



# Men's Outdoor Records

<b>Event</b>	<b>CU Record</b>	<b>Potts Field Record</b>
<b>100 Meters</b>	10.0, Cliff Branch NCAA Outdoors, 1972	10.03, Gerald Phiri, Texas A&M Big 12 Outdoors, 2008
<b>110-meter Hurdles</b>	13.3, Marcus Walker USA-France Dual, 1970	13.54, Shawon Harris, Texas Tech Big 12 Outdoors, 2008
<b>200 Meters</b>	20.37, Jeremy Dodson Big 12 Outdoors, 2008	20.29, Gerald Phiri, Texas A&M Big 12 Outdoors, 2008
<b>400 Meters</b>	45.54, James Davis Big Three, 1996	44.45, Todd Long, Oklahoma Big Eight Outdoors, 1983
<b>400-meter Hurdles</b>	49.66, Maurice Mitchell Big Eight Outdoors, 1993	48.80, Danny Harris, Iowa State Big Eight Outdoors, 1986
<b>800 Meters</b>	1:47.52, Mike Macinko World Cup, 1989	1:48.28, Jacob Hernandez, Texas Big 12 Outdoors, 2008
<b>1,500 Meters</b>	3:39.77, Alan Culpepper Big Eight Championships, 1996	3:41.80, Leo Manzano, Texas Big 12 Outdoors, 2008
<b>3,000 Meters</b>	7:50.39, Dathan Ritzenhein Adidas Invitational, 2004	8:08.04, Brent Vaughn, Nike CU Invitational, 2010
<b>3,000-meter Steeplechase</b>	8:26.45, Steve Slattery USATF Championships, 2001	8:53.84, Billy Nelson, Colorado Big 12 Outdoors, 2008
<b>5,000 Meters</b>	13:18.46, Brent Vaughn Payton Jordan, 2008	14:13.99, Brent Vaughn, Colorado Big 12 Outdoors, 2008
<b>10,000 Meters</b>	27:38.50, Dathan Ritzenhein Cardinal Invitational, 2004	30:02.3, Charlie Vigil, Colorado Track Club, CU Relays, 1978
<b>4x100-meter Relay</b>	39.47, (Charles/Campbell/Terry/ Dodson), Big 12 Outdoors, 2008	38.85, Texas A&M, Big 12 Outdoors, 2008
<b>4x400-meter Relay</b>	3:05.16, (Johnson/Carruth/Warren/ Mitchell), George Mason, 1994	3:03.82, Baylor Big 12 Outdoors, 2008
<b>4x800-meter Relay</b>	7:25.55 (Reese/Quenn/Elmuccio/ Schafer) Drake Relays, 1999	
<b>High Jump</b>	7-4, Bill Jankunis Big Eight Outdoors, 1975	7-4 <sup>1</sup> / <sub>4</sub> , Jim Howard, Mazda Track Club Colorado Relays, 1989
<b>Long Jump</b>	26-1 <sup>3</sup> / <sub>4</sub> , Kingsley Adams Drake Relays, 1974	26-6 <sup>1</sup> / <sub>2</sub> , Kenny Harrison Kan. St., Big Eight Outdoors, 1986
<b>Triple Jump</b>	53-6 <sup>1</sup> / <sub>2</sub> , James Nyumutei Drake Relays, 1974	55-4 <sup>1</sup> / <sub>4</sub> , Kenny Harrison, Kansas State Big Eight Outdoors, 1986
<b>Discus</b>	209-7, Art Burns CU-Air Force Dual, 1977	209-7, Art Burns, Colorado CU-Air Force Dual, 1977
<b>Shot Put</b>	60-11 <sup>1</sup> / <sub>2</sub> , Chris Volgenau Big Eight Outdoors, 1992	64-7 <sup>1</sup> / <sub>2</sub> , C.J.Hunter Colorado Relays, 1992
<b>Javelin</b>	241-4.50, Dick Clark, Big Eight, 1962	245-0, Mike Brennan, Iowa State Big Eight Outdoors, 1986
<b>Pole Vault</b>	17-6 <sup>1</sup> / <sub>2</sub> , Dennis Fuller Big Eight Outdoors, 1981	18-0 <sup>3</sup> / <sub>8</sub> , Scott Huffman, Kansas Big Eight Outdoors, 1986
<b>Decathlon</b>	7,645, Mike Hill NCAA Outdoors, 1974	7,675, Donovan Kilmartin, Texas Big 12 Outdoors, 2008
<b>Hammer Throw</b>	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
<b>100 Meters</b>	11.65, Yolanda Johnson Colorado Relays, 1990	10.95, Simone Facey, Texas A&M Big 12 Final, 2008
<b>100-meter Hurdles</b>	12.98, Yvonne Scott NCAA Outdoors, 1996	13.12, Yvonne Scott, Colorado Colorado Collegiate Invitational, 1996
