
	5,000 Meter Run (O)	2008
George Pincock	4x100 Meter Relay	2007
Matt Queen	4x400-meter Relay (I)	1999
Dan Reese	Cross Country	1984, 85
Sam Reese	Cross Country	1992
Tom Reese	Mile (I)	1997
	Cross Country	1997
	Steeplechase	1999
Dathan Ritzenhein	Cross Country	2001, 03*
	5,000-meter Run (I)	2002, 04
	5,000-meter Run (O)	2002, 04
Chuck Rogers	Pole Vault*	1966
Fritz Rogers	3,000-meter Run	1994
	5,000-meter Run	1994
Ron Roybal	Cross Country	1998
Craig Runyan	Cross Country	1966, 67, 68
Bret Schoolmeester	Cross Country	2004, 05
	3,000-meter Run	2004
	10,000-meter Run (O)	2005
	5,000-meter Run (I)	2006
Mark Scrutton	Cross Country	1980, 81, 82*
	Two-mile Run*	1983
Chris Severy	Cross Country	1996
Jon Severy	Cross Country	2004
Steve Slattery	Steeplechase	2000, 01, 02
	5,000-meter Run (O)	2002
	3,000-meter Run (I)	2002
	Cross Country	2000, 01
Sean Smith	Cross Country	2000
Mark Spilsbury	Cross Country	1977, 79
James Strang	Cross Country	2005, 06
Matt Tebo	5,000 Meter Run (I)	2008
Zeke Tiernan	Cross Country	1996
	10,000-meter (O)	1997
Bill Toomey	Pentathlon	1960, 61
Ed Torres	Cross Country	2000, 01, 02
	10,000-meter Run	2002, 03
Jorge Torres	Cross Country	2000, 01, 02*
	5,000-meter Run (O)	2000, 01, 02
	5,000-meter Run (I)	2000, 02
Chuck Trujillo	Cross Country	1985, 86
	10,000-meter Run	1986
Rick Trujillo	Cross Country	1967
Brent Vaughn	Cross Country	2004, 06, 07
	3,000-meter Run (I)	2004
	5,000-meter Run (I)	2005, 06
	5,000-meter Run (O)	2005, 06, 08
Chris Volgenau	Shot Put	1992
Andy Wacker	Cross Country	2010, 11
Marcus Walker	120-yard High Hurdles	1970, 71*
Claude Walton	Discus	1937
Mike Wedman	Decathlon	1970
	Pole Vault	1972

* indicates national champion

Women's All-Americans

& FIELD



Tamara Ards



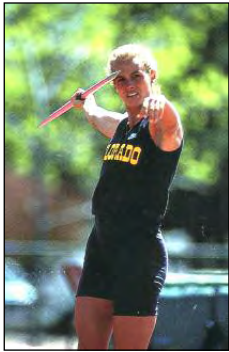
Renee Metivier



Yvonne Scott



Kelly Smith



Heather Sterlin



Melissa Weis

Clint Wells	Cross Country	1994, 95
	Steeplechase	1995, 96
Dave Wighton	Cross Country	1963, 64, 65
Ted Woods	440-yard Dash*	1960
Ken Yob	Javelin	1957
Tamara Ards	4x400 meter Relay	1996
Molly Austin	10,000-meter Run	2001, 02
	Cross Country	2001, 02
Lee Ballenger	800-meter Run	1978, 1980
	600-yard Run *	1978
	Mile Relay	1979
Jenny Barringer	Cross Country	2006, 07
	Steeplechase 2006*, 07, 08*, 09*	
	3,000 Meter Run	2009*
Brooke Baughman	Cross Country	1992, 93
Christine Bolf	Cross Country	2004, 05
	10,000-meter Run (O)	2004, 05
	5,000-meter Run (I)	2005
Heather Burroughs	Cross Country	1994, 95, 98
	5,000-meter Run (I)	1998
Brenda Chambers	Mile Relay	1979
	400-meter Hurdles	1980
Emma Coburn	Steeplechase	2010, 11*
	Mile Run	2011
	Cross Country	2011
Karol Damon	High Jump	1990, 91, 92
Heidi Davidson	200-meter Hurdles	1973
Mary Decker	Cross Country	1977, 78
Brenda Denny	Discus	1980
Mandi Farquhar	55-meter Hurdles (I)	1997
Natalie Florence	Cross Country	2002, 04
	5,000-meter Run (I)	2003
	Steeplechase	2005
Jane Frederick	Pentathlon	1973
Colleen Glyde	Cross Country	1995, 96
	5,000-meter Run (I)	1996
Sara (Gorton) Slattery	Cross Country	2000, 02, 04
	Mile Run (I)	2002

	3,000-meter Run (I)	2001, 03
	5,000-meter Run (I)	2003*
	5,000-meter Run (O)	2002, 03
	10,000-meter Run (O)	2005*
Lisa Greenfield	High Jump	1983
Kara Grgas-Wheeler	3,000-meter Run (I)	1999
	3,000-meter Run (O)	1999, 00*
	Cross Country	1999, 00
	5,000-meter Run (O)	2000*, 01
Jen Gruia	5,000-meter Run (I)	1998
	10,000-meter Run (O)	2000
Lesley Higgins	3,000-meter Run (O)	2000
	Mile (I)	2001
Jodie Hughes	Cross Country	2000
	5,000-meter Run (I)	2001*
	10,000-meter Run (O)	2001, 02
Yolanda Johnson	100-meter Hurdles	1990, 91
	55-meter Hurdles	1990
Shalaya Kipp	Steeplechase	2010, 11
	Cross Country	2010, 11
Debbie McClendon	Mile Relay	1979
Allie McLaughlin	Cross Country	2009
Mitzi McMillen	Pentathlon	1975
Carol McMordie	Cross Country	1986
Chris McNamara	Cross Country	1986, 87
Amy McNitt	5,000-meter Run	1995
Carrie Messner	Cross Country	1996
	Mile (I)	1997, 99, 00
Renee Metivier	Cross Country	2003, 04
	3,000-meter Run (I)	2004, 05*
	5,000-meter Run (I)	2005
	5,000-meter Run (O)	2004, 05
Liza Pasciuto	Cross Country	2004, 05, 06
	3,000-meter Run (I)	2006
April Powers	Distance Medley Relay	1979
Natalie Raveling	Cross Country	1994
	3,000-meter Run (I)	1995, 96
	3,000-meter Run (O)	1995

	5,000-meter (O)	1996
Patty Roberts	Cross Country	1994, 95
	5,000-meter Run	1995
	10,000-meter Run	1995
Leona Russell	4x400 meter Relay	1996
Yvonne Scott	55-meter Hurdles (I)	1996
	100-meter Hurdles (O)	1996
Dana Slater	Cross Country	1977
	Two mile run*	1978
	Three mile run*	1979
	Distance Medley Relay	1979
Sandy Simmons	Distance Medley Relay	1979
	Mile Relay	1979
Jennifer Smith	Mile (I)	1998
	3,000-meter Run (O)	1998
Kelly Smith	Cross Country	1995, 97
	1,500-meter Run	1995, 96, 97, 98
	Mile (I)	1998
Heather Sterlin	Heptathlon (O)	1996, 97
	4x400 meter Relay	1996
Debbie Swain	Cross Country	1974
Annette Tännander	Heptathlon	1982, 83
Carleen Thom	1,500-meter Run	1981
Laura Tremblay	Cross Country	2010
Kalin Toedebusch	Cross Country	2003
Sara Vaughn	Cross Country	2007
Janet Visosky	Hammer Throw	1998
Donna Waller	55-meter Hurdles	1986, 87
	100-meter Hurdles	1987
Tasha Ward	4x400 meter Relay	1996
Melissa Weis	Shot Put, Discus	1993, 94
Lori West	Pentathlon	1975, 76
Shayne Wille	3,000-meter Run (I)	1996, 97
	3,000-meter Run (O)	1997
Kathy Wilson	Distance Medley Relay	1979

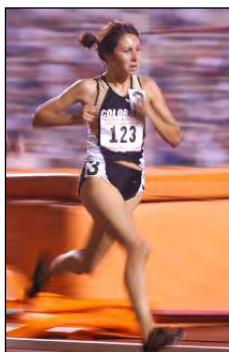
* indicates national champion



Molly Austin



Jenny Barringer



Christine Bolf



Natalie Florence



Natalie Raveling



Sara (Gorton) Slattery



Sara (Gorton) Slattery



Kara Grgas-Wheeler



Jodie Hughes



Chuck Rogers



Ted Woods

CROSS COUNTRY

Mary Decker	1978
Mark Scrutton	1982
Adam Goucher	1998
Kara Grgas-Wheeler	2000
Jorge Torres	2002
Dathan Ritzenhein	2003

INDOOR TRACK AND FIELD

Marcus Walker	60-yard Hurdles	1971
Kingsley Adams	Long Jump	1974
Lee Ballenger	600-Yard Run	1978
Dana Slater	Two-Mile	1978
	Three-Mile	1979
Mark Scrutton	Two-Mile	1983
Adam Goucher	3,000-m	1997
	3,000-m	1998
Jodie Hughes	5,000-m	2001
Sara (Gorton) Slattery	5,000-m	2003
Renee Metivier	3,000-m	2005
Jenny Barringer	3,000-m	2009

OUTDOOR TRACK AND FIELD

Gil Cruter	High Jump	1937
	High Jump	1938
David Bolen	440-yard Dash	1947
Warren Bateman	Pole Vault	1948
Ted Woods	440-yard Dash	1960
Don Meyers	Long Jump	1961
	Pole Vault	1962
Chuck Rogers	Pole Vault	1966
Alan Culpepper	5,000-m	1996
Adam Goucher	5,000-m	1998
Kara Grgas-Wheeler	3,000-m	2000
	5,000-m	2000
Sara (Gorton) Slattery	10,000-m	2005
Jenny Barringer	Steeplechase	2006
	Steeplechase	2008
	Steeplechase	2009
Emma Coburn	Steeplechase	2011



