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BUFFS AT A GLANCE

Location: Boulder, Colo.
Enrollment: 29,884
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: Rick George
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); Casey Malone (Throws); Lindsey Malone (Combined Events/Jumps); Drew Morano (Sprints/Hurdles)
Assistant Coach/Recruiting Coordinator: Billy Nelson (Distance)
Director of Operations: Karen Lechman
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DWAC Training Room: 303/492-3801
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2014 IN REVIEW:

Indoors

MPSF Indoor Championships: Men 10th, Women 9th
NCAA Indoor Championships: Men t32nd, Women t51st
All-Americans (4): Jake Hurysz (3,000), Shalaya Kipp (5,000), Morgan Pearson (5,000), Ben Saarel (3,000)
NCAA Champion (0): None

Outdoor

Pac-12 Outdoor Championships: Men 10th, Women 10th
NCAA Outdoor Championships: Men t64th, Women t19th
Conference Champions (1): Shalaya Kipp (Steeplechase)
All-Americans (4): Joe Bosshard (10,000), Emily Hunsucker (Hammer Throw), Shalaya Kipp (Steeplechase) and Ben Saarel (1,500)
NCAA Champion (0): None

CREDITS

The 2015 University of Colorado Track and Field Media Guide was written and designed by the Colorado Sports Information office and assistant director Linda Sprouse. The covers were designed by CU graphic designer Emily Simpson.

Layout and Typesetting: Linda Hall, Whirlwind Graphics

Photography: Chip Bromfield (Pro-Motion LTD), Larry Lawson, Cliff Grassmick, Brian Lewis, Pro-Motion, Ltd., Curtis Snyder, Linda Sprouse, Casey Malone and Casey Cass and Glenn Asakawa, University of Colorado

ON THE COVER

Alex Kizirian, Ben Saarel, Jaron Thomas, Abrianna Torres and Carrie Verdon.

ON THE INSIDE COVER

Eileen Gehring, Jake Hurysz, Mark Jones, Morgan Pearson and Blake Theroux.

Student-athletes have signed waivers disclosing their academic standing.



MARK WETMORE
Head Coach
Distance
20th Season

Mark Wetmore enters his 23rd season at Colorado, his 20th as the head coach, 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 seven team titles since 2000. The women won in 2000, while the men won the following year. Both teams captured the championship again in 2004 (CU became only the third school to win both championships in the same year), and in 2006 the men won again. The men also earned back-to-back titles in 2013 and 2014. 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 56 individual conference champions and 11 individuals who have combined for 22 NCAA titles. Wetmore has coached 79 individuals to 245 All-American selections. He has produced 29 conference championship teams, most recently capturing the 2014 Pac-12 Men's Cross Country Championship.

Wetmore's distance runners have represented the United States in international competitions. During their collegiate careers, nine qualified for the World Junior Cross Country Championships and seven earned berths in the World Senior Cross Country Championships. Since 2000, 10 Buffaloes

have combined for 17 spots on the U.S. Olympic Team roster, including then-CU students Emma Coburn and Shalaya Kipp in 2012, both in the steeplechase.

His graduates have experienced post-collegiate success unrivaled by any NCAA distance program. Twenty-four of his athletes have earned professional running contracts and combined for 11 USA Cross Country titles and 38 berths on U.S. teams that compete at the IAAF World Cross Country Championships since 1999. CU graduates have won 41 USATF Championships and 10 individuals have represented the U.S. at the IAAF World Track & Field Championships.

Wetmore is a 26-time conference coach of the year and a five-time NCAA Coach of the Year. In 2014, USA Track and Field named him the USA Co-Coach of the Year.

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
11th Season

Colorado's first female three-time cross country All-American, Heather Burroughs begins her 11th season on the staff of her alma mater assisting coach Mark Wetmore with the men's and women's teams. Since joining the staff, she has assisted with 13 conference championship teams, five NCAA championship teams and 104 All-Americans. Burroughs was promoted to associate head coach following the 2011 season where the Buffs swept the inaugural Pac-12 Cross Country Championships to win the conference's first two team championships.

In Burroughs' 10 track seasons assisting the men's and women's middle and long distance runners, CU athletes have made an impact at the conference, NCAA, American and world levels on the track. To date, 35 have captured individual conference titles and 55 have earned All-American accolades. The women have won 10 individual NCAA titles and broke six collegiate records. Since 2007, CU runners have won four U.S. outdoor titles. They have earned four individual berths on U.S. outdoor world championship teams as well as three individual berths on the U.S. Olympic team. In 2014, USA Track and Field named her the USA Co-Coach of the Year.

During Burroughs' CU cross country career, she was a top-five and all-conference finisher in 1994, '95, '97 and '98 with a runner-up finish in '95. She claimed all-district honors those same seasons and was an All-American in 1994, '95 and '98. The Buffs finished in the top four of the NCAA in three of those seasons, including a runner-up finish in 1995.

On the track, she was the Big 8 Conference Women's Indoor Track Newcomer of the Year in 1995. She won one conference individual title, scored in 15 conference races and was an indoor 5,000-meter All-American in 1998. Burroughs qualified for six NCAA indoor and outdoor races during her career.

Burroughs was born in Kansas City, Kan. and attended Pembroke Hill High School. She graduated from CU in 1999 with a Bachelor of Arts in biology.



CASEY MALONE
Assistant Coach/Throws
15th Season

Casey Malone, a 1998 NCAA Discus Champion and two-time Olympian, is in his 15th season as the throws coach at Colorado.

A four-time All-American at Colorado State, he owns a 224 foot, 8 inch personal record. It was the best throw by an American in 2009, and he was the fifth best performer 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 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 (Alex Kizirian, 68-4.50) along with the men's and women's outdoor weight throw (Zach Hazen, 210-11; Emily Hunsucker, 212-11). He has mentored eight NCAA qualifiers, 16 regional qualifiers, seven junior national qualifiers and several Big 12, Pac-12 and MPSF 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
Eighth Season

Lindsey Malone began her eighth year coaching the pentathlon, heptathlon, decathlon and jumps for the CU Track and Field team in the fall of 2014.

During the 2013 indoor season, Brienne Beemer broke a twenty-year-old school record in the pentathlon after scoring 4,059 points at the USATF Indoor Championships. Beemer competed alongside teammates Brittany Lewis (3,863), Abrianna Torres (3,832) and Genny Mayden (3,795) to earn CU the honor of being the first school in USA Indoor Combined Events Championship history to have four athletes competing in jersey in the same event. Mark Jones also competed at USA's and set a new personal record in the high jump at 7-2 ¼.

During the outdoor season, Jones placed second in the high jump at the 2013 Pac-12 Championships, clearing 7-2 ½, and competed at the NCAA Championships. Torres, Beemer and Mayden scored in the heptathlon which continued CU's streak of being the highest scoring women's multi team in the Pac-12 for the past three championship meets.

In 2010, Malone was chosen to coach Team USA alongside Dr. Rick McGuire for the USA vs. Germany Thorpe Cup Challenge in Marburg, Germany. Malone's volunteer assistant coach and former Colorado State student-athlete, Emily Pearson, earned a spot on the USA team as well making her fifth international team wearing USA on her shoulders. During Malone's first year on staff at CU in 2008 she guided Hugh Charles to a personal best of 25-3 ¼ in the long jump.

Malone was an assistant at CSU from 2001-07 where she coached 14 Mountain West Conference Champions in high jump, long jump, 60-meter hurdles, pentathlon, heptathlon and decathlon.

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 at CSU's conference meets. 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 with a bachelor's degree in art with concentrations in art education and painting. She is married to CU throws coach and two-time Olympian, Casey Malone.



DREW MORANO
Assistant Coach/Sprints & Hurdles
Sixth Season

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

Morano coached two of CU's all-time best sprinters in Jeremy Dodson and Joe Morris. 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 the 200 and 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. 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.

Morano coached Morris to the CU 60-meter record (6.57) in 2013 at the Air Force All-Comers Meet. Morris ran the fastest non-elevation time in school history at the NCAA Indoor Championships, running 6.66 in the prelims. He finished as a four-time All-American (three indoors and one outdoors).

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).

Most recently in 2013, Morano coached then-sophomore Eileen Gehring to the CU 200 (23.80) and 400 records (53.23). She is also a member of the record-setting indoor 4x400 relay (3:43.52). Gehring broke her 400 record that she set as a freshman in 2012 after winning the Olympic Development section at Mt. SAC.

Morano was a standout at Colorado State University in the 200 and 400 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 and the U.S. Olympic trials in 2008.

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. He is married to the former Tara Burnett, the CU track and field athletic trainer.



BILLY NELSON
Assistant Coach/Distance
Recruiting Coordinator
Fifth Season

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

Nelson 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. He was also a member of the 2006 NCAA Cross Country Championship team.

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 CAA 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 a 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.



KAREN LECHMAN
Director of Operations
13th Season

Karen Lechman is in her eighth year as the director of operations, but her 13th 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, and 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.



EMMA COBURN
**Volunteer Assistant Coach/
 Distance**
Second Season

Olympian Emma Coburn signed with New Balance after finishing up her storied career with the Buffs in the summer of 2013 and stayed on to train with CU coaches Mark Wetmore and Heather Burroughs. She is serving as a volunteer assistant with the Buffs for her second season. In her first season as a professional, Coburn ran the fastest American women's 3,000-meter steeplechase time at the Glasgow British Athletics Diamond League (9:11.42) and won her third USA Steeplechase title.

Coburn became just the third CU student-athlete with eligibility remaining to qualify for the Summer Olympic Games in 2012 after winning the U.S. Olympic Team Trials in the steeplechase. She ran the fastest steeplechase time on U.S. soil (9:25.28) at the 2012 Nike Prefontaine Classic in a field of professional athletes while she was still a collegian.

The Crested Butte, Colo. native left her mark on CU's record book. Indoors, she is the second-best performer in the mile (4:29.86) and sixth in the 3,000 (9:17.46). Coburn ran the anchor leg in the CU record-setting distance medley relay that placed fourth at the 2011 Big 12 Indoor Championship with a time of 11:22.87. Nationally, she is the fifth fastest performer in the mile and is the only American to run a sub-4:30 mile twice, both during the 2013 season. Outdoors, she is the second fastest CU performer in the steeplechase (9:23:54) and in the 1,500 (4:06.87). Nationally, she ranks second in the steeplechase (9:28.26) and fifth in the 1,500 (4:06.87). Coburn was one of two collegiate women to ever run a sub-9:30 steeplechase and did it twice in a CU uniform. She finished her career as a six-time All-American and won three NCAA titles. She is the first CU athlete to ever win an indoor mile title (2011) and took home the 2011 and 2013 NCAA steeplechase crowns.

Coburn graduated from CU in 2013 with a degree in marketing.



JENNY SIMPSON
**Volunteer Assistant Coach/
 Distance**
Third Season

Two-time Olympian Jenny (Barringer) Simpson, who continues to train with Mark Wetmore and Heather Burroughs at CU, will serve as a volunteer assistant with the Buffs for her third year.

Simpson is the 2011 IAAF 1,500-meter World Champion, becoming the first American since another former Buff, Mary Decker Slaney, won in 1983. In 2013, she narrowly missed defending her world title as she finished second overall. The 2014 season brought more success as Simpson won the IAAF Diamond League Crown at 1,500-meters and earned the world No. 1 ranking in the event.

Easily one of the most decorated athletes ever at CU, Simpson won four NCAA Championships, three in the 3,000-meter steeplechase and one indoor 3,000. She also broke six NCAA records and seven CU records in 2009 en route to being named the first female recipient of the USTFCCA's The Bowerman Award, which is given to the top male and female collegiate track and field athlete of the year.

Simpson also performed well at the national and world level while competing for the Buffs. She made two world teams and qualified for the 2008 Olympics in the steeplechase. After graduating from CU, Simpson signed with New Balance and switched gears from the steeplechase to the 1,500. Collegiately and professionally she has won four USA Indoor Championships and four outdoor championships. Despite not having competed in the steeplechase in a few years, Simpson is still the American record holder (9:12.50), which she set at the 2009 world championships.

Simpson graduated from CU in 2009 with degrees in political science and economics. She is married to Jason Simpson.

Assistant Coach Accolades

Heather Burroughs (Distance)

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

Emma Coburn (Middle Distance/Steeplechase)

Professional:

Fastest Steeplechase time by
an American (9:11.42)

2014 IAAF Continental Cup
Champion

2014 USA Steeplechase
Champion

2014 Shanghai Grand Prix
Champion

2014 Glasgow British Athletics
Diamond League (2nd)

Ranked No. 1 Steeplechaser in
the U.S. in 2014

Collegiate:

Six-time All-American

Three-time NCAA Champion

2012 Olympian

2011 and 2013 NCAA Steeplechase Champion

2013 Pac-12 Steeplechase Champion

2013 NCAA Indoor Mile Champion

2012 USA Olympic Trials Champion

2011 USA Outdoor Championships Champion

Ranked No. 1 Steeplechaser in the U.S. in 2011, '12 and '13

Casey Malone (Discus)

Professional:

2013 USA Championships (4th)

2012 U.S. Trials (6th)

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,
3rd/2005, 5th/2003, 5th/2002, 5th/2002, 10th/2001, 6th/1999,
5th/1997) 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)

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

Lindsey Malone (Combined Events/Jumps)

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

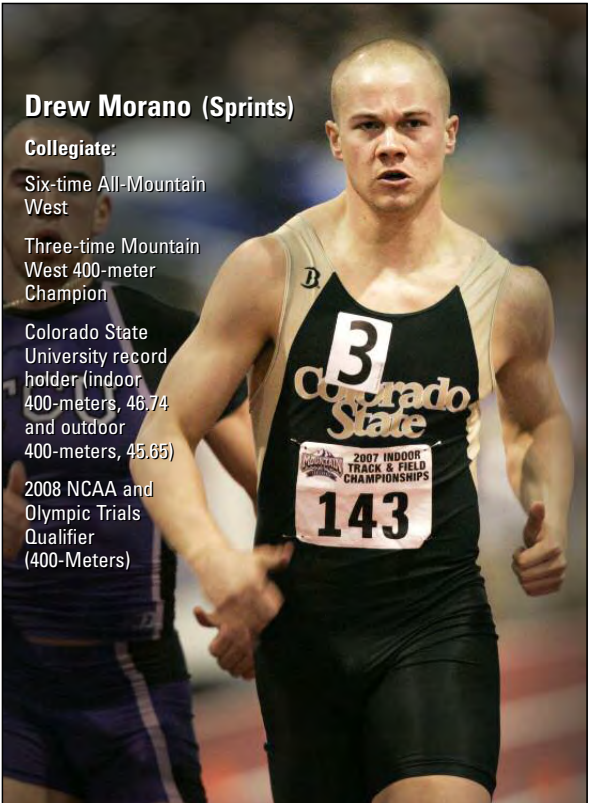
1998 Tied CSU Outdoor High Jump record

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

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

Drew Morano (Sprints)

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)



Billy Nelson (Steeplechase)

Professional:
 2014 USA Outdoor Championship participant
 2013 USA Championships participant
 2012 USA Olympic Trials participant
 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



Jenny Simpson (Middle Distance/Distance)

Professional:
 Four-time USATF Indoor Champion
 Four-time USATF Outdoor Champion
 Two-time Olympian (2008 and 2012)
 2014 IAAF Diamond League Champion (1,500)
 2014 Zurich Grand Prix (1st, 1,500)
 2014 DN Galan Stockholm (1st, 1,500)
 2014 Paris Meeting AREVA (2nd, 1,500), ran second fastest time by an American (3:57.22)
 2014 USA Outdoor Champion (1,500)
 2014 Tokyo Seiko Golden Grand Prix (1st, 1,500)
 2014 USA XC Runner-up (8k)
 2013 IAAF World Championships (2nd, 1,500)
 2013 USATF 5k Champion
 2012 USA Olympic Trials (3rd, 1,500)
 2012 USA Indoor Champion (Mile and 3k)
 2011 IAAF World Champion (1,500m)
 2011 USA Outdoor Championships (2nd, 1,500)
 2011 USA Indoor Champion (Mile and 3k)
 2010 USA Outdoor Championships (3rd, 5k)

Collegiate:
 Four-time NCAA Champion
 Seven-time All-American
 Owns Six NCAA Records
 Owns Seven CU Records
 American record holder (steeplechase, 9:12.50)
 Won the inaugural The Bowerman award
 Four-time Big 12 Champion
 Four-time Midwest Region Champion
 2009 IAAF World Championships (5th, steeplechase – set the American record (9:12.50) which still stands)
 2009 USA Steeplechase Champion
 2008 Olympic Games (8th)
 2008 USA Olympic Trials (3rd)
 2007 USA Steeplechase Champion





Corey Edwards
Academics

Corey Edwards Academic Counselor • Fourth Season

Corey Edwards is in his fourth year as an academic coordinator in the Herbst Academic Center. He currently works with the track & field and cross country teams and serves as the tutor coordinator for the department. Prior to his arrival at CU, Edwards was the Director of Athletic Events and Operations at the University of Northern Colorado where he helped that department successfully transition from NCAA Division II to Division I. Following his job at UNC, Edwards interned at Kroenke Sports Enterprises with the Colorado Rapids in their marketing and event operations departments. A native of Texas, Edwards attended Sweetwater High School where he lettered in basketball and track & field. He continued his basketball career at Abilene Christian University. Edwards earned both his bachelor's degree in communication and master's in sport administration from UNC. Edwards enjoys mountain biking, camping and tennis. He and his wife Tabitha had four daughters, Kailey, Kori, Koco, and Kamille.



MT Eisner
Sports Performance

MT Eisner Assistant Coach Sports Performance • Second Season

MT Eisner joined the Colorado Sports Performance staff in September of 2013 after spending just over a year at the University of Denver as a part-time assistant coach, working with all 17 Division I programs. She graduated from Fairfield University in 2008 with a bachelor's degree in communication and journalism and went on to receive her master's degree in sports medicine with a specialization in strength and conditioning from UC-Colorado Springs in 2013. While attending Fairfield, she earned four letters in soccer and was named to the First Team All-MAAC in 2007 and 2008. Her team was the MAAC Champion in 2005 and represented the conference in the NCAA Tournament that same season. Eisner has certifications in CSCS (certified strength and conditioning specialist), USA Weightlifting Level 1 and CPR/AED. She graduated from Arapahoe High School in 2004 where she lettered in soccer. The former MT Church is married to Justin Eisner and enjoys playing tennis and running in her free time.



Tim Horton
Equipment

Tim Horton Assistant Equipment Manager • 14th Season

Tim Horton has returned to the equipment room after spending eight seasons in the business office at CU. This is his 22nd year at CU, his 14th as Olympic Sports equipment manager, as he joined the CU staff in the fall of 1992. His primary duties at Colorado are handling the equipment needs for the non-revenue sports, along with helping the football program on game day. The student-athletes selected him as the 2002-03 Staff Member of the Year for his contributions and time dedicated to the success of the members of CU's 17 intercollegiate programs, presenting him with the honor at the 2003 CUSPY's. He graduated from the University of Northern Colorado in 1979, earning a bachelor's of science degree in business administration and marketing. He was a member of the Bears' ski team while in college. Born Dec. 11, 1956 in Leadville, Colo., he graduated from Boulder's Fairview High in 1975, where he lettered in football. An avid bicyclist, he participated in the 2004 Ride The Rockies to test his endurance over the 350-plus mile trek. Horton also rode the Denver Century in June 2014 and raised over \$1,500 for cancer research in search of the Leukemia Lymphoma Society. He has a son, Davis Paul (24) and is a seven year cancer survivor.



Tara Morano
Athletic Trainer

Tara Morano Assistant Athletic Trainer • Second Season

Tara Morano is in her second year as an Assistant Athletic Trainer at the University of Colorado after joining the staff in August of 2013. She works with the men's and women's cross country and track and field teams. Prior to joining CU, she worked at the University of Texas (2006-2013), including the last six seasons with the men's track and field team. In 2004, Morano graduated with her bachelor's in athletic training at Central Methodist College. At CMC, she competed in basketball and track while graduating Magna Cum Laude with Honors. Upon graduating, Morano provided interim medical coverage for the Mid-Missouri Mavericks minor league baseball team in Columbia, Mo. She went on to attend the University of Tennessee and earned her master's in sport management with a 4.0 GPA in 2006. The Warsaw, Mo. native graduated from Warsaw High School in 1999 and lettered in basketball, volleyball, cross country and track and field. She enjoys outdoor activities, sports and cooking. The former Tara Burnett is married to CU assistant track coach Drew Morano.



Linda Sprouse
Sports Information

Linda Sprouse Assistant Sports Information Director • 10th Season

Linda Sprouse is in her 10th season as the assistant sports information director for the CU cross country/track and field team and also works with the volleyball program at Colorado. Sprouse served as the media coordinator for the 2013 Pac-12 Cross Country Championships and the 2008 Big 12 Outdoor Track & Field Championship when the Buffs hosted both meets. 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 2007. A native of New Ulm, Minn., she earned two letters as a member of the NUHS tennis team and enjoys watching hockey, hiking and spending time with family and friends. The former Linda Poncin is married to Nick Sprouse. The couple has one daughter, Lily, who will turn one in April.

INDOOR

| | | | |
|----------------------|--|---------------------------|-----------------------|
| December 12 | Air Force Holiday Open | Cadet Fieldhouse | USAFA, Colo. |
| January 10 | Air Force All-Comers | Cadet Fieldhouse | USAFA, Colo. |
| January 16-17 | Potts Indoor Invitational | Balch Fieldhouse | Boulder, Colo. |
| January 23-24 | Air Force Invitational | Cadet Field House | USAFA, Colo. |
| February 13-14 | Husky Classic | Dempsey Indoor | Seattle, Wash. |
| February 20-21 | Joe Davies Open | Steinhauer Fieldhouse | Golden, Colo. |
| February 27-28 | Mountain Pacific Sports Federation Championships | Dempsey Indoor | Seattle, Wash. |
| March 13-14 | NCAA Indoor Championships | Randal Tyson Track Center | Fayetteville, Ark. |

OUTDOOR

| | | | |
|--------------------|--------------------------------------|-------------------------------------|-----------------------|
| March 20-21 | Jerry Quiller Classic | Potts Field | Boulder, Colo. |
| March 26-28 | Texas Relays | Mike A. Myers Stadium | Austin, Texas |
| March 27-28 | Fum McGraw Quadrangular | Jack Christiansen Track | Fort Collins, Colo. |
| April 3 | Stanford Invitational | Cobb Track & Angell Field | Palo Alto, Calif. |
| April 4 | Air Force Multis/Relays | Cadet Outdoor Track & Field Complex | USAFA, Colo. |
| April 10-11 | CU Invitational | Potts Field | Boulder, Colo. |
| April 14-18 | Mt. SAC Relays | Hilmer Lodge Stadium | Walnut, Calif. |
| April 15-18 | Bryan Clay Invitational | Cougar Athletic Stadium | Azusa, Calif. |
| April 15-18 | Beach Invitational | Jack Rose Stadium | Cerritos, Calif. |
| April 23-24 | Glenn Morris Combined Events | Jack Christiansen Track | Fort Collins, Colo. |
| April 24-25 | Jack Christiansen Invitational | Jack Christiansen Track | Fort Collins, Colo. |
| May 2 | Cowpoke Open | Madrid Sports Complex | Laramie, Wyo. |
| May 2 | Longhorn Invitational | Mike A. Myers Stadium | Austin, Texas |
| May 2 | Payton Jordan Cardinal Invitational | Cobb Track & Angell Field | Palo Alto, Calif. |
| May 9-10 | Pac-12 Combined Events Championships | Drake Stadium | Los Angeles, Calif. |
| May 16-17 | Pac-12 Outdoor Championships | Drake Stadium | Los Angeles, Calif. |
| May 28-30 | NCAA West Preliminary Championships | Mike A. Myers Stadium | Austin, Texas |
| June 10-13 | NCAA Outdoor Championships | Hayward Field | Eugene, Ore. |

** Schedule is tentative and subject to change*

The 2014-15 University of Colorado track and field season will really kick into high gear in January. A small part of the team started competing in December, but rest of the team will start competing in January.

As in the past, CU will host three home meets. The Potts Indoor Invitational (January 16-17) is the only indoor home meet the Buffs will host at Balch Fieldhouse, but they will host a pair of outdoor meets as well at Potts Field, the Jerry Quiller Classic, March 20-21, and the Colorado Invitational, April 10-11.

DISTANCE

Colorado continues to be known for its distance program and once again head coach Mark Wetmore and assistant coach Heather Burroughs have the distance squad ready for another exciting season. The men's team is fresh off its fifth NCAA Cross Country Championship, its second in two years, as well as its fourth straight Pac-12 Cross Country Championship. The women also had a great showing in the fall, finishing seventh at NCAAs and third at Pac-12s.

The men's side is loaded with talent and has seven cross country All-Americans ready to compete on the track. Seniors Jake Hurysz, Morgan Pearson and Blake Theroux, as well as juniors Ammar Moussa, Pierce Murphy and Connor Winter and sophomore Ben Saarel look to have great seasons this spring.

Saarel earned a pair of All-America honors in 2014 on the track, he was third in the indoor 3,000 and was 16th in the 1,500 (outdoors), while Hurysz was a second team All-American in the indoor 3k in 2014. Theroux was the Pac-12 runner-up in the steeplechase during the outdoor season, while Pearson was seventh at the conference meet in the 10k. Murphy didn't score at the conference meet last year, but he was third in the 10k in 2013.

The depth goes beyond those four competitors. Hugh Dowdy is returning for his senior season and has done well in the steeplechase. Two other Buffs, Zach Perrin and Adam Peterman, redshirted the 2014 season and look to make an impact this season.

The CU women are a young team, but that isn't an issue since they have already shown they can do well with their cross country finish in 2014. Redshirt freshman Erin Clark didn't compete during the 2014 track and field season, but led the Buffs in every race on the cross country course this past fall, including a 31st place finish at NCAAs for her first All-America honor.

Junior Carrie Verdon has scored for the Buffs on the track, placing eighth at the 2013 Pac-12 Championships in the 5k as a freshman. Transfer Sara Sutherland and sophomore Melanie Nun add more experience to this young team as both have done well at conference meets in the past.

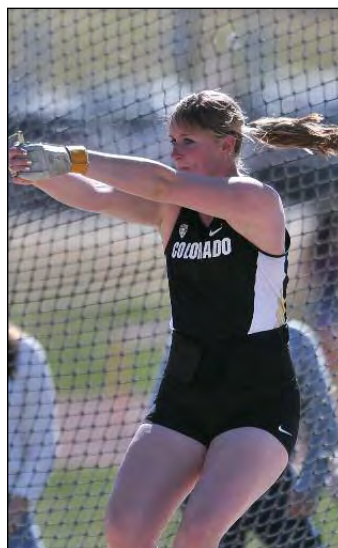
JUMPS/COMBINED EVENTS

Assistant coach Lindsey Malone is in her eighth year at the helm of the combined events and jumps program and has another great group of athletes this year. The men's side is young, with just one senior on the team, Mark Jones. Jones is one of the best high jumpers in CU history, ranking third on both the indoor and outdoor charts. He has scored for the Buffs at both the indoor and outdoor conference meets and should do the same this year. There are several newcomers to the program, which include Mason Chronowski, Matt Denton, Michael Egotanda, Andrew Ghizzone and Matthew Walker who will compete in the combined events and jumps.

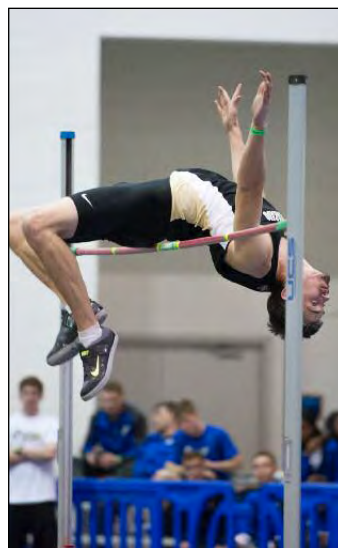
The women's team has more experience with junior Abrianna Torres leading the team in the combined events. Torres has recorded points for the Buffs indoors and outdoors in the combined events, but also in the long jump. She is the fourth best CU performer in the pentathlon and ranks sixth in the heptathlon. Senior Kelsey English is one of the best high jumpers CU has had, ranking fourth on the outdoor list and sixth indoors. Joining those two this season are Bekah Daniel, Taila Howe, Rebekah Kazen, Rajon O'Quinn, Ewelina Pena, Mariah Slack and Michaela Wenning.



Jenny DeSouchet



Sophie Hallam-Eames



Mark Jones



Alex Kizirian

SPRINTS/HURDLES

Assistant coach Drew Morano is in his sixth season at the helm of the Buffalo sprinters. Shaw Gifford is back for his final season with the Buffs. He has been a part of the 4x100 and 4x400-meter relays which have performed well at the indoor and outdoor league championships. Sophomore Jaron Thomas had a breakout freshman campaign for CU and looks to build on that performance. He placed third in the 400-meter hurdles and was sixth in the 110-hurdles at Pac-12s. Erik Gaytan, Jaylyn Mars and Austin Mitsch will also help to lead the Buffs this season.

Senior Eileen Gehring, CU's outdoor 200 and 400-meter record holder, is back to lead the team and will be joined by senior Lindsay Mattson. Mattson ranks third in CU history in the 400 and is seventh in the 200. Mattson and Gehring have been members of the women's 4x400 relay teams that have scored at both indoor and outdoor conference meets, as well as setting the CU record in the indoor 4x400 (3:43.52). Some of the other leaders on the team include sisters Ana and Mia Holland.

THROWS

Casey Malone, a two-time Olympian and two-time U.S. Discus Champion, is at the helm of the Buffs throwers for the 15th season. Over the course of the last few years, his team has made huge strides, qualifying for NCAAs and setting CU records.

Alex Kizirian and Brady Rutt will lead the men's team again this year. Kizirian, a senior, set the CU weight throw record last year (68-4.50). He scored for the Buffs in the weight throw at the MPSF Championships, and during the outdoor season, he came close to scoring at the Pac-12 Championships, placing ninth in the hammer throw and 15th in the discus. Rutt, a junior, redshirted the 2014 season. In 2013, he was just shy of scoring for CU at the outdoor conference meet in the discus, placing ninth. He was fifth in the event in 2012.

The women are led by seniors Sophie Hallam-Eames and Kellie Lind. Both are on the verge of scoring for the Buffs and look to do great things in their final season of competition.

THE MEET SCHEDULE

A small group of athletes began competing in December before winter break, but the season will start for the entire team at the beginning of January. The Air Force Open is the first meet on the schedule (Jan. 9) before CU hosts the Potts Indoor Invitational Jan. 16-17. The Buffs will stay on the Front Range for most of the indoor season, but there will be a chance to head to Seattle for the Husky Classic (Feb. 13-14). A group of athletes will also compete at the Don Kirby Collegiate Open (Feb. 13-14) in Albuquerque, N.M.

The University of Washington will host the 2015 Mountain Pacific Sports Federation Championships in Seattle, February 27-28, and the NCAA Indoor Championships will follow March 13-14 in Fayetteville, Ark. for those who qualify.

As soon as the indoor season is over, the Buffs will switch gears to the outdoor campaign, hosting the first of its two home meets at Potts Field. CU will host the Jerry Quiller Classic March 20-21, and the second home meet is the Colorado Invitational, slated for April 10-11.

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 compete regionally as several athletes will have the opportunity to compete across the country at Texas Relays, a pair of meets at Stanford and the prestigious Mt. SAC Relays.

UCLA will host the 2015 Pac-12 Outdoor Track & Field Championships. The combined events portion of the meet will be contested May 8-9, while all other event areas will compete May 16-17. Texas will host the NCAA West Preliminary Championships, May 28-30, at Mike Myers Stadium. The 2015 NCAA Outdoor Championships are June 10-13 in Eugene, Ore. at Hayward Field.