<b>200 Meters</b>	23.86, Tamisha Johns Big Eight Outdoors, 1993	22.05, Angela Thacker, Nebraska Big Eight Outdoors, 1986
<b>400 Meters</b>	54.22, Tamara Ards Big Eight Outdoors, 1994	51.09, Jessica Beard, Texas A&M Big 12 Outdoors, 2008
<b>400-meter Hurdles</b>	57.77, Leona Russell NCAA Championships, 1996	56.88, Leisha Knowles Okla. St., Big Eight Outdoors, 1986
<b>800-meter Run</b>	2:02.54, Jenny Barringer Cottbus, Germany, 2009	2:05.32, Lauren Hagans, Baylor. Big 12 Outdoors, 2008
<b>1,500 Meters</b>	3:59.90, Jenny Barringer Prefontaine Classic, 2009	4:25.00, Sally Kipyego, Texas Tech Big 12 Outdoors, 2008
<b>3,000 Meters</b>	8:54.22, Kara Grgas-Wheeler Stanford Invitational, 2000	9:31.40, Christine McMiken Okla. St., Big Eight Outdoors, 1986
<b>3,000 Meter Steeplechase</b>	9:12.50, Jenny Barringer IAAF Championship, Berlin, 2009	10:15.43, Irene Kimaiyo, Texas Tech Big 12 Outdoors, 2008
<b>5,000 Meters</b>	15:05.25, Jenny Barringer DN Galan Grand Prix, Stockholm, 2009	16:34.7, Meeumi Fujiwara, Wacura (Japan), CU Relays, 1992
<b>10,000 Meters</b>	32:50.80, Jodie Hughes Mt. SAC Relays, 2002	35:37.5, Lisa Wakem, Kansas St. Big Eight Outdoors, 1986
<b>4x100-meter Relay</b>	44.95 (Cooper, Buchanan, Schuler, Joy) Cowtown Classic, 2001	42.88, Texas A&M Big 12 Outdoors, 2008
<b>4x400-meter Relay</b>	3:33.07 (Ward/Ards/Sterlin/Russell) NCAA Championships, 1996	3:32.28, Baylor Big 12 Outdoors, 2008
<b>Mile Relay</b>	3:49.1, (Ballenger/Chambers/McClendon/Dolas) Big Eight Outdoors, 1980	
<b>4x1,500-meter Relay</b>	17:36.60, (Messner/Raveling/Wille/Smith) Penn Relays, 1996	
<b>Distance Medley Relay</b>	11:03.82, (Higgins/Schuler/Zografos/Wheeler) Penn Relays, 2000	
<b>High Jump</b>	6-3, Karol Damon New Mexico Invite, 1991	6-1, Rita Graves, Kansas State Big Eight Outdoors, 1986
<b>Long Jump</b>	20-8, Annette Tannander NCAA Outdoors, 1983	21-9 <sup>3</sup> / <sub>4</sub> , Angela Thacker, Nebraska Big Eight Outdoors, 1993
<b>Triple Jump</b>	40-11.5, Liza Negriff, Colorado Invitational, 2005	45-3 <sup>1</sup> / <sub>4</sub> , Yasmine Reys, Texas A&M Big 12 Outdoors, 2008
<b>Discus</b>	181-7, Melisa Weis Modesto Relays, 1994	171-9, Melisa Weis, Colorado Big Eight Outdoors, 1993
<b>Shot Put</b>	54-6, Melisa Weis USATF Championships, 1993	56-02 <sup>1</sup> / <sub>2</sub> , Patience Knight, Texas Tech Big 12 Outdoors, 2008
<b>Javelin</b>	169-5, Liz Lampros NCAA Outdoors, 1986	186-10, Dana Pounds, AFA Colorado Invitational, 2006
<b>Heptathlon</b>	5,893, Annette Tannander NCAA Outdoors, 1983	5,643, Megan Wheatley, Nebraska Big 12 Outdoors, 2008
<b>Hammer Throw</b>	196-10, Janet Visosky Big 12 Championships, 1998	212-04, Loren Groves, Kansas State Big 12 Outdoors, 2008
<b>Pole Vault</b>	12-4, Megan Buttner Jack Christensen Invitational, 2003	13-05 <sup>1</sup> / <sub>4</sub> 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	USAF, Colo.
5-09.25	Anna Magle	twice	Ft. Collins, Colo.
5-08.75	Sarah Goodwin	5/3/97	USAF, Colo.
5-07.75	Heather Sterlin	5/16/97	Big 12, Waco, Texas
5-06.50	Alyssa Frank	5/16/10	Big 12, Columbia, Mo.
5-06.00	Cameron McDonald	5/18/93	Big Eight, Boulder
5-06.00	Laurisa Canini	4/17/10	Pueblo, Colo.
5-05.75	Jessica Cade	4/6/02	Greeley, Colo.