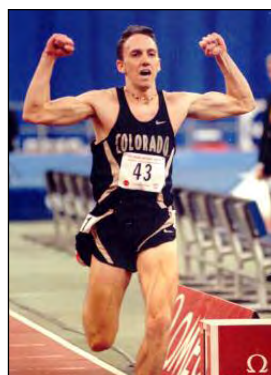
Jenny Barringer



Alan Culpepper



Renee Metivier



Adam Goucher

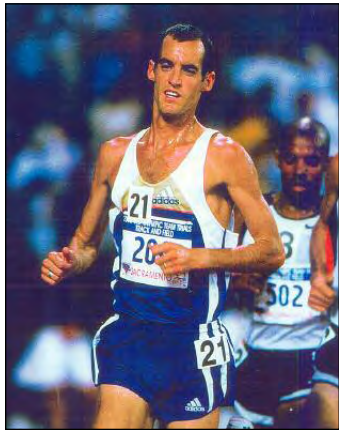


Don Meyers

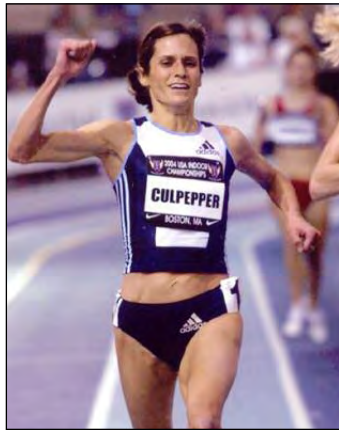
Olympians

The University of Colorado has produced 60+ Olympians (through the 2008 Summer Games). The majority of the Olympians to come from the Boulder campus are former members of the Buffs' esteemed ski teams, with alumni also competing in figure skating (2), bobsledding (1), equestrian (1), luge (3), basketball (3), cycling (1) while the following list of athletes have competed in track and field during the 20th Century.

Ambassador David Bolen, Colorado's first Olympian, finished fourth in the 400-m dash during the 1948 Summer Games in London, England. In his name, Colorado established the David Bolen Olympic Award in 1949, awarded to any current CU student-athlete who competes under the United States flag.



Alan Culpepper



Shayne (Wille) Culpepper



Casey Malone



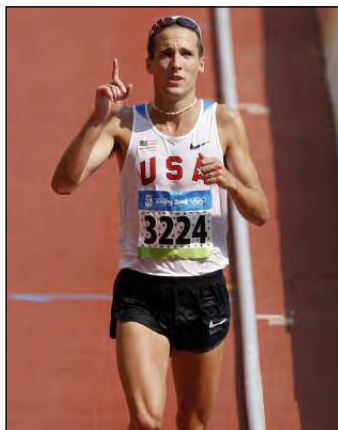
Jenny Barringer



Kara (Grgas-Wheeler) Goucher



Billy Nelson



Dathan Ritzenhein



Jorge Torres

1948, The XIVth Olympiad, London, England

David Bolen (USA)4th-400-m

1960, The XVIIth Olympiad, Rome, Italy

Ted Woods (USA)1,600-m Relay

1968, The XIXth Olympiad, Mexico City, Mexico

Bill Toomey (USA)Gold Medal-Decathlon

1972, The XXth Olympiad, Munich, Germany

Jane Wardell Frederick (USA)21st-Pentathlon

1976, The XXIth Olympiad, Montreal, Canada

Annette Tannander (Sweden).....7th-High Jump

Jane Wardell Frederick (USA).....7th-Pentathlon

Bill Jankunis (USA)High Jump

1984, The XXIIIth Olympiad, Los Angeles, United States

Art Burns (USA).....Discus

Mary Decker (USA).....3,000-m

Annette Tannander (Sweden).....14th-Pentathlon

1996, The XXVth Olympiad, Atlanta, United States

Yvonne Kanazawa Scott (Japan).....100-m Hurdles

2000, The XXVIIth Olympiad, Sydney, Australia

Hannah Cooper (Liberia).....100-m Hurdles

Alan Culpepper (USA)10,000-m

Shayne (Wille) Culpepper (USA)1,500-m

Adam Goucher (USA).....13th-5,000-m

Karol (Damon) Rovelto (USA).....High Jump

Yvonne Kanazawa Scott (Japan).....100-m Hurdles

2004, The XXVIIIth Olympiad, Athens, Greece

Alan Culpepper (USA)12th-Marathon

Shayne (Wille) Culpepper5,000-m

Casey Malone (USA)6th-Discus

Dathan Ritzenhein (USA).....10,000-m

2008, the XXIXth Olympiad, Beijing, China

Jenny Barringer (USA).....9th-3,000-meter steeplechase

Kara (Grgas-Wheeler) Goucher (USA).....9th-5,000-m

10th-10,000-m

Casey Malone (USA)19th(prelims)-Discus

Billy Nelson (USA)29th-3,000-meter steeplechase

Dathan Ritzenhein (USA)9th-Marathon

Jorge Torres (USA).....27th-10,000m

BUFFS IN THE PROS

RENEE METIVIER BAILLIE ('05).....Distance Club.....NIKE

- 2005 USA Outdoor Championships (10th, 5k)
- Won the 3k in a pr 9:09.60 in her European debut at the Cardiff Grand Prix
- 2006 USA XC Championships (3rd, 4k); 49th IAAF World XC Championships
- 2006 USA Outdoor Championships (10th, 5k)
- 2007 USA XC Championships (5th), 36th IAAF World XC Championships
- 2008 USA XC Championships (2nd), 49th IAAF World XC Championships
- 2008 Olympic Trials finalist (5k)
- 2008 USA 5k (2nd, 15:53); 10k (3rd, 33:13); 8k (5th, 26:14) Championships
- 2009 USA Outdoor Championship (9th, 5k)
- 2010 USA XC Championship (5th), 38th IAAF World XC Championship
- 2010 USA Indoor Championship 3k Champion
- 2010 USA Outdoor Championship (8th, 5k)
- 2010 Bolder Boulder Team USA Participant (11th)
- 2011 USA Outdoor Championship participant
- 2011 Bolder Boulder Team USA Participant (6th)

HEATHER STERLIN BIGLOW ('97).....Heptathlon/Long Jump Club.....NIKE

- 1997 U.S. National Championships (6th, Heptathlon)
- 1997 World University Games (Sicily, Italy)
- 2001 U.S. National Championships (5th)
- 2002 Mt. SAC Relays Champion (heptathlon: 5,698 pts and long jump)
- 2002 Ranked third in the U.S. in heptathlon (5,866 points)
- 2004 Multistars Competition in Desenzano Del Garza, Italy (9th, heptathlon)
- 2004 U.S. Olympic Trials (9th, heptathlon, 5,715 points)
- 2004 Ranked seventh nationally (heptathlon, 5,847 points)

ALAN CULPEPPER ('96).....Distance Club.....NIKE

- Eight-time United States Champion (1999, '03, '07 12k cross country, 1999, '03 10k, 2002 5000-m), 2003 Outdoor 10k, 2004 Marathon
- 1997 USA Outdoor Championships (2nd, 5000-m)
- USA Cross Country Championships (7th)
- Top finisher at 1999 World Cross Country Championships (21st)
- Ran a 2000 season best 10k (28:03.35) at the Olympic Trials (2nd) and went on to finish 17th in the first round in Sydney.
- 2000 USA Cross Country Championships (2nd, long course)
- 2001 USA Outdoor Championships (2nd-5k, 3rd-10k), 18th at World Championships
- When he ran a PR 27:33.93 at the 2001 Cardinal Invitational, he became the sixth fastest American all-time
- Finished third in 2002 at the USA Outdoors (10k), USA Cross Country Championships (12k) and at USA 15k Championships
- 2003 USA Championships (9th, 5k)
- Ranked #1 in 10 by T&FN
- Made his marathon debut in 2002 in Chicago where he ran 2:09.41, tying him with Alberto Salazar for the fastest American debut in history
- After winning the US Marathon Trials, finished 12th in Athens Olympic Games
- His fourth place 2005 Boston Marathon finish was the highest American finish in 20 years
- Earned a fifth-place finish in the 2006 Boston Marathon
- 2007 USA XC Championships Champion
- Bolder Boulder Team USA (2007)
- 2007 USA Outdoor Championship (4th, 10k)
- 2008 Olympic Trials participant (marathon)

SHAYNE CULPEPPER ('97)Middle Club.....NIKE

- 1998 USA Championships (6th, 1500-m)
- USA Indoor Championships (7th, 3000-m)
- 1999 USA Winter Cross Country Championships (4th)
- 1999 USA Outdoor Championships (3rd, 1500-m)
- 2000 Olympic Trials (4th, 1500-m)
- 2000 USA Winter Cross Country Championships (4th, short course)
- 2001 USA Outdoor Championships (6th, 1500-m)
- 2002 USATF Club Cross Country Championships (1st, 6k)
- 2003 USA Indoor Championships (runner-up, 3000-m)
- 2003 USA Winter Cross Country Champion
- 2003 USA Outdoor Championships (11th, 1500-m)
- 2004 USA Indoor 3k Champion, Bronze medalist at Worlds
- 2004 Olympic Trials 5k champion, 25th in Athens in prelims
- 2005 adidas Track Classic (1st, 1,500-m)
- 2005 USA Indoor 3,000-m champion
- 2005 USA XC Championships (2nd, 4k), 20th IAAF World Championships (team bronze)
- 2005 USA Outdoor Championships (15th, prelims, 1,500-m/4th, 5k)
- 2007 USA Outdoor Championship (11th, 1,500-m)
- 2009 USA Indoor (2nd, 1500)