Lindsay Mattson



Jaron Thomas



Abrianna Torres



Connor Winter

2015 Track And Field Rosters

| MEN | Ht. | Yr. | In/Out | Event(s) | Hometown (High School/Previous College) |
|---------------------|------------|------------|---------------|-----------------|--|
| Reinhold Barchet | 6-4 | Fr. | HS/HS | Distance | West Chester, Pa. (Henderson) |
| Mason Chronowski | 6-2 | Fr. | HS/HS | Jumps | Pagosa Springs, Colo. (Pagosa Springs) |
| Matthew Denton | 6-0 | Fr. | HS/HS | Throws | Boulder, Colo. (Boulder) |
| Hugh Dowdy | 6-1 | Sr. | VR/2L | Distance | Petaluma, Calif. (Petaluma) |
| Michael Egotanda | 5-9 | Fr. | HS/HS | Jumps | Vestal, N.Y. (Vestal) |
| David Emmert | 6-3 | Fr./So. | RS/VR | Distance | Sycamore, Ill. (Sycamore) |
| Ryan Forsyth | 5-11 | Fr. | HS/HS | Distance | Severna Park, Md. (Severna Park) |
| Paden Gatlin | 6-5 | Fr. | RS/RS | Throws | Lancaster, Texas (Jesuit Dallas) |
| Erik Gaytan | 5-8 | So. | VR/1L | Sprints | Littleton, Colo. (Chatfield) |
| Andrew Ghizzone | 5-11 | Fr. | HS/HS | Combined Events | Union, N.J. (Union Catholic) |
| Shaw Gifford | 6-1 | Sr. | 2L/2L | Sprints | Littleton, Colo. (Chatfield/Arizona) |
| Ethan Gonzales | 5-11 | Fr. | HS/HS | Distance | Westminster, Colo. (Broomfield) |
| Darrin Haynes | 6-0 | Fr. | HS/HS | Sprints | Colorado Springs, Colo. (Cheyenne Mountain) |
| Christopher Herrick | 6-1 | Fr. | HS/HS | Distance | Missoula, Mont. (Hellgate) |
| Joe Holvey | 5-6 | So. | RS/RS | Distance | Eugene, Ore. (South Eugene/Oregon) |
| Jake Hurysz | 5-10 | Sr. | 1L/2L | Distance | Mebane, N.C. (Eastern Alamance/UNC) |
| Mark Jones | 6-8 | Sr. | 2L/1L | Jumps | Summit, N.J. (Summit) |
| Isaiah Kaiser | 6-0 | Fr. | HS/HS | Sprints | Aurora, Colo. (Cherokee) |
| Alexandre Kizirian | 6-2 | Sr. | 2L/1L | Throws | Thornton, Colo. (Mountain Range) |
| Garrett Losty | 6-0 | So. | VR/1L | Sprints/Hurdles | Williamsburg, Va. (Lafayette) |
| Jaylyn Mars | 5-6 | So./Fr. | VR/RS | Sprints | Aurora, Colo. (Cherokee Trail) |
| Christian Martin | 5-9 | So. | TR/TR | Distance | Littleton, Colo. (Heritage) |
| Paul Miller | 6-2 | Fr. | HS/HS | Distance | Fort Collins, Colo. (Poudre) |
| Austin Mitsch | 5-10 | So. | VR/VR | Sprints | Sacramento, Calif. (Jesuit) |
| Ammar Moussa | 5-7 | Jr. | VR/VR | Distance | Arcadia, Calif. (Arcadia) |
| Pierce Murphy | 5-8 | Jr. | VR/1L | Distance | Hanalei, Hawai'i (Island) |
| Morgan Pearson | 5-11 | Jr. | 1L/1L | Distance | New Vernon, N.J. (Morristown/Duke) |
| Zach Perrin | 6-0 | So./Fr. | VR/RS | Distance | Kalispell, Mont. (Flathead) |
| Adam Peterman | 6-2 | So./Fr. | VR/RS | Distance | Missoula, Mont. (Hellgate) |
| Timothy Porcelli | 6-3 | So. | VR/VR | Throws | Superior, Colo. (Mullen) |
| Brady Rutt | 6-1 | Jr. | VR/1L | Throws | Hastings, Neb. (Hastings) |
| Ben Saarel | 6-1 | So. | 1L/1L | Distance | Park City, Utah (Park City) |
| Luke Sheesley | 6-0 | Fr. | HS/HS | Distance | Fort Collins, Colo. (Fort Collins/Western State) |
| Jaysean Skrine | 5-7 | Fr. | HS/HS | Sprints | Fountain, Colo. (Fountain Fort Carson) |
| Panos Smyrnios | 5-8 | Fr. | RS/RS | Distance | Littleton, Colo. (Chatfield) |
| Blake Theroux | 5-8 | Sr. | 1L/2L | Distance | Chesapeake, Va. (Western Branch) |
| Jaron Thomas | 6-1 | So. | VR/1L | Sprints/Hurdles | Midlothian, Texas (Midlothian) |
| Matt Walker | 6-0 | Fr. | HS/HS | Combined Events | Southlake, Texas (Southlake Carroll) |
| Connor Winter | 5-11 | Sr./Jr. | 1L/1L | Distance | Centennial, Colo. (Arapahoe) |

HEAD COACH: Mark Wetmore

ASSISTANT DISTANCE COACH: Heather Burroughs

ASSISTANT SPRINTS COACH: Drew Morano

ASSISTANT THROWS COACH: Casey Malone

ASSISTANT COMBINED EVENTS AND JUMPS COACH: Lindsey Malone

RECRUITING COORDINATOR/ASSISTANT DISTANCE COACH: Billy Nelson

PRONUNCIATION GUIDE

| | | |
|--|--------------------------------------|---------------------------------|
| REINHOLD BARCHETREIN-Hold Bar-SHAY | Andrew GHIZZONEGEH-zone | Ben SAAREL.....SAH-rell |
| Mason CHRONOWSKICROW-now-SKI | Jake HURYSZ.....HERS | Panos SMYRNIOS.....SMEAR-ni-ohs |
| Michael EGOTANDAEGO-Tan-Da | Alexandre KIZIRIANKEH-zeer-IAN | Blake THEROUXTHER-row |
| Ryan FORSYTH.....FOR-SITH | Ammar MOUSSAMOO-sah | |



2015 Track And Field Rosters

| WOMEN | Ht. | Yr. | In/Out | Event(s) | Hometown (High School/Previous College) |
|---------------------|------------|------------|---------------|-----------------|--|
| Madeline Alm | 5-3 | Jr. | VR/VR | Distance | Louisville, Colo. (Monarch) |
| Kaitlyn Benner | 5-6 | Fr. | HS/HS | Distance | Superior, Colo. (Monarch) |
| Eryn Blakely | 5-3 | Fr. | RS/RS | Distance | Monrovia, Calif. (Alverno) |
| Tashay Brown | 5-3 | Fr. | HS/HS | Sprints | Centennial, Colo. (Eaglecrest) |
| Mackenzie Caldwell | 5-3 | Fr. | HS/HS | Distance | Columbus, Ind. (Columbus North) |
| Erin Clark | 5-5 | Fr. | RS/RS | Distance | Eugene, Ore. (South Eugene) |
| Madison Colletto | 5-9 | Fr. | HS/HS | Throws | Ventura, Calif. (Ventura) |
| Valerie Constien | 5-6 | Fr. | HS/HS | Distance | Edwards, Colo. (Battle Mountain) |
| Bekah Daniel | 5-8 | Grad. | TR/TR | Jumps | Silverdale, Wash. (Central Kitsap/Willamette) |
| Jenny DeSouchet | 5-6 | Jr. | VR/VR | Distance | Alamosa, Colo. (Alamosa/Columbia) |
| Kelsey English | 6-2 | Sr. | 2L/1L | Jumps | Colorado Springs, Colo. (Doherty) |
| Eileen Gehring | 5-6 | Sr./Jr. | 3L/2L | Sprints | Madison, Wis. (Edgewood) |
| Sophie Hallam-Eames | 6-3 | Jr. | VR/VR | Throws | Seattle, Wash. (Nathan Hale) |
| Brittany Hanrahan | 5-5 | So. | VR/VR | Hurdles | Newport Beach, Calif. (Mater Dei) |
| Ana Holland | 5-2 | Fr. | RS/RS | Sprints | Centennial, Colo. (Regis Jesuit) |
| Mia Holland | 5-4 | So./Jr. | VR/VR | Sprints | Centennial, Colo. (Regis Jesuit) |
| Taila Howe | 5-5 | Fr. | HS/HS | Combined Events | Carbondale, Colo. (Roaring Fork) |
| Claire Kazen | 5-11 | Fr. | HS/HS | Combined Events | Laredo, Texas (JB Alexander) |
| Annie Kelly | 5-6 | Fr. | RS/RS | Distance | Alpharetta, Ga. (Milton/Mississippi) |
| Makenzie Kline | 5-11 | So. | VR/VR | Throws | Reno, Nev. (Galena) |
| Kellie Lind | 5-8 | Sr. | VR/VR | Throws | Gig Harbor, Wash. (Gig Harbor) |
| Lindsay Mattson | 5-9 | Sr. | 1L/3L | Sprints | Grand Rapids, Minn. (Grand Rapids) |
| Lucy May | 5-4 | So./Fr. | VR/RS | Distance | St. Louis, Mo. (St. Joseph's Academy) |
| Catrina McAlister | 5-3 | Jr. | VR/VR | Distance | San Clemente, Calif. (Arcadia) |
| Melanie Nun | 5-4 | So. | VR/1L | Distance | Broomfield, Colo. (Legacy) |
| Rajon O'Quinn | 5-10 | Fr. | HS/HS | Jumps | Fountain, Colo. (Fountain Fort Carson) |
| Mandy Ortiz | 5-1 | Fr. | RS/RS | Distance | Vail, Colo. (Battle Mountain) |
| Ewelina Pena | 5-8 | Jr. | VR/VR | Combined Events | Lakewood, Colo. (Lakewood) |
| Hagen Reedy | 5-3 | Fr. | RS/RS | Distance | Clovis, Calif. (Buchanan) |
| Olivia Rintala | 5-5 | So. | VR/VR | Distance | San Jose, Calif. (Archbishop Mitty) |
| Mariah Slack | 5-11 | So. | VR/VR | Combined Events | Vista, Calif. (Vista) |
| Bridget Sweeney | 5-7 | Sr. | 1L/2L | Sprints | Hopkins, Minn. (Hopkins) |
| Sara Sutherland | 5-3 | Sr. | TR/TR | Distance | Dallas, Texas (Highland Park/Texas) |
| Abrianna Torres | 5-7 | Jr. | 1L/2L | Combined Events | San Luis Obispo, Calif. (San Luis Obispo) |
| Carrie Verdon | 5-2 | Jr. | 1L/1L | Distance | Moraga, Calif. (Campolindo) |
| Mariah Walker | 5-5 | Fr. | HS/HS | Throws | Colorado Springs, Colo. (Sand Creek) |
| Michaela Wenning | 5-11 | Fr. | HS/HS | Combined Events | Celina, Ohio (Celina) |

PRONUNCIATION GUIDE

Jenny DESOUCHETDE-Sioux-shay

RAJON O'Quinn.....RAY-jon

Eileen GEHRING.....GARE-ring

EWELINA Pena.....EVH-alina

REINHOLD BARCHET



Distance
Freshman, HS/HS
West Chester, Pa.
(Henderson)

PERSONAL BESTS

1,600-meters: 4:09.78
 3,200-meters: 9:03

HIGH SCHOOL: Barchet was a 2012 All-American in cross country after finishing 21st at Nike Cross Nationals. He also earned All-American status on the track in 2013 and '14 as a member of the 4xmile relay team. He is the HHS 1,600-meter record holder after running 4:09.78 and Barchet's personal best in the 3,200 is 9:03. While running for the Warriors, he helped the team to four league championships, four district titles and a pair of state championships (2012, '13). Barchet earned first-team all-state honors in 2013 and was third-team all-state in 2012. He was named to the all-district and all-league first teams as a junior and senior. Barchet was also recruited by Stanford, Harvard and Georgetown.

HIGH SCHOOL BESTS: 1,600-meters: 4:09.78; 3,200-meter: 9:03.

IN THE CLASSROOM: Barchet is majoring in physics and owns a greater than 3.40 GPA.

PERSONAL: Reinhold 'Reiny' Andrew Barchet was born on December 6, 1995. He is the son of Ron and Linda Barchet of Downingtown, Pa. He has three siblings, Alissa, Gordon and Erin.

MASON CHRONOWSKI



Jumps
Freshman, HS/HS
Pagosa Springs, Colo.
(Pagosa Springs)

PERSONAL BESTS

High Jump: 6-4 (2014)
 Triple Jump: 43-6 (2014)

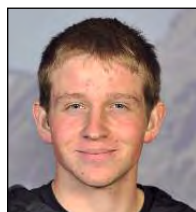
HIGH SCHOOL: Chronowski was the runner-up at the Colorado State 3A track and field championships in the high jump, recording his personal best (6-4) in the process. He also placed seventh in the triple jump (43-6) at the state meet. As a member of the track and field team, he earned three letters and helped the Pirates to the 2011 Intermountain League Championship. Chronowski was also a member of the cross country team and earned four letters. During his time at PSHG, he earned several all-conference honors for cross country and track and field. Chronowski was a member of the honor roll.

HIGH SCHOOL BESTS: High jump: 6-4; triple jump: 43-6.

IN THE CLASSROOM: Chronowski is majoring in integrative physiology.

PERSONAL: Mason Alexander Chronowski was born on June 14, 1995 in Munster, Ind. He is the son of Christopher Chronowski and Lisa Chastain. Chronowski is the oldest of five children. He enjoys playing guitar, skiing and snowboarding.

MATTHEW DENTON



Throws
Freshman, HS/HS
Boulder, Colo.
(Boulder)

PERSONAL BESTS

Discus: 150-0
 Javelin: 152-7

HIGH SCHOOL: Denton is the BHS record holder in the javelin (152-7). While throwing for the Panthers, he earned two letters, but he was also a member of the football and baseball teams. Denton was a member of the BHS orchestra and lettered all four years.

HIGH SCHOOL BESTS: Discus: 150-0; javelin: 152-7.

IN THE CLASSROOM: Denton is a molecular, cellular and developmental biology major.

PERSONAL: Matthew David Denton was born on February 14, 1996 in Coconut Grove, Fla. He is the son of Roger and Lourdis Denton of Boulder, Colo. and has one brother, Alexander, who is a member of CU's triathlon team. He enjoys reading and being with animals. Someday he would like to be a veterinarian at a zoo. Denton learned to speak Spanish before English (his mother is from Cuba), and can play the guitar, viola and piano.

HUGH DOWDY



Distance
Senior, VR/2L
Petaluma, Calif.
(Petaluma)

PERSONAL BESTS

INDOOR
 Mile: 4:06.57 (2012)
 3,000 Meters: 9:02.52 (2011)
OUTDOOR
 Steeplechase: 8:50.75 (2013)
 1,500 Meters: 3:47.89 (2012)
PAC-12 SCORING
 2012 Steeplechase, 4th (8:56.19)
 2013 Steeplechase, 4th (8:50.75)

2014: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

2013: *Indoor:* Dowdy raced the mile run three times. He recorded a time of 4:27.19 at the Air Force Invite (1/26) for fourth place to start the season. Dowdy followed up that

performance with a 4:09.18 finish at the Husky Classic (2/9). Two weeks later, Dowdy placed 15th overall with a season best of 4:07.08 at the MSPF Championships.

Outdoor: Dowdy ran the 1,500 and the 3,000-meter steeplechase. He ran his season-best in the 1,500 at the Payton Jordan Cardinal Invite (4/28), which placed eighth in the fifth section. Dowdy recorded a personal-record in the steeplechase at the Pac-12 Championships, clocking in at 8:50.75 for fourth-place. He helped the Buffs pick up 22 points in the event as CU captured 1-3-4-8. Dowdy went on to compete at the NCAA West Preliminary Championships in the steeplechase, but finished 45th after a fall over a barrier.

2012: *Indoor:* Dowdy focused on the mile during his second year with the team. He raced a pair of meets at sea-level, both in Seattle. Dowdy finished the Husky Classic mile in 4:12.99 and improved that time by over six seconds just two weeks later at the Mountain Pacific Sports Federation Championships when he clocked a personal best at 4:06.57. The time was 12th overall.

Outdoor: Dowdy concentrated on the Distances during his first outdoor season. He ran a season best of 3:47.89 in the 1,500 at the Payton Jordan Cardinal Invite (4/29). Dowdy raced four times in the steeplechase and ran his personal best of 8:56.19 at the Pac-12 Championships, finishing fourth overall. He was 27th (9:11.12) at the NCAA West Preliminary.

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: (2014) Did not compete. (2013) Dowdy only raced once due to injury, finishing 15th overall at the Rocky Mountain Shootout. (2012) Dowdy earned a spot on the varsity roster as a redshirt sophomore. He started the year out with a sixth-place finish at the Rocky Mountain Shootout, crossing as CU's No. 5 runner. At NCAA Pre-Nationals, Dowdy placed 12th overall as the third CU harrier. Once again, he was CU's No. 3 at the Pac-12 Championships, crossing the finish line ninth. He did not score in the final two meets, but was 53rd at regionals and 205th at nationals. He was named to the All-Pac-12 Second Team and helped the Buffs win their second straight team conference title. (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 mechanical engineering.

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.

MICHEAL EGOTANDA



Jumps
Freshman, HS/HS
Vestal, N.Y.
(Vestal)

PERSONAL BESTS

Long Jump: 23-8.50
 Triple Jump: 47-8
 High Jump: 6-6

HIGH SCHOOL: Egotanda owns six records at Vestal High School, two section records and was the 2013 state champion in the long jump. During both his junior and senior seasons, Egotanda was a first team all-state, all-conference and all-class A team member. In 2014, he placed 12th in the long jump at indoor nationals and during the outdoor season, he was sixth in the long jump at Penn Relays. Egotanda was also recruited by Arizona, Miami, Washington, Illinois, Buffalo and Arkansas State.

HIGH SCHOOL BESTS: Long jump: 23-8.50; triple jump: 47-8; high jump: 6-6.

IN THE CLASSROOM: Egotanda is an economics major.
PERSONAL: Micheal Dieudonne Egotanda was born on Sept. 14, 1996 in Vestal, N.Y. He is the son of Dieudonne and Gertrude Egotanda and has one brother, Diamont. Egotanda speaks fluent French and is a citizen of the Republic of Congo. He enjoys hiking and traveling.

DAVID EMMERT



Distance
Freshman/Sophomore,
RS/VR
Sycamore, Ill.
(Sycamore)

PERSONAL BESTS

800-meters: 1:55.68
 1,600-meters: 4:32

2014: Indoor: Redshirt. Did not compete.

Outdoor: Emmert ran in three 800-meter races for the Buffs. He recorded a season best time of 1:58.37 at the Mines Last Chance (5/10), which was 11th overall.

CROSS COUNTRY: (2014) Emmert raced twice for the Buffs. He placed 83rd at the Rocky Mountain Shootout and was 70th in the open race at NCAA Pre-Nationals. (2013) Emmert ran in a pair of races for the Buffs. He raced unattached at the Rocky Mountain Shootout, finishing 121st overall. At the Santa Clara Bronco Invitational, Emmert was 99th.

HIGH SCHOOL: Emmert earned first team all-state track honors as a senior and junior. During his senior season, he placed fifth in the 800-meter run at the state championships in 1:56.49. Emmert ran his personal best in the 800 earlier

in the season at the Illinois Big 12 Boys Conference Championships, finishing in 1:55.68.

HIGH SCHOOL BESTS: 800-meters: 1:55.68. 1,600-meters: 4:32.

IN THE CLASSROOM: Emmert is majoring in aerospace engineering and has a 4.00 GPA.

PERSONAL: David Mitchel Emmert was born on November 29, 1994 in Sycamore, Ill. He is the son of David and Sheri Emmert and has three siblings, Dani, Claire and Caden. Emmert enjoys playing the guitar, golfing and longboarding. His volunteer work includes: Feed My Starving Children, Give Kids the World, LIFE Missions Team and Youth Engaged in Philanthropy.

RYAN FORSYTH



Distance
Freshman, HS/HS
Severna Park, Md.
(Severna Park)

PERSONAL BESTS

1,600-meters: 4:18
 3,000-meters: 8:30
 3,200-meters: 9:09
 5,000-meters: 14:39

HIGH SCHOOL: Forsyth competed with the Severna Park Cross Country Club at the 2013 Nike Cross National Championship where he was 52nd individually and led the team. Forsyth placed fourth in the 5,000-meter run at New Balance Indoor Nationals and was sixth in the 5k at New Balance Outdoor Nationals to earn a pair of All-America honors in 2014. He is the Maryland state record holder in the indoor 3,200 (9:16) and the 5k in cross country (15:41). Forsyth was named the 2013 Gatorade Maryland Cross Country Runner of the Year and earned multiple all-state recognition in cross country and track while lettering all four years at SPHS. Forsyth was also recruited by Purdue, Texas A&M, Penn State and St. Louis.

HIGH SCHOOL BESTS: 1,600-meters: 4:18; 3,000-meters: 8:30; 3,200-meters: 9:09; 5,000-meters: 14:39.

IN THE CLASSROOM: Forsyth is majoring in aerospace engineering.

PERSONAL: Ryan Forsyth was born on July 7, 1996 in Baltimore, Md. He is the son of David and Zoe Forsyth of Severna Park, Md. He has one brother, Andrew, and one sister, Caroline, who are twins. Forsyth enjoys sailing, wakeboarding, skiing and model building. He has worked as a sailing school instructor and had raced sail boats. Forsyth has dual citizenship with the U.K.

PADEN GATLIN



Throws
Freshman, RS/RS
Lancaster, Texas
(Jesuit Dallas)

PERSONAL BESTS

Discus: 176-0/53.64m (2013)
 Hammer Throw: 139-4/42.48m (2014)

2014: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

HIGH SCHOOL: Gatlin earned three letters as a member of the track and field team for the Rangers and recorded a personal best when he threw the discus 176-0 his senior year.

HIGH SCHOOL BESTS: Discus: 176-0

IN THE CLASSROOM: Gatlin is majoring in communication and has a GPA greater than 3.00.

PERSONAL: Paden Earl Gatlin was born on February 21, 1995 in Lancaster, Texas. He is the son of Ed and Lisa Gatlin and has two siblings, Tyler and Shelbi.

ERIK GAYTAN



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

PERSONAL BESTS

INDOOR
 200-Meters: 22.31 (2014)
 400-Meters: 50.16 (2014)
OUTDOOR
 100-Meters: 10.7
 200-Meters: 21.6
 400-Meters: 47.95

PAC-12 SCORING

2014 4x100, 6th (41.38)
 2014 4x400, 6th (3:14.35)

2014: Indoor: Gaytan competed at two meets for the Buffs in his redshirt freshman season. He started the season with a sixth-place finish in the 300-meter dash at the Air Force Holiday Open (12/13/13), finishing in 35.50. Gaytan ran in a pair of events at the Air Force All-Comers Meet (1/11/14). He was eighth in the 400 (50.16) and took 10th in the 200 (22.31).

Outdoor: Gaytan competed in the sprints for the Buffs. He raced to a season best of 10.92 in the 100-meters at the Mines Last Chance (5/10), placing fifth overall. At the Cowpoke Open (5/3), Gaytan ran a season best in the 200 at 21.88. He went on to compete in three events at the Pac-12 Championships. Individually, Gaytan was 14th in the 400

(49.74). He also raced in the 4x100 and 4x400-meter relays. The 4x100 team ran a time of 41.38 and the 4x400 team clocked in at 3:14.35; both placing sixth at the meet.

2013: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

HIGH SCHOOL: Gaytan was a two-time Colorado State High School Champion, winning the 400-meter dash (47.95) in 2011 and the 4x200-meter relay in 2009. He was named all-state as a junior and freshman and earned all-conference accolades his freshman through senior seasons. Gaytan was also recruited by Colorado State, Wyoming and New Mexico.

HIGH SCHOOL BESTS: 100-Meters: 10.7; 200-Meters: 21.6; 400-Meters: 47.9.

IN THE CLASSROOM: Gaytan is a psychology major.

PERSONAL: Erik Jovan Gaytan was born on October 19, 1993 in Denver. He is the son of Alan and Sandi Mullica of Littleton, Colo. and has one older brother, Jordan.

ANDREW GHIZZONE



Combine Events
Freshman, HS/HS
Union, N.J. (Union
Catholic)

PERSONAL BESTS

100-meters: 11.64
200-meters: 22.80
400-meters: 49.32
1,000-meters: 2:30.2
1,600-meters: 4:20.2
110-meter hurdles: 14.30
400-meter hurdles: 54.64
Discus: 121-1
Shot put: 37-8
Javelin: 144-8
High jump: 6-0
Long jump: 20-8
Triple jump: 41-7
Pole vault: 16-0
Decathlon: 6,579

HIGH SCHOOL: Ghizzone recorded several All-American honors while in high school, three in the shuttle hurdles, two in the sprint medley relay and one in the decathlon. He also owns several school, county and state records. He is the Union County and UCHS pole vault record holder (16-0) and was part of the Union County sprint medley relay record setting team (3:26.02). Ghizzone ranks second all-time in New Jersey in the decathlon (6,579). He is the conference record holder in the pole vault and decathlon, and was a member of the sprint medley relay, distance medley relay and 4x800 relay teams that set conference records. Ghizzone received several all-state, all-conference and all-country honors his sophomore through senior seasons. He was a member of the honor roll all four years of high school. Ghizzone recorded four letters on the track team and was a member of the cross country team where he earned four more letters. He was recruited by Cincinnati, Rutgers, Wake

Forest and Oklahoma.

HIGH SCHOOL BESTS: 100-meters: 11.64; 200-meters: 22.80; 400-meters: 49.32; 1,000-meters: 2:30.2; 1,600-meters: 4:20.2; 110-meter hurdles: 14.30; 400-meter hurdles: 54.64; Discus: 121-1; Shot put: 37-8; Javelin: 144-8; High jump: 6-0; Long jump: 20-8; Triple jump: 41-7; Pole vault: 16-0; Decathlon: 6,579.

IN THE CLASSROOM: Ghizzone is majoring in integrative physiology.

PERSONAL: Andrew William Ghizzone was born on July 16, 1996 in Summit, N.J. He is the son of Nick and Anne Ghizzone. His brother, Zach, is a combined events athlete at Rutgers. He also has one younger sister, Allyson. His father Nick was also a track athlete at Seton Hall. Ghizzone can ride the unicycle and juggle. He enjoys hiking, biking, rafting and running. Ghizzone is fluent in sign language as to communicate with his mother, who has been deaf her whole life. Ghizzone and his brother have combined for 15 All-American certificates.

SHAW GIFFORD



Sprints
Senior, 2L/2L
Littleton, Colo.
(Chatfield/Arizona)

PERSONAL BESTS

INDOOR

60 Meters: 6.75 (2013)
200 Meters: 21.32 (2011)

OUTDOOR

100 Meters: 10.66 (2014)
200 Meters: 21.02 (2014)
400 Meters: 48.20 (2013)

MPSF SCORING

2012 4x400-Meter Relay, 7th (3:15.50)
2013 4x400-Meter Relay, 7th (3:15.37)

PAC-12 SCORING

2013 4x400-Meter Relay, 4th (3:09.84)
2014 4x100-Meter Relay, 6th (41.38)
2014 4x400-Meter Relay, 6th (3:14.35)

2014: *Indoor:* Gifford became CU's sixth fastest performer in the 60 and 200-meter dashes as a senior. He clocked a time of 6.75 in the 60, finishing first at the Air Force Invitational (1/25). Gifford also won the 200 at the same meet, finishing with his season-best time of 21.48. He competed in both events at the MPSF Championships. Gifford finished 10th in the 200 (21.75) and, although he advanced to the finals of the 60, was disqualified.

Outdoor: Gifford led CU in the 100 and 200-meter dashes during the outdoor season. He clocked a season-best time in the 100 (10.66) and 200 (21.02) at the Cowpoke Open (5/3), winning both events. Gifford also ran both events at the Pac-12 Championships. He placed 11th in the 200 (21.50) and was 16th in the 100 (10.76). Gifford was on the 4x100 and 4x400 relay teams that scored at the conference meet, both placing sixth. The 4x100 team finished in 41.38 and the 4x400 team clocked in at 3:14.35.

2013: *Indoor:* Gifford raced the 60 and 200 during his junior season. He started the year off by placing third in the 200 at the Air Force All-Comers Meet (1/12) with a time of 21.97. The following week, Gifford took fourth in the 60 at the Potts Invite (1/19). Gifford competed in both events at the MPSF Championships. He was 18th in the 60 (6.91) and took 13th in the 200 (21.99). Gifford helped the Buffs pick up a couple of points in the 4x400 relay at MPSFs. The relay finished seventh overall in 3:15.37.

Outdoor: Gifford raced the 200, 400 and 4x400-relay for the Buffs. He ran a season-best time in the 200 at the Mt. SAC Relays (4/19), crossing the finish in 21.52. Gifford's top time in the 400 was 48.20 at the Fum McGraw Quadrangular (3/30). At the Pac-12 Championships, he placed 16th in the 200, finishing in 21.61. Gifford earned his first outdoor letter for the Buffs as a member of the 4x400, which took fourth overall in 3:09.84. The relay went on to place 24th at the NCAA West Preliminary Championships (3:12.82).

2012: *Indoor:* Gifford competed in the 60, 200 and sprint relays for the Buffs as a sophomore. He placed third at the Potts Invite (1/21) in the 60, finishing in 6.89. Gifford advanced to the finals after placing fourth with a time of 6.95 in the prelims. At the Mountain Pacific Sports Federation Championships he competed in both the 60 and 200. He was 16th in the 60 (6.94) and 10th in the 200 (21.84). Gifford anchored the 4x400-meter relay for the Buffs who placed seventh at MPSFs with a time of 3:15.50. *Outdoor:* Did not compete.

AT ARIZONA: Gifford competed at the University of Arizona during the 2010-11 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 and sociology.

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

ETHAN GONZALES



Distance
Freshman, HS/HS
Westminster, Colo.
(Broomfield)

PERSONAL BESTS

1,600-meters: 4:16.73
3,200-meters: 9:00.58

HIGH SCHOOL: Gonzales earned four letters on the cross country team and four letters as a member of the track and field team at BHS. He was the runner-up at the 2013 Colorado 4A Cross Country Championships, helping the Eagles to their first state championship. Gonzales also recorded a pair of runner-up finishes at the 2014 Colorado 4A Track & Field Championships in the 1,600-meter run (4:19.37) and 3,200 (9:25.55). His time in the 1,600 is the

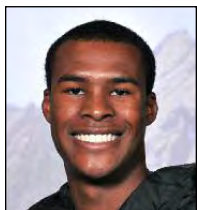
BHS record, and he also owns the school record in the 3,200 (9:18.16). As a junior, Gonzales placed third in the 1,600 and was second in the 3,200 at state. He was also recruited by Princeton, Notre Dame, Portland, California and Memphis.

HIGH SCHOOL BESTS: 1,600-meters: 4:16.73; 3,200-meters: 9:00.58.

IN THE CLASSROOM: Gonzales is an environmental engineering major and owns a GPA greater than 3.30.

PERSONAL: Ethan Alexander Gonzales was born on March 25, 1996 in Denver, Colo. He is the son of Charles and Tammy Gonzales of Westminster, Colo. He has one sister, Ivy. Gonzales lists his hobbies as swimming, biking, hiking and camping.

DARRIN HAYNES



Sprints
Freshman, HS/HS
Colorado Springs,
Colo. (Cheyenne
Mountain)

PERSONAL BESTS

100-meters: 11.04
200-meters: 22.26

HIGH SCHOOL: Haynes was a part of two CMHS record setting relay teams, the 4x100 (42.27) and the 4x200 (1:28.38). His 4x100 relay placed second at the state championships, while the 4x200 team was third in the 4A division. Haynes was named to the 4A Pikes Peak Athletic Conference second team in the 100 and 200 meter dashes, as well as the 4x100. He was a member of the CMHS basketball team and earned three letters.

HIGH SCHOOL BESTS: 100-meters: 11.04; 200-meters: 22.26.

IN THE CLASSROOM: Haynes is an open major at CU.