## Pole Vault *Top Performances*

12-04.00	Megan Buttner	4/19/03	Ft. Collins, Colo.
12-02.00	Megan Buttner	4/26/03	Ft. Collins, Colo.
11-06.00	Megan Buttner	5/1/03	Boulder
11-06.00	Megan Baker	5/1/03	Boulder
11-06.00	Megan Buttner	4/27/02	Ft. Collins, Colo.
11-06.00	Megan Buttner	3/23/02	Boulder
11-05.75	Megan Buttner	4/12/03	Eugene, Ore.
11-05.75	Megan Buttner	3/30/02	Tempe, Ariz.
11.05.25	Megan Buttner	4/5/03	Greeley, Colo.
11-03.75	Megan Buttner	3/25/00	Palo Alto, Calif.

## Pole Vault *Top Performers*

12-04.00	Megan Buttner	4/19/03	Ft. Collins, Colo.
11-06.00	Megan Baker	5/1/03	Boulder
11-02.00	Mary French	4/26/03	Ft. Collins, Colo.
10-00.00	Liza Negri	4/13/02	USAF, Colo.
10-00.00	Sunny Nordmarken	3/25/00	USAF, Colo.

## Long Jump *Top Performances*

20-08.00	Annette Tannander	5/4/83	Big Eight, Stillwater, Okla.
20-08.00	Annette Tannander	5/4/83	Big Eight, Stillwater, Okla.
20-06.50	Heather Sterlin	4/19/97	Walnut, Calif.
20-05.50	Heather Sterlin	5/4/96	Ft. Collins, Colo.
20-05.25	Heather Sterlin	5/30/96	Eugene, Ore.
20-05.00	Heather Sterlin	4/19/96	Walnut, Calif.
20-03.75	Heather Sterlin	6/15/96	Atlanta, Ga.
20-03.00	Heather Sterlin	5/20/96	Atlanta, Ga.
20-02.25	Heather Sterlin	1997	New Orleans, La.
20-01.00	Heather Sterlin	5/21/96	Lincoln, Neb.
19-11.50	Heather Sterlin	5/21/96	Lincoln, Neb.
19-08.75	Annette Tannander	5/31/83	NCAA, Houston, Texas

## Long Jump *Top Performers*

20-08.00	Annette Tannander	5/4/83	
20-06.50	Heather Sterlin	4/19/97	Walnut, Calif.
19-08.75	Amberly Casey	4/30/04	Big 12, Norman, Okla.
19-02.25	Hannah Cooper	3/28/98	Tempe, Ariz.
19-02.00	Stacey Whitfield	4/2/83	Boulder
19-00.75	Maxine Marlow	4/5/03	Greeley, Colo.
19-00.25	Jill Hassebrock	5/21/94	Lawrence, Kan.

## Triple Jump *Top Performances*

40-11.50	Liza Negri	4/6/05	Boulder
40-06.25	Liza Negri	5/1/04	Big 12, Norman, Okla.
40-04.75	Liza Negri	4/17/05	
40-02.00	Udie Ekiko	4/17/94	USAF, Colo.
40-00.00	Amberly Casey	4/28/07	Laramie, Wyo.
39-10.00	Amberly Casey	5/13/07	Big 12, Lincoln, Neb.
39-09.75	Liza Negri	4/26/03	Ft. Collins, Colo.
39-08.00	Liza Negri	3/20/04	Boulder
39-07.25	Liza Negri	4/10/04	Eugene, Ore.
39-05.25	Udie Ekiko	3/25/95	Tempe, Ariz.
39-04.50	Amberly Casey	3/18/06	Boulder
39-04.00	Liza Negri	3/19/05	
39-03.25	Liza Negri	4/24/04	Ft. Collins, Colo.
39-03.00	Amberly Casey	5/15/05	Big 12, Manhattan, Kan.
39-02.50	Udie Ekiko	3/23/96	Albuquerque, N.M.

## Triple Jump *Top Performers*

40-11.50	Liza Negri	4/6/05	Boulder
40-02.00	Udie Ekiko	4/17/94	USAF, 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	USAF, 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	USAF, 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.