ADAM GOUCHER ('98)Middle Club.....NIKE

- 1999 USA Outdoor 5k Champion
- 1999 World Championships (12th, 5000-m)
- 2000 Olympic Trials Champion (5k), 13th in Sydney Games
- 2000 USA Cross Country Champion (4k, 12k)
- 2001 USA Outdoor Championships (3rd, 1500-m)
- 2001 World Outdoor Championships (11th, 5k)
- Ran the fastest 3,000-m by an American in Monaco (7:34.96 PR)
- 2003 USA Outdoor Championships (2nd, 5k)
- 2003 T&FN Rankings No.3 (3k), No. 4 (5k)
- 2004 Olympic Trials (19th, 5k)
- 2004 Prefontaine Classic (9th, 1,500-m)
- Ran second fastest 3k (7:40.09) by an American in '05 in winning the Sport Solodarieta
- 2005 USA Outdoor Championships (8th, 5k)
- 2006 USA Indoor Championships 3k champion
- 2006 USA Outdoor Championships (4th, 5k)
- 2007 USA XC Championship (2nd)
- 2007 USA Outdoor Championship (3rd, 5k), IAAF World Track Championship (11th, 5k)
- 2008 Olympic Trials 5k finalist and 10k participant (7th)

KARA (GRGAS-WHEELER) GOUCHER ('01).....Distance Club.....NIKE

- 2001 USA Outdoor Championships (7th, 5k)
- 2003 USA Outdoor Championships (14th, 5k and 1,500-m)
- Ran a 1,500-m PR 4:11.17 in Greece in '03
- 2005 USA Outdoor Championships (11th, 5k)
- 2006 USA XC Championships (7th, 4k), 21st IAAF World XC Championships
- 2006 USA Outdoor Championships (2nd, 5k)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (2nd, 10k), 3rd IAAF World Track Championships
- 2008 Olympic Trials (10k, 2nd; 5k champion)
- 2008 Olympic Games (9th, 5k; 10th, 10k)
- 2008 USA 10-mile Championship (1st, 53:16)
- 2008 New York City Marathon (3rd), American debut (2:25.53)
- 2009 USA Outdoor Championship (1st, 5k)
- 2009 IAAF World Championships (5th, marathon)
- 2010 USA XC Championship (7th)
- 2011 USA Outdoor Championship (2nd, 10k)
- 2011 IAAF Outdoor Championship (13th, 10k)

CASEY MALONE.....Discus Club.....unattached

- 1996 Olympic Trials (18th)
- 2000 Olympic Trials (9th)
- 2000 Ranked seventh nationally (211-6)
- 2001 USA Championships (10th)
- 2002 USA Championships (5th)
- 2002 Ranked fourth nationally (218-5)
- 2003 USA Championships (9th), World Outdoors (10th, qualifying)
- 2004 Olympic Trials (3rd)
- 2004 Olympic Games (6th)
- 2004 Golden League Meet, Brussels (4th, 64m)
- 2004 ISTAF Golden League Meet, Berlin (6th)
- 2004 World Athletic Final, Monaco (7th)
- 2005 USA Championships (5th)
- 2006 USA Championships (2nd)
- 2008 Olympic Trials (3rd)
- 2008 Olympic Games participant
- 2009 USA Champion
- 2009 IAAF World Championships (5th)
- 2009 recorded a personal best of 224-08 which was the best throw by an American and was the fifth best performer in the world
- 2010 USA Champion
- Fifth in the 2010 Samsung Diamond League Series

CARRIE MESSNER-VICKERS ('00).....Middle Club.....Asics

- 2002 ranked fifth nationally in 3k
- 2003 Boulder Race Series Winner (Uni-Hill 2k Champion, Pearl Street Mile Champion) & Eldorado Springs
- 2003 USA Outdoor Championships (23rd (prelims), 1500-m)
- Ranked as high as third in the steeple in '04
- Finished 21st in 2004 Olympic Trials semifinals (1,500)
- 2004 Olympic Trials (3rd), 5th at Heusden, 1st at Mt. Sac, ranked No. 4 by T&FN
- 2005 USA Outdoor Championships (3rd)
- 15th at 2005 World Championships following a third-place prelim pr 9:38.68
- 2006 USA Outdoor Championships (6th)
- 2007 USA XC Championships (19th)
- 2007 USA Outdoor Championships (13th, steeple)
- 2008 Olympic Trials (8th)
- 2008 USA 5k Championship (4th, 15:58)

BILLY NELSON ('08).....Steeple Club.....NIKE

- 2008 Olympic Trials (2nd, steeple)
- 2008 Beijing Olympic Games (29th, steeple prelims)
- 2009 USA Outdoor Championship (13th, steeple)
- 2010 USA XC Championship (24th)
- 2010 USA Outdoor Championship (5th, steeple)
- 2011 USA Outdoor Championship Champion
- 2011 IAAF Outdoor Championship participant

STEPHEN PIFER ('08).....Distance Club.....NIKE

- 2008 Olympic Trials (7th, 5k; semi-finalist, 1,500)
- 2009 USA XC Championship (14th)
- 2009 USA Outdoor Championship (4th, 1500)
- 2010 USA Outdoor Championship (12th, 1500)
- 2011 USA Outdoor Championship (participant, 1500)

DATHAN RITZENHEIN Distance Club.....NIKE

- 2004 Olympic Trials (22nd-INJ, 10k)
- 2005 Reebok SC Challenge (Belfast) Champion
- 2006 USA XC Championships (4th, 12k)
- 2006 USA Outdoor Championships (3rd, 5k)
- 2006 NY Marathon, second highest American (11th)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (3rd, 10k), 9th IAAF World Track Championships
- 2008 USA XC Championship Champion
- 2008 Olympic Trials (2nd, marathon)
- 2008 Olympic Games (9th, marathon)
- 2009 USA Outdoor Championship (2nd, 10k-), IAAF World Championship (6th, 10k)
- 2010 USA XC Championship Champion

JENNY BARRINGER SIMPSON ('09).....Middle/Steeple Club.....New Balance

- 2010 USA Outdoor Championships (3rd, 5k)
- American steeplechase record holder (9:12.50)
- 2011 USA Indoor Championships 3k and mile Champion
- 2011 USA Outdoor Championships (2nd, 1,500)
- 2011 IAAF Outdoor Championships 1500m Champion

SARA (GORTON) SLATTERY ('05)Distance Club.....adidas

- 2005 USA Outdoor Championships (8th, 5k)
- Ran a 3k pr (9:06.03) at Super Grand Prix Madrid
- 2005 USA Indoor Championships (4th, 3k)
- 2006 USA XC Championships (4th, 8k), 26th IAAF World XC Championships
- 2006 USA Outdoor Championships (2nd, 10k)
- Won the 2006 Bolder Boulder
- 2007 USA Outdoor Championships (8th, 10k)
- Bolder Boulder Team USA (2006, 07)
- 2008 Olympic Trials (4th, 5k; 7th, 10k)
- 2008 USA 8k Championship Champion (25:54)
- 2009 USA Outdoor Championship (11th, 5k)
- 2011 USA Outdoor Championship (13th, 5k)

STEVE SLATTERY ('02).....Steeple
ClubNIKE

- 2002 USA Outdoor Championships (2nd)
- 2003 USA Outdoor Champion
- Six top-10 finishes in 2003
- 2004 NIKE Prefontaine Classic (5th, 1,500)
- 2004 Olympic Trials (5th)
- 2004 Ranked 5th T&FN
- 2005 USA Outdoor Championships (3rd)
- 2005 World Championships (10th, heat 1)
- 2006 USA XC Championships (14th, 4k)
- 2006 USA Indoor Championships (5th, 3k)
- 2006 USA Outdoor Championships (2nd)
- 2007 USA Outdoor Championships (1st, prelims)
- 2008 Olympic Trials (finalist)
- 2009 USA Outdoor Championship (23rd)
- 2010 USA Outdoor Championship (3rd, steeple)
- 2011 USA Outdoor Championship participant

ED TORRES ('03)Distance
ClubReebok

- 2003 USA Outdoor Championships (8th, 10k PR 28:22)
- 2005 USA Outdoor Championships (12th, 10k)
- 2006 USA Outdoor Championships (14th, 10k)
- 2007 USA XC Championships (10th)
- 2007 USA Outdoor Championships (11th, 10k)
- 2008 USA XC Championships (9th); 45th IAAF World Championships
- 2008 Olympic Trials (11th, 10k)
- 2008 USA Marathon Championship (3rd, 2:17.54)
- 2009 USA XC Championship (8th); 53rd at IAAF World XC Championship
- 2009 USA Outdoor Championship (DNF, 10k)

JORGE TORRES ('03)Distance
ClubReebok

- 2003 USA Outdoor Championships (3rd, 5k)
- 2003 European Circuit with stops in Greece (3rd, 1500-m), Belgium (11th, 5k) and Finland (3k), setting pr's in all three races.
- 2003 World Championships (15th, 5k)
- 2004 Olympic Trials (7th, 5k)
- 2004 USA XC Championships (10th, 12k)
- 2005 USA Outdoor Championships (4th, 5k)
- 2006 USA XC (4th, 4k/2nd, 12k), 27th IAAF World XC Championships (short)
- 2006 USA Outdoor Championships 10k champion
- 2007 USA XC Championships (4th)
- 2007 USA Outdoor Championships (5th, 10k)
- 2008 USA XC Championships (2nd); 19th IAAF World Championships
- 2008 USA 8k Championship Champion (22:41)
- 2008 Olympic Trials (3rd, 10k)
- 2008 Olympic Games 10k participant
- 2008 Beijing Olympic Games (27th, 10k)
- 2009 USA XC Championship (4th)
- 2010 Bolder Boulder Team USA participant (11th)
- 2011 USA Outdoor Championship (13th,10k)

BRENT VAUGHN ('08)Distance
ClubNIKE

- 2008 Olympic Trials (16th, 5k)
- 2009 USA Outdoor Championship (9th, 5k)
- 2010 Bolder Boulder Team Colorado Participant (4th - highest American finisher)
- 2010 USA Outdoor Championship (5th, 5k)
- 2010 USA XC Championship Champion; 53rd at IAAF XC Championships
- 2011 USA Indoor Championship (4th,3k)

CLINT WELLS ('98)Dist/Steeple
Clubunattached

- 1999 U.S. National Championships (7th)
- 2000 Olympic Trials (5th)
- 2001 USA Winter Cross Country Championships (4th, 4k)
- 2001 World Cross Country Championships (41st, 4k)
- 2002 USA Cross Country Championships (7th)
- 2002 USA 15k Championships (5th)
- Bolder Boulder Team USA (2001, 02, 03) and Team Colorado (2005)