PERSONAL: Darrin A. Haynes was born on December 7, 1994 in Colorado Springs, Colo. He is the son of Frank and Brenda Haynes and has three siblings, Dwight, Kassie and Dwayne. Both of his parents were born in Guyana, which is the only English speaking country in South Africa.

CHRISTOPHER HERRICK



Distance
Freshman, HS/HS
Missoula, Mont.
(Hellgate)

PERSONAL BESTS

1,600-meters: 4:23
3,200-meters: 9:17

HIGH SCHOOL: Herrick broke a 39-year-old school record in the 3,200-meter run at the Arcadia Invitational in 2013. He raced to a time of 9:17 and held the record for a few

hours before his high school teammate and current CU teammate, Adam Peterman, broke his record later that night. The Knights won three straight Montana State cross country titles (2011-13) and four consecutive state track titles (2010-13). Herrick was injured during his senior cross country season, but in the spring he placed second at state in the 1,600 (4:28.61) and third in the 3,200 (9:32.60). As a junior, he was fourth in the 3,200 (9:29.54) and fifth in the 1,600 (4:25.12). He also placed eighth at the state cross country meet in 2012. Herrick was all-state in track (1,600 and 3,200) and academic all-state. He was honored with the HHS "Knight Award" as a senior and served as the cross country team's captain in 2013 despite being injured. Herrick was also recruited by Portland, Northern Arizona, Washington State and Oklahoma.

HIGH SCHOOL BESTS: 1,600-meters: 4:23; 3,200-meters: 9:17.

IN THE CLASSROOM: Herrick is an ecology and evolutionary biology major and currently owns a 3.880 GPA.

PERSONAL: Christopher Coulson Herrick was born on November 13, 1995 in Bend, Ore. He is the son of Jonathan and Jill Herrick of Missoula, Mont. Herrick also has a sister, Jenna. He enjoys mountain biking, skiing and backpacking. Herrick lived in Alaska for six years and spent a lot of time salmon and halibut fishing.

JOE HOLVEY



Distance
Sophomore, RS/RS
Eugene, Ore. (South
Eugene/Oregon)

PERSONAL BESTS

1,500-Meters: 3:58.53 (2012)
3,000-Meters: 9:13.83 (2014)
3,000-Meter Steeplechase: 10:17.48 (2014)

2014: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2014) Holvey ran one race for the Buffs, placing 19th in the open race at NCAA Pre-Nationals.

AT OREGON: Holvey competed one season for the Ducks. During the cross country season, he competed in two meets, finishing 24th at the Pier Park Invitational with a time of 19:21.31 and crossing the line in 26:49.00 at the Bill Dellinger Invitational to place 95th. On the track, Holvey focused on the 3,000-meter steeplechase and the 1,500. His best performance in the 1,500 was at the OSU High Performance Meet when he ran a time of 4:01.46.

HIGH SCHOOL: Holvey competed in cross country and in track and field for the Axemen and earned three letters. In 2011, he helped his team to the Oregon State Championships in cross country. Individually, he finished second in the 2,000-meter steeplechase at the Border Duel Track Classic (6:01). Holvey placed fourth at the Oregon State Athletic Association Outdoor 6A State Championships in the 1,500, finishing with a time of 3:58.53.

HIGH SCHOOL BESTS: 1,500-meter: 3:58.53; 2,000-meter steeplechase: 6:01.

IN THE CLASSROOM: Holvey is majoring in integrative physiology and has a GPA greater than 3.50.

PERSONAL: Joseph Mark Jerome Holvey was born February 28, 1994 in Eugene, Ore. He is the son of Joe, who played baseball at San Diego State, and Kathi Holvey and has one younger sister, Annie. Holvey enjoys playing basketball and swimming. He has also volunteered for Food for Lane County and the Oregon Track Club All-Comer's Meets.

JAKE HURYSZ



Distance
Senior, 1L/2L
Mebane, N.C. (Eastern
Alamance/UNC)

PERSONAL BESTS

INDOOR

800-Meters: 1:52.46 (2014)
3,000-Meters: 7:50.50 (2014)

OUTDOOR

800-Meters: 1:51.91 (2013)
1,500-Meters: 3:40.63 (2013)
3,000-Meters: 8:01.97 (2011)
5,000-Meters: 13:38:58 (2012)

MPSF SCORING

2014 3,000-Meters, 2nd (7:50.50)

PAC-12 SCORING

2013 1,500-Meters, 5th (3:42.36)
2013 5,000-Meters, 8th (14:16.71)
2014 5,000-Meters, 6th (13:55.57)

HONORS

2014 All-America Second Team (Indoor 5k)

CAREER UPDATE: Hurysz ranks third all-time in CU's 1,500-meter history with a time of 3:40.63, which he ran on April 28, 2013 in Stanford, Calif. He also owns the ninth fastest individual time in the event at 3:41.75, which he timed at the NCAA West Preliminary on May 31, 2014. Hurysz is also on the outdoor 5k list, ranking eighth all-time in 13:38.58. He has impressed during the indoor season as well, and has the second best time for a Buff in the 3,000 at 7:50.50. It was the third fastest time run during the 2014 NCAA indoor season.

2014: *Indoor:* Hurysz had a great season, starting with a third-place finish in the 800 (1:52.46) at the Air Force Invitational (1/24). After that race, he moved up to the 3,000 and placed 10th in the invitational section at the Husky Classic (2/15), finishing in 7:59.89. Just two weeks later at the MPSF Championship, Hurysz raced to a second-place finish in the 3k, clocking in at 7:50.50, the second fastest time in CU history. The time ranked third in the NCAA, easily advancing Hurysz to the indoor championships where he finished 12th in 8:18.57 to earn All-America Second Team honors.

Outdoor: Hurysz continued to have a great year as the season switched outdoors. There, he focused on the 1,500

and 5,000. At the Pac-12 Championships, Hurysz competed in both events. He placed sixth in the 5k (13:55.57) and was 22nd in the 1,500 (3:58.57). Hurysz went on to race the same two events at the NCAA West Preliminary Championships. He was 44th overall in the 5k (15:05.83), but had a much better showing in the 1,500. Hurysz was eighth in the prelims (3:43.09) and two days later, he placed fifth overall with a season-best and the ninth-fastest time in CU history (3:41.75), while advancing to the NCAA Championship. At NCAAs, Hurysz placed 10th in the prelims in 3:48.16.

2013: Indoor: Did not compete.

Outdoor: Hurysz debuted on the track for CU during the outdoor campaign and immediately made an impact. He recorded a personal best (1:51.91) in the 800 at the CU Invite (4/13), which placed second overall. After that race, Hurysz shifted gears to his main event, the 1,500. At the Payton Jordan Cardinal Invite (4/28), he cruised to a fifth-place finish with the third fastest time ever at CU, clocking in at 3:40.63. He went on to place fifth in the 1,500 at the Pac-12 Championships, this time running 3:42.36. Hurysz returned to the track later that same day at the championships in the 5,000 and once again picked up points for the Buffs with an eighth-place finish (14:16.71). Hurysz focused on the 1,500 at the NCAA West Preliminary Championships and finished his season 14th (3:47.41).

2012: Redshirt. Did not compete.

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: (2014) Hurysz finished his final season with the Buffs on a great note, helping CU capture its second straight NCAA Championships and its fourth straight Pac-12 team title. He started the year with a sixth place finish in the Rocky Mountain Shootout. At NCAA Pre-Nationals, Hurysz also had a top-10 performance with a ninth place finish. He was 19th at the Pac-12 Championships, but bounced back to have a seventh place finish at regionals to earn All-Mountain Region honors. He finished the season with a 41st place finish at NCAAs, just missing his second All-American honor by one place. (2013) Did not compete. (2012) Hurysz quickly became the top runner on the team after winning the Rocky Mountain Shootout in 24:34, the fourth best time ever in course history. He followed up that performance with a fourth-place finish at the NCAA Pre-Nationals, helping the Buffs win their section of the race. Hurysz placed eighth at the Pac-12 Championships two weeks later, helping the Buffs win their second straight team title in as many years. It was the only race he did not lead the Buffs as he was the second Buff across the finish. Hurysz placed sixth at regionals and then recorded his first All-American honor with a 32nd place finish as the Buffs placed third at nationals. He also earned All-Pac-12 Second Team and All-Mountain Region honors.

CROSS COUNTRY (AT UNC): 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 BESTS: 800-Meters: 1:52.60; Mile: 4:06.18; 3,200-Meters: 8:49.76.

IN THE CLASSROOM: Hurysz is a communications 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



**Combined Events/
Jumps
Senior/Junior, 2L/1L
Summit, N.J. (Summit)**

PERSONAL BESTS

INDOOR

High Jump: 7-2.25/2.19m (2013)

60-Meters: 7.29 (2014)

Long Jump: 23-7

Shot Put: 32-8.5/9.97m (2014)

60-Meter Hurdles: 8.30 (2014)

OUTDOOR

High Jump: 7-2.50/2.20m (2013)

200-Meters: 23.90 (2014)

110-Meter Hurdles: 15.29 (2014)

MPSF SCORING

2013 High Jump, 6th (6-11/2.11m)

2014 High Jump, 16th (6-9/2.06m)

PAC-12 SCORING

2013 High Jump, 2nd (7-2.50/2.20m)

ACADEMIC HONORS

MPSF All-Academic (2013)

Pac-12 All-Academic honorable mention (2013)

CAREER UPDATE: Jones ranks third overall on the all-time indoor high jump CU performers list. His personal best of 7-2.25 is also the third best overall jump by a Buff. Jones added his name to the outdoor list as well, becoming the third best high jump performer after clearing 7-2.50 at the Pac-12 Championships. He went on to compete at the NCAA Championships, the first Buff since 1990 in the high jump.

2014: Indoor: Jones focused again on the high jump, but also added the long jump to his events. He placed first and tied his career-best (7-2.25) at the Holiday Open (12/13/13). Jones also cleared over seven feet on two other occasions. He jumped 7-1.75 at the Air Force Collegiate Open (2/15) and 7-00.50 at the Air Force All-Comers meet (1/11). Jones recorded a season-best mark of 23-3.25 at the Orediggers Early Bird Multi (12/5/13) in the long jump. He competed in both events at the MPSF Championships. Jones tied for

sixth in the high jump, clearing 6-9, and was 13th in the long jump (21-11).

Outdoor: Redshirt. Did not compete.

2013: Indoor: Jones tied for first in the high jump at two meets (Potts Invite and UW Invite) during his sophomore season. He recorded a sixth-place finish at the MPSF Championships after clearing 6-11. Jones saved the best for last when he jumped 7-2.25 at the USA Indoor Championship, placing sixth overall. The mark put him third on CU's all-time list and was just 1.25 inches from tying the 24-year-old record.

Outdoor: Jones continued to show improvement during his sophomore season, moving up to third on CU's all-time list after clearing 7-2.50 at the Pac-12 Championships, which was good for second place. He had one other jump over 7-0 during the season; that one came at the Beach Invitational where he placed first after jumping 7-00.25. Jones tied for 11th with two others at the NCAA West Preliminary Championships (6-11.50) to earn a spot to the NCAA Championships after winning one of two spots in a jump-off. Jones became the first Buff since 1990 to compete at nationals in the high jump, and he finished tied for 21st.

2012: Indoor: Jones quickly made a name for himself in the high jump at CU when he won the Potts Invite (1/21) with a jump of 6-11, tying for 13th in CU history. The following week at the Air Force Team Challenge (1/28), Jones cleared 7-00.50, a personal best. That mark made him the fifth best CU performer and ranks seventh overall in school history.

Outdoor: Jones became the seventh best high jump performer in CU history with a mark of 6-11, which he cleared twice. He did it first at the CU Invite (4/14) and then again at the Jack Christiansen Invite (4/28), both times winning the meet. Jones tied for 12th at the Pac-12 Championships with a height of 6-09. At the NCAA West Preliminary, Jones tied for 31st (6-08).

HIGH SCHOOL: Jones was 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 2011 and also won the state 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).

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

IN THE CLASSROOM: Jones is majoring in geology.

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.

ISAIAH KAISER



Sprints
Freshman, HS/HS
Aurora, Colo.
(Cherokee Trail)

PERSONAL BESTS

300-meter hurdles: 38.35

HIGH SCHOOL: Kaiser placed third at the Colorado State High School 5A Championships in the 300-meter hurdles, crossing the finish in 38.52 after winning the preliminary round in 39.04. CTHS was third at the state championships that year after winning the team title in 2013. The Cougars were also the Centennial League Champions in 2013 and '14. Kaiser is the CTHS 300-hurdles record holder, coming in with a time of 38.35. Individually, he was first team all-league as a senior, and was a member of the second team as a junior. Kaiser was also a first team all-academic selection his sophomore, junior and senior years.

HIGH SCHOOL BESTS: 300-meter hurdles: 38.35.

IN THE CLASSROOM: Kaiser is a chemistry major.

PERSONAL: Isaiah Omray Kaiser was born on April 16, 1996 in Denver. He is the son of Matthew Synovic and Stacie Kaiser-Synovic. Kaiser has two siblings, Eli and Sasha.

ALEXANDRE KIZIRIAN



Throws
Senior, 2L/1L
Thornton, Colo.
(Mountain Range)

PERSONAL BESTS

INDOOR

Shot Put: 53-11.25/16.44m (2014)

Weight Throw: 68-4.50/20.84m (2014) School record

OUTDOOR

Discus: 189-1.25/57.63m (2014)

Shot Put: 53-6.50/16.40m (2014)

Hammer Throw: 198-11/60.63m (2014)

MPSF SCORING

2012 Weight Throw, 6th (60-10.50)

2014 Weight Throw, 4th (66-2.50)

PAC-12 SCORING

2012 Hammer Throw, 6th (191-03)

CAREER UPDATE: Kizirian is the CU record holder in the weight throw (68-4.50) and is just the third Buffalo to crack the 60-foot mark. Kizirian has had success outdoors as well. He is the second best performer in school history in the hammer throw with a mark of 198-11, which is also the fifth best toss in CU history. Kizirian is also the third best performer in school history in the discus (189-1).

2014: *Indoor:* Kizirian became the school record holder in

the weight throw in the first meet of the season after recording a toss of 67-2 at the Power Meet (12/13/13) in Laramie, Wyo. He didn't stop there and improved on his record at the Air Force Invitational (1/24), launching a mark of 68-4.50. Kizirian became the first thrower under assistant coach Casey Malone to compete at the USATF Indoor Championships (2/22) and placed seventh overall with a toss of 67-4.75. He also threw the shot put during the season and set a PR of 53-11.25 at the Potts Invite (1/18). Kizirian competed in both events at the MPSF Championships. He placed fourth in the weight throw (66-2.50) and was 12th in the shot put (53-0.25).

Outdoor: Kizirian kept his momentum going into the outdoor season, recording personal bests in the shot put, discus and hammer throws. He recorded his shot put PR at the CU Invite with a toss of 53-0.75, which was good for second place. Kizirian's PR in the discus came at the Air Force Twilight (5/9), where he recorded a mark of 189-1. It was the seventh best throw in CU history and put him third on the all-time performers list at CU. Kizirian moved up to second on CU's all-time performers list in the hammer throw after earning a throw of 198-11 at the Jack Christiansen Invitational (4/26). That throw also ranks fifth in CU history. Kizirian competed at the Pac-12 Championships in both the discus and hammer throw. He placed 15th in the discus (157-5) and was ninth in the hammer throw (183-0). Kizirian went on to compete at the NCAA West Preliminary Championship in the hammer throw and was 33rd (190-11).

2013: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

2012: *Indoor:* Kizirian continued to excel in the shot put and weight throws for the Buffs. He started the season off winning both events at the Potts Invite (1/21), doing so with PRs at that time. Kizirian continued to improve at the Husky Classic (2/10) and tossed the weight 62-01 to place second overall. The mark made him the second best performer in school history and ranks fourth on the all-time list. Two weeks later, Kizirian became the first Buff to score at the Mountain Pacific Sports Federation Championships, placing sixth at the meet with a throw of 60-10.50, the ninth best in CU history. At the league championships, he finished the shot put on a high note with a personal best throw of 50-11 for 13th place.

Outdoor: Once again, Kizirian threw the shot put, hammer throw and discus, recording PR's in all three. His PR in the discus came at the CU Invite (4/14). He threw the discus 159-02, which took sixth overall. At the Air Force Relays (4/7), Kizirian had PR's in both the shot put and hammer throw. His shot put mark of 50-09.25 placed third at the meet, while his mark of 196-11 won the meet in the hammer throw. That throw was the fifth best in school history and made him the second best performer in the event. He came close to that mark at the Pac-12 Championships, throwing 191-03 for sixth place. At the NCAA West Prelims, he threw 187-05, placing 34th.

2011: *Indoor:* Kizirian started his collegiate career 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 and 54-05 at the Colorado School of Mines Twilight (2/18).

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. He had a season best throw of 175-09 for fourth place at the Front Range Classic (5/1). His second best performance was at the USATF Junior Championships (6/24) where Kizirian finished 17th with a throw of 172-09. He placed 14th at the Big 12 Championships after launching the hammer 150-10. Kizirian recorded season 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. Kizirian was a member of the honor roll in high school and graduated in the top five percent of his class.

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

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

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.

GARRETT LOSTY



Sprints/Hurdles
Sophomore, VR/1L
Williamsburg, Va.
(Lafayette)

PERSONAL BESTS

INDOOR

200-Meters: 22.72 (2014)

400-Meters: 50.35 (2014)

OUTDOOR

400-meters: 48.85 (2014)

400-meter hurdles: 54.2 (2013)

PAC-12 SCORING

2014 4x100-Meter Relay, 6th (41.38)

2014 4x400-Meter Relay, 6th (3:14.35)

2014: *Indoor:* Losty raced at three meets during his first season. He opened up at the Air Force Holiday Open (12/13/13), placing 10th in the 300 in 35.73. At the Air Force All-Comers Meet (1/11/14), Losty competed in the 200 and 400. He placed 16th in the 400 (50.97) and was 20th in the 200 (22.84). He ran his season-bests at the Air Force Invitational (1/24/14), clocking in at 22.72 in the 200 (19th) and 50.35 in the 400 (24th).

Outdoor: Losty focused mainly on the 400-meter hurdles, but was also a member of the relay teams. He clocked a season-best time of 53.87 at the Bryan Clay Invite (4/18)

and placed fifth overall. Losty raced the 400-hurdles at the Pac-12 Championships, placing 12th overall in 54.43. He was also on the relay teams at the conference meet. He helped the 4x100 meter relay team to a sixth place finish in 41.38 and the 4x400 relay also placed sixth in 3:14.35.

HIGH SCHOOL: Losty focused on the 200 and 400-meters and 400-meter hurdles, and made history in his one year on the track with the Rams. He ran with the 4x400 championship team, which finished first at the Penn Relays and broke the school record with a time of 3:23.42. Individually, Losty recorded the best indoor 400 in Spire Post Graduate history with a time of 49.75 on November 2012, a record that still stands today. He earned many accolades during his senior year, including indoor and outdoor first team all-state, and his most prized honor was being selected as Athlete of the Year. Losty was also part of the National Honor Society and was president of Model UN.

HIGH SCHOOL BESTS: 400-meters: 49.75; 400-meter hurdles: 54.2.

IN THE CLASSROOM: Losty is an open major and currently has a GPA greater than 3.20.

PERSONAL: Garrett Fellin Losty was born on May 11, 1994 in Richmond, Va. He is the son of Edward and Gretchen Losty and has three brothers, Peter, Kyle and Bryce, and one sister, Jillian. Losty is interested in adventuring, being outdoors and being part of sporting events. He has volunteered as a youth group leader and went on two mission trips.

JAYLYN MARS



Sprints
Sophomore/Freshman,
VR/RS
Aurora, Colo.
(Cherokee Trail)

PERSONAL BESTS

INDOOR

200-Meters: 21.73 (2014)
 400-Meters: 49.00 (2014)

2014: Indoor: Mars concentrated on the 200 and 400-meter dashes and was a member of the sprints relays. He raced to a season-best time of 21.73 in the 200 prelims at the Air Force Invitational (1/24), placing third. Mars finished the finals second overall (21.86) on the following day. His season-best in the 400 was a seventh-place finish at the Don Kirby Collegiate Elite unseeded section, finishing in 49.00. Mars raced in the 200, 400 and 4x400 relay at the MPSF Championships. He placed 20th in the 200 (22.21), was 26th in the 400 (49.83) and helped the relay to a 10th-place finish (3:18.95).

Outdoor: Redshirt. Did not compete.

HIGH SCHOOL: Mars, the MVP of the Cherokee Trail Cougars track and field team in 2013, helped the Cougars win the 2013 5A Colorado State Championship. He holds a school record in the 200-meters with a time of 21.55.

HIGH SCHOOL BESTS: 100-meters: 10.61; 200-meters:

21.55; 400-meters: 47.88.

IN THE CLASSROOM: Mars is an English major.

PERSONAL: Jaylyn Elijah Mars was born on November 1, 1994 in Aurora, Colo. He is the son of Kristina Mars and Lavell Hamilton and has one sister, Shyla. He enjoys playing Xbox and riding his bike, and he is the first in his family to go to college.

CHRISTIAN MARTIN



Distance
Sophomore, TR/TR
Littleton, Colo.
(Heritage/Nebraska)

PERSONAL BESTS

1,600-meters: 4:26
 3,200-meters: 9:36
 5,000-meters: 15:50

AT NEBRASKA (2013): Martin only ran cross country while at Nebraska as a freshman and competed in four meets. His highest finish of the season was 13th at the Time Young Invitational in Vermillion, S.D. Martin raced to an 85th place finish at the Big Ten Championships to end the season.

HIGH SCHOOL: Martin earned six letters on the cross country (three) and the track and field teams (three) at Heritage High School. He is the HHS 3,200-meter run record holder (9:36). Individually he was fifth in the 1,600 and was sixth in the 3,200 at the 5A state championships in 2013. Martin was all-state and first team all-league in cross country as a junior and senior. Martin was a member of the HHS team that was the runner-up at the state meet in 2011. That same year, the team won the Continental League Championship and was the 5A Region 2 Champion. The Eagles won the region championship again in 2011.

HIGH SCHOOL BESTS: 1,600-meters: 4:26; 3,200-meters: 9:36; 5,000-meters: 15:50.

IN THE CLASSROOM: Martin is an integrative physiology. He owns a GPA greater than 3.00.

PERSONAL: Christian Henner Martin was born on November 3, 1994 in Phoenix, Ariz. He is the son of Matt and Monique Martin of Littleton, Colo. His younger sister, Remi, is a defenseman for the Penn State women's ice hockey team. He enjoys traveling and has been to 28 countries. Martin holds dual citizenship with the United States and Germany as his mother is from Germany.

PAUL MILLER



Distance
Freshman, HS/HS
Fort Collins, Colo.
(Poudre)

PERSONAL BESTS

1,600-meters: 4:22
 3,200-meters: 9:26

HIGH SCHOOL: Miller is the PHS 3,200-meter record holder (9:26), which he set at the Liberty Bell Invitational in April of 2014. He is also a member of the PHS school record 4x800-meter relay team, which ran 8:01. The Impalas won the 2014 Front Range League Track & Field Championship during Miller's senior year and he was named all-state second team and all-conference that year. During Miller's junior year, he was also named all-conference, as well as the FRL Athlete of the Year. Miller received Academic all-state honors his sophomore, junior and senior years. He was also recruited by California and UC-Davis.

HIGH SCHOOL BESTS: 1,600-meters: 4:22; 3,200-meters: 9:26.

IN THE CLASSROOM: Miller is an environmental studies major and has a GPA greater than 3.70.

PERSONAL: Paul A. Miller was born on July 18, 1996 in Fort Collins, Colo. He is the son of Paul and Tamara Miller and has two older brothers, Iain and Robert. Miller enjoys salsa dancing, scuba diving and sunrise hikes.

AUSTIN MITSCH



Sprints
Sophomore, VR/VR
Sacramento, Calif.
(Jesuit)

PERSONAL BESTS

INDOOR

60-meters: 6.93 (2014)
 200-meters: 21.98 (2014)

OUTDOOR

100-meter: 10.63 (2013)
 200-meters: 21.3 (2013)

2014: Indoor: Mitsch ran the shorter sprints during his first season. His season-best in the 200 was 21.98, which came during the preliminary rounds at the Air Force Invitational (1/24). The following day, Mitsch raced to a time of 21.99 and a fourth-place finish in the event. Mitsch recorded a time of 6.99 in the 60-meter dash in his first race as a Buff at the Air Force Holiday Open (12/13/13). He ran in both events at the MPSF Championships and came away with a season-best time of 6.93 in the prelims of the 60, placing 26th overall. Mitsch placed 17th in the 200, finishing in 22.09. He also ran in the 4x400-relay which placed 10th

(3:18.95).

Outdoor: Mitsch ran the 100 and 200-meter dashes for the Buffs as a freshman and clocked season-bests at the Jack Christiansen Invitational in both events. He raced to a time of 10.67 in the 100 (fourth overall) and finished the 200 in 21.48 (third overall). At the Pac-12 Championship, Mitsch was 22nd in the 200 (22.28) and 18th in the 100 (10.82).

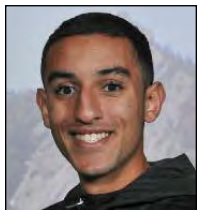
HIGH SCHOOL: Mitsch competed as a sprinter for Jesuit High School and earned all-conference and all-league honors his sophomore, junior and senior years. His team won the California State Championship in 2010, and individually, he placed third in the 200 and sixth in the 100. Mitsch was also recruited by Arizona, Boise State and Washington.

HIGH SCHOOL BESTS: 100-meter: 10.63. 200-meters: 21.3.

IN THE CLASSROOM: Mitsch is a communication major.

PERSONAL: Austin William Mitsch was born on November 15, 1994 in Sacramento, Calif. He is the son of Bob and Toni Ann Mitsch and has one sister, Aubrey. He enjoys surfing, playing guitar and hunting. He was awarded the outstanding service award for his work with an MDA camp and helping with basketball.

AMMAR MOUSSA



**Distance
Junior, VR/VR
Arcadia, Calif.
(Arcadia)**

PERSONAL BESTS

INDOOR

Mile: 4:16.40 (2014)
3,000-Meters: 8:06.34 (2014)

OUTDOOR

800-Meters: 1:52.42 (2014)
1,500-Meters: 3:43.97 (2014)
5,000-Meters: 13:56.00 (2014)
10,000-Meters: 30:01.72 (2014)

2014: *Indoor:* Moussa ran in three meets for the Buffs, starting out with a mile run at the Air Force Invitational (1/24). He finished the race in 4:16.40 to place sixth overall. After that race, Moussa moved on to the 3k. He ran in the invitational section of the 3k at the Husky Classic (2/15), finishing 18th in 8:09.09. Two weeks later, at the MPSF Championships, Moussa improved his time, clocking in at 8:06.34, which was 11th overall.

Outdoor: Moussa ran in four meets for CU, each time running in a different event. He started the season running his first 10k at the Jerry Quiller Classic (3/21), placing third overall in 30:38.38. A few weeks later, Moussa ran the 800 at the CU Invite (4/12), clocking in at 1:52.42, which was good for fourth. He went on to race in the 1,500 at the Bryan Clay Invite (4/18) the following week and placed 12th in 3:43.97. Moussa's final race of the season was the 5k at the Payton Jordan Cardinal Invite (5/4). There he finished

ninth overall in 13:56.00.

2013: *Indoor:* Moussa debuted on the track for CU in the mile at the Air Force Invite (1/26) and placed third in an elevation time of 4:22.38. He moved on to compete in the 3,000 for his final two races during the indoor season. Moussa recorded a 10th-place finish in the 3k at the MPSF Championships in 8:11.20.

Outdoor: Moussa started the outdoor campaign by winning the 1,500 at the Jerry Quiller Classic (3/16) in 3:58.75. One month later at the Mt. SAC Relays, he slashed over 10 seconds off his time by running 3:47.01 at sea-level. Moussa mainly focused on the 5,000 though and ran a season-best 13:57.96 at the Payton Jordan Cardinal Invite (4/29), which was 13th overall in the second section. Moussa recorded a time of 14:27.90 at the Pac-12 Championships (11th overall) and ended the season at the NCAA West Preliminary Championships with a 35th-place finish in 14:45.12.

2012: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2014) Moussa had an outstanding season and didn't finish outside of the top 10 in any of his five varsity races. He started the season with a third place finish at the Rocky Mountain Shootout and followed it up with an eighth place finish at pre-nationals. Moussa earned Pac-12 First Team honors with a sixth place finish at the Pac-12 Championships where the Buffs won their fourth straight team title. The Buffs went on to win the NCAA Mountain Region Championship, and Moussa came away with a ninth place finish. He led the Buffs at NAAs, crossing the finish fifth overall for his first All-America honor, while CU won its second straight NCAA title. (2013) Moussa raced in the final four varsity meets of the season, starting with NCAA Pre-Nationals where he placed 54th overall as CU's No. 6 runner. Moussa turned it up a gear at the Pac-12 Championships, coming in ninth overall (CU's No. 5), helping the Buffs to their third straight Pac-12 team title while picking up All-Pac-12 Second Team honors. He was 27th at regionals and placed 95th at the NCAA Championships, rounding out CU's top five as the Buffs captured the NCAA team title. (2012) Redshirt. Did not compete. (2011) 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 where he placed 19th as CU's No. 3 finisher. 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-region honors during the season.

HIGH SCHOOL: Moussa was 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.

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 international affairs.

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 also knows some Spanish.

PIERCE MURPHY



**Distance
Junior, VR/1L
Hanalei, Hawai'i
(Island)**

PERSONAL BESTS

INDOOR

Mile: 4:30.92
3,000-Meters: 8:03.35 (2014)
5,000-Meters: 13:56.37 (2014)

OUTDOOR

800-Meters: 2:00.67
1,500-Meters: 3:54.44 (2014)
3,000-Meters: 8:35.56 (2013)
5,000-Meters: 13:48.74 (2014)
10,000-Meters: 29:36.48 (2013)

PAC-12 SCORING

2013 10,000 Meters, 3rd (29:36.48)

2014: *Indoor:* Murphy competed in three races during the indoor season, starting with a 3k at the Air Force Invitational (1/25) where he placed second in 8:50.56. He followed up that performance with a personal best of 13:56.37 in the 5k at the Husky Classic (2/14). Murphy went back to the 3k at the MPSF Championships and just missed scoring for CU with a ninth-place finish and a personal-best of 8:03.35.

Outdoor: Murphy mostly focused on the longer distances during the outdoor season. He started the year running a 10k at the Jerry Quiller Classic (3/21) and tied for first in 30:20.57. At the next home meet, the CU Invite (4/12), Murphy clocked a PR of 3:54.44 in the 1,500. He ran a 5k at the Payton Jordan Cardinal Invite, clocking in with another PR at 13:48.74. Murphy again ran the 5k at the Pac-12 Championships, placing ninth overall in 14:10.17. His times in the 5k and 10k qualified him for the NCAA West Preliminary Championships. He was 13th in the 10k (29:42.22) and 19th in the 5k (14:20.81).

2013: *Indoor:* Did not compete.

Outdoor: Murphy started the season winning the 3,000 at the Jerry Quiller Classic (3/16), crossing the finish in 8:35.56. For the rest of the season, Murphy focused on the

longer distances. He recorded a season-best time of 14:04.21 in the 5,000 at Mt. SAC Relays, finishing seventh in the 'A' section. Murphy's PR in the 10k came at the Pac-12 Championships where he placed third overall in 29:36.48; running just over a second faster than his previous best of 29:37.71, which he recorded at the Nike Stanford Invite (3/29). He ended his redshirt freshman season with a 30th-place finish at the NCAA West Preliminary Championships.

2012: Indoor: Murphy raced once during the indoor season. He ran the mile in 4:30.92 at the Air Force Team Challenge (1/28).