**COLORADO RUNNING
HALL OF FAME**

CU Inductees

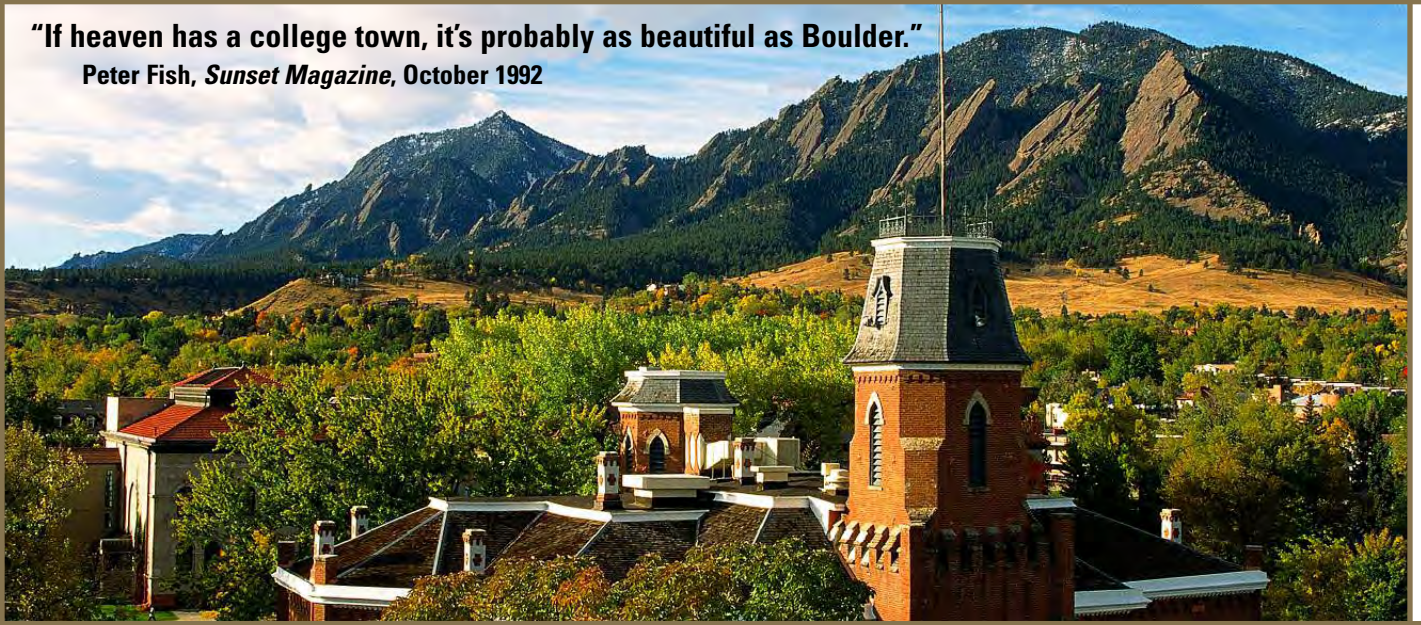
2010
Shayne Culpepper
Adam Goucher
Dan Reese
Mike Sandrock

2009
Rich Castro
Alan Culpepper

2007
Ted Castaneda

"If heaven has a college town, it's probably as beautiful as Boulder."

Peter Fish, *Sunset Magazine*, October 1992



THE UNIVERSITY OF COLORADO

Colleges

Architecture and Planning
Arts and Sciences
Engineering/Applied Science
Music

Schools

Graduate School
Leeds School of Business
School of Education
School of Journalism and Mass
Communications
School of Law

CU's Top Programs

Space Science
Engineering
Molecular Biology
Business

Most Popular Undergraduate Majors

Psychology
Communication
English
MCD Biology
EPO Biology
Economics
Finance
Political Science

NOTEABLE ALUMNI

Buzz Calkins	IRL Race Car Driver	Chris Meloni	Actor (Law and Order)
Scott Carpenter	Astronaut	Glenn Miller	Musician/Big Band Leader
Kalpna Chawla	Astronaut	Ellison Onizuka	Astronaut (Challenger)
Lynn Cheney	Former U.S. Vice President's Wife	Trey Parker	South Park Creator
Kevin Corke	NBC News	Robert Redford	Actor
Chris Fowler	ESPN	Matt Stone	South Park Creator
Jim Gray	NBC Sports	Jack Swigert	Astronaut (Apollo 13)
Hale Irwin	Professional Golfer	Bill Toomey	1968 Gold Medalist – Decathlon
Larry Linville	Actor (M*A*S*H)	Byron White	Supreme Court Justice
Doug Looney	Sports Illustrated	Steve Wozniak	Inventor (Apple)
Bill Marolt	U.S. Skiing President		



Chris Fowler



Kalpna Chawla



Kevin Corke



Robert Redford



Byron White



RANKINGS

- CU-Boulder was one of only 14 public institutions ranked as a “Best Buy” in the 2009 edition of *The Fiske Guide to Colleges* and annually ranks in its top four most outstanding universities in the United States based on academics, social life and quality of life.
- The *U.S. News & World Report* ranked CU-Boulder 42nd among the nation’s Top 50 Public National Universities in its 2011 Best Colleges issue. The rankings were based on factors such as academic reputation, retention, faculty resources, student selectivity and financial resources.
- Sixteen CU-Boulder graduate school specialty programs were ranked in the top 50 in the nation, including three in the top 10 in the *U.S. News and World Report’s* 2011 America’s Best Graduate Schools issue.
- The University of Colorado at Boulder ranks first in the nation for the number of graduates currently serving as Peace Corps volunteers (2011).
- Four faculty members have received Nobel Prizes, including three since 2001: Thomas Cech of chemistry and biochemistry in 1989 Nobel Prize in chemistry, Carl Wieman and Eric Cornell of JILA and physics won the 2001 Nobel Prize in physics and John Hall of JILA and physics won the 2005 Nobel Prize in physics. The CU-Boulder research faculty shared the 2007 Nobel Peace Prize with former Vice-President Al Gore for their contributions to the international report of the intergovernmental Panel on Climate Change.



- The Boulder campus was ranked fourth in a review of the 50 “most architecturally successful campuses in the country in *The Campus* as a Work of Art by Thomas Gaines.
- Colorado has held company with Brown, Stanford and Virginia as one of the four most outstanding universities in the United States based on academics and quality of life.
- One of only 34 U.S. public research universities in the prestigious Association of American Universities.
- Ranks in the top five universities in the nation, excluding military academies, for astronaut alumni who have flown in space with 17.

THE UNIVERSITY OF COLORADO

“The University of Colorado, and Boulder, is a town which stops where the Rocky Mountains begin. Normally in America such a superb site would be occupied by a golf course, but somebody goofed and instead they built what may be the most beautifully situated campus in the world... if anyone asks you to Boulder, I have one word of advice: ‘Go.’”

From the London (England) Observer Magazine article, “Us and Them,” by Simon Hoggart (April 23, 1989)



BOULDER/DENVER/COLORADO FACTS

Boulder and Denver are known for lots of things. But some things even surprise the lifelong resident, a recent transplant (nearly two-thirds of the state's residents were born outside of Colorado), or first-time visitor to the Mile High City.

- In 2011 Colorado had four of the nation's top 15 fittest cities according to a Time Magazine interpretation of data from the Centers for Disease Control. Boulder was No. 1, Arvada was No. 6, Denver ranked No. 11 and Aurora was No. 15.
- The Denver metro area was ranked fifth in the 2011 American Fitness Index report.
- Boulder was named the "happiest city in America" by Gallup-Heathways Well-Being Index in 2011.
- Denver is called the "Mile High City" because it is exactly 5,280 feet above sea level. In fact, there is a spot on the west steps of the State Capitol building that is exactly 5,280 feet above sea level and there is a row of seats at Coors Field with the same bragging rights.
- Denver is the most educated city in the U.S. It has the greatest percentage of high school and college graduates of any major metropolitan area in the U.S.
- The Denver/Boulder metropolitan area is the 20th largest in the United States. Boulder is not classified as a suburb of Denver; it's nestled in its own valley at the foothills of the Rocky Mountains. Contrary to popular belief, Denver is not in the mountains; it is near them. The "Foothills" start to rise 15 miles west of the city. Slightly beyond that is the Continental Divide and a series of peaks rising to 14,000 feet, known locally as the "Front Range".
- Denver is also the "thinnest" city in America while Boulder is the second "fittest" city in America according to Shape Magazine and the state of Colorado is tied as the "thinnest"

state with Hawai'i. Health Magazine named Boulder one of America's 10 Fittest Cities. Self Magazine proclaimed Boulder one of the 10 healthiest places for women to live, with a perfect 100 in water quality.

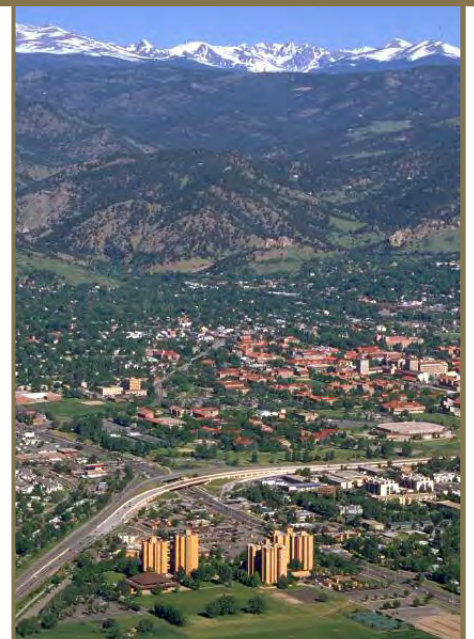
- In 2007 and '08 Boulder was called the "smartest city in America" by Forbes
- Boulder has 200 miles of public hiking and biking trails, approximately 30,000 acres of open space and a 16-mile Boulder Creek Path which runs through the middle of town. The city of Denver offers over 450 miles of paved, designated bike paths, over 70 public golf courses and 143 free tennis courts. Denver also has the largest city park system in the nation with 205 within the city limits.
- As the largest city in a 600-mile radius, Denver is the shopping capital of the Rocky Mountain West. It features the largest sporting goods store in the world and the largest independent book store in America with over 400,000 volumes. The 16th Street Mall is a mile-long pedestrian promenade, not to be outdone by its counterpart in Boulder, the Pearl Street Mall. Boulder is also known for having more used book stores per capita than any other city in the country according to a Money magazine count in 1998.
- Among 14 comparable cities, Boulder ranks No. 1 in people who walk to work, work at home and drive with more than one person in the car. It ranks second among those who bike.
- Bicycling is so highly regarded in Boulder that sometimes the city plows the Boulder Creek bike path before it plows the streets.
- The exterior of the house located at 1619 Pine Street was used as the characters' home in the well-known "Mork & Mindy" television show. It is now a private residence.



Boulder's Pearl Street Mall



Downtown Denver



Rocky Mountain Front Range



Indian Peaks National Forest

- Boulder's Third Flatiron towers 1,400 feet high, a few hundred feet higher than the Empire State Building, and has been climbed by people without using their hands, on roller skates, naked and in eight minutes (by separate climbers).
- A 1992 survey by the Centers for Disease Control found that Colorado had fewer overweight people per capita and more people who exercise than any other state.
- A Colorado Daily poll found that seven out of ten Boulderites own bicycles. Another guide book states that Boulder's bicycle count is approximately 93,000—almost equal to the total population.
- Every year Boulder Mountain Parks core area receives 1.8 million visits. If that many people made a human chain, it would stretch from Boulder to New York City.

Top 10 Cheap Things To Do In Boulder

1. Go walking, biking or skating on the Boulder Creek Path.
2. Catch a Program Council, Cinema Saver, or International Film Series movie.
3. Play frisbee in Norlin Quad.
4. Enjoy the free Wednesday night jazz concerts offered by the College of Music.
5. People-watch on the Pearl Street Mall or on the Hill.
6. Picnic or hike at Chautauqua Park or Mt. Sanitas.
7. Buy a student season football or basketball ticket to watch the Buffs play at home.
8. Join a class at the Rec Center (anything from Aerobics to Yoga).
9. Stargaze at the top of Flagstaff Mountain.
10. Check out the coffeehouse scene.

COLORADO BY THE NUMBERS

	2
National Parks in Colorado	
	8
National Monuments and Recreation Areas in Colorado	
	15
National Forests and National Grasslands in Colorado	
	21
Scenic and Historic Byways in Colorado	
	40
State Parks in Colorado	
	54
Colorado peaks over 14,000 feet in elevation	
	325
Days of sunshine the Front Range sees each year	
	450
Square miles of bodies of water in Colorado	
	469
Length in miles of the Colorado Trail	
	786
Acres on the main campus in Boulder	
	1,450
Length in miles of the Colorado River and the Rio Grande	
	3,350
Lowest elevation in Colorado (Arkansas River)	
	6,800
Average elevation in Colorado	
	14,443
Highest elevation in Colorado (Mt. Elbert)	
	104,247
Size of Colorado in square miles	
	3.8 million
Colorado population in 1998	
	126 million
Years geologists estimate it will take for the Rocky Mountains to erode away	
	1.7 billion years
How long ago the rock in the Rocky Mountains was formed	

RUNNING TOWN, USA

For 30 years, world class athletes and running enthusiasts have known what the media recently discovered: Boulder is the best running town in the United States. *Runner's World* has dubbed Boulder, "America's Best Running City" and an "Ideal Location for Runners", while *Outside Magazine* proclaims it, "The Best Sports Town in America".

These accolades come as no surprise to the host of national and international athletes who have made Boulder their training base. During the 1970's and 1980's, Boulder was home to world record holders such as Steve Jones, Ingrid Kristiansen, Rob de Castella, and Arturo Barrios, as well as Olympic Champions Frank Shorter and Rosa Mota.

The list of contemporary runners who live and train in Boulder is equally impressive: 2000 Olympic Marathon Champion Naoko Takahashi, 2008 Olympic Marathon Champion Constantina Dita-Tomescu, multiple Japanese corporate teams and U.S.-based Kenyan road racers. Numerous CU national and world level alumni have trained in the Boulder area during the last four Olympiads. They include Olympians Jenny Barringer, Alan Culpepper, Shayne Culpepper, Billy Nelson, Jorge Torres and Dathan Ritzenhein, 2006 Boulder Boulder champion Sara Slattery, and World Championship team members Ed Torres, Steve Slattery and Renee Baillie.

These athletes are drawn to Boulder by the unparalleled variety of training venues, temperate year-round climate, opportunity to train at elevation, and support of a running-friendly community that enters 54,000-plus in its Memorial Day road race. Boulder has over 200 miles of running and biking trails and more than 30,000 acres of open space. The vast availability of trails is matched only by the variability of their terrain. All are within a 20 minute drive of CU's campus. In the mountains and foothills west of town are venues such as the Mesa Trail, Switzerland Trail, Magnolia Road, Gold Hill, and Flagstaff Mountain. Adjacent to campus is the 12-mile Boulder Creek Path which connects to Sanitas Mountain, the Bobolink trail, and the Wonderland Lake trailheads. East of town are Teller Farm and the Boulder Reservoir ("The Res") which connect to dozens of miles of dirt roads and trails.

The University of Colorado's outdoor track, Potts Field, is one of the best competition venues in the country. It features NCAA/IAAF specification parallel approaches for the long jump, triple jump, pole vault and high jump as well as a world-class remote hammer and discus venue. Potts Field has the highest Mondo Super-X installation in the country, thus making it potentially the fastest sprint track in the U.S.

Boulder's climate makes it an ideal year-round training base. The average high temperature during winter months is 49 degrees, while summer months average a high of 83 degrees with negligible humidity. Boulder residents enjoy over 300 sunny days a year—more than residents of San Diego or Miami.

Besides the aforementioned Boulder Boulder, there are well-organized races virtually every weekend: the Boulder Backroads Marathon and Half Marathon, 5K Kickoff Classic, West End 3K, Pearl Street Mile, Rocky Mountain Shootout, Uni-Hill Downtown 1K, Sunrise Stampede 10K, and Boulder Roadrunners All-Comers Track Series.

In February of 2007, Boulder hosted the USA Cross Country Championships which selected our national teams for the IAAF World Championships in Mombasa, Kenya. The crowd of 10,000 spectators was estimated to exceed the combined attendance of the previous five national championships. Former USA Track and Field President Bill Roe remarked, "As usual, every time I come to Boulder I'm blown away." Deena Kastor, 19-time U.S. champion, captured her eighth cross country title and said, "This was, hands down, the most amazing national championship I've been a part of." Beyond the attendance, the most compelling story of the day was arguably the success of CU's alumni: former Buffaloes swept the top four places in the men's senior race while two former NCAA champion Buffaloes qualified for the senior women's team.

In May of 2008, the University of Colorado hosted the Big 12 Conference Track and Field Championships. This three-day competition was one of the most prestigious and competitive meets in the country and featured NCAA champions, World Championship Team members and 2008 Olympians. During the competition, ten Big 12 meet records were broken and two world-leading marks were established. The three-day attendance of over 5,000 cheered the Colorado men to the team title in a victory over No. 1 ranked Texas A&M.

Summer or winter, cross country or track season, workout day or racing day, for the weekend warrior or the Olympian, Boulder presents the ideal environment. While other cities may claim occasional weekends of running enthusiasm, Boulder is inarguably the year-round "Running Town, USA".

RACING IN BOULDER

Boulder Backroads Marathon

Boulder Backroads Half Marathon

5k Kickoff Classic

High Five Road Race

5430 Triathlon

Sunrise Stampede 10k

Spring Runoff 10k

1992 Big Eight Cross Country Championships

1993 Big Eight Track and Field Championships

2000 Big 12 Cross Country Championships

2008 Big 12 Track and Field Championships

West End 3k

Pearl Street Mile

Boulder Roadrunners All-Comers Series

Run on the Wildside 5k

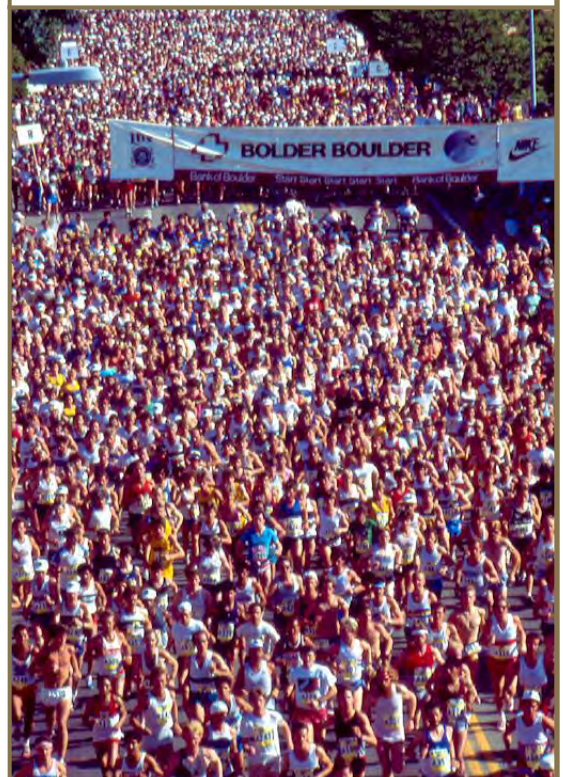
Rocky Mountain Shootout

5k Turkey Trot

Bolder Boulder 10k

Uni-Hill Downhill 1k

Boulder Peaks Triathlon/Duathlon



The start line for the Boulder Boulder

2008 BIG 12 OUTDOOR TRACK & FIELD CHAMPIONSHIP





Tamara Ards



Sean Smith



Chris Abuan



Patty Roberts

FROM WALK-ON TO ALL-AMERICAN

There's something magical in the air at 5,345 feet above sea level. It's something that contributes to developing blue collar, walk-on athletes into All-Americans at Colorado. Combining its reputation of academics and athletics, the coaching staff at CU has had incredible success with non-recruited athletes that have had the drive, determination and work ethic to become All-Americans.