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2014) Murphy continued to perform well for the Buffs, helping them to their second straight NCAA title and fourth consecutive Pac-12 Championship. He started the season second at the Rocky Mountain Shootout and was 12th at pre-nationals. Murphy earned All-Pac-12 First Team honors with a seventh place at the league meet. He was 12th at the regional championship, which earned him all-region honors. Murphy finished the season with a 35th place finish at NCAAs for his second All-America honor. (2013) Murphy had another great season, scoring in all five varsity meets. He started the season placing fourth at the Rocky Mountain Shootout as CU's No. 2 harrier. The next two meets, Murphy came across the line fourth for CU. He was 24th at pre-nationals and was seventh at the Pac-12 Championships, helping CU to its third straight Pac-12 team Championship. Murphy led the Buffs for the first time at regionals with a fifth-place finish and rounded out his season by placing 39th at NCAAs, helping the Buffs win the NCAA title. During the season, he was named to the All-Pac-12 Second Team, All-Mountain Region and All-America teams. (2012) Murphy had an outstanding redshirt freshman season and was CU's No. 4 runner in four of the five varsity meets. He started the season with a fourth-place finish at the Rocky Mountain Shootout. Two weeks later at pre-nats, he placed 22nd overall. Murphy helped the Buffs win their second straight Pac-12 team title, placing 14th overall. It was the only meet he did not score for the Buffs as he was the sixth harrier to finish the race. Two weeks later he scored again for the Buffs, this time with a 19th-place finish at regionals. Murphy ended the season at nationals placing 45th. The Buffs were third overall as a team. He earned All-Pac-12 Second Team and all-region honors during the season.

HIGH SCHOOL: Murphy was a standout at Island School in Lihue, Hawai'i. He set a pair of state records en route to winning 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.

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 film studies.

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.

MORGAN PEARSON



Distance
Junior, 1L/1L
New Vernon, N.J.
(Morristown/Duke)

PERSONAL BESTS

Indoor

Mile: 4:16.40 (2014)
3,000-Meters: 8:06.44
5,000-Meters: 13:49.30 (2014)

Outdoor

800-Meters: 1:54.18 (2014)
1,500-Meters: 3:47.68 (2014)
5,000-Meters: 13:38.92 (2014)
10,000-Meters: 30:01.72 (2014)

MPSF SCORING

2014 5,000-Meters, 3rd (13:49.30)

PAC-12 SCORING

2014 10,000-Meters, 7th (30:01.72)

HONORS

2014 All-America Second Team (Indoor 5k)

2014: Indoor: Pearson mainly raced the 5k during his first track season for the Buffs. His first 5k was at the Husky Classic (2/14), where he recorded a time of 14:07.11 and an 18th-place finish in the invitational section. Two weeks later at the MPSF Championship, Pearson took third overall in 13:49.30 to become CU's eighth fastest performer in the event. The time was just good enough to qualify him for the NCAA Indoor Championships where he ended up 10th overall in 14:15.78 to earn second team All-America honors.

Outdoor: Pearson focused on the 5k and 10k during the outdoor season. He started the season by clocking a time of 30:20.57 in the 10k at the Jerry Quiller Classic (3/21), which tied for first. Pearson ran a personal best in the 5k at the Payton Jordan Cardinal Invite (5/4), coming in at 13:38.92. The time ranks ninth on CU's 5k performers list and placed seventh at the meet. He ran both the 5k and 10k at the Pac-12 Championships. Pearson scored in the 10k, running 30:01.72 for seventh place. He was 27th in the 5k (5:11.03) the following day. At the NCAA West Preliminary Championships, Pearson again ran both events. He was 34th in the 10k (31:03.99) and 42nd in the 5k (15:01.43).

2013: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2014) Redshirt. Did not compete. (2013) Pearson started the season with a seventh-place finish at the Rocky Mountain Shootout, although he ran that meet unattached. He put on the CU uniform in the following meet, NCAA Pre-Nationals, and led the Buffs with a seventh-place finish. Pearson was 18th overall at the Pac-12 Championships and although he didn't score as CU's sixth runner, he did help the Buffs to their third straight Pac-12 Championship. He placed 16th at regionals and finished the season by claiming All-America honors at NCAAs with a 17th-place finish, helping the Buffs to the NCAA team title. (2012) Pearson became a member of the varsity team in his first season at CU. He ran unattached at the Rocky

Mountain Shootout and took 10th overall. At the NCAA Pre-National Invitational, he ran in the open race and was 11th. Pearson did well at the Pac-12 Championships, finishing 18th as CU's seventh runner to help the Buffs take the Pac-12 team title for the second straight year. He raced to a 34th-place finish at regionals and was the alternate at nationals.

AT DUKE: Pearson competed one season at Duke on the cross country team and two seasons on the track & field team. He led the Blue Devils at the N.C. Central Dual Meet, finishing first and also earned top honors at the James Madison Invitational. Pearson was the second Duke harrier to cross the finish at the prestigious Roy Griak Invitational, placing 44th overall. At the ACC Championships, he was the fifth Blue Devil to finish, crossing the line 36th overall. Pearson was 50th overall at the NCAA Southeast Regional Championships, once again as Duke's final scorer. Pearson ran the second best indoor 3k time for the Blue Devils in 2012, finishing fourth in 8:06.44 at the ACC Championships. During the outdoor season he placed sixth at the Duke Invitational in the 5k in 14:03.53; the third fastest time of the season for Duke.

HIGH SCHOOL: Pearson earned four letters at Delbarton and Morristown High School. He was the New Jersey state champion in the 3,200 as a senior and earned All-American honors in the outdoor two-mile run. He won the Penn Relays 3,000-meter run, which he lists as the biggest moment of his high school career. Pearson placed fourth in the Northeast Region at Nike Cross Nationals his junior season and was second in the FootLocker regionals as a senior.

IN THE CLASSROOM: Pearson is majoring in economics and has a greater than 3.40 GPA.

PERSONAL: Morgan Cadwell Pearson was born on Sept. 22, 1993. He is the son of Mike and Christine Pearson and has three brothers, Andrew, Parker and Trevor. His grandfather played lacrosse at Syracuse. Pearson has dual citizenship with Canada. He was a swimmer in high school and also enjoys surfing and playing basketball.

ZACH PERRIN



Distance
Sophomore/Freshman,
VR/RS
Kalispell, Mont.
(Flathead)

PERSONAL BESTS

INDOOR

Mile: 4:16.71 (2014)
3,000-Meters: 8:12.31 (2014)

OUTDOOR

800-meters: 1:52.05 (2014)
1,500-meters: 3:42.39 (2014)

2014: Indoor: Perrin had a solid first season for the Buffs, racing at three meets. He started off by running the mile at the Air Force Invitational (1/25), placing second overall in 4:16.71 behind teammate Morgan Pearson (4:16.40). Perrin

moved up to the 3k for his last two races. He clocked a season-best of 8:12.31 at the Husky Classic (2/15) and two weeks later at the MPSF Championships, Perrin placed 18th overall with a time of 8:14.08.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2014) Redshirt. Did not compete. (2013) Perrin quickly earned a position on the varsity roster as a true freshman, running fifth overall (unattached) at the Rocky Mountain Shootout. His first varsity race in uniform for the Buffs was NCAA Pre-Nationals where he finished 114th overall. Perrin's next race was Pac-12 Championships, where he helped CU claim its third straight team title. Perrin placed 37th overall as CU's No. 8 runner. He served as the alternate at regionals, but was back in action at NCAAs where he took 107th (CU's No. 6 scorer), helping CU win the team championship.

HIGH SCHOOL: Perrin won four Montana State High School Championships. He won the 2012 cross country championship after a runner-up finish his junior year. Perrin raced in the Foot Locker West Regional and took eighth overall before placing 10th at the Foot Locker Nationals in 2012. On the track, Perrin brought home three state championships in the 1,600 and 3,200-meter runs. He won the 1,600 and 3,200 as a senior and the 3,200 as a freshman. During his sophomore season, Perrin was second in both the 1,600 and 3,200. He also ran the best time by a Montana high school runner in 2012 in the 3,200 at the Arcadia Invite (8:55). Perrin earned a top-20 national cross country ranking in 2012. He was also recruited by Oregon, Northern Arizona, Oklahoma State, Wisconsin and Alabama.

HIGH SCHOOL BESTS: 800-meters: 1:54; 1,600-meters: 4:09; 3,200-meters: 8:55.

IN THE CLASSROOM: Perrin is majoring in integrative physiology.

PERSONAL: Zachary Michael Perrin was born on January 25, 1995 in San Diego, Calif. He is the son of Mike and Lisa Perrin of Lakeside, Mont. He also has three siblings, Jake, Ben and Hannah. Perrin enjoys playing the guitar, rock-climbing and kayaking.

ADAM PETERMAN



Distance
Sophomore/Freshman,
VR/RS
Missoula, Mont.
(Hellgate)

PERSONAL BESTS

INDOOR

3,000-meters: 8:14.33 (2014)

OUTDOOR

800-meters: 1:58

1,500-meters: 3:51.14 (2014)

3,000-meter steeplechase: 9:02.19 (2014)

2014: *Indoor:* Peterman focused solely on the 3,000-meter run as a freshman, running the event at three meets. He placed fourth at his first meet, the Air Force Invitational

(1/25), with a time of 9:02.99. Peterman's next race was the Husky Classic (2/15) at sea-level, where he ran a time of 8:22.54. His season-best was clocked at the MPSF Championships two weeks later, finishing 19th overall in 8:14.33.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2014) Peterman made the varsity roster as a redshirt freshman. Although he didn't score for the Buffs, he had a very successful season. Peterman started the year with a 17th place finish at the Rocky Mountain Shootout, which was his best finish of the year. He was 79th at pre-nationals and moved up to 28th at the Pac-12 Championships, helping the Buffs win their fourth straight team title. Peterman took 64th at regionals and placed 202nd at NCAAs as the Buffs won their second straight NCAA Championship. (2013) Redshirt. Did not compete.

HIGH SCHOOL: Peterman placed second to current CU teammate Zach Perrin at the 2012 Montana State High School Cross Country Championship. After the state championship, he placed second at the Nike Cross National Northwest Regional before running to a 23rd-place finish at the Foot Locker West Regional. Peterman placed third at the state cross country championship his junior and sophomore seasons. At the state track and field championship, Peterman won the 3,200-meter run with an all-class record of 9:12, which also doubles as the HHS record. He also earned a pair of fourth-place finishes in the 1,600 and 3,200 as a junior. In 2011, he took fourth in the 3,200 and fifth in the 1,600. Peterman earned a top-20 national cross country ranking in 2012.

HIGH SCHOOL BESTS: 800-meters: 1:58; 1,600-meters: 4:17; 3,200-meters: 8:57.

IN THE CLASSROOM: Peterman is majoring in environmental science and currently GPA greater than 3.70.

PERSONAL: Adam Walser Peterman was born on August 11, 1995 in Missoula, Mont. He is the son of Larry Peterman and Lisa Walser. He also has an older sister, Kila. Peterman enjoys mountain biking and has volunteered for Run Wild Missoula and the Missoula Marathon.

TIM PORCELLI



Javelin
Sophomore, VR/VR
Superior, Colo.
(Mullen)

PERSONAL BESTS

OUTDOOR

Javelin: 133-4/40.63 (2014)

2014: *Indoor:* Did not compete.

Outdoor: Porcelli competed in the javelin during the outdoor season. He recorded a season-best (133-4) at the CU Invite (4/12) where he placed ninth overall. Porcelli also threw over 130 feet at the Jack Christiansen Invite (4/26) with a mark of 132-10, which was 10th overall.

HIGH SCHOOL: Porcelli was a member of the football and wrestling teams at MHS. He played football for Dave Logan

and earned three letters while helping the Mustangs to back-to-back-to-back Colorado State 5A Championships. Porcelli also earned two letters on the wrestling team. He was named to the honor roll as a junior and senior.

IN THE CLASSROOM: Porcelli is a chemistry major.

PERSONAL: Timothy James Porcelli was born on September 2, 1993 in Palo Alto, Calif. He is the son of Bruce and Trish Porcelli and has two older siblings, Lisa and Mike. Porcelli enjoys hiking and snowboarding. During his first two years at Colorado, he was a member of the club rowing team and earned All-America status.

BRADY RUTT



Throws
Junior, VR/1L
Hastings, Neb.
(Hastings)

PERSONAL BESTS

INDOOR

Shot Put: 47-06.25 (2012)

Weight Throw: 53-06.25/16.31m (2012)

OUTDOOR

Discus: 169-3/51.58m (2013)

Shot put: 49-5.75/15.08m (2013)

Hammer Throw: 177-10/54.20m (2014)

PAC-12 SCORING

2012 Discus, 5th (168-04)

2014: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

2013: *Indoor:* Rutt competed in the shot put and weight throws and earned a personal best in the weight at the Air Force All-Comers Meet (1/12) with a mark of 53-6.25 for seventh place. His season-best toss in the shot put was 46-6 at the Potts Invite (1/19) where he took eighth place. Rutt competed in the weight throw at the Mountain Pacific Sports Federation Championships and was 20th (50-2.50).

Outdoor: Rutt threw the shot put, discus and hammer during his sophomore season and picked up personal bests in all three areas. He recorded a mark of 49-05.75 in the shot put to place seventh at the CU Invite (4/13). Rutt's hammer throw of 171-3 came at the Cowpoke Open (5/3), which placed him ninth. He saved his best for last in the discus, recording a mark of 169-3 at the Pac-12 Championships, also taking ninth.

2012: *Indoor:* Rutt had a solid start to his collegiate career and was second in the shot put and weight throw for the Buffs in 2012. Rutt recorded a season best mark of 53-05 at the Air Force Team Challenge (1/28), which was ninth overall. Rutt also competed in the shot put and saved his best for last as he PR'd in the event at the Mountain Pacific Sports Federation Championships with a toss of 47-06.25. He placed 16th overall.

Outdoor: Rutt was CU's top discus thrower during his freshman campaign, recording the top six marks. His personal best of 168-04 came at the Pac-12 Championships, which placed him fifth at the meet. Rutt also had PR's in the hammer throw and shot put. He recorded an eighth-

place finish in the shot put (46-10.25) at the Fum McGraw Quadrangular (3/31) and placed ninth in the hammer throw at the Potts Invite (3/17) with a toss of 156-07.

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 with 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 and all-state honorable mention honors.

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

IN THE CLASSROOM: Rutt is majoring in integrative physiology.

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.

BEN SAAREL



Distance
Sophomore, 1L/1L
Park City, Utah. (Park City)

PERSONAL BESTS

INDOOR

800-meters: 1:52.86 (2014)
 Mile: 4:05.22 (2014)
 3,000-meters: 7:52.61 (2014)

OUTDOOR

800-meters: 1:51.11 (2014)
 1,500-meters: 3:41.54 (2014)
 5,000-meters: 13:48.97 (2014)

MPSF SCORING

2014 Mile, 5th (4:05.22)

PAC-12 SCORING

2014 1,500-Meters, 4th (3:43.38)

NCAA SCORING

2014 (I) 3,000-Meters, 3rd (8:13.45)

HONORS

2014 All-America First Team (Indoor 5k)
 2014 All-America Second Team (Outdoor 1,500)

2014: *Indoor:* Saarel had an outstanding freshman campaign. He began the indoor season with an 800 at the Air Force Invitational (1/25), placing seventh in 1:52.86. Saarel's next race was a 3,000 at the Husky Classic (2/15) and he showed that he was going to be a force to be reckoned with as he placed second in the invitational section in 7:52.61. At the time, the 7:52.61 was the third-fastest time ever run by a Buff; second only to Olympian Adam Goucher. It was also the fastest debut by a CU freshman. Saarel competed two weeks later at the MPSF Championship in the mile and scored points for the team with a fifth-place finish (4:05.22). Saarel's 3k time ranked

12th overall in the NCAA, so he moved on to the indoor championships where he would earn his first indoor track All-America honor with a third-place finish (8:13.45).

Outdoor: Saarel kept the good times rolling during his outdoor campaign, focusing mainly on the 1,500. He started the season winning the 800 at the CU Invite (4/12), crossing the finish in 1:51.11. Just a week later, he won the 1,500 at the Bryan Clay Invite (4/18) and became the fifth best CU performer in the event with a time of 3:41.54. Saarel also ran a pair of 5,000's, with his first at the Payton Jordan Invite (5/4), coming in with a time of 13:48.97 for 12th overall. He switched back to the 1,500 at the Pac-12 Championships, and placed fourth for the Buffs in 3:43.38. Saarel qualified for the NCAA West Preliminary Championships in both the 1,500 and 5k. He was 40th in the 5k (14:53.63) and placed 12th in the 1,500 to advance to the NCAA Championships. At NCAAs, Saarel placed 16th in the semifinals (3:47.19) to earn All-America Second Team honors.

CROSS COUNTRY: (2014) Saarel had another great season for the Buffs. He started by placing fifth at the Rocky Mountain Shootout and followed that up with a fourth place finish at pre-nationals. Saarel earned All-Pac-12 second team honors with his eighth place performance at the Pac-12 Championships, helping CU win its fourth straight team title. Two weeks later, Saarel helped the Buffs win the NCAA Mountain Region Championship, placing 13th overall. He also earned his second all-region honor with the finish. At the NCAA Championships, Saarel was the second Buff across the finish, taking seventh overall for his second straight All-America honor as CU won its second straight NCAA Championship. (2013) Saarel had an outstanding true freshman season for the Buffs, earning All-Pac-12 First Team, All-Mountain Region and All-America honors. He raced the Rocky Mountain Shootout unattached and took second to teammate Blake Theroux by just one second (25:35). Saarel's first race for the Buffs was NCAA Pre-Nationals, and he took ninth overall as CU's No. 2 scorer. In the following meet, the Pac-12 Championships, he was the fifth runner to cross the finish, CU's third harrier, and helped the Buffs win their third team championship. Saarel continued to shine and at regionals, he was seventh overall, but he saved the best for last at the NCAA Championships where he took eighth overall and led the Buffs to their fourth NCAA Championship since 2001. Saarel became CU's first true freshman since Billy Nelson in 2002 to record All-America honors. That year Nelson was 42nd overall.

HIGH SCHOOL: Saarel was named the 2012 Gatorade Utah Boys Cross Country Runner of the Year after winning the Utah State Class 3A Championships in 14:56.7, which was the second fastest time ever run on the course. In doing so he helped the Miners to a fourth-place team finish. Saarel placed second at the Nike Cross Nationals Southwest Regional championship before winning the Foot Locker West Regional. At the Foot Locker Championships, Saarel placed fourth in 15:13, just 14 seconds behind the winner. Saarel earned a top-20 national cross country ranking in 2012. On the track he won the 800 and 1,600 Utah state titles, both in school record time. Saarel recorded a time of 1:51.13 in the 800 and 4:07.95 in the 1,600. Saarel also won the Arcadia Invitational 3,200 (8:45.74) and the

Adidas Dream Mile (4:02.72). At the 2013 Simplot Games, he won the 3,200-meters and broke the meet record with a 9:00.62 performance. Saarel won three state championships in 2012 (800, 1,600 and 3,200). He was also recruited by Michigan, Wisconsin, Princeton, Stanford and Oklahoma.

HIGH SCHOOL BESTS: 800-meters: 1:51; Mile: 4:02.72; 1,600-meters: 4:07.95; 3,200-meters: 8:49.

IN THE CLASSROOM: Saarel is an engineering physics major and currently owns a 3.985 GPA after three semesters at CU.

PERSONAL: Ben Saarel was born on March 8, 1995 in Cleveland, Ohio. He is the son of Doug, a former rower at Princeton, and Tess Saarell of Salt Lake City, Utah. He also has one sister, Emma, who ran at Swarthmore College. Saarel enjoys skiing and has volunteered with the Special Olympics.

LUKE SHEESLEY



Distance
Freshman, TR/TR
Fort Collins, Colo. (Fort Collins/Western State)

PERSONAL BESTS

800 Meters: 1:55.33
 Mile: 4:17
 1,600 Meters: 4:20.10
 3,200 Meters: 9:07.99

AT WESTERN STATE: Sheesley ran one season for the Mountaineers. He placed 29th overall at the Rocky Mountain Athletic Conference Championships, helping WSC to a third-place team finish. Sheesley was 54th at regionals.

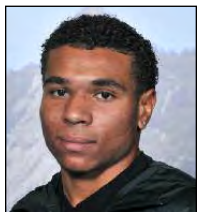
HIGH SCHOOL: Sheesley raced in three events at the 2014 Colorado State 5A Track and Field Championships. He was second in the 3,200 (9:23.53), fifth in the 800 (1:55.33) and seventh in the 1,600 (4:20.60). His time in the 3,200 is also a FCHS record. As a junior, Sheesley was eighth in the 1,600 and was a member of the 4x800-meter relay team that placed first. As a member of the cross country team, he earned a 12th place finish at the state meet in 2013. Sheesley was all-conference as a junior and senior.

HIGH SCHOOL BESTS: 800-meters: 1:55.33; mile: 4:17; 1,600-meters: 4:20.10; 3,200-meters: 9:07.99.

IN THE CLASSROOM: Sheesley is a molecular, cellular and developmental biology major.

PERSONAL: Luke Goodwine Sheesley was born on January 17, 1996 in Fort Collins, Colo. He is the son of Drew and Shannon Sheesley and has one brother, Jack. His father was a linebacker for the Colorado State football team. Sheesley enjoys watching movies, fishing and hanging out with family and friends.

JAYSEAN SKRINE



Sprints
Freshman, HS/HS
Colorado Springs,
Colo. (Fountain
Fort Carson)

PERSONAL BESTS

100 Meters: 10.86
 200 Meters: 21.64

HIGH SCHOOL: Skrine earned four letters as a member of the Fountain Fort Carson track and field team. The Trojans won the 2014 Colorado State 5A Track and Field Championship, which Skrine lists as the biggest moment of his high school career. Individually, he placed second in the 100 (10.86) and was fourth in the 200 (21.64) at state, earning all-state recognition.

HIGH SCHOOL BESTS: 100-meters: 10.86; 200-meters: 21.64.

IN THE CLASSROOM: Skrine is a psychology major.

PERSONAL: Jaysean Rheem Skrine was born on June 10, 1996 in Lancaster, Pa. He is the son of Jeffrey and Holly Gardner and has two siblings, Trenton and Ebonee.

PANOS SMYRNIOS



Distance
Freshman, RS/RS
Littleton, Colo.
(Chatfield)

PERSONAL BESTS

400-meters: 50.76
 800-meters: 1:55
 1,600-meters: 4:33.35

2014: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2014) Smyrnios raced to a 40th place finish at the Colorado State Invite in his only race of the season. (2013) Smyrnios ran in one race for the Buffs as a freshman, placing 45th overall at the Santa Clara Bronco Invitational.

HIGH SCHOOL: Smyrnios raced to a time of 1:55.51 in the 800-meter run at the 2013 Colorado State Track and Field Championships, placing fifth overall. He was also the anchor of the 4x800 that placed third in 7:59. During Smyrnios' junior year, he won the 800 and was a part of the 4x400 and 4x800 relays which won the Jefferson Country League Championships. His 4x400 relay team set the school record of 3:20.29 in 2012 and later that summer he ran a personal best of 50.76 at the USATF Junior Outdoor Championships. Smyrnios earned three letters as a member of the track team and three on the cross country team. Prior to his junior year, Smyrnios also played soccer.

HIGH SCHOOL BESTS: 400-meters: 50.76; 800-meters: 1:55; 1,600-meters: 4:33.35.

IN THE CLASSROOM: Smyrnios is majoring in integrative physiology and Spanish. He has a GPA greater than 3.70.

PERSONAL: Panos Ernesto Smyrnios was born on December 12, 1994 in Dallas, Texas. He is the son of Angelo and Lisette Smyrnios of Littleton, Colo. He also has one sister, Angelica. Smyrnios enjoys fishing, backpacking, biking and skiing.

BLAKE THEROUX



Distance
Senior, 1L/2L
Chesapeake, Va.
(Western Branch)

PERSONAL BESTS

INDOOR

800 Meters: 1:53.39 (2014)
 Mile: 4:01.64 (2013)
 3,000 Meters: 7:54.76 (2014)

OUTDOOR

1,500-Meters: 3:45.17 (2013)
 5,000-Meters: 13:57.62(2014)
 3,000-Meter Steeplechase: 8:49.99 (2013)

MPSF SCORING

2013 Mile, 8th (4:01.64)

PAC-12 SCORING

2013 Steeplechase, 3rd (8:49.99)
 2014 Steeplechase, 2nd (8:52.93)

ACADEMIC HONORS

MPSF All-Academic (2012, 13)
 Pac-12 All-Academic honorable mention (2012, 13)

2014: Indoor: Theroux competed at three meets during the indoor season. He started off by running an 800 at the Air Force Invitational (1/25), finishing eighth in 1:53.39. Theroux moved up to the 3,000 at the next meet, the Husky Classic (2/15) and recorded one of the best times in school history at 7:54.76 for fifth place in the invitational section. That time ranks seventh on CU's all-time performers list. He was also one of four CU runners to record a time of 7:55 or less in the 3k this season. Theroux switched gears to the mile run in his final meet of the season, the MPSF Championships. He finished 12th overall in 4:06.93.

Outdoor: Theroux's main event was again the steeplechase, but he also competed in the 800, 1,500 and 5,000 during the outdoor season. Theroux raced the 1,500 (3:49.28) at the Stanford Invite (4/4), placing fifth in the invitational section. He clocked a personal best in the 5k at the Payton Jordan Invite (5/4), finishing 11th in 13:57.62. Theroux ran his first steeplechase of the season at the Pac-12 Championships, and was the runner-up in 8:52.93. That time qualified him for the NCAA West Preliminary Championship, where he placed 12th with a personal best time of 8:49.95, and also advanced to the NCAA Championships. There, Theroux was 17th overall in the

semifinals, finishing in 8:54.70.

2013: Indoor: Theroux ran in three races during the season, but really made an impact as he became the second fastest performer in CU history in the mile run. Theroux raced to a time of 4:01.64 in the mile at the Mountain Pacific Sports Federation Championships to finish eighth overall and record a point for the team score. The time also ranks fifth on CU's all-time chart. Just a few weeks before the MPSF Championships, Theroux ran 4:04.35 in the mile at the Husky Classic.

Outdoor: Theroux had another excellent season running Distance events. He recorded a personal best in the 1,500 at the Payton Jordan Cardinal Invite, finishing in 3:45.17. His main event was once again the steeplechase. He ran 9:02.10 in his first attempt of the season, finishing sixth in the Olympic development section of the Mt. SAC Relays (4/18). A few weeks later, Theroux ran a personal record of 8:49.99 at the Pac-12 Championships, placing third overall. He helped the Buffs record 22 points in the race as CU went 1-3-4-8 in the event. At the NCAA West Preliminary Championships, Theroux finished his season with a 27th-place finish in 9:01.68.

2012: Indoor: Theroux raced in the mile and 3k runs during his second season with the Buffs. He started the year running the mile in 4:30.15 at the Air Force Team Challenge (1/28) before switching to the 5k for a pair of races. Theroux ran his first 3k at the Husky Classic (2/11), finishing in 8:18.07 for 14th place in the open section. Two weeks later on the same track, he recorded a season best time of 8:11.43 at the Mountain Pacific Sports Federation Championships.

Outdoor: Theroux had a great outdoor season, competing in three different events. He ran the top 1,500-meter time of the season for the Buffs (3:45.33) at the Payton Jordan Cardinal Invite (4/29), winning the third section in the process. He competed in both the steeplechase and the 5k at the Pac-12 Championships. He was 13th in the steeplechase, finishing in 9:12.59, and took 21st in the 5k with a time of 14:55.21. Theroux advanced to the NCAA West Prelims in the 1,500 and finished 36th in 3:58.33.

2011: Indoor: Theroux ran once during his freshman season. He 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: (2014) Theroux finished his cross country career at CU on a great note, helping the Buffs win their second straight NCAA Championship, as well as their fourth straight Pac-12 and first NCAA Mountain Region championship since 2006. Theroux started the season by winning the Rocky Mountain Shootout for the second straight season. A couple weeks later, he was the runner-up at pre-nationals, finishing just a few seconds behind the NCAA Champion, Edward Cheserek. Theroux led the team at Pac-12s, placing fourth overall to earn All-Pac-12 First Team honors. He did not compete at regionals, but came back strong at NCAAs, finishing ninth for his third All-American honor. (2013) Theroux had another outstanding season, leading CU twice during the season. He started off winning the Rocky Mountain Shootout, just one second in front of freshman teammate Ben Saarel (25:34). Theroux was CU's third scorer at NCAA Pre-Nationals, coming in 22nd overall. He returned to lead the Buffs in the next race, the Pac-12 Championship, and guided the team to its third

straight team title with a third-place finish. Theroux placed 26th at regionals and then recorded the first All-America honor of his career with a 23rd-place finish as he helped the Buffs win the NCAA Championship. He also earned All-Pac-12 First Team and all-region honors during the season. (2012) Theroux had a great season, finishing in the top three for CU in all five varsity meets. He started by placing second at the Rocky Mountain Shootout behind teammate Jake Huryz. At pre-nats, he finished 11th again as CU's No. 2 runner. Theroux's best performance of the season came at the Pac-12 Championships where he led the Buffs to their second straight team title with a seventh-place finish. He went on to take 14th at regionals and then helped CU place third at nationals with a 39th-place performance; both as CU's No. 3 scorer. Theroux earned All-Pac-12 First Team honors as well as all-region and All-American status during the year. (2011) Theroux earned a spot on the varsity as a redshirt freshman and competed in five varsity meets. He started the season with a 10th-place finish at the Rocky Mountain Shootout and followed 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 and English. He has a GPA greater than 3.00. Theroux is a two-time member of the MPSF All-Academic Team (2012, 13) and the Pac-12 All-Academic honorable mention team (2012, 13).

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.

JARON THOMAS



Sprints/Hurdles
Sophomore, VR/1L
Midlothian, Texas
(Midlothian)

PERSONAL BESTS

INDOOR

60-meters: 7.21 (2014)
 200-meters: 22.48 (2014)
 400-meters: 49.60 (2014)
 60-meter hurdles: 8.04 (2014)

OUTDOOR

110-meter hurdles: 13.87 (2014)
 400-meter hurdles: 51.24 (2014)

PAC-12 SCORING

2014 110-Meter Hurdles, 6th (14.29)
 2014 400-Meter Hurdles, 3rd (51.24)

2014: Indoor: Thomas mainly focused on the 60-meter hurdles during his first season. He started the year placing fourth at the Air Force All-Comers Meet (1/11), finishing in 8.37. Thomas improved on his time at the next meet, the Potts Invitational (1/18), running 8.29 for the win. He continued to improve during the season and recorded a season-best (8.04) and fifth place finish during the prelims at the MPSF Championships.

Outdoor: Thomas cruised into the CU record books in the spring. He became just the fourth Buff to ever record a time under 14 seconds in the 110-meter hurdles, clocking in at 13.87. The time placed him third at the meet and made him the fourth best performer in CU history at the Longhorn Invitational (5/3). Thomas became the third best CU performer in the 400-hurdles after finishing third in 51.24 at the Pac-12 Championships. He was also sixth at the conference meet in the 110-hurdles (14.29). Thomas raced both events at the NCAA West Preliminary Championships. He was 32nd in the 110-hurdles (14.34) and 34th in the 400-hurdles (52.37).

HIGH SCHOOL: Thomas made a name for himself by earning many accolades and smashing records during his time with the Panthers. In his junior year, he claimed the regional and district championships in addition to qualifying for state. The team captain of three years also broke school records including the 110-meter hurdle (13.98), the 300-meter hurdle (37.93) and the triple jump (46-8). Thomas was an all-state academic selection his senior year.

HIGH SCHOOL BESTS: 110-meter hurdles: 13.98; 300-meter hurdles: 37.93; Long Jump: 22-9; Triple Jump: 46-8.

IN THE CLASSROOM: Thomas is a pre-engineering arts and sciences major.

PERSONAL: Jaron Kraig Thomas was born on January 8, 1995 in Stephenville, Texas. He is the son of Spivey Thomas and Lauren Hall, who both competed in track and field at Tarleton State University. Thomas is the oldest of three siblings, Kolby, Jalon and Skylar. He enjoys playing tennis, swimming and has volunteered with Niki Covers the Cold, Salvation Army and Santa's Helpers workshop.