CHRIS ABUAN • 2002 Walk-on – 2007 4x100-m Outdoor All-American

Chris Abuan was a hard worker for the Buffs and showed improvement throughout the years. His biggest impact was in the relays. Abuan is a member of nine of the top 10 times in the 4x100-m relay, where he ran the third leg seven times. In 2007, Abuan and the relay team of George Pincock, Jeremy Dodson and Ryan Campbell placed second in the Big 12 Championships and were the first men's relay team to qualify for the NCAA meet since 1972 after placing fourth in the regionals. The team took sixth at nationals with a time of 39.98.

TAMARA ARDS • 1992 Walk-on – 1996 4x400-m Outdoor All-American

A three-time state 400-m champion, Tamara Ards ran a 56.20 in the event as a freshman and would shave two seconds off her time by her junior year to become the school record holder in the event, running a 54.22 at the 1994 Big Eight Outdoor Championships. As the second leg of CU's 4x400-m relay team, she combined with teammates Tasha Ward, Heather Sterlin and Leona Russell to win the event at the final Big Eight Championship in 1996 and go on to finish seventh in the event at that year's NCAA Championships in Eugene, Ore., in another school record 3:33.07.

JAY CLECKLER • 1991 Walk-on – 1994 Cross Country All-American

Jay Cleckler, was conceivably one of the hardest working guys on the '94 cross country squad. He had begun his collegiate career as walk-on competing in only one meet, which progressed to four meets as a sophomore, which he matched his junior season. He came into his own during his senior campaign when he scored in all six varsity races, including the Big Eight Championships, the NCAA District VII qualifier and the NCAA Championships where he ran his first All-American race.

JON COOPER • 1993 Walk-on – 1994, 1995 Cross Country All-American

Cooper made an immediate impact on the Colorado men's cross country team when he walked on after transferring from Rice. In his first season he traveled to the NCAA Championships as an alternate, but did not compete. A year later he finished 33rd of 178 runners for his first all-American honor. In 1995's national championship race, he was Colorado's fourth finisher, 48th overall to repeat his All-American title.

MIKE FRIEDBERG • 1996 Walk-on- 1998, 1999 Cross Country All-American

In 1996 Mike Friedberg ran in three cross country races. He redshirted the 1997 season and a year later he was one of only three runners to compete in all six races, he finished eighth in the season opener at Colorado State, third at the Rocky Mountain Shootout, 32nd at the loaded Bob Timmons Invite, third at the Big 12 Championships, fifth at the Mountain Region Championships and ran to his first All-American title with a 34th place effort at the national championships. In 1999 he was CU's No. 3 runner during the season, but experienced prevailed and was CU's No. 1 guy at the NCAA Championships in Bloomington and was No. 2 a year later.

MATT NAPIER • 1995 Walk-on – 1997 Cross Country All-American

In his first collegiate season Napier competed in the Shootout and at the Fort Hays State Invitational. As a sophomore, he scored in two of the three postseason races. Originally scheduled to redshirt his junior season, he was forced into action late in the season due to team injuries. In his first race, Oct. 18, he finished third overall at the Tiger Invitational. In the postseason he finished 11th in the league championships and was the individual runner-up, at the Mountain Region Championships. His third season culminated in his first all-America certificate at the NCAA Championships with a 39th-place finish.

GEORGE PINCOCK • 2003 Walk-on – 2007 4x100-m Outdoor All-American

George Pincock earned a spot on the varsity squad as a freshman by placing eighth in the 200-meter dash and scoring in the 4x100 and 4x400-m teams. Pincock is a member of 11 of the 12 best times in the 4x100-m relay. In 2007, Pincock and the relay team of Jeremy Dodson, Chris Abuan and Ryan Campbell placed second in the Big 12 Championships and

became the first men's relay team to qualify for the NCAA meet since 1972 after placing fourth in the regionals. The team took sixth at nationals with a time of 39.98.

PATTY ROBERTS • 1992 Walk-on – 1995 Indoor 5,000-m All-American/ 1994, 1995 Cross Country All-American

Roberts didn't compete in cross until her second season. A year later she was the individual runner-up at the Big Eight Championships and an All-American with a 13th-place finish at the NCAA championships. She took the individual conference title in '96 and followed up with a 32nd-place effort at the NCAAs for her second all-America cross country honor. 1995 continued to be a success on the track where she was an indoor 5k and outdoor 10k All-American.

SHAYNE WILLE • 1995 Walk-on – 1996 Indoor 3,000-m All-American/1997 Outdoor 3,000-m All-American

A transfer from Vermont in 1995, Wille failed to make the Buffs' seven-person roster that would compete at the NCAA Cross Country Championships. Three months later she was an all-American in the indoor 3k. During the 1996 fall season, she was Colorado's No. 2 runner, and although she competed in all three postseason race, just missed all-American status at the national championships with a 45th place effort. She set her sights again on the track where she was the Big 12 indoor champion in both the mile and 3,000-m distances and an all-American in the latter. The outdoor season would prove even better where she repeated her conference titles, and she earned her second all-American honor in the outdoor 3,000-m with a third place, school-record finish of 9:06.86.

SEAN SMITH • 1998 Walk-on – 2000 All-American

Smith ran in three non-varsity races in 1998 with a pair of top 20 finishes at the Fort Hays Tiger Invitational and NIKE 3 Series race. In 1999 he went into the national championships with five races under his belt. He earned all-conference and all-region honors before finishing in the top half of the NCAA Championship field. On All-American pace from the first race of the 2000 season, he would score in all five varsity contests, repeat his all-conference and all-region honors with career-best efforts before finishing 44th for the last All-American certificate doled out in Ames, Iowa.

ACADEMICS AND ATHLETICS



DID YOU KNOW?

That the cumulative grade point average of CU's 321 student-athletes following the fall '11 semester was 2.876 and seven of the 14 programs boasted 3.00 overall grade point averages.

- 3.484 Men's Skiing
- 3.314 Women's Tennis
- 3.296 Women's Skiing
- 3.288 Women's Cross Country
- 3.179 Women's Golf
- 3.159 Women's Track & Field
- 3.056 Soccer

14 CU student-athletes earned 4.00 GPA's during the fall '11 semester and 65 had cumulative GPA's of 3.50 or above.

Colorado's graduation rate of student-athletes who exhaust their eligibility at CU for the 10-year period between 1988-89-1997-98 is 83 percent.

Colorado at Boulder offers student-athletes a world-class education and an elite Division I athletic experience in arguably the most beautiful college setting in America and has been referred to as "the Harvard of the Rockies."

The Herbst Academic Center in the Dal Ward Athletic Center was created to help student-athletes meet and exceed the academic requirements of the University of Colorado. Since its inception, the goal of the Herbst Center has evolved to facilitating the academic and personal excellence of student-athletes. It works to empower student-athletes toward autonomy, personalized goal setting, critical decision making, and both academic and career development. To achieve this goal, the Herbst Academic Center provides numerous services for student-athletes:

- All student-athletes have an academic coordinator who provides academic and personal support from freshmen orientation through graduation.
- Every student-athlete receives free subject tutoring in any course, as well as a personal planner to assist in time management.
- Student-athletes receive priority registration to ensure that necessary courses are "open" for enrollment.
- Specialized academic programs are available to all student-athletes, whether struggling to pass a course or striving to earn a perfect 4.0.
- A computer laboratory with both personal computers and Macs are provided exclusively for student-athletes.
- Athletic eligibility status is monitored in accordance with University, Pac-12, and NCAA academic requirements.
- Confidential counseling is available to help student-athletes with whatever challenges they may be facing.