MATT WALKER



Combined Events
Freshman, HS/HS
Southlake, Texas
(Southlake Carroll)

PERSONAL BESTS

100 Meters: 10.9
 400 Meters: 49.6
 Shot Put: 51-5

HIGH SCHOOL: Walker earned four letters as a member of the Southlake Carroll Senior High School track and field team. During his senior season, Walker was the district champion in the 400-meter dash and the shot put, becoming the first person at his school to win those two events the same year. He was also recruited by Abilene Christian, Colorado State, Miami (Ohio) and William Penn.

HIGH SCHOOL BESTS: 400-meters: 49.6; 100-meters: 10.9; shot put: 51-5.

IN THE CLASSROOM: Walker is an open major. He has a GPA greater than 3.00.

PERSONAL: Matthew Burke Walker was born on April 27, 1996 in Houston, Texas. He is the son of Michael and Paula Walker and has two siblings, Riley and Brett. He enjoys hanging out with friends, playing sports and making videos.

CONNOR WINTER



Distance
Senior/Junior, 1L/1L
Centennial, Colo.
(Arapahoe)

PERSONAL BESTS

INDOOR

800-Meters: 1:52.86 (2014)
 Mile: 4:01.69 (2013)
 3,000-meters: 8:02.70 (2014)

OUTDOOR

800-meters: 1:52.56
 1,500-meters: 3:44.53 (2013)
 5,000-meters: 13:55.91 (2014)

MPSF SCORING

2014 Mile, 8th (4:06.69)

PAC-12 SCORING

2013 5,000-Meters, 4th (14:09.45)

2014: Indoor: Winter started off the season with a personal-best of 1:52.86 in the 800 at the Air Force Invitational, finishing fifth overall. His second race of the year was a 3k, and he did quite well as he clocked in 13th overall in the invitational section in 8:02.70 at the Husky Classic. Winter's last race of the campaign was the mile. He placed eighth overall at the MPSF Championships with a time of 4:06.69.

Outdoor: Winter ran the 800 and 1,500 before focusing on the 5,000 during the postseason. He clocked a season best time of 1:54.24 in the 800 at the CU Invite (4/12) after running his season best time of 3:47.32 at the Stanford Invite (4/4). Winter's first 5k of the season was at the Payton Jordan Invite (5/4), where he ran a personal best time (13:55.91) and placed eighth overall. He went on to race the 5k at the Pac-12 Championships and took 10th in 13:55.91. Winter qualified for the NCAA West Preliminary Championships in the 5k, where he placed 29th (14:36.50).

2013: Indoor: Winter had an impressive sophomore campaign despite only running three races. He had his best race of the season when he clocked a time of 4:01.69 to finish ninth at the Mountain Pacific Sports Federation Championships to become the third fastest CU performer. Winter was just .05 seconds behind the eighth-place finisher, teammate Blake Theroux.

Outdoor: Winter focused on the Distances during his redshirt freshman campaign, particularly on the 1,500. He ran 3:44.54 at his first meet of the season, the Nike Stanford Invitational (3/29). A few weeks later at the Mt. SAC Relays, Winter placed sixth in the open section, clocking in at 3:46.27. He recorded his season-best a week later at the Payton Jordan Cardinal Invite (4/29), finishing fourth in the third section in 3:44.53. Winter raced the 1,500 at the Pac-12 Championship, taking 15th overall in 3:49.69 during the preliminary round. He came back the following day in the 5,000 and placed fourth in 14:09.45 to lead the Buffs. It was the fourth fastest time for CU during the 2013 season. Winter returned to the 1,500 for the NCAA West Preliminary Championships and placed 33rd (3:52.86) to close his season.

2012: Indoor: Winter made his CU debut at the Air Force Team Challenge (1/28), running the 800. He placed sixth overall with a time of 1:56.49. Winter finished the season with a pair of mile runs. His first was at the Husky Classic (2/11), where he finished in 4:13.47. Two weeks later, he returned to the same track at the Mountain Pacific Sports Federation Championships and improved on his previous time. Winter crossed the finish in 4:10.33 and was 16th overall.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2014) Winter had a great junior season for the Buffs, starting and finishing strong. He was seventh at the Rocky Mountain Shootout and placed 14th at NCAA Pre-Nationals. He scored for the Buffs at the Pac-12 Championships, crossing the finish fifth overall as CU's No. 2 runner and helped the Buffs capture their fourth straight Pac-12 Championship. At the following meet, regionals, Winter led the Buffs with a fourth place finish. He capped of his season by placing 24th as CU took home its second straight NCAA Championship. During the year, he earned All-Pac-12 First Team, all-region and All-America honors. (2013) Winter had another nice season, playing a key role for the Buffs throughout the season. He placed third at the Rocky Mountain Shootout as CU's No. 3 scorer. A couple weeks later, at NCAA Pre-Nationals, Winter was 28th (CU's No. 5). His best finish of the season came at the Pac-12 Championships where he took fourth and guided the Buffs to their third straight Pac-12 team title. Winter helped the Buffs to a runner-up team finish at regionals, placing 15th individually, and finished the season with a 177th-place

finish at the NCAA Championships where CU took home the team title. He recorded All-Pac-12 First Team and all-region honors during the year. (2012) Winter had a great redshirt freshman season, breaking out with a seventh-place finish at the Rocky Mountain Shootout to earn a spot on the varsity squad. He went on to place 35th at pre-nationals to seal his spot on the team. Winter helped the Buffs win their second straight Pac-12 team title; finishing 21st overall as CU's No. 8 finisher. He served as the alternate at regionals and scored for the Buffs at nationals, placed 65th as CU's No. 5 harrier.

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 as well his junior year.

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 mechanical engineering.

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).

MADELINE ALM



**Distance
Junior, VR/VR
Louisville, Colo.
(Arapahoe)**

PERSONAL BESTS

INDOOR

Mile: 5:15.59 (2014)
3,000-meters: 9:52.46 (2014)

OUTDOOR

800-meters: 2:16.23 (2014)
1,500-meters: 4:29.30 (2014)
5,000-meters: 16:45.03 (2014)

ACADEMIC HONORS

Academic All-MPSF (2014)
Pac-12 All-Academic honorable mention (2014)

2014: Indoor: Alm's first race of the season was the mile run at the Air Force Invitational (1/25). She clocked in at 5:15.59 and placed seventh overall. She moved up to the 3,000 for the last two meets of the season. Alm was 22nd at the Husky Classic (2/15), finishing in 9:59.94, and recorded a season-best two weeks later at the MPSF Championships at 9:52.46 which was 27th.

Outdoor: Alm's main race was the 1,500, but she ran a couple of 800s as well as one 5k during the season, recording personal bests in all three events. She raced a time of 2:16.23 at the Jack Christiansen Invite in the 800, placing fourth overall. Alm's best meet was the Pac-12 Championships where she ran both the 1,500 and the 5k. She was 15th in the 1,500, finishing in 4:29.30, and placed 10th in the 5k in 16:45.03.

2013: Indoor: Redshirt. Did not compete.

Outdoor: Alm focused mainly on the 1,500 during her first season with the Buffs. She recorded a season-best of 4:53.52 in the 1,500 at the Bryan Clay Invitational (4/19). Alm ran four 1,500s during the season and finished faster than five minutes at the Jack Christiansen Invite (4/27) where she clocked in at 4:55.03.

CROSS COUNTRY: (2014) Alm made a huge impact on the team as a junior, becoming CU's No. 2 runner in the postseason. She started off with a fifth place finish at the Rocky Mountain Shootout, placing fourth for the Buffs. Alm moved up to CU's No. 3 at NCAA Pre-Nationals, placing 29th overall. She was CU's No. 2 harrier in the final three races, which included a pair of seventh place finishes at the Pac-12 and NCAA Mountain Region Championships. Alm finished the season 51st at NCAAs. During the year, she was named All-Pac-12 First Team and all-region. (2013) Alm made the varsity team after placing 20th at the Rocky Mountain Shootout. She led the Buffs in the following race, the Santa Clara Bronco Invitational, with a fifth-place finish. Alm's final race of the season was the Pac-12 Championship. She was CU's No. 7 runner and finished 36th overall, helping CU to a second-place team finish.

HIGH SCHOOL: Alm was a member of the then-Monarch High School record setting 4x800-meter relay in 2010, which ran a time of 9:28 at the state championships. She earned two letters in cross country and two on the track and field team with the Coyotes. Also in 2010, her cross country team qualified for Nike Cross Nationals in Oregon and placed 15th overall. Alm was an all-state academic selection as a junior and senior and earned the student merit award as a sophomore.

HIGH SCHOOL BESTS: 800-meters: 2:18; 4x800-relay: 9:28; 5,000-meters: 18:08.

IN THE CLASSROOM: Alm is majoring in integrative physiology and owns a GPA greater than 3.3. She was named to the Academic All-MPSF team and the Pac-12 All-Academic honorable mention team in 2014.

PERSONAL: Madeline Rachael Alm was born on January 9, 1993 in Louisville, Colo. She is the daughter of Ronald and Michelle Alm and has one younger brother, Landon. Her grandfather played basketball at Iowa. Alm enjoys hiking and spending time with her family. During her fourth, fifth and sixth grade years, she qualified for the junior Olympics in jump roping.

KAITLYN BENNER



Distance
Freshman, HS/HS
Superior, Colo.
(Monarch)

PERSONAL BESTS

1,600-meters: 5:03
 3,200-meters: 10:58

CROSS COUNTRY: (2014) Benner earned a spot on the varsity roster after placing ninth overall at the Rocky Mountain Shootout (where she raced unattached). Her first race in the black and gold was NCAA Pre-Nationals; she placed 52nd overall and was CU's No. 4 runner. Benner moved up to a 29th place finish at Pac-12s a couple of weeks later, scoring as the Buffs fifth runner. She recorded her first individual honor at regionals, placing 13th overall to be named to the All-Mountain Region team. Benner finished the season 81st at NCAAs, helping the Buffs to a seventh place team finish.

HIGH SCHOOL: Benner was a member of the MHS cross country team that won the state championship in 2011, '12 and '13. The team went on to compete at Nike Cross Nationals in 2013 and placed fifth overall; Benner was 61st individually. MHS also raced at Nike Cross Nationals (NXN) in 2010, placing 15th. Benner was selected to the NXN Southwest All-Sophomore team in 2011 and the All-Freshman team in 2010. On the track, she was a member of the 4x800-meter relay team that placed second at state in 2012, '13 and '14. The relay also set the school record at 9:22. Individually, Benner is the MHS record holder in the 3,200 (10:58). She earned four academic letters as a Coyote and was named to the Academic All-Colorado first team her junior and senior years. Benner was also recruited by Oregon State and Utah.

HIGH SCHOOL BESTS: 1,600-meters: 5:03; 3,200-meters: 10:58; 4x800-relay: 9:11.

IN THE CLASSROOM: Benner is a biological and chemical engineering major. She recorded a 4.00 GPA after her first semester at CU.

PERSONAL: Kaitlyn Marilyn Benner was born on September 25, 1996 in Sacramento, Calif. She is the daughter of Pat and Kathy Benner of Superior, Colo. She has one younger sister, Grace. Benner has done volunteer work that includes mission trips to Mississippi, Los Angeles and the Bahamas.

ERYN BLAKELY



Distance
Freshman, RS/RS
Monrovia, Calif.
(Alverno)

PERSONAL BESTS

800-meters: 2:18.45 (2013)
 1,500-meters: 4:56.33 (2014)

2014: *Indoor:* Redshirt. Did not compete. *Outdoor:* Redshirt. Did not compete.

CROSS COUNTRY: (2014) Blakely ran in three races for the Buffs. She started off with a 26th place finish at the Rocky Mountain Shootout and was 17th in the open race at NCAA Pre-Nationals. Her final race was Pac-12s where she was 87th overall.

HIGH SCHOOL: Blakely was named the AHS cross country and track and field MVP as a senior. She competed at the 2012 USATF Junior National Track & Field Championships in the 2,000-meter steeplechase. It was just her third time running the event and she placed second in 7:35.45. Blakely was also a member of the Principal's Honor Roll.

HIGH SCHOOL BESTS: 800-meters: 2:18.45; 1,600-meters: 5:09.17; 2,000-meter steeplechase: 7:35.45.

IN THE CLASSROOM: Blakely is majoring in integrative physiology and has a GPA greater than 3.00.

PERSONAL: Eryn Larisa Blakely was born on November 11, 1995 in Monrovia, Calif. She is the daughter of Michael Blakely and Lara Larramendi and has one older brother, Eric Blakely. Blakely has volunteered at the Los Angeles Zoo and enjoys singing, playing guitar and horseback riding. She was a member of the AHS equestrian team and started riding when she was seven in 2003.

TASHAY BROWN



Sprints
Freshman, HS/HS
Centennial, Colo.
(Eaglecrest)

PERSONAL BESTS

100-meters: 12.19 (2014)
 200-meters: 24.40 (2014)

HIGH SCHOOL: Brown was a standout sprinter at Eaglecrest High School. She is the Raptor's 200-meter record holder (24.20) and appeared at the Colorado State High School Championships several times. She was a member of the 2014 Colorado State 5A 800-meter sprint medley relay team that won in 1:44.19 and was a member of the 4x200 team that placed third. Individually she was third in the 200, setting the EHS record in the process. Brown was also third in the 200 as a sophomore at the state championships. She was also recruited by Columbia, Penn, Air Force, Colorado State, San Jose State and Louisiana at Monroe.

HIGH SCHOOL BESTS: 100-meters: 12.19; 200-meters: 24.40.

IN THE CLASSROOM: Brown is an open major.

PERSONAL: Tashay Bobbie Brown was born on August 14, 1995 in Kingston, Jamaica. She is the daughter of Herbert Brown and Cassandra Barnes. She has one brother, Khalil, who plays basketball. Brown was born in Jamaica and can speak the native language (Patois). She enjoys traveling and has volunteered at Smoky Hill Library with its summer reading program.

MACKENZIE CALDWELL



Distance
Freshman, HS/HS
Columbus, Ind.
(Columbus North)

PERSONAL BESTS

1,600-meters: 5:03
 3,200-meters: 10:58

CROSS COUNTRY: (2014) Caldwell ran unattached at the Rocky Mountain Shootout and placed 14th overall to earn a spot on the varsity roster. She debuted for the Buffs at NCAA Pre-Nationals, placing 128th overall. Caldwell was 44th at Pac-12s and placed 36th at regionals. She ended the season at NCAAs with a 195th place finish.

HIGH SCHOOL: Caldwell owns three records at CNHS: the 5-kilometer cross country course record (17:29), the 1,600-meter run (4:55) and the 3,200 (10:37), and all three double as the Conference Indiana records. Caldwell set the cross country record on October 9, 2013 and both track records on April 26, 2014. The Bull Dogs were the CI cross country champions four straight years (2010-13) and the track and field team won the title in 2014. Caldwell was named all-state three times as a member of the cross country team and three times on the track team, and was a cross country all-conference selection four straight years. She placed second at the state cross country meet as a senior and was fourth her sophomore and junior years. Caldwell won the 2014 indoor state 3,200 title and during the outdoor season, she placed fifth in the 1,600 and 3,200. As a junior, she was third in both events and was sixth in the 3,200 as a sophomore. Caldwell also excelled in the classroom and was named academic all-state for track her sophomore through senior years and for cross country as a sophomore. Caldwell was also recruited by Michigan State, Arizona State, Iowa State, Illinois and Vanderbilt.

HIGH SCHOOL BESTS: 800-meters: 2:21; 1,600-meters: 4:55; 3,200-meters: 10:37.

IN THE CLASSROOM: Caldwell is a marketing major and currently has a GPA greater than 3.70.

PERSONAL: Mackenzie Ann Caldwell was born on May 20, 1996 in Columbus, Ind. She is the daughter of Gary and Renee Caldwell and has two older brothers, Quinton and Raleigh. Caldwell enjoys camping, hiking and photography. She plays the Oboe and earned the Symphonic March Most Improved (2010-11) and the Wind Ensemble Outstanding Attitude (2013-14) awards. Caldwell was also part of the Bull Dog News Network and earned MVP honors (2013-14) and the Spoke Award (2012-13).

ERIN CLARK



Distance
Freshman, RS/RS
Eugene, Ore. (South Eugene)

PERSONAL BESTS

1,500-meters: 4:28.90
 3,000-meters: 9:32.08
 5,000-meters: 16:41.36

2014: *Indoor:* Redshirt. Did not compete.
Outdoor: Redshirt. Did not compete.
CROSS COUNTRY: (2014) Clark moved into a leadership role as a sophomore as the top harrier for the Buffs. She started the season by winning the Rocky Mountain Shootout. A couple weeks later, Clark placed seventh at NCAA Pre-Nationals. She was fourth at Pac-12s, earning All-Pac-12 First Team recognition. Clark continued to excel and was the runner-up at regionals, earning her second all-region honor in as many years. She capped off the season with a 31st place finish at NCAAs for her first All-America honor. (2013) Clark earned a spot on the varsity roster as a true freshman. She ran the Rocky Mountain Shootout unattached, but finished an impressive third overall. The following meet, NCAA Pre-Nationals, she finished as CU's No. 3 runner, crossing the finish 28th overall. Clark helped the Buffs to a second-place team finish at the Pac-12 Championship, placing 13th, once again as CU's No. 3. She recorded her best finish of the season at regionals, coming in fifth overall. Clark finished the year helping the Buffs capture a seventh-place finish at NCAAs by placing 97th. During the year, she was named All-Pac-12 Second Team and all-region.

HIGH SCHOOL: Clark recorded a sixth-place finish at the 2012 Oregon State 6A Cross Country Championships after placing third at the 2011 meet and was eighth in 2010. Following her sixth-place finish as a senior, Clark placed eighth at the Nike Cross Nationals Northwest Regional and took 11th at the Foot Locker West Regional. Clark also competed at the Nike Cross Northwest Regional her junior and sophomore years, placing fourth and seventh, respectively. On the track, she won the state 3,000-meter title twice. Clark won in 2013 with a state and school record (9:32) and she also won as a sophomore in 2011. At the state meet during her junior year, she took second in the 3k and was third in the 1,500. She was also recruited by Cornell, Oregon and Stanford.

HIGH SCHOOL BESTS: 1,500-meters: 4:28.90; 3,000-meters: 9:32.08; 5,000-meters: 16:41.36.

IN THE CLASSROOM: Clark is majoring in integrative physiology and currently has a GPA greater than 3.30.

PERSONAL: Erin Elizabeth Clark was born on December 28, 1994 in Albany, Ore. She is the daughter of Andy and Susan Clark and also has one younger brother, Nathan. Her aunt, Kathy Herrmann, ran on Oregon's cross country and track and field team. Clark also enjoys skiing and was an alpine racer in high school. Heather Lynn Bates was born on

November 25, 1994 in Belleville, Ill. She is the daughter of Daniel and Linda Bates of Colorado Springs, Colo. Bates has one older brother, Kyle. She enjoys music, reading and writing.

MADISON COLLETTO



Throws
Freshman, HS/HS
Ventura, Calif. (Ventura)

PERSONAL BESTS

Shot Put: 38-8 (2014)
 Discus: 127-6 (2013)

HIGH SCHOOL: Colletto earned three letters on the VHS track and field team. The Cougars won the league championship all four years while she was on the team. Colletto won the classic shot put at the Arcadia Invite in 2014 with a personal best throw of 38-8. The previous year, she recorded her PR in the discus with a throw of 127-7. Colletto was a member of the National Honors Society and Key Club and was a member of the honor roll all throughout high school with a GPA greater than 3.00. She was also recruited by Wake Forest, USCB, Redlands and TCU.

HIGH SCHOOL BESTS: Shot Put: 38-8; Discus: 127-6.

IN THE CLASSROOM: Colletto is majoring in integrative physiology and has a GPA greater than 3.00.

PERSONAL: Madison Therese Colletto was born on March 6, 1996 in Riverside, Calif. She is the daughter of Mike and Therese Colletto and has one brother, Conner. She enjoys going to the beach, cooking and is bilingual (Spanish). Colletto also raised a pig for 4-H.

VALERIE CONSTIEN



Distance
Freshman, HS/HS
Edwards, Colo. (Battle Mountain)

PERSONAL BESTS

800-meters: 2:16
 1,600-meters: 5:04
 3,200-meters: 11:40

HIGH SCHOOL: Constien was a four-sport athlete at BMHS, competing in cross country, track & field, Nordic skiing and soccer. She owns or is a part of seven records at BMHS. In 2013, Constien ran 17:55 to set the 5k cross country record and in the spring of 2014, she recorded records in the 800-meters (2:16) and 1,600 (5:04). Constien also own records in the triple jump (36-3), 4x400, 4x800 and distance medley relays. The Huskies won three straight 4A Western Slope League Championships in track (2011-13) and three in a row for cross country (2011-13) during her

time on the team. Constien was named first-team all-state her junior and senior years for cross country and was a first team all-state selection for track as a sophomore. She raced at the 2013 Nike Cross Country South West Regionals and was 10th overall. On the track, Constien placed sixth at the state championships in the 1,600, finishing in 5:04. Constien also earned numerous academic honors while at BMHS and was a member of the National Honor Society. She was recruited by many schools including Brown, California, Cornell, Iowa State, Nebraska, Penn and Washington before deciding on Colorado.

HIGH SCHOOL BESTS: 400-meters: 1:01.66; 800-meters: 2:16; 1,600-meters: 5:04; 3,200-meters: 11:40.

IN THE CLASSROOM: Constien is majoring in chemical and biological engineering.

PERSONAL: Valerie H. Constien was born on March 21, 1996 in Vail, Colo. She is the daughter of Ron and Ann Constien of Edwards, Colo., and has one sister, Elizabeth. Constien enjoys baking, crafts and reading and can play the piano and French horn. She was a member of her high school's band and pep band all four years of high school and is also a big-game hunter.

BEKAH DANIEL



Jumps
Graduate, TR/TR
Silverdale, Wash. (Central Kitsap/Willamette)

PERSONAL BESTS

Triple jump: 38-6.75
 Long jump: 17-7
 High jump: 4-9
 Shot put: 34-8
 Javelin: 104-3
 200 Meters: 27.11
 800 Meters: 2:26.77
 100 Meter Hurdles: 15.12
 Heptathlon: 4,411

AT WILLAMETTE: Daniel set the Willamette triple jump record on March 14, 2014, jumping 38-6.25. She also ranks second in the heptathlon with 4,411 points. Daniel was named the Bearcats Female Athlete of the Year as a senior and earned USTFCCA Academic All-American honors. She was a three-time Northwest Conference Scholar Athlete and a two-time NWC triple jump champion (2013, '14).

IN THE CLASSROOM: Daniel is getting her master's in environmental engineering. She earned her bachelor's degree at Willamette in physics.

PERSONAL: Rebekah Daniel was born on December 30, 1991. She is the daughter of James and Brenda Daniel of Silverdale, Wash., and has one sister, Bethany. She enjoys singing, playing piano and bird watching. While earning her bachelor's degree at Willamette, she studied in Morocco for a semester and climbed the highest mountain in North Africa (Toubkal). Daniel was also a competitive gymnast from 5-12 years old.

JENNY DESOUCHET



Distance
Junior, VR/VR
Alamosa, Colo.
(Alamosa/Columbia)

PERSONAL BESTS

INDOOR

800-meters: 2:17.20 (2014)

Mile: 4:53.11 (2014)

OUTDOOR

800-meters: 2:12.98

1,500-meters: 4:28.50 (2014)

5,000-meters: 17:09.07 (2014)

ACADEMIC HONORS

Academic All-MPSF (2014)

2014: Indoor: DeSouchet ran in three meets for the Buffs. She placed fourth at the Air Force Invitational (1/25), finishing in 2:17.20. DeSouchet also ran in a pair of mile runs, starting at the Husky Classic (2/15) where she finished in 4:53.47 and placed 13th. Two weeks later at the MPSF Championships, she ran her season-best with a time of 4:53.11 and was 11th overall.

Outdoor: DeSouchet mainly raced the 1,500 during the outdoor season. She clocked a season best time of 4:28.50 at the Stanford Invite (4/4), which was good for third. At the Pac-12 Championships, DeSouchet ran in the 1,500 and 5k. She was 18th in the 1,500 (4:31.53) and placed 18th in the 5k with a personal best of 17:09.07.

2013: Indoor: Did not compete.

Outdoor: Did not compete.

AT COLUMBIA: DeSouchet was a member of the Columbia track and field team.

CROSS COUNTRY: (2014) DeSouchet had another good year for the Buffs, starting with a seventh place finish at the Rocky Mountain Shootout. At NCAA Pre-Nationals, DeSouchet placed 70th overall, scoring as CU's No. 5 runner. She was CU's fourth harrier in the final three races of the season. DeSouchet improved to 26th at Pac-12s and was 16th at regionals, which earned her a second straight all-region honor. DeSouchet finished the season with a 95th place finish at NAAs. (2013) DeSouchet competed in all five varsity races for the Buffs, starting with the Rocky Mountain Shootout where she placed 13th overall. At NCAA Pre-Nationals, DeSouchet finished 97th. She ran to a 52nd-place finish at the Pac-12 Championships, helping CU take second in the team race. DeSouchet earned all-region recognition at NCAA Mountain Regionals when she took 15th overall. She ended the season with a 191st place finish at NAAs, helping CU to a seventh-place team finish.

HIGH SCHOOL: DeSouchet earned 11 all-state honors while attending Alamosa High School. As a sophomore in 2010 she won the state 1,600-meter championships and took second in the 800. Her 4x800-meter relay team placed fourth and the 4x400 relay earned all-state honors that same year. DeSouchet was named the school's Freshman, Sophomore and Senior Track Athlete of the Year, and her

senior year, she also earned cross country league MVP honors. In 2008, she helped the 4x800 relay capture the state title. She owns a pair of AHS records after clocking a time of 2:12.98 in the 800 and 9:28 in the 4x800 (she was the anchor). DeSouchet also succeeded in the classroom, earning academic letters all four years as well as graduating in the top-five of her class. She was the editor-in-chief at her high school paper, a three-time class president and was the National Honor Society Vice-President.

HIGH SCHOOL BESTS: 800-meters: 2:12.98.

IN THE CLASSROOM: DeSouchet is an English major and currently owns a GPA greater than 3.50. She earned Academic All-MPSF honors in 2014.

PERSONAL: Jennifer Rose 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, Nicki, as well as three older siblings, Aimee DeSouchet, Jason Bartlett and Chris Bartlett.

KELSEY ENGLISH



High Jump
Senior, 2L/1L
Colorado Springs,
Colo. (Doherty)

PERSONAL BESTS

INDOOR

High Jump: 5-10.75/1.80m (2014)

OUTDOOR

High Jump: 5-11.25/1.81m (2014)

MPSF SCORING

2013 High Jump, 14th (5-7-25/1.71m)

2014 High Jump, 4th (5-8-1.73m)

PAC-12 SCORING

2013 (0) High Jump, 8th (5-8.75/1.75m)

2014: Indoor: English jumped in four meets during the indoor season and got the campaign off to a good start. She won the Potts Invitational (1/18), clearing 5-10. English also won the Joe Davies Open (2/22) with a personal best jump of 5-10.75. At the MPSF Championships, she finished fourth overall after clearing 5-8.

Outdoor: English continued to have a good season with five first place finishes. She jumped a personal best 5-11.25 to win the Beach Invite (4/19), just one day after winning her section at Mt. SAC Relays (4/18) with a mark of 5-8.75. English also took home top honors at the Jack Christiansen Invite (4/26), the Jerry Quiller Classic (3/22) and at the Fum McGraw Open (3/29), all with a mark of 5-8.75. She went on to compete at the NCAA West Preliminary Championship and placed 25th (5-7.75).

2013: Indoor: English competed in five meets for CU. She had a solid start to her season, winning the Air Force All-Comers meet (1/12) after clearing 5-8. English moved into a tie for sixth place on CU's all-time performers list when she jumped 5-9.25 at the Air Force Team Challenge (2/9). It

was the best jump by a Buff since 1997. English went on to compete at the MPSF Championships and tied for fourth (5-7.25).

Outdoor: English became the fourth best jumper in CU history as a sophomore when she recorded a mark of 5-10.75 to win the Jack Christiansen Invite (4/27). She also won the Fum McGraw Quadrangular after clearing 5-9.75. English picked up points for the Buffs at the Pac-12 Championships, placing eighth overall (5-8.75). She went on to compete at the NCAA West Preliminary Championships, and placed 13th overall (5-8.75), just missing advancing to the NCAA Championships by one position.

2012: Indoor: English only competed in three meets for the Buffs, but found success in her opportunities. She started the season by clearing 5-05 at the Air Force Invite (2/11), tying for seventh. The following week, she reached her season best height of 5-07, placing third; the mark also made her the ninth best performer at CU in the high jump. She competed at the Mountain Pacific Sports Federation Indoor Championships, clearing 5-06 to tie for 14th.

Outdoor: English recorded a personal best of 5-10 to win the Fum McGraw Quadrangular (3/31). She tied for 11th at the Pac-12 Championships (5-04.50) and went on to tie for 23rd at the NCAA West Prelims (5-07.25). English competed at junior nationals and tied for ninth (5-07).

VOLLEYBALL: (2014) English played in 27 matches in her final season with CU, starting in 12 contests. She suffered an injury during the nonconference part of the season, which limited her action in Pac-12 play, but didn't keep her out completely as she was still able to plan an important role for the Buffs as they made their second straight appearance in the NCAA Tournament. English recorded 60 kills, most which came in the early part of the season, but she became reliable serving and defensive specialist with 19 aces and 47 digs. In the first match of the season against Northwestern (8/29), English recorded a season-best 13 kills and hit .500. In total, she finished her career with 682 kills, 237 digs, 231 blocks and 90 aces in 120 matches (407 sets).

(2013) English had another great season for the Buffs, helping the team to its first NCAA Tournament appearance since 2006. She led the team with a .361 hitting percentage (213 kills and 50 errors on 452 attacks) and ranked fifth in the Pac-12 Conference. Her hitting percentage also ranked third on CU's single season list. English served up 42 aces during the season, breaking the CU record for the most by a middle blocker in a single season, which was third on CU's single season chart. She tied the CU record for the most aces in the NCAA Tournament with six after recording all six in the first round against Iowa State (12/6), which also tied the most in a four-set NCAA match. English ranked second on the team in blocks with 84 (0.72 per set) and was fifth in kills with 213 (1.82 per set). She recorded double-digit kills three times during the season, including a season-best 13 against Appalachian State (9/13). English played in all 32 matches, starting in 30, and saw action in 117 of 119 sets.

(2012) English continued to shine for the Buffs on the volleyball court, starting in all 32 matches as a middle blocker. She led the Buffs with a .316 hitting percentage

and ranked fourth on the team with 218 kills and second with 92 blocks. English hammered a career-high 15 kills against UMBC (9/7) and posted a personal best eight blocks against Utah (9/19). English etched her name in the record book after hitting an amazing .765 (13 kills, no errors and 17 attacks) which ranks 12th for the Buffs. She also tied for ninth in the record book with five aces, which she served up against Utah (11/23) and included four aces in a row. English averaged 1.88 kills, 0.79 blocks and 2.45 points per set as a sophomore.

(2011) English made an immediate impact in her first season and started 26 of 29 matches on the right side. She recorded double-digit kills in six different matches and had a career-high twelve kills in the win over Albany (9/4). In this same match, she hit .435, and added five digs and six blocks. English made several big contributions as she had eight kills and seven digs against UCLA (10/21), helping CU to win its first Pac-12 set. English finished the season with a total of 191 kills, ranking third on the team. She also recorded 60 digs, 43 blocks and 225.5 points.

HIGH SCHOOL: English was a middle blocker from Doherty High School. She recorded 294 kills on 589 attacks while adding 41 aces and 90 blocks as the Spartans finished the season with a 22-8 record. English was a first team all-league selection in 2011. As a junior, she recorded 201 kills and 102 digs and DHS finished with a 23-7 overall record. DHS advanced to the semi-finals in the CHSAA 5A championship before falling to Highlands Ranch High School in five sets. English was named second team all-state that year. She has a jump reach of 10-6 that she demonstrated by winning the 2009 and 2011 CHSAA 5A state high jump championship. English set the DHS record in the high jump at 5-9 on May 20, 2011. She was a member of the honor roll every semester of high school and was also a member of the National Honor Society and DECA. English was an Academic All-State first team selection her sophomore, junior and senior seasons.