ACADEMIC ALL-CONFERENCE

FIRST TEAM

Steve Allen	1990	Emily Hanenburg.....	2008, 09, 10, 11	Matt Queen.....	1999, 02
Andrew Ames	1988	Sarah Hanson	1986	Mikaela Raddatz.....	2005, 06, 07
Tamara Ards.....	1993	Bradley Harkrader.....	2008	Lindsay Raham.....	1998, 99, 2000
Lindsay Arendt.....	1998, 99, 2000	Jill Hassebrock.....	1993	Danielle Reagin.....	2010
Molly Austin.....	1999, 2001, 02, 03	Erik Heinonen.....	2006	Tom Reese.....	1996
Patrick Bachmann.....	2010	Lesley Higgins.....	1999, 01, 02	Brooke Regan.....	2011
Austin Baillie.....	2003, 04, 05	Drew Hildner.....	2001	Michelle Reynolds.....	1991
David Barbieri.....	1993	Jodie Hughes.....	1999, 2000, 01, 02	Deb Rieck.....	1998, 2000
Jenny Barringer.....	2007, 08, 09	Erika Hulsmann.....	1998	Dathan Ritzenhein.....	2003
Adam Batliner.....	1996, 1998, 99	Courtney Hutmacher.....	2005, 06	Nicole Roberts.....	1990
Payton Batliner.....	2005, 06	Peter Janson.....	2006, 07, 08	Jamie Rosenquist.....	2001, 02
Matthew Beigner.....	2010, 11	Andrew Johnson.....	1993	Patty Roberts.....	1994
Nick Bengtston.....	2000, 01	Erik Johnson.....	1993	Dani Rodriguez.....	2008
Randy Berkheim.....	1994	Jay Johnson.....	1996, 97, 98, 99	Leona Russell.....	1993, 94, 95
Aaron Blondeau.....	1998, 99, 01, 02	Donald Jurries.....	1987	Liz Sabochik.....	1999, 2000, 01, 02
Christine Bolf.....	2004, 05, 06	Michell Kantor.....	1989	Andy Samuelson.....	1992
Courtney Bouchet.....	2011	Kaity Kark.....	2008, 09, 10	Ryan Savercool.....	2011
Lindsey Bradfield.....	1998, 99	Stephen Kasica.....	2010, 11	Chris Schafer.....	1997, 98, 01
Megan Burrell.....	2010, 11	Daniel Kenney.....	2006, 07	Bret Schoolmeester.....	2005, 06
Heather Burroughs.....	1995, 96, 98, 99	Diane Keller.....	1989, 90, 91	Jared Scott.....	2003, 04
Megan Buttner.....	1999, 2000, 01, 03	Katie Kissane.....	2004	Yvonne Scott.....	1996
Will Campbell.....	2004	Tom Kresl.....	1985	Chris Severy.....	1995, 96, 97
Robert Carmona.....	1992	Scott Larson.....	1994	Jon Severy.....	2003, 04, 05
Amberly Casey.....	2007	Jonathon Lee.....	2001, 02, 03	Jeff Singleton.....	1996, 97, 98
Antonio Castro.....	2003	Eric Lee-O'Brien.....	2003	Sara (Gorton) Slattery.....	2002, 03, 05
Tim Catalano.....	1993, 94	Nikki Look.....	2011	Amber Smith.....	2008
Anna Chase.....	2008	Gus Lundin.....	2003, 04	Jennifer Smith.....	1998
Anthony Chiulli.....	2007	Britta Maas.....	2001	Kelly Smith.....	1995, 96, 97, 98
Jay Clecker.....	1995	Travis Macy.....	2003	Sean Smith.....	2001
Megan Clute.....	1998	Kathleen Majewski.....	2009, 10	Heather Sterlin.....	1995
Emma Coburn.....	2011	Amanda Manatt.....	2002, 03	Briana Stott-Messick.....	1998, 99
Jon Cooper.....	1995, 96	Lucas Marquardt.....	1999	Jaclyn Strum.....	2005, 06, 07
Alan Culpepper.....	1996	Erin Marston.....	2007	Kyle Swartz.....	1998, 2001
Katie Cumming.....	2010, 11	Robert Martin.....	1991	Sara Tarkington.....	2001
Kristina Dahlberg.....	1996, 97	Veronica Maul.....	2007, 09	Brock Tessman.....	1999
James Davis.....	1995	Matthew McCathran.....	2010, 11	Laura Thweatt.....	2009, 10, 11
Mike Dickman.....	1985, 87, 89	Brianna McDevitt.....	2004	Zeke Tiernan.....	1996
Pat Dolan.....	1992	Carol McMordie.....	1987	Kalin Toedebusch.....	2006
Jason Dudley.....	1990	Christine McNamara.....	1988	Elizabeth Tremblay.....	2011
Chase Dukes.....	2008	Matt McCue.....	2003, 04, 05	Laura Tremblay.....	2011
Andy Dunn.....	1987	Amy Merten.....	1992	Max Van Dyke.....	2010, 11
Nick Duresky.....	1996	Renee Metivier.....	2005	Blake Vanier.....	2005
Mark Ebert.....	2007	Andrew Miller.....	2003, 04, 05	Brent VanSickle.....	1996
Matt Elmuccio.....	1998, 99	Peggy Millican.....	1990	Brent Vaughan.....	1991
Mandi Farquhar.....	1994, 95, 96, 97	Tera Moody.....	2001, 02, 03, 04	Brent Vaughn.....	2005, 06, 07, 08
Kevin Fasing.....	2008, 10, 11	Melinda Mounsey.....	1998	Sara (Ensrud) Vaughn.....	2007, 08
Jennifer Fazioli.....	1999, 2000, 01, 02	Matt Napier.....	1997, 98, 99, 2000	Chris Volgeneau.....	1991
Alyssa Frank.....	2010	Sam Napp.....	2004, 05, 06	Andy Wacker.....	2009, 10
Rachel Gioscia.....	2007, 09	Liza Negriff.....	2003, 04, 05	Melisa Weis.....	1993
Sarraah Goodwin.....	1996, 97	Kenyon Neuman.....	2007	Heather West.....	2009
Adam Goucher.....	1995	James Nixon.....	2010	Ian White.....	2002
Kara Grgas-Wheeler.....	1997, 99, 2000, 01	Jeff Nock.....	1987	Kirsten Wicks.....	2011
Jen Grominger.....	1994	Holly Odneal.....	2011	Ryan Willis.....	2005
Jen Gruia.....	1998, 99	Hao Pan.....	2003	Joi Windham.....	2009, 10, 11
Jamie Hallum.....	1989	Jerome Perkins.....	2010	Anna Wright.....	2001, 02
Zach Hancock.....	1997	Jodi Pilcher.....	1996	Catherine Wright.....	2000, 01, 02
		George Pincock.....	2007	Shannon Yessak.....	2003
		Sara Price.....	2008		

ACADEMIC ALL-CONFERENCE

SECOND TEAM

Sasha Abuan.....	2007
Patrick Backmann.....	2009
Megan Baker.....	2005
Brianne Beemer.....	2010
James Begley.....	2007
Joe Bosshard.....	2011
Amaris Buchanan.....	2001, 02
Amberly Casey.....	2005, 06
Greg Castro.....	2007
Niklas Cederstrom.....	2009
Anthony Chiulli.....	2005
Emma Coburn.....	2010
Mac Crawford.....	2009
Katie Dreher.....	2010, 11
Vince Echavaria.....	2001
Dan Edwards.....	2008, 09
Kelly Fields.....	2000
Kali Gajewski.....	2010
Kendal Grgas-Wheeler.....	2005
Ashley Jackson.....	2002
Pete Janson.....	2005
Rachel Joy.....	2001, 02
Bradley Harkrader.....	2007
Chelsea Haverty.....	2008
Matt Herzl.....	2008
Lesley Higgins.....	2000, 02
Cassie Hirschfeld.....	2009
Emily Hunsucker.....	2011
Cortney Hutmacher.....	2007
Andy Knutsen.....	2003
Jordan Kyle.....	2010
Eric Lee-O'Brien.....	2005
Camille Logan.....	2011
Anna Magle.....	2003, 05
Chynna McCall.....	2008, 09, 10
Richard Medina.....	2010, 11
Chase Mullen.....	2003, 05
Kenyon Neuman.....	2008, 09, 10
Sunny Nordmarken.....	2000
Chelsea Peterson.....	2005
George Pincock.....	2005
Allison Sawyer.....	2009
Kyle Swartz.....	2000
Geo Tam.....	2011
Matt Tebo.....	2010, 11
Christian Thompson.....	2009, 10
Jake Timmons.....	2010, 11
Andy Wacker.....	2011
Hannah Warfield-Ruffato.....	2005
A.J. Whitaker.....	2010
Ryan Willis.....	2007

HONORABLE MENTION

Starla Ahu.....	1992
Brian Aiken.....	1996
Adrien Armolel.....	1994
David Barbieri.....	1991
Steven Barbieri.....	1993
Adam Batliner.....	1995
Randy Berkheim.....	1993
Michelle Bews.....	1986, 87
Sean Buckley.....	1992
Shannon Busch.....	1991
Jessica Cade.....	2004
Dayna Canener.....	1992
Tracy Carrington.....	1996
Jenny Cathey.....	1998
Dayna Cavener.....	1991
Jessica Civelli.....	1995
Jay Cleckler.....	1993, 94
Megan Clute.....	1999
Jon Cooper.....	1994
Kristina Dahlberg.....	1994
Jason Drake.....	1993, 94
Nick Duresky.....	1997
Natalie Florence.....	2004
Judy Foster.....	1993
Mike Friedberg.....	1999
Monte Fry.....	1994, 1996
Sarrah Goodwin.....	1994, 95
Adam Goucher.....	1998
Colleen Gylde.....	1997
Mark Haggerty.....	1991
Jill Hassebrock.....	1994
Jay Johnson.....	1995
Steve Joiner.....	1988
Jennifer Jones.....	1991
Michelle Kantor.....	1990, 91
Derek Knostman.....	1992
Brett Larsen.....	1992
Christa Loyd.....	1994, 95
Alison Lusby.....	1994
Allison Lusby.....	1995
Anna Magle.....	2004
Simon Marsh.....	1991
Chris McDonald.....	1989
James McDonald.....	1991
Christine McNamara.....	1988
Amy Metern.....	1991
Micah Moore.....	1992
Brad Moser.....	1993
Melinda Mounsey.....	1996
Matt Napier.....	1996
Ewen Nichol.....	1996

Alex Olsen.....	1998
Sarah Pauley.....	1996
Anthony Pierangeli.....	1996
Jodi Pilcher.....	1994
Steve Proversano.....	1989
Tom Reese.....	1995
Katy Richards.....	1990, 91
Dathan Ritzenhein.....	2004
Andy Samuelson.....	1991
Heidi Scarlett.....	1995
Bret Schoolmeester.....	2004
Tim Schurman.....	1994
Sarah Scott.....	1989
Wendy Smith.....	1991
Michael Sobolik.....	1993
Holly Stanish.....	1995
Brian Steele.....	1995
Shawn Stone.....	1994
Kyle Swartz.....	1999
Zeke Tiernan.....	1995, 97
Brent VanSickle.....	1995

COLORADO ACADEMIC PROGRAMS

STEPS

STEPS is a program designed to assist graduating student-athletes as they transition to life after the university setting. The program will have Department of Athletics staff and university faculty assist them in the following areas:

- **“Learn to Earn” with Alice Swanson, veteran of The Boulder Chamber of Commerce and currently of Leeds School of Business**
 - Interview Skills
 - Job Placement
 - Contract Negotiation
- **Personal Financial Planning with Susan Morley of Leeds School of Business**
 - *Playbook for Life*, the Student-Athlete’s Guide to Understanding and Planning Your Financial Future
- **Exit Interview with the Department of Athletics**
 - Student-Athletes discuss their CU experience with a senior level administrator in the Department of Athletics. (One-on-one interview and survey)
- **Career Services**
 - Resume / Folio 21
 - CSO On-line
 - Letters of Recommendation (4-6)
 - Job Fairs
 - Post-Graduation Test Preparation
- **Exit Physical**
 - Athlete completes final medical physical, reviews medical history with Office of Sports Medicine and discusses lingering injuries with Sports Medicine on coverage
- **Counseling and Psychological Services**
 - CU psychologist, Dr. Jan Johnson, offers one-on-one counseling sessions to athletes earning to cope with the impending life changes once their careers have ended.
- **Graduation Checklist**
- **Alumni C-Club**
 - Student-Athletes stay connected to CU through membership in the Alumni C-Club.
- **Post-Graduate Scholarships**
- **Professional Sports Counseling Panel**