HIGH SCHOOL BESTS: High Jump: 5-9.

IN THE CLASSROOM: English is majoring in psychology and sociology and owns a GPA greater than 3.00. She was named to the Pac-12 Volleyball All-Academic honorable mention team in 2012, '13 and '14. English was also named to the MPSF All-Academic Team twice (2013 and '14) and to the Pac-12 All-Academic honorable mention team twice (2013 and '14).

PERSONAL: Kelsey English was born on May 20, 1993 in Aurora, Colo. She is the daughter of Kevin, who played basketball at Wisconsin, and Jeanne English of Colorado Springs, Colo. and has one younger brother, Sean. English enjoys cooking, snowboarding, swimming, horseback riding, rock climbing, writing, shopping and yoga.

EILEEN GEHRING



Sprints
Senior/Junior, 3L/2L
Madison, Wis.
(Edgewood)

PERSONAL BESTS

INDOOR

60 Meters: 7.58 (2014)
 200 Meters: 24.31 (2013)
 400 Meters: 54.47 (2014)

OUTDOOR

200-meters: 23.80 (2013 – school record)
 400-meters: 53.23 (2013 – school record)

MPSF SCORING

2012 4x400 Meter Relay, 6th (3:45.11)
 2013 200 Meters, 8th (24.45)
 2014 400 Meters, 8th (54.47)

PAC-12 CONFERENCE SCORING

2012 4x400 Meter Relay, 5th (3:40.30)
 2013 4x400 Meter Relay, 5th (3:36.95)

CAREER UPDATE: Gehring is the school record holder in the outdoor 200 (23.80) and 400 (53.23), clocking both of those times at Mt. SAC Relays. Gehring owns the top three times in the 400 and has six of the top 10 times. She became the second best performer in the indoor 200 (24.31) and the indoor 400 (54.67). Gehring was also a member of the school record setting 4x400-meter relay team, which ran 3:43.52 at the 2013 Tyson Invitational.

2014: *Indoor:* Gehring continued to lead the sprinters as a junior. She mainly raced in the 200 and 400-meter dashes, but she also added a few 60-meter dashes. In fact, Gehring became the third fastest performer in the 60 after she clocked a time of 7.58 to win the Air Force Holiday Open (12/13/13). She saved the best for last in both the 200 and 400, finishing with season-best times at the MPSF Championships. Gehring placed 10th in the 200, running a time of 24.44. She scored for the Buffs in the 400, taking eighth with a personal best of 54.47. The time placed her second on the all-time performers list and is the third best time ever recorded by a Buff. Gehring also ran in the 4x400-meter relay at the conference championship; the team placed ninth in 3:46.40.

Outdoor: Redshirt. Did not compete.

2013: *Indoor:* Gehring had another outstanding season, moving into second on CU's all-time performers list in both the 200 and 400-meter dashes. Gehring won both events at the Air Force All-Comers Meet (1/12) to open the season and followed that up by taking both at the Air Force Invitational (1/26). She recorded her personal bests at the Tyson Invite (2/8-9), clocking 24.31 in the 200 and 54.67 in the 400. Her 400 ranks third on the all-time performance list, while her 200 is fifth all-time. Gehring recorded her first individual MSPF honor when she placed eighth overall in 24.45 at the indoor championships.

Outdoor: Gehring had another great season as CU's top female sprinter. She went to the ASU Sun Angel Classic

(4/6) and reset her own 400 record, clocking in at 53.38 for third in the premiere section. With the performance, Gehring became the only Buff to ever finish with a sub-54.00 second time. She also ran in the 200 premiere and took sixth in a then-PR of 23.95, which tied for second in CU history. Just two weeks later, Gehring was back at it at the Mt. SAC Relays (4/18-20) and this time she picked up school records in both the 200 and 400. She finished the 400 in 53.23, first in the Olympic development section. In the 200, she finally broke the CU record (of 23.86 from 1993) when she finished in 23.80, eighth in the open section. Gehring went on to compete in both at the Pac-12 Championships. She placed 12th in the prelims of the 400 (54.42) and 13th in the 200 (24.17). Gehring was also a member of the 4x400 relay, which placed fifth at the championships (3:36.95). She qualified for both events and the relay at the NCAA West Preliminary Championships. There she was 30th in the 200 (24.21), 35th in the 400 (54.68) and the 4x4 placed 18th (3:38.39).

2012: *Indoor:* Gehring led the Buffs as a freshman in the 60, 200 and 400-meter dashes. She placed first in the 60 at the Potts Invite (1/21), finishing in 7.80. Gehring's top times in the 200 and 400 came at the MPSF Indoor Championships. She was 11th in the 200, finishing in 24.65, and became the fifth best CU performer in the event. Gehring followed it up with an 11th-place finish in the 400, crossing the line in 55.31. Her 400 time made her the third best CU performer all-time. Gehring also helped the Buffs to a sixth-place finish in the 4x400-meter relay at MPSFs (3:45.11), which broke the CU record.

Outdoor: Gehring broke an 18-year-old 400-meter CU record on April 20 at the Mt. SAC Relays when she crossed the finish in 54.21. She ran the third best time in school history (54.41) at the Sun Angel Classic (4/6) two weeks prior to her record setting performance. Gehring is the sixth best performer in the 200 as she ran 24.21 at the Jack Christiansen Invite (4/28). At the Pac-12 Championships, Gehring competed in the 400 and the 4x400-meter relay. She clocked a time of 55.37 in the prelims of the 400 and helped the Buffs to a fifth-place finish in the 4x400 (3:40.30).

HIGH SCHOOL: Gehring has recorded three school records, two of which came in the finals at the 2010 state meet. She recorded a time of 12.11 in the 100-meter dash and 56.72 in the 400 on June 5, 2010 en route to winning both state titles. Her record in the 200 is 25.64. Gehring was an all-state and all-conference selection her freshman, sophomore and junior years.

HIGH SCHOOL BESTS: 100-meters: 12.11; 200-meters: 25.64; 400-meters: 56.72

IN THE CLASSROOM: Gehring is majoring in communications and English.

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

SOPHIE HALLAM-EAMES

Throws
Junior, VR/VR
Seattle, Wash.
(Nathan Hale)

PERSONAL BESTS**INDOOR**

Weight Throw: 50-0.75/15.26m (2014)

OUTDOOR

Discus: 147-10/45.07m (2014)

Hammer Throw: 169-7/51.69m (2014)

2014: *Indoor:* Hallam-Eames competed at eight different meets during the campaign, concentrating on the weight throw. She recorded her best placing of the season with a third-place finish at the Potts Invite (1/18), throwing the weight 48-8. Hallam-Eames tossed her personal best of 50-00.75 at the Air Force All-Comers meet (1/11), which was seventh at the meet. She notched her third best throw of the season at the MPSF Championships, placing 22nd overall with a mark of 48-3.50.

Outdoor: Hallam-Eames performed well during the outdoor campaign. She started the season with a personal best in the hammer throw, recording a mark of 169-7 for fourth place at the Jerry Quiller Classic (3/21). At the same meet, Hallam-Eames took third in the discus (130-3). She had a successful spring and went on to compete at the Pac-12 Championships in both events. Hallam-Eames PR'd in the discus with a toss of 147-10, placing 10th overall, and was 14th in the hammer throw (164-6).

2013: *Indoor:* Did not compete.

Outdoor: Hallam-Eames threw the discus and the hammer throw during her first outdoor campaign, focusing a lot on the discus. She recorded a season-best in the hammer throw (142-11) at the Jerry Quiller Classic (3/17) which placed seventh overall. Hallam-Eames' best mark in the discus was 139-1, which came at the Tom Benich Classic (3/22) and was fourth.

2012: *Indoor:* Hallam-Eames focused on the weight throw during her freshman campaign. She got her season off to a good start, throwing 44-11.50 at the Potts Invite (1/21), good for sixth overall. Hallam-Eames recorded her season best throw the following week at the Air Force Team Challenge (1/28). She notched a toss of 47-03, which was the sixth best by a Buff in 2012. Hallam-Eames competed at the Mountain Pacific Sports Federation Indoor Championships and placed 19th with a throw of 44-07.

Outdoor: Redshirt. Did not compete.

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. Hallam-Eames won the Marine Corps Athletic Award and was a Washington Scholar.

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

IN THE CLASSROOM: Hallam-Eames is an environmental science major. She has a GPA greater than 3.00.

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

BRITTANY HANRAHAN

Hurdles
Sophomore, VR/VR
Newport Beach, Calif.
(Mater Dei)

PERSONAL BESTS**INDOOR**

60-meters: 8.26 (2014)

200-meters: 26.93 (2014)

400-meters: 1:00.31 (2014)

OUTDOOR

400-meter hurdles: 1:06.93 (2014)

2014: *Indoor:* Hanrahan focused mainly on the 200 and 400 in her first season. She recorded a season best time of 26.93 in the 200 at the Air Force All-Comers meet (1/11), placing 10th overall. Her best time in the 400 came at the Air Force Invite (1/24), where she ran 1:00.31.

Outdoor: Hanrahan raced the 400-meter hurdles at five meets during the outdoor season. She started the season by winning the event in 1:08.49 at the Jerry Quiller Classic (3/21). Her season best of 1:06.93 came at the Bryan Clay Invite (4/18).

HIGH SCHOOL: Hanrahan helped the Monarchs to league, county and state championships three years during her high school career. Her time in the 100-meter hurdles, 15.33, ranked 10th in Orange County and her 300-meter hurdles time of 45.03, ranked 16th.

HIGH SCHOOL BESTS: 100-meter: 12.73; 100-meter hurdles: 15.33; 300-meter hurdles: 45.03.

IN THE CLASSROOM: Hanrahan is an integrative physiology major.

PERSONAL: Brittany Rose Hanrahan was born on December 30, 1994 in Burbank, Calif. She is the daughter of Michael and Linda Hanrahan and is the youngest of five. She has volunteered at the thrift shop, campus ministry and the assistance league of Newport Beach. After graduation, Hanrahan aspires to be a nutritionist.

ANA HOLLAND

Sprints
Freshman, RS/RS
Centennial, Colo.
(Regis Jesuit)

PERSONAL BESTS

100-meters: 11.33 (2013)

200-meters: 23.04 (2013)

400-meters: 52.49 (2013)

2014: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

HIGH SCHOOL: Holland competed for the USA Junior National Team after graduating from RJHS in 2013. She earned gold at the Pan American Games as part of the 4x100-meter relay, and earlier in the summer, claimed the USA junior national championship in the 200 (23.04) and placed third in the 100 (11.78). While competing for the Raiders, Holland broke state records in 2013, including the 400 (52.49) and the 200 (23.29). The Colorado Gatorade Player of the Year lettered all four years and claimed all-state and all-city honors her senior and sophomore years.

HIGH SCHOOL BESTS: 100-meters: 11.33; 200-meters: 23.04; 400-meters: 52.49.

IN THE CLASSROOM: Holland is majoring in integrative physiology.

PERSONAL: Ana Monée Holland was born on February 16, 1995 in Omaha, Neb. She is the daughter of Jeff and Barb Holland, and has three siblings, Symonne, Blaize and Mia, who competes on the track team for the Buffs as well. Holland aspires to run professionally after graduation.

MIA HOLLAND

Sprints
Sophomore/Junior,
VR/1L
Centennial, Colo.
(Regis Jesuit)

PERSONAL BESTS**OUTDOOR**

100-Meters: 12.22

200-Meters: 25.23

PAC-12 SCORING

2014 4x100-meter relay, 8th (47.80)

2014: *Indoor:* Did not compete.

Outdoor: Holland raced the 100 and 200 as a sophomore. She clocked a season best of 12.57 in the 100 at the Tom Benich Open (4/4), placing fifth at the meet. Holland's season best in the 200 came at the Jack Christiansen Invite, where she took seventh in 25.6. Holland raced the 200 at the Pac-12 Championships, coming in at 22nd (26.10) in the prelims. She was also a part of the 4x100 relay which placed eighth in 47.80.

2013: *Indoor:* Did not compete.

Outdoor: Holland raced the 100 and 200 during her freshman season. She recorded a season-best of 13.13 at the Fum McGraw Quadrangular (3/30), and at the CU Invite (4/13), she ran a season-best 26.56 in the 200.

HIGH SCHOOL: Holland was a member of the 2011 Colorado 5A State Champion 800-meter sprint medley relay team. She is a member of the Regis Jesuit High School record setting 4x100, 4x200, sprint and mile-medley relay teams. Individually she was the 2012 Continental League Champion in the 100 and 200. During her senior season, Holland served as a captain and was named the RJHS Most Outstanding Sprinter and Most Outstanding Track Athlete. Her junior year also saw her receive honors as she was named to the *Aurora Sentinel* All-City Track & Field Team and *Denver Post* All-Class 5A and All-Colorado Track & Field Team. She also lettered in basketball as a freshman at Cherokee Trail High School. Holland was also recruited by Wyoming, Colorado State and Northern Colorado. She was an honor student her junior and senior years at RJHS.

HIGH SCHOOL BESTS: 60-Meters: 8.17; 100-Meters: 12.22; 200-Meters: 25.23.

IN THE CLASSROOM: Holland is an open major.

PERSONAL: Mia Jewell Holland was born on July 15, 1993 in Omaha, Neb. She is the daughter of Jeffrey and Barbara Holland of Centennial, Colo. and has two sisters, Ana and Symonne, and one brother, Blaize. Ana is a freshman on the CU track and field team.

TAILA HOWE



Combined Events
Freshman, HS/HS
Carbondale, Colo.
(Roaring Fork)

PERSONAL BESTS

100-meters: 12.9 (2011)
 200-meters: 26.7 (2013)
 Long jump: 17-11 (2014)
 High jump: 5-1 (2013)

HIGH SCHOOL: Howe qualified for the Colorado state championships all four years. She raced the 100 at state her freshman, sophomore and junior years. Her best finish came in 2011, finishing eighth in 12.90. Howe clocked in at 27.11 in the 200 as a sophomore, taking 12th. That same year, she also placed eighth in the high jump (5-1). Howe participated at state in the long jump all four years. She placed second as a senior (17-0.50). Howe is the Rams long jump record holder at 17-11. She was also a member of the volleyball team and National Honors Society. Howe was recruited by Chadron State before deciding on CU.

HIGH SCHOOL BESTS: 100-meters: 12.9; 200-meters: 26.7; Long jump: 17-11; High jump: 5-1.

IN THE CLASSROOM: Howe is a business – open option major.

PERSONAL: Taila Howe was born on September 25, 1995 in Philadelphia, Pa. She is the daughter of Andy Wasilawki and Alya Howe. She has one brother, Oskar. Howe enjoys snowboarding, backpacking, running, photography and traveling. She grew up traveling around Europe and can speak French.

CLAIRE KAZEN



Combined Events
Freshman, HS/HS
Laredo, Texas (JB
Alexander)

PERSONAL BESTS

High Jump: 5-6 (2013)
 Shot Put: 36-9 (2014)
 Javelin: 96-0 (2012)
 Long Jump: 16-1 (2013)
 200-meters: 26.6 (2014)

HIGH SCHOOL: Kazen was named the JB Alexander Track Athlete of the Year as a senior and sophomore. She was the UIL District 29-5A, UIL Area 20-30 and Border Olympics high jump champion and was named the Laredo Morning Times track all-district first team in 2014. As a junior, she was the Border Olympics high jump champion and the UIL District 29-5 shot put champion. Kazen was also the Laredo Philharmonic Rising Star violinist and earned the JBAHS Academic and Athletic award in 2013. She won the Border Olympics high jump and the UIL District 29-5A in the shot put as a sophomore. Kazen qualified for the AAU Junior Olympics in the heptathlon in 2012 and the high jump in 2011. She was an AP Scholar and a member of the National Honor Society. Kazen was also recruited by Washington, Rice and Texas A&M International.

HIGH SCHOOL BESTS: High jump: 5-6; shot put: 36-9; javelin: 96-0; long jump: 16-1; 200-meters: 26.6.

IN THE CLASSROOM: Kazen is a chemistry major. She has a GPA of 3.980 after her first semester.

PERSONAL: Rebecca Claire Kazen was born on January 22, 1996. She is the daughter of John and Hayley Kazen. Her aunt Camille Escobedo was a high jumper at Rice. Kazen plays violin, loves photography and enjoys skiing, hiking, kayaking and anything outdoors.

ANNIE KELLY



Distance
Freshman, RS/RS
Alpharetta, Ga.
(Milton/Mississippi)

PERSONAL BESTS

1,600-meters: 4:59.10
 3,200-meters: 10:45.11
 5,000-meters: 17:12.74

2014: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

AT MISSISSIPPI: Kelly ran one cross country season for Mississippi. She placed 31st at the NCAA South Regional in 20:57 after a 57th-place finish at the SEC Championships.

CROSS COUNTRY: (2014) Kelly had a great first season for the Buffs, starting with a fourth place overall finish at the Rocky Mountain Shootout (CU's No. 3). In the next meet, NCAA Pre-Nationals, Kelly crossed the finish second for the Buffs, 29th overall. She continued to improve and was CU's third runner at the Pac-12 Championships, finishing 19th. Kelly earned all-region recognition at regionals, placing 16th. She finished the season with a 98th place finish at NCAAs.

HIGH SCHOOL: Kelly lettered all four years in cross country and also earned three letters as a member of the track team at MHS. She was named the 2012 Milesplit Georgia Cross Country Runner of the Year. Kelly was the runner-up at the GHSA 6A cross country state championships and was 25th at the Foot Locker south regional. She also helped the Eagles win the 2010, 2011 and 2012 state cross country team championship. On the track, she earned high school All-America honors after finishing eighth in the 5,000 (17:12.74) at the 2013 New Balance Indoor Nationals. Kelly was named USATF Georgia All-State as a junior and senior. She owns or shares eight MHS records in the 1,600 (4:59.10), 3,200 (10:45.11), 5,000 (17:12.74), 4x800, 4x1,600, Distance Medley Relay, the 5k cross country record and the Georgia 19 and under half marathon.

HIGH SCHOOL BESTS: 1,600-meters: 4:59; 3,200-meters: 10:45; 5,000-meters: 17:12.74.

IN THE CLASSROOM: Kelly is a psychology major.

PERSONAL: Anne Katherine Kelly was born on November 16, 1994 in Atlanta, Ga. She is the daughter of Andrew and Sue Kelly and has three siblings, Nick, Liz and her twin Ryan. Liz and Nick both swam at Emory College and Nick is a student at CU. Her mother was a professional triathlete and later became a professional marathon runner and qualified for the Olympic Trials. Her father was an ultra-marathoner and professional cyclist and competed in the rodeo. He was also a member of Montana State's rodeo team in college. Kelly would like to pursue a career in professional running. She enjoys singing and has volunteered with Habitat for Humanity.

MAKENZIE KLINE

Throws
Sophomore, VR/VR
Reno, Nev.
(Galena)

PERSONAL BESTS*OUTDOOR*

Discus: 129-1/40.31m (2014)
Javelin: 108-8/33.12m (2013)

2014: *Indoor:* Did not compete.

Outdoor: Kline competed in the discus and javelin. She earned a season-best mark of 106-4 in the javelin at the Fum McGraw Open (3/29), placing fourth overall. Kline threw a personal best in the discus at the CSM Last Chance (5/10), recording a mark of 132-3 for fifth place. She notched her second best mark of the season (130-10) at the Pac-12 Championships, placing 13th overall.

2013: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

HIGH SCHOOL: Kline ranks second in school history with a throw of 109-09 in the discus. She was named the 2012 Female Athlete of the Year and was awarded the Galena High School Lifetime Award. Kline earned four letters as a member of the Grizzly's track and field team. She also earned letters in basketball and soccer. Kline earned four community service letters, was a member of the National Honors Society, Fellowship Christian Athletes and the debate team.

HIGH SCHOOL BESTS: Discus: 109-09; Shot put: 31-01.

IN THE CLASSROOM: Kline is majoring in integrative physiology.

PERSONAL: Makenzie Taylor Kline was born on April 3, 1994 in Berkeley, Calif. She is the daughter of Ross and Lisa Kline of Reno, Nev. She has a sister, Casey, and a brother, Derek. Kline enjoys volunteering, playing sports and hanging out with friends. She has volunteered with the Special Olympics as well as many other organizations.

KELLIE LIND

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

PERSONAL BESTS*INDOOR*

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

OUTDOOR

Hammer Throw: 169-10/51.77m (2013)

2014: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

2013: *Indoor:* Lind competed at a trio of meets for CU. She recorded a season-best toss of 48-04.75 in the weight throw at the Air Force All-Comers Meet, placing seventh in the process.

Outdoor: Lind continued to focus on the hammer throw and recorded a PR in her first meet of the season, the Jerry Quiller Classic (3/15). She threw the hammer 169-10, which was good for third-place.

2012: *Indoor:* Lind threw the weight at four meets during her sophomore campaign. She had her best showing at the Potts Invite (1/21), placing fourth with a toss of 46-02. Lind had one other throw over 45 feet during that season; that came at the Air Force Team Challenge (1/28). She was 15th with a mark of 45-01.50.

Outdoor: Lind competed in seven meets for the Buffs. She launched a personal best of 157-02 at the Potts Invite (3/17), which was good for eighth. She also competed at the Pac-12 Championships, throwing 144-01 to place 15th.

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 throw 55-08 for sixth-place.

Outdoor: Lind threw the hammer during the outdoor season. Her season best of 148-00 at the Front Range Classic (5/1) was the sixth best throw of the season for the Buffs and earned her 12th place 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 majoring in integrative physiology and ecology and evolutionary biology.

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.

LINDSY MATTSO

Sprints
Senior, 1L/3L
Grand Rapids, Minn.
(Grand Rapids)

PERSONAL BESTS*INDOOR*

60 Meters: 7.77 (2014)
200 Meters: 24.98 (2014)
400 Meters: 55.03 (2014)

OUTDOOR

200-meters: 24.25 (2013)
400-meters: 54.34 (2013)

MPSF SCORING

2012 4x400 Meter Relay, 6th (3:45.11)

PAC-12 CONFERENCE SCORING

2012 4x400 Meter Relay, 5th (3:40.30)

2013 4x400 Meter Relay, 5th (3:36.95)

2014 4x100 Meter Relay, 8th (47.80)

2014 4x400 Meter Relay, 7th (3:42.80)

ACADEMIC HONORS

Academic All-MPSF (2013, 14)

Pac-12 All-Academic honorable mention (2013)

Pac-12 All-Academic second team (2014)

2014: *Indoor:* Mattson ran in all of the short sprints for the Buffs, but mainly competed in the 200 and 400. She recorded a season-best of 7.77 in the 60 at the first meet of the season, the Holiday Open (12/13/13), which placed sixth. Mattson clocked both of her season-bests in the 200 and 400 at the Don Kirby Collegiate Elite (2/15). She raced to a PR of 24.98 in the 200 and recorded a time of 55.03 in the 400. Mattson's 400 time moved her into fourth on CU's all-time performers list.

Outdoor: Mattson clocked a season best 54.71 in the 400 at the Mt. SAC Relays (4/18), placing 13th in her section. Her season best in the 200 was run at the Jack Christiansen Invite (4/26), where she placed third in 24.55. Mattson ran the 400 at the Pac-12 Championships and placed 11th in 55.07. She was also a part of both the 4x100 and 4x400 relays that scored at the meet. The 4x100 placed eighth (47.80), while the 4x400 was seventh (3:42.80).

2013: *Indoor:* Mattson continued to improve during her sophomore campaign and moved into fifth on CU's all-time 400-meters performers list. She recorded a personal best in the 400 at the Tyson Invite (2/8), clocking 55.96. At the MPSF Championships, Mattson clocked in at 25.11, a personal record, in the 200, which placed 21st overall, and placed 17th in the 400 (56.26).

Outdoor: Mattson moved up on CU's all-time list in both the 200 and 400, becoming the third-best CU performer in the 400 (54.34) and the sixth-best in the 200 (24.25). Mattson clocked her 200 time of 24.25 at the Beach Invitational (4/20), placing eighth overall. Her best two times of the season in the 400 came during the postseason. Mattson ran her PR of 54.34 in the 400 during the prelims of the Pac-

12 Championships, placing 11th overall. She recorded a time of 54.57 at the NCAA West Preliminary Championships two weeks later for 33rd overall. Mattson was also a member of the 4x400 relay. The relay placed fifth at the Pac-12 Championships (3:36.95) and was 18th at the west prelims (3:38.39).

2012: Indoor: Mattson was one of CU's top sprinters as a freshman. She recorded season bests in the 200 and 400-meter dashes at the Husky Classic (2/11). She was sixth in the 400 (56.76) and 12th in the 200 (25.37). Mattson was also a member of the CU record setting 4x400-meter relay team at the Mountain Pacific Sports Federation Indoor Championships. The relay finished in 3:45.11 and placed sixth.

Outdoor: Mattson focused on the 200 and 400 during the outdoor campaign. She set a personal best of 24.90 in the 200 at the Beach Invite (4/21). One week later Mattson recorded a season best time of 55.67 in the 400 at the Jack Christiansen Invite (4/28). She raced the 400 at the Pac-12 Championships and crossed the finish in 56.58 in the prelims. Mattson was a member of the 4x400-meter relay team that placed fifth at the conference meet (3:40.30).

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 a member of the National Honor Society.

HIGH SCHOOL BESTS: 200-meters: 25.29; 400-meters: 55.18

IN THE CLASSROOM: Mattson is an economics major and has recorded a greater than 3.70 GPA. She has been named twice to the Academic All-MPSF team (2013, 14) and has earned two mentions to the Pac-12 All-Academic teams; once in 2013 on the honorable mention list and once in 2014 on the second team.

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.

LUCY MAY



Distance
Sophomore/Freshman,
VR/RS
St. Louis, Mo.
(St. Joseph's Academy)

PERSONAL BESTS

INDOOR

Mile: 4:55.24 (2014)

OUTDOOR

800 meters: 2:16.99

1,500 meters: 4:46.33 (2014)

2014: Indoor: May raced the mile three times during her first season with the Buffs. She started off running a time of 5:21.16 at the Air Force Invite (1/25) and improved her time to 5:02.97 at the Husky Classic (2/15) a couple of weeks later. May finished the season with a season-best time of 4:55.24 at the MPSF Championships.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2014) May ran in three races for the Buffs as a redshirt freshman. She started the season 12th at the Rocky Mountain Shootout and then took 12th overall in the open race at NCAA Pre-Nationals. May finished the campaign 63rd at Pac-12s.

HIGH SCHOOL: May is the St. Joseph's Academy record holder in the 800 (2:16.99) and 1,600-meter (4:56) runs. During her senior year, May placed second at the state championships in the 1,600 and was an all-state selection in the 1,600 and the 800. She also earned all-conference honors in the 800, 1,600 and 3,200 as a senior. During her sophomore cross country season, the Angels placed third at the state 4A championship.

HIGH SCHOOL BESTS: 800-meters: 2:16.99; 1,600-meters: 4:56.

IN THE CLASSROOM: May is a business major and owns a GPA greater than 3.70.

PERSONAL: Lucy Catherine May was born on December 19, 1994 in Louisville, Colo. She is the daughter of Chris and Joanne May and has a brother, Jake, and a sister, Sophia. Her father is the Athletic Director at Saint Louis University and also ran track at Iowa State. May also enjoys playing basketball and soccer.

CATRINA MCALISTER



Distance
Junior, VR/VR
San Clemente, Calif.
(Arcadia)

PERSONAL BESTS

INDOOR

Mile: 5:10.15 (2012)

3,000 Meters: 9:40.95 (2012)

OUTDOOR

800-meters: 2:18.99 (2012)

1,500-meters: 4:30.31 (2012)

5,000-meters: 17:59.90 (2012)

2014: Indoor: Did not compete.

Outdoor: McAlister ran the 1,500 at the Fum McGraw Open (3/29) and placed second in 4:45.38. She also ran on the 4x400 relay at the meet; the team placed fourth in 4:12.70.

2013: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

2012: Indoor: McAlister raced three times as a freshman. She started the season with a second-place finish in the mile (5:10.15) at the Air Force Team Challenge (1/28). Her other two races were 3k's. She recorded a time of 9:53.79 at the Husky Classic (2/11), but two weeks later, McAlister improved on that time by running 9:40.95 at the Mountain Pacific Sports Federation Indoor Championships.

Outdoor: McAlister focused on the 1,500, racing it three times during the season. She clocked a personal best of 4:30.31 at Mt. SAC Relays (4/19). McAlister raced the 1,500 and the 5,000 at the Pac-12 Championships. In the prelims of the 1,500, she placed 18th in 4:37.80. McAlister came back the following day in the 5k, clocking a time of 17:59.90.

CROSS COUNTRY: (2014) McAlister ran in two meets for CU as a junior. She raced to an eighth place finish in the open race at NCAA Pre-Nationals and was 63rd at Pac-12s. (2013) McAlister raced three times for the Buffs as a sophomore. She started the season by placing ninth at the Rocky Mountain Shootout. McAlister was CU's seventh runner to finish at NCAA Pre-Nationals, finishing 163rd overall. Her final race of the season was the Pac-12 Championships where she placed 30th as the fifth scorer, helping CU take second in the team race. (2012) McAlister earned a spot on the varsity roster as a redshirt freshman. Her first meet of the season was the Santa Clara Bronco Invite where she placed 41st overall. McAlister followed up that performance with a 70th-place finish at the Pac-12 Championships. She was the alternate at regionals and nationals.

HIGH SCHOOL: McAlister ran most of her high school 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 English major and currently owns a GPA greater than 3.00.

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, Cocean and Caiya, twins. McAlister enjoys writing, surfing, photography, gardening and playing the guitar.

MELANIE NUN



Distance
Sophomore, VR/1L
Broomfield, Colo.
(Legacy)

PERSONAL BESTS

INDOOR

Mile: 4:49.69 (2014)

3,000-meters: 9:24.26 (2014)

OUTDOOR

1,500-meters: 4:23.48 (2014)

5,000-meters: 16:17.14 (2014)

3,000-meter steeplechase: 10:18.86 (2014)

PAC-12 SCORING

2014 3,000-meter steeplechase, 4th (10:26.56)

2014: Indoor: Nun ran at three meets for the Buffs in the mile and 3k. Her first race was the mile at the Air Force Invite (1/25) where she placed fourth in 5:06.16. She followed up that performance with a third-place finish at the Husky Classic (2/15), this time finishing in 4:55.24. Nun's final race of the season was a 3k at the MPSF Championships. She placed eighth in 9:24.26, which made her the 10th fastest performer in CU history.

Outdoor: Nun started the season by racing a pair of 1,500s; her best time of 4:23.48 came at the Bryan Clay Invite (4/18) where she placed third. At that point, Nun switched gears to the 3,000-meter steeplechase, debuting at the Jack Christiansen Invite (4/26) where she won the race in 10:59.36. Her second steeplechase was at the Pac-12 Championships where she placed fourth in 10:26.56. Nun recorded a personal best of 10:18.86 at the NCAA West Preliminary Championship, placing 14th overall. Her time ranks seventh on CU's all-time performers list.

CROSS COUNTRY: (2014) Redshirt. Did not compete. (2013) Nun had a breakout freshman season, earning a spot on the varsity roster early in the season. She raced unattached at the Rocky Mountain Shootout, placing eighth. Her first race in uniform was NCAA Pre-Nationals and she finished 57th overall as CU's No. 4 runner. Nun was CU's fourth scorer at the Pac-12 Championships as well, coming in 14th overall to earn All-Pac-12 Second Team

honors, and helped the Buffs claim second in the team title. At regionals, she was sixth overall, again the fourth runner for the Buffs, helping CU win the regional crown. Nun finished her freshman season at NCAAs as the third scorer for CU, crossing the line 68th overall, while helping CU to a seventh-place team finish.

HIGH SCHOOL: Nun finished fifth overall at the 2012 Colorado State 5A Cross Country Championships, improving from a 12th-place finish as a junior. She placed 10th at Foot Locker Midwest Regional Championships to earn a spot at the Foot Locker Nationals where she finished 35th overall. Nunn won the 5A Region 3 Championship in 2012 and the 5A Region 4 Championship in 2011. She owns school records in the 800 (2:17), 1,600 (5:08), 3,200 (10:57), the 4x800-relay (9:47) and in the 5k cross country course (17:35). In 2013, Nun placed fourth in the 3,200 and was eighth in the 1,600 at the state championships. She was named the LHS Athlete of the Year as a senior and was a finalist for the Boettcher Scholarship.

HIGH SCHOOL BESTS: 800-meters: 2:17; 1,600-meters: 5:08; 3,200-meters: 10:57; 4x800-relay: 9:47.

IN THE CLASSROOM: Nun is majoring in mathematics and economics. She has a GPA of 3.906.

PERSONAL: Melanie Lyn Nun was born on November 21, 1994 in Westminster, Colo. She is the daughter of Thomas and Sheila Nun of Thornton, Colo. and has three siblings, Zach, Dylan and Ryan. Nun enjoys soccer and yoga and has been a volunteer track coach for young kids.

RAJON O'QUINN



Jumps
Freshman, HS/HS
Fountain, Colo.
(Fountain Fort Carson)

PERSONAL BESTS

400-meters: 55.13

High Jump: 5-9

HIGH SCHOOL: O'Quinn lettered all four years at Fountain Fort Carson High School and owns four school records. She is a member of the 4x200-meter relay (1:39.60) and 4x400 relay (4:00.25). Individually, O'Quinn owns the high jump (5-9) and 400-meter dash (55.13) records. O'Quinn was also recruited by Colorado State and Loyola.

HIGH SCHOOL BESTS: 400-meters: 55.13; high jump: 5-9.

IN THE CLASSROOM: O'Quinn is an open major and has a GPA greater than 3.00.

PERSONAL: Rajon Lynnae O'Quinn is the daughter of John and Rachel O'Quinn and has three siblings. She enjoys painting and her name is a combination of her parents' first names.

MANDY ORTIZ



Distance
Freshman, RS/RS
Vail, Colo. (Battle Mountain)

PERSONAL BESTS

Mile: 5:18

3,200-meters: 11:30

2014: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2014) Ortiz raced twice as a redshirt freshman. She was 21st at the Rocky Mountain Shootout before taking 22nd in the open race at NCAA Pre-Nationals.

HIGH SCHOOL: Ortiz recorded a top-15 finish at the 2013 Colorado State 4A Cross Country Championships (15th overall) and placed sixth at the 4A Region 6 Championships as a senior. During her junior season, Ortiz won the 4A Region 5 Championships and placed 11th at state. As a senior on the track, Ortiz placed fourth in the 3,200 and was eighth in the 1,600 at the 2013 Colorado State 4A Track and Field Championships. She raced at the 2012 state meet and finished seventh in the 3,200-meters and 12th in the 1,600. Ortiz owns school records in the mile (5:18), two-mile (11:30) and on the 5k cross country course (18:38).

HIGH SCHOOL BESTS: Mile: 5:18; 3,200-meters: 11:30.

IN THE CLASSROOM: Ortiz is majoring in integrative physiology and has a perfect 4.0 GPA.

PERSONAL: Amanda (Mandy) Louise Ryan Ortiz was born on March 17, 1995 in Vail, Colo. She is the daughter of Michael and Anita, a professional mountain and ultra-runner, Ortiz of Eagle, Colo. She has three siblings, Amelia, who runs cross country and track at Williams College, Acacia and David. Ortiz enjoys baking, hiking, spending time outdoors and with family and friends.

EWELINA PENA



Combined Events
Junior, VR/VR
Lakewood, Colo.
(Lakewood)

PERSONAL BESTS

INDOOR

High Jump: 5-5.25/1.66 (2014)

OUTDOOR

Heptathlon: 4,266 (2014)

100-Meter Hurdles: 15.43 (2014)

200-Meters: 26.93 (2014)

High Jump: 5-4.50/1.64m

Long Jump: 16-5/5.00m (2014)

Shot Put: 32-3.75/9.85m (2014)

Javelin: 95-11/29.25m (2014)

800-Meters: 2:29.10 (2014)

ACADEMIC HONORS

Academic All-MPSF (2014)

Pac-12 All-Academic honorable mention (2014)

2014: *Indoor:* Pena competed in three pentathlons during her sophomore season. Her best finish came at the Air Force Invite (1/23) where she placed 11th with a personal best 3,205 points. Pena went on to compete at the MPSF Championship and was 15th overall with 3,190 points, just shy of her PR. She recorded personal bests in the 60-meter hurdles (9.46), shot put (32-1.50) and the 800 (2:34.74). Pena also competed individually in the high jump at the conference meet and tied for 15th with a jump of 5-2.25.

Outdoor: Pena participated in a pair of heptathlons as a sophomore. She recorded a personal best of 4,266 points at the Mt. SAC Relays, placing 29th overall. Pena also competed at the Pac-12 Championships (4,246), which was 11th overall. She recorded three personal bests at Mt. SAC Relays in the 200 (26.93), long jump (16-5) and javelin (95-11). Pena also had a pair of season bests at the Pac-12 Championships in the 100-meter hurdles (15.43) and high jump (5-3.25).

2013: *Indoor:* Pena jumped four times in her freshman indoor season. She cleared a season-best 5-1 at three meets and then jumped 5-0.25 at the fourth competition.

Outdoor: Pena competed in five meets during the outdoor season and recorded a season-best at the Fum McGraw Quadrangular (3/30), clearing 5-4.40 which tied for sixth.

HIGH SCHOOL: Pena earned four letters as a member of the track and field team at Lakewood High School. The Tigers were the league champs from 2010-2012.

HIGH SCHOOL BESTS: High Jump: 5-06.

IN THE CLASSROOM: Pena is an ecology and evolutionary biology major. She has a greater than 3.00 GPA.

PERSONAL: Ewelina Maria Pena was born on June 8, 1994 in Lakewood, Colo. She is the daughter of Marek and Bronislawa Pena. She has three siblings, Iwona, Mateusz and Alina. Pena is fluent in Polish.

HAGEN REEDY



Distance
Freshman, RS/RS
Clovis, Calif.
(Buchanan)

PERSONAL BESTS

800-meters: 2:19

1,600-meters: 4:56

3,200-meters: 10:21

2014: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

HIGH SCHOOL: Reedy was the 2012 California Interscholastic Federation (CIF) State Cross Country Championship runner-up after winning the CIF Central Section Championship. She went on to place 20th at Nike Cross Nationals. Reedy also recorded a second-place finish at the 32nd Annual Woodbridge-Estancia-Costa Cross Country Classic with the fourth best time in course history (16:17 for three miles). In 2011, Reedy won the CIF Championship, the CIF Central Section and took seventh at Nike Cross Nationals. As a member of the track team, Reedy placed fifth at the 2012 CIF State finals of the 3,200-meters. She also earned a top-20 national cross country ranking in 2012. She was the class valedictorian.

HIGH SCHOOL BESTS: 800-meters: 2:19; 1,600-meters: 4:56; 3,200-meters: 10:21.

IN THE CLASSROOM: Reedy is an English major. She has a GPA greater than 3.60.

PERSONAL: Hagen Michelle Reedy was born on October 12, 1994 in Rock Springs, Wyo. She is the daughter of Christopher, a former swimmer at Nebraska, and Shelly Reddy of Clovis, Ore. She also has one older brother, Heath, who is a member of the cross country and track and field teams at Long Beach State. Reedy enjoys photography, cooking and baking, reading, watching movies and spending time outdoors.

OLIVIA RINTALA



Distance
Sophomore, VR/VR
San Jose, Calif.
(Archbishop Mitty)

PERSONAL BESTS

INDOOR

800-meters: 2:18.20 (2014)

OUTDOOR

800-meters: 2:18.80 (2014)

2014: *Indoor:* Rintala ran a pair of 800s during her first season. She ran 2:25.01 at the Air Force Invite (1/25), finishing 15th overall. Rintala recorded a season-best at the Husky Classic (2/15), finishing 2:18.20 for 41st overall.

Outdoor: Rintala raced three 800s during the outdoor

season. She clocked a time of 2:23.67 at the CU Invite (4/12) to start the season and ran a season-best 2:18.80 at the Jack Christiansen Invite (4/26). Her final race was at the CSM Last Chance where she finished in 2:21.21.

CROSS COUNTRY: (2014) Rintala only raced once for the Buffs. She was 60th overall at the Rocky Mountain Shootout. (2013) Rintala raced twice as a freshman. She ran unattached at the Rocky Mountain Shootout, placing 56th overall. Rintala also competed at the Santa Clara Bronco Invitational, finishing 15th.

HIGH SCHOOL: Rintala's main focus is the 800 and 1,600-meter runs. As a junior, she placed seventh in the California Central Coast Section finals of the 1,600 after placing fourth in the semifinals. Rintala recorded a top-100 finish at the 2012 California State Cross Country Championships, finishing 83th overall. She was 13th at the CCC Championships.

HIGH SCHOOL BESTS: 800-meters: 2:15; 1,600-meters: 5:10.

IN THE CLASSROOM: Rintala is a psychology major.

PERSONAL: Olivia Reyes Rintala was born on May 3, 1995 in Mountain View, Calif. She is the daughter of John and Norma Rintala of San Jose, Calif. She also has two brothers, John and Andrew. Her uncle, Tony Reyes, bowled for the Professional Bowling Association (PBA) and he was an All-American at San Jose State. Her great uncle, Rudy Rintala, played football, baseball and ran track at Stanford. He was also a 1932 Olympian.

MARIAH SLACK



Combined Events
Sophomore, VR/VR
Oceanside, Calif.
(Vista)

PERSONAL BESTS

INDOOR

Pentathlon: 3,145 (2014)

60-meter hurdles: 9.94 (2014)

High Jump: 5-4.50/1.64m (2014)

Shot Put: 29-4/8.94m (2014)

Long Jump: 17-5.25/5.31m (2014)

800-meters: 2:22.56 (2014)

OUTDOOR

Heptathlon: 4,087 (2014)

High Jump: 5-6

Long Jump: 17-7

Shot Put: 29-2.50/8.90m (2014)

Javelin: 60-2/18.34m (2014)

200-meters: 26.1

400-meters: 58.99

800-meters: 2:18.04

100-meter hurdles: 15.93

300-meter hurdles: 47.10

2014: *Indoor:* Slack had a nice start to her CU career, competing in three pentathlons. At the Oredigger Early Bird Multi (12/5/13), she came away with a seventh-place finish and a score of 3,041 points. Slack recorded her best score,

3,145 points, at the MPSF Championships (2/28), which placed 16th overall. She finished the day with pentathlon bests in the 60-meter hurdles (10.03), shot put (28-11) and the 800 (2:22.56).

Outdoor: Slack competed in two heptathlons in the spring and recorded a personal best of 4,087 points at the Mt. SAC Multis, where she placed 35th overall. She also did well at the Pac-12 Championships, totaling 3,697 points for 12th place. Slack had a nice performance at the Jack Christiansen Invite (4/26) with three personal bests. She clocked in at 16.07 in the 100-meter hurdles and cleared 5-3 in the high jump. Slack's final PR was in the 200, finishing in 27.33.

HIGH SCHOOL: Slack competed in cross country, track and field and soccer, earning letters all four years in each sport. She helped the Panthers when they claimed the 2011 and 2012 Avocado East League Track & Field Championship. Individually, Slack earned many accolades as well. During her senior year, she was nominated VHS Athlete of the Year and track MVP, among many other impressive honors. She was the Avocado West League High Jump Champion her sophomore through senior years and also won the San Diego section CIF title in the high jump as a freshman. Slack went to state the same year for the high jump and 4x400-meter relay.

HIGH SCHOOL BESTS: High Jump: 5-6; Long Jump: 17-7; 200-meters: 26.1; 400-meters: 58.99; 800-meters: 2:18.04; 100-meter hurdles: 15.93; 300-meter hurdles: 47.10.

IN THE CLASSROOM: Slack is an integrative physiology major. She owns a GPA greater than 3.70.

PERSONAL: Mariah Marie Slack was born on October 10, 1994 in Poway, Calif. She is the daughter of Steve and Carol Slack and has two older brothers, Steven and Dave. She enjoys reading, swimming and playing sports.

BRIDGET SWEENEY



Sprints
Senior, 1L/2L
Hopkins, Minn.
(Hopkins)

PERSONAL BESTS

INDOOR

200-meters: 25.42 (2012)

400-meters: 57.53 (2012)

OUTDOOR

200-meters: 25.06 (2012)

400-meters: 55.14

MPSF SCORING

2012 4x400 Meter Relay, 6th (3:45.11)

PAC-12 CONFERENCE SCORING

2012 4x400 Meter Relay, 5th (3:40.30)

2013 4x400 Meter Relay, 5th (3:36.95)

2014: *Indoor:* Sweeney saw limited action, racing just twice in the 400. She recorded a season-best time of 57.63 at the Don Kirby Collegiate Elite after running 59.07 in the prelims of the Air Force Invite (1/25). Sweeney was also a member of the relays and helped the Buffs place ninth at the MPSF

Championship in the 4x400 (3:46.40).

Outdoor: Sweeney ran a pair of 400s during the outdoor season. She placed third at the Jerry Quiller Classic (3/21) in 1:00.70 and was fifth at Fum McGraw (3/29) in 58.45.

2013: *Indoor:* Sweeney focused on the 400-meter during her sophomore season. She ran a season-best time of 58.23 at the Air Force All-Comers meet, which was fifth overall. At the MPSF Championships, she placed 42nd in 59.35.

Outdoor: Sweeney continued to run the 200 and 400. She clocked a season-best in the 400 (56.93) at the Fum McGraw Quadrangular, placing third overall. Two weeks later at the CU Invite (4/13), Sweeney placed second in the 400 in 56.94. Her season-best in the 200 came at the Jack Christiansen Invite (4/27), finishing in 25.67. At the Pac-12 Championships, Sweeney placed 21st in the prelims of the 400 (57.08). She also ran in the 4x400 relay which placed fifth overall (3:36.95).

2012: *Indoor:* Sweeney raced the 200 and 400-meter dashes and was a member of the sprint relays. She won the 200 at the Potts Invite (25.97) to start her season off on a great note. Sweeney had her best races in both events at the Husky Classic (2/11). She was eighth in the 400 (57.53) and took 13th in the 200 (25.42). At the Mountain Pacific Sports Federation Indoor Championships, Sweeney helped the 4x400 relay team to a sixth-place finish in school record time (3:45.11). She was 27th in the 400 (57.89).

Outdoor: Sweeney ran the 200 and 400 again in the outdoor season. She won the 200 at the CU Invite (4/14), finishing in a season best time of 25.06. She also had a second-place finish at the Potts Invite (3/17) in the 200, finishing in a then-PR of 25.28. Sweeney raced a season best time of 55.6 (hand-time) at the CSU-Pueblo Open (3/24), which was fourth overall. Her second-best time of the season came at the prelims at the Pac-12 Championships. Sweeney finished in 56.02; 19th overall. She was also a member of the 4x400-meter relay which placed fifth at Pac-12s (3:40.30).

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 and both relays placed first 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 junior season. Sweeney is a member of the National Honor Society.

HIGH SCHOOL BESTS: 200-meters: 25.3; 400-meters: 55.14

IN THE CLASSROOM: Sweeney is a communications major and has recorded a 3.864 GPA. In 2013, she was named to the Academic All-MPSF team and the Pac-12 All-Academic honorable mention team. Sweeney was selected to the Academic All-MPSF team in 2014 and was named to the Pac-12 All-Academic second team.

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.

SARA SUTHERLAND



Distance
Senior, TR/TR
Dallas, Texas
(Highland Park/Texas)

PERSONAL BESTS

INDOOR

3,000-Meters: 9:18.67

5,000-Meters: 15:50.04

OUTDOOR

800-Meters: 2:10.67

1,500-Meters: 4:18.62

5,000-Meters: 16:04.15

10,000-Meters: 34:28.07

CROSS COUNTRY: (2014) Sutherland raced four times for CU. She started off by placing 221st at NCAA Pre-Nationals and improved to 73rd at the Pac-12 Championships. Sutherland made more progress at regionals, this time placing ninth as CU's third finisher. She earned her first All-Mountain Region honor and helped the Buffs to the team title. Sutherland completed the season at NCAAs with a 96th place finish, scoring as the Buffs No. 5 runner. The Buffs finished seventh overall as a team.

AT TEXAS (TRACK & FIELD): Sutherland was a three-time indoor All-American at Texas, twice on the first team and once on the second team. She also earned All-Big 12 honors nine times during her time at UT, four during the outdoor season and five times indoors. Sutherland is the Texas indoor 5k record holder, clocking in at 15:50.04 at the 2013 NCAA Indoor Championship for an eighth place finish. She won the individual Big 12 1,500-meter title in 2013 (4:22.87) and placed fourth in the 5k at the same meet (16:18.62). During the 2013 indoor season, she was a member of the Big 12 Champion distance medley relay team, which finished in 11:15.90.

AT TEXAS (CROSS COUNTRY): Sutherland raced three seasons at Texas, redshirting the 2013 season. As a junior in 2012, she led the Longhorns at three meets, including a third-place finish at the Big 12 Championships. Sutherland was the runner-up at the NCAA South Central Region Championship and finished 58th overall at the NCAA Championships. In 2011, she led the Longhorns at NCAAs, crossing the finish 96th overall. Sutherland was fourth at regionals and finished 11th at the Big 12 Championships that season. During her freshman year, she was ninth at regionals, 34th at Big 12s and 155th at NCAAs. Sutherland earned two All-Big 12 and three all-region honors at UT.

HIGH SCHOOL: Sutherland was a four-year letterwinner in cross country and track and field at Highland Park, competing in the 1,600 and 3,200. Sutherland was named the Newcomer of the Year in 2006 by the Dallas Morning News and the Cross Country Runner of the Year in 2007 after winning the Texas 4A Cross Country Championship. In 2009, she was named the Texas Girls Coaches Association Cross Country Athlete of the Year.

IN THE CLASSROOM: Sutherland is in graduate school and looks to get her master's in sciences in interdisciplinary

communications and technology for development. She graduated from Texas with a degree in government.

PERSONAL: Sara Sutherland was born January 31, 1992 in Dallas, Texas. She is the daughter of Carl and Carol Sutherland and has two brothers, Lee and Dan. Dan was a member of the track and field team at Rhodes College. She enjoys nutrition, playing the harmonica and reading. Sutherland volunteered with Feed My People, a homeless ministry, Girls on the Run, and Reading is Fundamental; all in Austin, Texas.

ABRIANNA TORRES



**Combined Events/
Jumps**
Junior, 1L/2L
San Luis Obispo, Calif.
(San Luis Obispo)

PERSONAL BESTS

INDOOR

Pentathlon: 3,832 (2013)
60-Meter Hurdles: 9.01 (2013)
High Jump: 5-04.25 (2013)
Shot Put: 42-3.25/12.88m (2014)
Long Jump: 19-8.75/6.01m (2013)
800 Meters: 2:33.24 (2013)

OUTDOOR

Heptathlon: 5,357 (2013)
100-Meter Hurdles: 14.42 (2013)
High Jump: 5-5.25/1.66m (2013)
Shot Put: 45-4.50/13.83m (2013)
200-Meters: 25.84 (2013)
Long Jump: 20-2.25/6.15m (2013)
Javelin: 132-11/40.52m (2013)
800-Meters: 2:25.09 (2013)
Triple Jump: 39-06.5

MPSF SCORING

2013 Pentathlon, 4th (3,832)

PAC-12 SCORING

2013 Heptathlon, 3rd (5,357)
2013 Long Jump, 7th (19-11.75/6.09m)
2014 Heptathlon, 8th (4,810)

2014: *Indoor:* Torres only competed in one pentathlon during the season, but had a successful performance. She placed second at the Oredigger Early Bird Multi (12/5/13) with 3,583 points that included a pentathlon record in the shot put after she launched a throw of 42-3.25. Torres recorded a personal best in the shot put the following week, throwing a mark of 42-4.75 for a fourth-place finish at the Holiday Open (12/13/13). She came close to her PR in the long jump at the Potts Invite (1/18), jumping 19-8, the best leap by a Buff during the season, and just missed her PR by .75 inches. Torres went on to compete at the MPSF Championship in the shot put and placed 19th with a mark of 41-00.50.

Outdoor: Torres participated in two heptathlons and posted a season best score of 5,241 points at Mt. SAC Multis, placing 17th overall. Torres recorded five season bests at Mt. SAC. She raced to a time of 15.05 in the 100-meter hurdles, 26.58 in the 200 and 2:27.72 in the 800. She had a

mark of 19-7 in the long jump and 122-0 in the javelin. She also scored for CU at the Pac-12 Championships, placing eighth with 4,810 points. Torres competed in the open long jump at Pac-12s as well, placing 10th with a jump of 18-10.50.

2013: *Indoor:* Torres had a breakout redshirt freshman season and competed in three heptathlons. She recorded a season-best and the eighth-best pentathlon score in CU history (fourth on the performers list) with 3,832 points at the MPSF Championships (2/22). Torres placed fourth overall at the meet and set a pair of CU pentathlon records in the process. Torres threw the shot put 41-7, second at the meet, to break Carol Hood's mark of 40-10.25 from 1991. She followed that performance up by winning the long jump with a mark of 19-8.25, breaking Heather Sterlin's jump of 19-3.25 from 1997. Torres also earned a season-best in the 800 at the championships, finishing in 2:33.24. At the USA Indoor Championships the following week, Torres placed 14th (3,110).

Outdoor: Torres continued to impress, becoming the sixth-best CU heptathlon performer and etched her name in other record books as well. She started the season by placing seventh in the Jim Click Combined Events (4/5-6) with 5,174 points. At the meet, Torres recorded CU's heptathlon record in the shot put (42-7), placing second in the meet. Her second heptathlon was at the Pac-12 Championships, where she recorded 5,357 points as well as a third-place finish. She won the shot put portion of the meet with the second best toss in school history (41-11.25) and recorded the 10th best jump in CU combined events history (19-4), which was second at the meet. Her javelin throw (132-11) was the third best throw by a Buff. Torres also did well in individual competition. She became the first Buff since 1997 to jump over 20 feet, doing so twice during the season in back-to-back days of competition. Torres won the long jump (20-0.25) at Mt. SAC Relays (4/19), and the following day, she placed second (20-2.25) at the Beach Invitational (4/20). She also picked up points for the Buffs at the conference meet in the long jump, taking seventh overall (19-11.75).

2012: *Indoor:* Torres was only able to compete in two meets for the Buffs as her season was cut short due to injury. She got off to a great start, finishing fifth overall in the pentathlon at the Potts Invite (1/20) with 3,406 points. The total made her the 11th best CU pentathlon performer. She excelled in the shot put, recording the eighth best toss in CU history at 38-07. Torres was a good long jumper as well. She had a season best mark of 18-09.75 for third place at the Air Force Team Challenge (1/28).

Outdoor: Redshirt. Did not compete.

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 with the Pac 7 League Championship in 2008, 09, 10 and 11, as well as the CIF DIII Championships in 2008 and 09. As an individual 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 a scholar athlete all throughout high school.

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.

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 adventuring outdoors, 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.

CARRIE VERDON



Distance
Junior, 1L/1L
Morago, Calif.
(Morago)

PERSONAL BESTS

INDOOR

Mile: 5:07.12 (2014)
3,000-Meters: 9:18.11 (2014)
5,000-Meters: 16:31.69 (2014)

OUTDOOR

1,500-Meters: 4:25.46 (2013)
5,000-Meters: 15:59.83 (2014)

MPSF SCORING

2014 5,000-Meters, 2nd (16:31.69)

PAC-12 SCORING

2013 5,000-Meters, 8th (16:49.83)

2014: *Indoor:* Verdon raced three times for the Buffs and recorded personal bests in all three races. She ran her first race, the mile, at the Air Force Invite (1/25), and finished in 5:07.12 for fifth place. Verdon's next race was the 3k at the Husky Classic (2/15). She finished ninth overall in 9:18.11, which put her eighth on CU's all-time performers list. Verdon's final race was the 5k at the MPSF Championships. She placed second in 16:31.69.

Outdoor: Verdon ran several events, but mainly focused on the 5,000. She ran her first 5k at the Payton Jordan Invite (5/4), clocking in at 15:59.83, which was 13th overall. Her next 5k was at the Pac-12 Championships, where Verdon narrowly missed scoring for the Buffs by placing ninth in 16:40.45. She went on to race the 5k at the NCAA West Preliminary Championships and placed fifth in 16:06.71, which qualified her for NCAAs. Verdon finished her season at nationals, placing 17th (16:28.60).

2013: *Indoor:* Verdon only raced twice for the Buffs as she was training for the IAAF World Junior Cross Country Championships, but she did quite well in both races. Verdon placed fourth at the UW Invite (1/25) in the 5,000-meter run, finishing in 16:47.36. At the MPSF Championships, she was 17th in the 3k with a time of 9:42.17.

Outdoor: Verdon competed in the 1,500 and 5,000-meter runs during her first outdoor season. She ran her season-best of 16:14.58 in the 5k at Mt. SAC Relays (4/19), which won the open 'A' section. One week later, Verdon recorded a season-best in the 1,500 of 4:25.46 at the Payton Jordan Cardinal Invite, which placed her fourth in her section. She scored her first point for the team in the 5k at the Pac-12 Championships, finishing eighth in 16:49.83. At the NCAA West Preliminary Championships, Verdon placed 13th (16:21.60), just missing by one spot to advance to nationals.

CROSS COUNTRY: (2014) Redshirt. Verdon placed third overall at the Rocky Mountain Shootout, but suffered a season ending injury in the same race. (2013) Verdon had another outstanding season as a sophomore, helping to lead CU to a runner-up finish at Pac-12, win regionals and place seventh at NCAAs. Verdon led CU at the Rocky Mountain Shootout, placing second overall. She was the No. 2 runner for the Buffs in the next three races, placing 22nd at NCAA-PreNationals, 10th at Pac-12s and fourth at regionals. She finished the season at NCAA with a 132nd-place finish (CU's No. 5) after falling twice due to extremely muddy conditions. Verdon earned All-Pac-12 Second Team and all-region honors during the campaign. (2012) Verdon made an immediate impact during her freshman campaign and was CU's No. 2 scorer in four of five races. The only race she didn't lead the Buffs in was at the Rocky Mountain Shootout where she was the team leader, crossing the finish third. Two weeks after that, she recorded a 37th-place finish at pre-nats. Verdon continued to do well and took 16th at the Pac-12 Championships. She followed up the performance with a seventh-place run at regionals; earning her first all-region honor in the process. Verdon finished the campaign at nationals by placing 136th overall, but she wasn't done yet. She earned a spot on the U.S. team to compete at the IAAF World Junior Cross Country Championships after placing third overall at the U.S. Championships. Verdon was the top American at worlds, finishing 20th overall.

HIGH SCHOOL: Verdon was a two-time state champion in cross country as a junior and senior and helped her high school team to the state title in 2010, en route to one of her state titles. The Cougars also won the North Coast Section championships the same seasons. In 2010, Verdon place fourth at FootLocker West Regionals to earn a spot at nationals where she finished 19th overall. She was ninth at the state championships as a sophomore and in her freshman season she placed 11th. Verdon was also successful on the track, placing third in the 3,200-meter at the state meet with a Campolindo High School record (10:22.5).

HIGH SCHOOL BESTS: 1,600-meters: 4:51; 3,200-meters: 10:22.

IN THE CLASSROOM: Verdon is majoring in integrative physiology.

PERSONAL: Carrie Sophie Verdon was born on March 8, 1994 in Torrance, Calif. She is the daughter of Wayne and Lisa Verdon of Moraga, Calif. and has one brother. She enjoys hiking and art and wants to pursue a career in physical therapy after graduation.

MARIAH WALKER



Throws
Freshman, HS/HS
Colorado Springs,
Colo. (Sand Creek)

PERSONAL BESTS

Shot Put: 47-7
Discus: 145-0
Hammer Throw: 133-0
Weight Throw: 48-0
Javelin: 77-1

HIGH SCHOOL: Walker owns a pair of SCHS records, as well as several other miscellaneous meet records, and was coached by her older sister, Montoya Walker. Her shot put record is 47-7 and her discus record is 145-0. She is the 2013 and '14 Colorado State 4A Shot Put Champion and was also fourth at the state championship in 2012. Walker was named a Rotary Champion as a senior and was selected to the *Denver Post* All-Colorado Girls Track and Field team as a junior and senior. During the summer of 2014, she won the shot put at the USA Junior Outdoor Track and Field Championships with a throw of 46-2, placed sixth in the discus and was 16th in the hammer throw. Walker was highly recruited by Nebraska, Wichita State, Oregon State, Oregon, Colorado State and many others.

HIGH SCHOOL BESTS: Shot put: 47-7; discus: 145-0; hammer throw: 133-0; weight throw: 48-0; javelin: 77-1

IN THE CLASSROOM: Walker is a chemical and biological engineering major.

PERSONAL: Mariah Karen Walker was born on March 23, 1996. She is the daughter of John and Mirta Walker and has two siblings. She enjoys art and writing.

MICHAELA WENNING



Combined Events
Freshman, HS/HS
Celina, Ohio
(Celina)

PERSONAL BESTS

High Jump: 5-6
100-meter hurdles: 15.34
300-meter hurdles: 45.47
Long Jump: 16-11
60-meter hurdles: 9.43
400-meters: 58.63
800-meters: 2:21.32

HIGH SCHOOL: Wenning didn't compete her senior season of high school due to injury, but she had strong credentials from her prior seasons. Wenning was a first team All-Western Buckeye League selection her freshman through senior seasons and was All-Ohio her freshman, sophomore and junior years. As a junior, Wenning was the 2013 Ohio State high jump champion. She also qualified for the state championship in the 100-meter hurdles, 300-hurdles and 4x400-meter relay. During her sophomore year, she was part of the 4x400-meter relay team which placed second overall and the 4x800 relay that was eighth at state. The Bulldogs won the WBL championship three straight seasons (2012-14) and were regional champions in 2012. CHS placed fourth in the team standing in 2013. Wenning was also a member of the volleyball and swimming teams at CHS and owns the 50-freestyle record. She was the CHS Valedictorian, a four-year Scholar-Athlete, a National Merit Commended Student, the Math Department Student of the Year, the Athletic Leadership Award, the Mercer County Student of the Month and won the Sportsmanship Award. Wenning was recruited by Princeton, Cincinnati, Akron, Dayton and Georgia Tech.

HIGH SCHOOL BESTS: High jump: 5-6; 100-meter hurdles: 15.34; 300-meter hurdles: 45.47; long jump: 16-11; 60-meter hurdles: 9.43; 400-meters: 58.63; 800-meters: 2:21.32.

IN THE CLASSROOM: Wenning is an aerospace engineering major. She recorded a perfect 4.0 in her first semester.

PERSONAL: Michaela Ann Wenning was born on Sept. 14, 1995. She is the daughter of Bill and Deb Wenning and has three siblings, Brandon, Matt and Sara. She enjoys kayaking, basketball and beach volleyball.

2014 Colorado Cross Country Results

COLORADO WOMEN

Aug. 30 ALUMNI/OPEN/VARSITY TIME TRIAL NTS
 Sept. 5 CSU Invite (Fort Collins, Colo.).....1st/3

Oct. 4 ROCKY MOUNTAIN SHOOTOUT (Boulder)1st/3
1. Colorado; 2. Colorado State 3. Northern Colorado.
 Oct. 18 at Pre-National Invitational (Terre Haute, Ind.) 4th/43
 1. Georgetown, 110; 2. Oergon, 139; 3. Michigan, 143; **4. Colorado, 186;** 5. NC State, 233; 6. Princeton, 288; 7. Baylor, 302; 8. Lamar, 345; 9. California, 369; 10. Penn State, 405.

Oct. 31 at Pac-12 Championships (Oakland, Calif.) 3rd/12
 1. Oregon, 54; 2. Stanford 74; **3. Colorado, 82;** 4. Washington, 93; 5. UCLA, 143; 6. Arizona State, 158; 7. California, 185; 8. Arizona, 200; 9. Utah, 241; 10. Washington State, 246; 11. USC, 336; 12. Oregon State, 342.