READ WITH THE BUFFS

1. The University of Colorado and IBM work together to promote literacy in local elementary schools through the “Read With the Buffs” program.
2. Focus of the program is to:
 - a. Have CU student-athletes promote reading as the basis for success in school.
 - b. Promote the importance of school and doing your personal best.
3. Designated school districts are Boulder Valley and St. Vrain school districts.
4. Teacher’s Responsibilities:
 - a. Decisions:
 - i. It is suggested for students to compete against themselves, not others.
 - ii. Encourage students to read over the holidays.
 - iii. At the end of the program send into the athletic department a list of all students who have participated in “Read With the Buffs” successfully.
5. Student-athletes will visit the classroom for a 45-minute presentation.
 - a. Pencils, stickers and/or bookmarks will be given out to students who are able to answer the comprehension questions correctly after the book is read.
6. Student-athletes will deliver the message: do well in school, work hard, do your personal best, and importance of reading.
7. No more than two classrooms should be combined with one group of student-athletes.
8. One adult volunteer is assigned to two to three student-athletes.
9. CU pencils and bookmarks or stickers will be left for all students.
10. In addition, a T-shirt (autographed) will be left with each classroom teacher to hang up in the classroom as a continual reminder about “Read With the Buffs.”
 - a. The T-shirt will be for the classroom teacher to keep as a thank you for participating in “Read With the Buffs.”
11. Students who participate in the program and successfully meet the criteria, set by the teacher, will receive a ticket to attend either a men’s or women’s basketball game.
12. A special section will be set aside for all “Read With the Buffs” participants.
13. Two students will be on the court during halftime representing their classroom.

PAC-12 CONFERENCE

Conference History

The roots of the Pac-12 Conference date back over 95 years to December 2, 1915, when the Pacific Coast Conference (PCC) was founded at a meeting at the Oregon Hotel in Portland, Ore. The original membership consisted of four schools - the University of California at Berkeley, the University of Washington, the University of Oregon, and Oregon State College (now Oregon State University). All still are charter members of the Conference.

Pacific Coast Conference play began in 1916 and, one year later, Washington State College (now Washington State University) was accepted into the league, with Stanford University following in 1918.

In 1922, the PCC expanded to eight teams with the admission of the University of Southern California (USC) and the University of Idaho. In 1924, the University of Montana joined the league roster, and in 1928, the PCC grew to 10 members with the addition of UCLA.

The Pacific Coast Conference competed as a 10-member league until 1950, with the exception of 1943-45 when World War II curtailed intercollegiate athletic competition to a minimum. During that time, the league's first commissioner was named. Edwin N. Atherton was commissioner in 1940 and was succeeded by Victor O. Schmidt in 1944. In 1950, Montana resigned from the Conference and joined the Mountain States Conference, essentially replacing Colorado, which left for the Big 7 two years earlier. The PCC continued as a nine-team conference through 1958.

In 1959, the PCC was dissolved and the Athletic Association of Western Universities was formed and Thomas J. Hamilton was appointed commissioner of the new league. The original AAWU membership included California, Stanford, Southern California, UCLA and Washington. Washington State joined the membership in 1962, while Oregon and Oregon State joined in 1964. Under Hamilton's watch, the name Pacific-8 Conference was adopted in 1968. In 1971, Wiles Hallock took over as commissioner of the Pac-8.

On July 1, 1978, the University of Arizona and Arizona State University were admitted to the league and the Pacific-10 Conference became a reality. In 1986-87, the league took on a new look, expanding to include 10 women's sports. Thomas C. Hansen was named the commissioner of the Pac-10 in 1983, a role he would hold for 26 years until 2009. Hansen was succeeded by current commissioner Larry Scott, who took on the new role in July 2009.

During the 2010-11 academic year, Scott helped deliver monumental changes that transformed the conference into a modern 12-team league by adding the University of Colorado and the University of Utah. The addition of CU and Utah led to an agreement to equal revenue sharing for the first time in conference history, created two divisions (North and South) for football only, established a football championship game for the first time ever, secured a landmark media rights deal that dramatically increased national exposure and revenue for each school and established the Pac-12 Network and Pac-12 Digital Network that guaranteed enhanced exposure across all sports.

Colorado accepted its invitation to join the Pac-12 on June 11, 2010, as the Buffaloes were the first domino to fall in a change of the national landscape which, in just one week, saw Nebraska also leave the Big 12 and join the Big 10, Boise State depart the WAC for the Mountain West, TCU jump from the MWC for the Big East, and then on June 17, Utah agreeing to join CU to make it an even dozen in the Pac-12. Big-time rivals for the first half of the last century, the Buffaloes and Utes officially became the 11th and 12th members of the Conference on July 1, 2011, the first additions to the league since 1978. During the 33 years between expansions, Pac-10 teams claimed 258 NCAA titles (130 women's, 128 men's).

At present, the Pac-12 sponsors 11 men's sports and 11 women's sports. Additionally, the conference schools are members of the Mountain Pacific Sports Federation (MPSF) in four other men's sports and three women's sports. CU will participate in the MPSF in men's and women's indoor track, and already competes in the Rocky Mountain Intercollegiate Ski Association (RMISA) in skiing, which is a coed sport.

The Pac-12 Conference offices are located 25 miles east of San Francisco in Walnut Creek, Calif.



Pac-12 Commissioner Larry Scott

Conference of Champions

Built on a firm foundation of academic excellence and superior athletic performance, the Conference ushers in a new era with the additions of the University of Colorado and University of Utah, officially becoming the Pac-12 Conference on July 1, 2011.

The Pac-12 rises above the rest, upholding its tradition as the "Conference of Champions" ®, claiming an incredible 180 NCAA team titles over the past two decades, including nine in 2010-11, averaging nearly nine championships per academic year. Even more impressive has been the breadth of the Pac-12's success, with championships coming in 27 different men's and women's sports. The Pac-12 has led the nation in NCAA Championships in 45 of the last 51 years and finished second five times.

Spanning nearly a century of outstanding athletics achievements, the Pac-12 was the first conference to reach 400 championships in 2010-11. With the inclusion of CU and UU, league teams have captured 442 NCAA titles (302 men's, 140 women's), outdistancing the next closest conference by nearly 200.

In 2010-11, the then-Pac-10 led the country with nine NCAA titles, with men's and women's programs sharing the wealth as the Conference claimed five NCAA women's titles and four men's crowns.

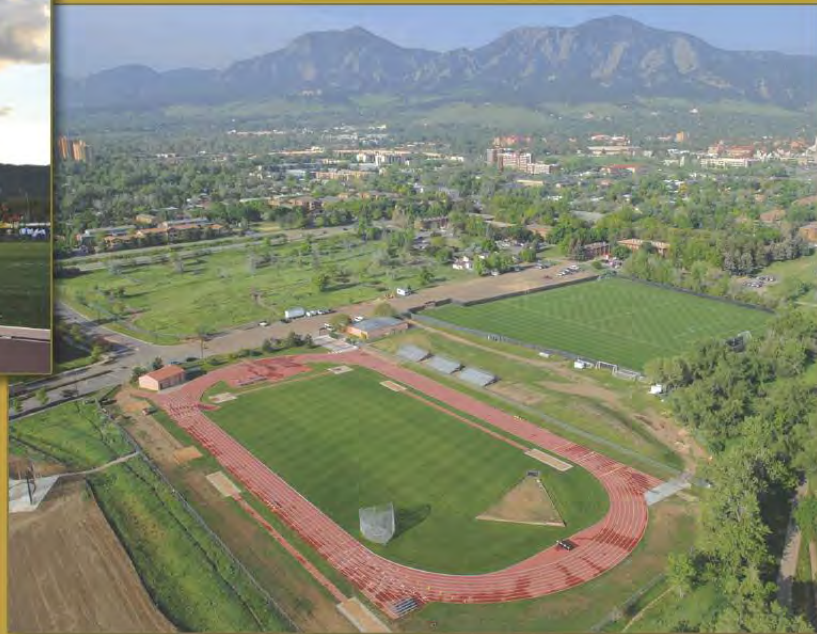
Including titles previously won by Colorado and Utah, Pac-12 members have won 302 NCAA team championships on the men's side, 89 more than the next closest conference. Men's NCAA crowns have come at a phenomenal rate for the Pac-12: 16 basketball titles by six schools (more than any other conference), 52 tennis titles, 44 outdoor track & field crowns, and 26 baseball titles. Pac-12 members have won 25 of 42 NCAA titles in volleyball, 37 of 42 in water polo, and 22 in swimming & diving national championships.

Individually, the conference has produced an impressive number of NCAA men's individual champions, as well, boasting 2,019 individual crowns.

On the women's side, the story is much the same. Since the NCAA began conducting women's championships 30 years ago, Pac-12 members have claimed at least four national titles in a single season on 22 occasions, including 2010-11. Overall, the Pac-12 has captured 140 NCAA women's titles, easily outdistancing the SEC (second with 77). Pac-10 members have dominated a number of sports, winning 23 softball titles, 19 tennis crowns, 13 of the last 21 volleyball titles, 14 of the last 22 trophies in golf, and 12 in swimming and diving.

Pac-12 women student-athletes shine nationally on an individual basis, as well, having captured an unmatched 616 NCAA individual crowns, an average of nearly 21 championships per season.

Colorado and Utah have combined to win 15 coed skiing titles, one of three NCAA sports to score championships based on men's and women's results along with fencing and rifle. Combined, the newest Pac-12 entrants have 27 NCAA crowns and 148 individual champions in the sport.



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