Nov. 14 at NCAA Mountain Region Championships (Albuquerque, N.M.).....1st/20
1. Colorado, 43; 2. New Mexico, 56; 3. BYU, 112; 4. Northern Arizona, 149; 5. Wyoming, 157; 6. Colorado State, 160; 7. Utah, 246; 8. Idaho State, 146; 9. Weber State, 253; 10. Montana State, 259; 11. Nevada, 270; 12. Texas Tech, 371; 13. Utah Valley, 374; 14. Northern Colorado, 379; 15. Air Force, 385; 16. Utah State, 407; 17. Southern Utah, 423; 18. New Mexico State, 472; 19. Montana, 485; 20. UTEP, 488.

Nov. 22 at NCAA Championships (Terre Haute, Ind.)1st/31
 1. Michigan State, 85; 2. Iowa State, 147; 3. New Mexico, 188; 4. Georgetown, 189 5. Arkansas, 209; 6. Oregon, 249; **7. Colorado, 267;** 8. West Virginia, 277; 9. Iona, 377; 10. Wisconsin, 382

COLORADO MEN

Aug. 30 ALUMNI/OPEN/VARSITY TIME TRIALNTS
 Sept. 5 CSU Invite (Fort Collins, Colo.).....2nd/3

Oct. 4 ROCKY MOUNTAIN SHOOTOUT (Boulder) 1st/3
1. Colorado; 2. Air Force; 3. Northern Colorado.
 Oct. 18 at Pre-National Invitational (Terre Haute, Ind.) 1st/46
1. Colorado, 35; 2. Oregon, 91; 3. Georgetown, 148; 4. Furman, 262; 5. Colorado State, 272; 5. Tulsa, 272; 7. Texas, 329; 8. Mississippi, 363; 8. Penn State, 363; 10. Cornell, 400.

Oct. 31 at Pac-12 Championships (Oakland, Calif.) 1st/9
1. Colorado, 30; 2. Oregon 57; 3. Stanford, 80; 4. Washington, 87; 5. UCLA, 168; 6. Arizona State, 182; 7. California, 189; 8. Arizona, 206; 9. Washington State, 224.

Nov. 14 at NCAA Mountain Region Championships (Albuquerque, N.M.)..... 1st/17
1. Colorado, 45; 2. Northern Arizona, 68; 3. BYU, 121; 4. Southern Utah, 128; 5. Colorado State, 140; 6. UTEP, 156; 7. New Mexico, 158; 8. Weber State, 191; 9. Air Force, 202; 10. Wyoming, 243; 11. Utah State, 288; 12. Montana State, 308; 13. Utah Valley, 324; 14. Texas Tech, 396; 15. New Mexico State, 396; 16. Montana, 460; 17. Idaho State, 471.

Nov. 22 at NCAA Championships (Terre Haute, Ind.) 1st/31
1. Colorado, 65; 2. Stanford, 98; 3. Portland, 175; 4. Northern Arizona, 188; 5. Syracuse, 206; 6. Oregon, 221; 7. Villanova, 230; 8. Iona, 270; 9. Oklahoma State, 296; 10. Wisconsin, 335

INDIVIDUAL RESULTS (Overall/CU)

| Runner | RMS 5.8k | PRE-NC 6k | P12 6k | MTR 6k | NCAA 6k |
|---------------|-----------------|------------------|----------------|------------------|------------------|
| M. Alm | 5/4 21:16.6 | 29/3 21:17.5 | 7/2 20:28 | 7/2 21:20.62 | 51/2 20:53.0 |
| K. Benner | +9 21:39.2 | 52/4 21:36.8 | 29/5 20:59 | 13/5 21:32.59 | 81/3 21:06.3 |
| E. Blakely | 26/8 22:23.8 | +17 22:50.3 | 87/10 22:07 | | |
| M. Caldwell | +14 21:59.6 | 128/6 22:16.6 | 44/6 21:22 | 36/7 22:13.60 | 195/7 21:54.4 |
| E. Clark | 1/1 20:19.6 | 7/1 20:54.1 | 4/1 20:19 | 2/1 20:56.50 | 31/1 20:37.7 |
| V. Constien | +17 22:07.1 | | | | |
| J. DeSouchet | 7/5 21:31.3 | 70/5 21:47.0 | 26/4 20:52 | 16/4 21:41.37 | 95/4 21:11.0 |
| A. Kelly | 4/3 21:10.1 | 28/2 21:15.4 | 19/3 20:43 | 12/4 21:29.06 | 98/6 21:11.9 |
| L. May | 12/6 21:54.2 | +12 22:31.2 | 69/8 21:43 | | |
| C. McAlister | | +8 22:31.2 | 63/7 21:38 | | |
| M. Ortiz | 21/7 22:19.3 | +22 23:00.7 | | | |
| O. Rintala | 60/9 25:14.0 | | | | |
| S. Sutherland | | 221/7 22:56.3 | 73/9 21:46 | 9/3 21:22.01 | 96/5 21:11.4 |
| C. Verdon | 3/2 20:59.5 | | | | |

+ ran unattached or in an open race

INDIVIDUAL RESULTS (Overall/CU)

| Runner | RMS 8k | PRE-NC 8k | P12 8k | MTR 10k | NCAA 10k |
|-------------|-----------------|-----------------|---------------|------------------|------------------|
| D. Emmert | 83/8 28:55.6 | +70 27:36.4 | | | |
| R. Forsyth | +12 25:41.0 | | | | |
| E. Gonzales | +13 25:41.0 | | | | |
| C. Herrick | +32 26:48.1 | | | | |
| J. Holvey | | +19 26:25.8 | | | |
| J. Hurysz | 6/5 24:51.5 | 9/4 24:23.8 | 19/6 24:14 | 7/2 29:57.40 | 41/6 30:57.6 |
| P. Miller | +24 26:20.4 | | | | |
| A. Moussa | 3/3 24:28.1 | 8/3 24:21.8 | 6/3 23:49 | 9/3 29:58.07 | 5/1 30:29.6 |
| P. Murphy | 2/2 24:24.4 | 12/5 24:25.6 | 7/4 23:53 | 12/4 30:00.81 | 35/5 30:51.7 |
| M. Pearson | +4 24:32.1 | | | | |
| Z. Perrin | +14 25:48.7 | | | | |
| A. Peterman | 17/7 26:01.5 | 79/7 25:20.7 | 28/7 24:21 | 64/6 31:54.42 | 202/7 32:36.8 |
| B. Saarel | 5/4 24:43.1 | 4/2 24:15.3 | 8/5 23:54 | 13/5 30:03.67 | 7/2 30:30.7 |
| B. Theroux | 1/1 24:23.1 | 2/1 24:06.1 | 4/1 23:42 | 9/3 30:31.7 | 9/3 30:31.7 |
| C. Winter | 7/6 24:52.9 | 14/6 24:26.9 | 5/2 23:44 | 4/1 29:55.33 | 24/4 30:45.0 |

2014 Men's Indoor Bests

60 Meters (6.57 CU record)

| | | |
|------|-----------------|-------------------------------|
| 6.75 | Shaw Gifford | Air Force Invitational (1/25) |
| 6.76 | Shaw Gifford | Potts Invite (1/18) |
| 6.84 | p Shaw Gifford | Potts Invite (1/18) |
| 6.81 | p Shaw Gifford | MPSF Championships (2/28) |
| 6.88 | p Shaw Gifford | Air Force Invitational (1/25) |
| 6.89 | Shaw Gifford | Air Force All-Comers (1/11) |
| 6.93 | p Austin Mitsch | MPSF Championships (2/28) |
| 6.97 | Shaw Gifford | Holiday Open (12/13) |
| 6.99 | Austin Mitsch | Holiday Open (12/13) |
| 7.00 | Austin Mitsch | Air Force All-Comers (1/11) |

200 Meters (20.88 cu)

| | | |
|-------|-----------------|-----------------------------------|
| 21.48 | Shaw Gifford | Air Force Invitational (1/25) |
| 21.51 | Shaw Gifford | Air Force All-Comers (1/11) |
| 21.72 | p Shaw Gifford | Air Force Invitational (1/24) |
| 21.73 | p Jaylyn Mars | Air Force Invitational (1/24) |
| 21.75 | Shaw Gifford | MPSF Championships (2/28) |
| 21.86 | Jaylyn Mars | Air Force Invitational (1/25) |
| 21.95 | Jaylyn Mars | Air Force All-Comers (1/11) |
| 21.98 | p Austin Mitsch | Air Force Invitational (1/24) |
| 22.08 | Austin Mitsch | Don Kirby Collegiate Elite (2/14) |
| 22.09 | Jaylyn Mars | Don Kirby Collegiate Elite (2/14) |
| 22.09 | Austin Mitsch | MPSF Championships (2/28) |

300 Meters

| | | |
|-------|---------------|----------------------|
| 35.14 | Jaylyn Mars | Holiday Open (12/13) |
| 35.50 | Erik Gaytan | Holiday Open (12/13) |
| 35.50 | Tyler Baker | Holiday Open (12/13) |
| 35.60 | Blake Berens | Holiday Open (12/13) |
| 35.73 | Garrett Losty | Holiday Open (12/13) |

400 Meters (46.13 cu)

| | | |
|-------|---------------|-----------------------------------|
| 49.00 | Jaylyn Mars | Don Kirby Collegiate Elite (2/14) |
| 49.14 | Tyler Baker | Don Kirby Collegiate Elite (2/14) |
| 49.18 | Tyler Baker | MPSF Championships (3/1) |
| 49.31 | Jaylyn Mars | Air Force Invitational (1/25) |
| 49.46 | p Jaylyn Mars | Air Force Invitational (1/24) |
| 49.60 | Jaron Thomas | MPSF Championships (3/1) |
| 49.66 | Jaylyn Mars | Air Force All-Comers (1/11) |
| 49.71 | p Tyler Baker | Air Force Invitational (1/24) |
| 49.83 | Jaylyn Mars | MPSF Championships (3/1) |
| 49.95 | Tyler Baker | Air Force All-Comers (1/11) |

800 Meters (1:49.37 cu)

| | | |
|---------|---------------|-------------------------------|
| 1:52.46 | Jake Hurysz | Air Force Invitational (1/25) |
| 1:52.67 | Connor Winter | Air Force Invitational (1/25) |
| 1:52.86 | Ben Saarel | Air Force Invitational (1/25) |
| 1:53.39 | Blake Theroux | Air Force Invitational (1/25) |

1,000 Meter Run* (2:21.5 cu)

| | | |
|---------|------------------|-----------------------------------|
| 3:04.46 | hep Jason DeWitt | Air Force Invitational (1/24) |
| 3:10.03 | hep Jason DeWitt | Oredigger Early Bird Multi (12/6) |

Mile (3:59.55 cu)

| | | |
|---------|----------------|-------------------------------|
| 4:05.22 | Ben Saarel | MPSF Championships (3/1) |
| 4:06.15 | Connor Winter | MPSF Championships (3/1) |
| 4:06.93 | Blake Theroux | MPSF Championships (3/1) |
| 4:16.40 | Morgan Pearson | Air Force Invitational (1/25) |
| 4:16.71 | Zach Perrin | Air Force Invitational (1/25) |
| 4:22.55 | Ammar Moussa | Air Force Invitational (1/25) |

3,000 Meters (7:46.03 cu)

| | | |
|---------|---------------|--------------------------|
| 7:50.50 | Jake Hurysz | MPSF Championships (3/1) |
| 7:50.86 | Joe Bosshard | MPSF Championships (3/1) |
| 7:52.61 | Ben Saarel | Husky Classic (2/15) |
| 7:54.76 | Blake Theroux | Husky Classic (2/15) |
| 7:59.89 | Jake Hurysz | Husky Classic (2/15) |
| 8:02.70 | Connor Winter | Husky Classic (2/15) |
| 8:03.35 | Pierce Murphy | MPSF Championships (3/1) |
| 8:06.34 | Ammar Moussa | MPSF Championships (3/1) |
| 8:09.09 | Ammar Moussa | Husky Classic (2/15) |
| 8:12.31 | Zach Perrin | Husky Classic (2/15) |

5,000 Meters (13:38.23 cu)

| | | |
|----------|-------------------|---------------------------|
| 13:43.21 | Joe Bosshard | Husky Classic (2/14) |
| 13:49.30 | Morgan Pearson | MPSF Championships (2/28) |
| 13:56.37 | Pierce Murphy | Husky Classic (2/14) |
| 14:07.11 | Morgan Pearson | Husky Classic (2/14) |
| 14:15.78 | AA Morgan Pearson | NCAA Indoors (3/14) |
| 14:37.13 | Dillon Shije | Husky Classic (2/14) |
| 15:00.32 | David Kilgore | Husky Classic (2/14) |

60 Meter Hurdles (7.75 cu)

| | | |
|------|----------------|-----------------------------------|
| 8.04 | p Jaron Thomas | MPSF Championships (2/28) |
| 8.14 | Jaron Thomas | Air Force Invitational (1/25) |
| 8.17 | Jaron Thomas | MPSF Championships (3/1) |
| 8.18 | p Jaron Thomas | Don Kirby Collegiate Elite (2/15) |
| 8.18 | p Jaron Thomas | Air Force Invitational (1/25) |
| 8.29 | Jaron Thomas | Potts Invite (1/18) |
| 8.30 | Mark Jones | Holiday Open (12/13) |
| 8.37 | Jaron Thomas | Air Force All-Comers (1/11) |
| 8.40 | U Brock Emory | Holiday Open (12/13) |
| 8.42 | Jason DeWitt | Holiday Open (12/13) |

Mile Relay (3:09.1h cu)

| | | |
|---------|-----------------------------|-------------------------------|
| 3:18.39 | Thomas/Gifford/Mitsch/Mars | Holiday Open (12/13) |
| 3:19.76 | Thomas/Berens/Baker/Gifford | Air Force Invitational (1/25) |

4x400 Meter Relay (3:07.9h cu)

| | | |
|---------|---------------------------|-----------------------------------|
| 3:17.73 | Mars/Berens/Mitsch/Baker | Don Kirby Collegiate Elite (2/15) |
| 3:18.95 | Mars/Baker/Gifford/Mitsch | MPSF Championships (3/1) |

High Jump (7-03.50 cu)

| | | |
|--------------|------------------|-----------------------------------|
| 7-2.25/2.19 | Mark Jones | Holiday Open (12/13) |
| 7-1.75/2.18 | Mark Jones | Air Force Collegiate Open (2/15) |
| 6-11.75/2.13 | hep Mark Jones | Oredigger Early Bird Multi (12/6) |
| 6-11.50/2.12 | Mark Jones | USA Indoors (2/22) |
| 6-10.75/2.10 | Mark Jones | Potts Invite (1/17) |
| 6-10.25/2.09 | Mark Jones | Air Force Invitational (1/25) |
| 6-9.75/2.08 | Mark Jones | Air Force All-Comers (1/11) |
| 6-9/2.06 | Mark Jones | MPSF Championships (3/1) |
| 6-8.75/2.05 | Jason DeWitt | Holiday Open (12/13) |
| 6-7/2.01 | hep Jason DeWitt | Oredigger Early Bird Multi (12/6) |

Pole Vault (17-02 cu)

| | | |
|---------------|------------------|-----------------------------------|
| 14-5.25/4.40 | Jason DeWitt | Potts Invite (1/17) |
| 14-1.25/4.30 | Jason DeWitt | Air Force Collegiate Open (2/15) |
| 14-1.25/4.30 | hep Jason DeWitt | Air Force Invitational (1/24) |
| 13-5.25/4.10 | hep Jason DeWitt | Oredigger Early Bird Multi (12/6) |
| 12-11.50/3.95 | U Brock Emory | Potts Invite (1/17) |

Long Jump (25-7.50 cu)

| | | |
|---------------|-------------------|-----------------------------------|
| 23-3.25/7.10 | hep Mark Jones | Oredigger Early Bird Multi (12/6) |
| 22-10.75/6.98 | Mark Jones | Air Force Collegiate Open (2/15) |
| 22-5/6.83 | Mark Jones | Holiday Open (12/13) |
| 21-11/6.68 | Mark Jones | MPSF Championships (2/28) |
| 21-10/6.65 | Mark Jones | Potts Invite (1/18) |
| 21-2/6.45 | hep Jason DeWitt | Oredigger Early Bird Multi (12/6) |
| 21-1.25/6.43 | hep Jason DeWitt | MPSF Championships (2/28) |
| 20-11.75/6.39 | hep Jason DeWitt | Air Force Invitational (1/23) |
| 20-6.25/6.25 | U/hep Brock Emory | Oredigger Early Bird Multi (12/6) |
| 20-4.5/6.21 | Jason DeWitt | Holiday Open (12/13) |

Shot Put (67-4.75 cu)

| | | |
|----------------|------------------|----------------------------------|
| 53-11.25/16.44 | Alex Kizirian | Potts Invite (1/18) |
| 53-9.25/16.39 | Alex Kizirian | Air Force All-Comers (1/11) |
| 53-5/16.28 | Alex Kizirian | Power Meet (12/6) |
| 53-0.25/16.16 | Alex Kizirian | MPSF Championships (3/1) |
| 52-1.75/15.89 | Alex Kizirian | Air Force Invitational (1/25) |
| 50-5.5/15.38 | Alex Kizirian | Husky Classic (2/15) |
| 43-8/13.31 | Brady Rutt | Potts Invite (1/18) |
| 42-10.25/13.06 | Jason DeWitt | Air Force All-Comers (1/11) |
| 42-5.50/12.94 | hep Jason DeWitt | Air Force Invitational (1/23) |
| 42-4.25/12.91 | Jason DeWitt | Air Force Collegiate Open (2/15) |

35-pound Weight (68-4.50/20.84 cu)

| | | |
|----------------|---------------|----------------------------------|
| 68-4.50/20.84 | Alex Kizirian | Air Force Invitational (1/24) |
| 67-4.75/20.54 | Alex Kizirian | USA Indoors (2/22) |
| 67-4.75/20.54 | Alex Kizirian | Husky Classic (2/14) |
| 67-2/20.47 | Alex Kizirian | Power Meet (12/6) |
| 66-2.50/20.18 | Alex Kizirian | MPSF Championships (2/28) |
| 65-11.50/20.10 | Alex Kizirian | Potts Invite (1/18) |
| 64-5/19.63 | Alex Kizirian | Air Force All-Comers (1/11) |
| 56-00/17.17 | U Brady Rutt | Potts Invite (1/18) |
| 55-1/16.79 | U Brady Rutt | Air Force Collegiate Open (2/15) |

Heptathlon (5,392 cu)

| | | |
|-------|--------------|-----------------------------------|
| 5,021 | Jason DeWitt | Air Force Invitational (1/23) |
| 4,904 | Jason DeWitt | Oredigger Early Bird Multi (12/6) |

Symbol Key

| | |
|-----|---|
| p | preliminary round mark/time |
| pr | personal record |
| sr | school record |
| hep | mark earned during heptathlon competition |
| * | not an NCAA event |
| U | competing unattached/redshirting with eligibility remaining |

2014 Women's Indoor Bests

60 Meters (7.34 CU record)

| | | | |
|------|---|-------------------|----------------------|
| 7.58 | | Eileen Gehring | Holiday Open (12/13) |
| 7.68 | p | Eileen Gehring | Potts Invite (1/18) |
| 7.71 | | Eileen Gehring | Potts Invite (1/18) |
| 7.77 | | Lindsay Mattson | Holiday Open (12/13) |
| 7.91 | | Lindsay Mattson | Potts Invite (1/18) |
| 7.92 | p | Lindsay Mattson | Potts Invite (1/18) |
| 8.26 | p | Brittany Hanrahan | Potts Invite (1/18) |
| 8.30 | | Brittany Hanrahan | Potts Invite (1/18) |
| 8.44 | p | Charlotte Dennis | Potts Invite (1/18) |

200 Meters (23.81 cu)

| | | | |
|-------|---|-----------------|-----------------------------------|
| 24.44 | | Eileen Gehring | MPSF Championships (2/28) |
| 24.52 | | Eileen Gehring | Air Force Invite (1/25) |
| 24.62 | p | Eileen Gehring | Air Force Invite (1/24) |
| 24.73 | | Eileen Gehring | Air Force All-Comers (1/11) |
| 24.98 | | Lindsay Mattson | Don Kirby Collegiate Elite (2/14) |
| 25.16 | | Lindsay Mattson | Air Force Invite (1/25) |
| 25.22 | | Lindsay Mattson | Air Force All-Comers (1/11) |
| 25.32 | p | Lindsay Mattson | Air Force Invite (1/24) |
| 26.09 | p | Allie Haskell | Air Force Invite (1/24) |
| 26.31 | | Allie Haskell | Air Force All-Comers (1/11) |

300 Meters

| | | | |
|-------|---|-------------------|----------------------|
| 38.74 | | Eileen Gehring | Holiday Open (12/13) |
| 39.48 | | Lindsay Mattson | Holiday Open (12/13) |
| 40.42 | U | Alexandra Haskell | Holiday Open (12/13) |
| 42.45 | | Charlotte Dennis | Holiday Open (12/13) |
| 43.51 | | Brittany Hanrahan | Holiday Open (12/13) |

400 Meters (54.00 cu)

| | | | |
|-------|---|-----------------|-----------------------------------|
| 54.47 | | Eileen Gehring | MPSF Championships (3/1) |
| 54.69 | | Eileen Gehring | Nebraska Tune-up (2/21) |
| 55.03 | | Lindsay Mattson | Don Kirby Collegiate Elite (2/15) |
| 55.31 | p | Eileen Gehring | Air Force Invite (1/24) |
| 55.40 | | Eileen Gehring | Air Force Invite (1/25) |
| 55.62 | | Eileen Gehring | Air Force All-Comers (1/11) |
| 55.70 | | Lindsay Mattson | Air Force Invite (1/25) |
| 55.99 | | Lindsay Mattson | Air Force All-Comers (1/11) |
| 56.99 | | Allie Haskell | Don Kirby Collegiate Elite (2/14) |
| 57.37 | | Allie Haskell | Air Force All-Comers (1/11) |

800 Meters (2:05.69 cu)

| | | | |
|---------|-----|-----------------|-----------------------------------|
| 2:17.20 | | Jenny DeSouchet | Air Force Invite (1/25) |
| 2:18.20 | | Olivia Rintala | Husky Classic (2/15) |
| 2:20.48 | | Heather Bates | Air Force Invite (1/25) |
| 2:22.56 | pen | Mariah Slack | MPSF Championships (2/28) |
| 2:22.59 | pen | Brittany Lewis | MPSF Championships (2/28) |
| 2:25.01 | | Olivia Rintala | Air Force Invite (1/25) |
| 2:25.17 | pen | Brittany Lewis | Oredigger Early Bird Multi (12/5) |
| 2:26.79 | pen | Brittany Lewis | Air Force Invite (1/23) |
| 2:31.78 | pen | Mariah Slack | Oredigger Early Bird Multi (12/5) |
| 2:34.74 | pen | Ewelina Pena | MPSF Championships (2/28) |

Mile (4:25.91 cu)

| | | | |
|---------|--|------------------|--------------------------|
| 4:49.69 | | Melanie Nun | Husky Classic (2/15) |
| 4:53.11 | | Jenny DeSouchet | MPSF Championships (3/1) |
| 4:53.47 | | Jenny DeSouchet | Husky Classic (2/15) |
| 4:55.24 | | Lucy May | MPSF Championships (3/1) |
| 5:02.97 | | Lucy May | Husky Classic (2/15) |
| 5:06.14 | | Melanie Nun | Air Force Invite (1/25) |
| 5:07.12 | | Carrie Verdon | Air Force Invite (1/25) |
| 5:08.33 | | Abby Levene | Air Force Invite (1/25) |
| 5:15.59 | | Maddie Alm | Air Force Invite (1/25) |
| 5:17.70 | | Courtney Bouchet | Air Force Invite (1/25) |

3,000 Meters (8:42.03 cu)

| | | | |
|---------|--|------------------|--------------------------|
| 9:15.79 | | Shalaya Kipp | MPSF Championships (3/1) |
| 9:18.11 | | Carrie Verdon | Husky Classic (2/15) |
| 9:24.26 | | Melanie Nun | MPSF Championships (3/1) |
| 9:48.05 | | Courtney Bouchet | MPSF Championships (3/1) |
| 9:52.46 | | Maddie Alm | MPSF Championships (3/1) |
| 9:53.37 | | Courtney Bouchet | Husky Classic (2/15) |
| 9:59.94 | | Maddie Alm | Husky Classic (2/15) |

5,000 Meters (15:01.70 cu)

| | | | |
|----------|----|---------------|---------------------------|
| 16:00.15 | | Shalaya Kipp | Husky Classic (2/14) |
| 16:03.94 | | Abby Levene | Husky Classic (2/14) |
| 16:31.69 | | Carrie Verdon | MPSF Championships (2/28) |
| 16:32.03 | AA | Shalaya Kipp | NCAA Indoors (3/14) |
| 16:36.50 | | Abby Levene | MPSF Championships (2/28) |

60 Meter Hurdles (8.27 cu)

| | | | |
|------|-----|-----------------|-----------------------------------|
| 8.97 | pen | Brittany Lewis | MPSF Championships (2/28) |
| 8.98 | pen | Brittany Lewis | Air Force Invite (1/23) |
| 9.03 | | Brittany Lewis | Air Force Collegiate Open (2/15) |
| 9.06 | pen | Brittany Lewis | Oredigger Early Bird Multi (12/5) |
| 9.06 | | Brittany Lewis | Potts Invite (1/18) |
| 9.09 | p | Brittany Lewis | Air Force Collegiate Open (2/15) |
| 9.09 | | Abrianna Torres | Air Force All-Comers (1/11) |
| 9.10 | | Abrianna Torres | Potts Invite (1/18) |
| 9.18 | pen | Abrianna Torres | Oredigger Early Bird Multi (12/5) |
| 9.24 | | Abrianna Torres | Holiday Open (12/13) |

4x400 Meter Relay (3:43.52 cu)

| | | |
|---------|-------------------------------|--------------------------|
| 3:46.40 | Sweeney/Haskell/Lewis/Gehring | MPSF Championships (3/1) |
|---------|-------------------------------|--------------------------|

Mile Relay (3:45.53 cu)

| | | |
|---------|---------------------------------|-----------------------------|
| 4:00.93 | Mattson/Sweeney/Dennis/Hanrahan | Air Force Invite (1/25) 9th |
|---------|---------------------------------|-----------------------------|

High Jump (6-2 cu)

| | | | |
|--------------|-----|----------------|-----------------------------------|
| 5-10.75/1.80 | | Kelsey English | Joe Davies Open (2/22) |
| 5-10/1.78 | | Kelsey English | Potts Invite (1/17) |
| 5-8/1.73 | | Kelsey English | MPSF Championships (3/1) |
| 5-5.25/1.66 | | Ewelina Pena | Potts Invite (1/17) |
| 5-5/1.65 | | Kelsey English | Air Force All-Comers (1/11) |
| 5-5/1.65 | | Ewelina Pena | Holiday Open (12/13) |
| 5-4.5/1.64 | pen | Mariah Slack | Oredigger Early Bird Multi (12/5) |
| 5-4.5/1.64 | pen | Ewelina Pena | Air Force Invite (1/23) |
| 5-3.75/1.62 | pen | Ewelina Pena | MPSF Championships (2/28) |

Long Jump (20-10.50 cu)

| | | | |
|---------------|-----|-----------------|-----------------------------------|
| 19-8/5.99 | | Abrianna Torres | Potts Invite (1/18) |
| 19-2.25/5.85 | pen | Brittany Lewis | Oredigger Early Bird Multi (12/5) |
| 19-0/5.79 | | Brittany Lewis | Joe Davies Open (2/22) |
| 18-10.75/5.76 | pen | Brittany Lewis | Air Force Invite (1/23) |
| 18-9.75/5.73 | | Abrianna Torres | Air Force All-Comers (1/11) |
| 18-9/5.71 | | Brittany Lewis | Potts Invite (1/18) |
| 18-8.75/5.71 | | Brittany Lewis | Air Force Collegiate Open (2/15) |
| 18-6.5/5.65 | | Abrianna Torres | Holiday Open (12/13) |
| 18-2.5/5.55 | pen | Brittany Lewis | MPSF Championships (2/28) |
| 18-1.25/5.52 | pen | Abrianna Torres | Oredigger Early Bird Multi (12/5) |

Shot Put (54-07.25 cu)

| | | | |
|---------------|-----|-----------------|-----------------------------------|
| 42-4.75/12.92 | | Abrianna Torres | Holiday Open (12/13) |
| 42-3.25/12.88 | pen | Abrianna Torres | Oredigger Early Bird Multi (12/5) |
| 41-8/12.70 | | Abrianna Torres | Air Force All-Comers (1/11) |
| 41-2.25/12.55 | | Abrianna Torres | Potts Invite (1/18) |
| 41-0.5/12.51 | | Abrianna Torres | MPSF Championships (3/1) |
| 39-5.75/12.03 | | Kajsa Bank | Potts Invite (1/18) |
| 38-9.50/11.82 | | Kajsa Bank | Joe Davies Open (2/22) |
| 38-4.75/11.70 | | Kajsa Bank | Air Force Collegiate Open (2/15) |
| 35-6/10.82 | pen | Brittany Lewis | MPSF Championships (2/28) |
| 33-3.75/10.15 | pen | Brittany Lewis | Oredigger Early Bird Multi (12/5) |

20-pound Weight Throw (62-08.50 cu)

| | | | |
|----------------|---|---------------------|-----------------------------|
| 57-9/17.60 | | Emily Hunsucker | Joe Davies Open (2/22) |
| 57-7.75/17.57 | | Emily Hunsucker | Air Force Invite (1/24) |
| 57-7/17.55 | | Emily Hunsucker | Potts Invite (1/18) |
| 57-2/17.42 | | Emily Hunsucker | MPSF Championships (2/28) |
| 55-5/16.89 | | Emily Hunsucker | Power Meet (12/6) |
| 54-10/16.73 | | Emily Hunsucker | Husky Classic (2/14) |
| 53-9/16.38 | | Emily Hunsucker | Air Force All-Comers (1/11) |
| 51-3/15.62 | | Emily Hunsucker | Holiday Open (12/13) |
| 50-0.75/15.26 | | Sophie Hallam-Eames | Air Force All-Comers (1/11) |
| 49-00.75/14.95 | U | Kellie Lind | Potts Invite (1/18) |

Pentathlon (4,059 cu)

| | | | |
|-------|--|-----------------|-----------------------------------|
| 3,709 | | Brittany Lewis | Oredigger Early Bird Multi (12/5) |
| 3,692 | | Brittany Lewis | MPSF Championships (2/28) |
| 3,613 | | Brittany Lewis | Air Force Invite (1/23) |
| 3,583 | | Abrianna Torres | Oredigger Early Bird Multi (12/5) |
| 3,205 | | Ewelina Pena | Air Force Invite (1/23) |
| 3,190 | | Ewelina Pena | MPSF Championships (2/28) |
| 3,145 | | Mariah Slack | MPSF Championships (2/28) |
| 3,041 | | Mariah Slack | Oredigger Early Bird Multi (12/5) |

Symbol Key

| | |
|-----|---|
| p | preliminary round mark/time |
| pr | personal record |
| sr | school record |
| pen | mark earned during heptathlon competition |
| * | not an NCAA event |
| AA | All-American |
| U | competing unattached/redshirting with eligibility remaining |

2014 Men's Outdoor Bests

100 Meters (10.0 cu)

| | | |
|-------|---------------|---------------------------------|
| 10.66 | Shaw Gifford | Cowpoke Open (5/3) |
| 10.66 | Shaw Gifford | Jack Christiansen Invite (4/26) |
| 10.67 | Austin Mitsch | Jack Christiansen Invite (4/26) |
| 10.69 | Austin Mitsch | CU Invite (4/12) |
| 10.71 | Shaw Gifford | Tom Benich Invite (4/4) |
| 10.76 | Shaw Gifford | Pac-12 Championships (5/17) |
| 10.78 | Austin Mitsch | Beach Invite (4/19) |
| 10.78 | Shaw Gifford | Mt. SAC Relays (4/18) |
| 10.78 | Shaw Gifford | CU Invite (4/12) |
| 10.82 | Austin Mitsch | Pac-12 Championships (5/17) |

200 Meters (20.37 cu)

| | | |
|-------|---------------|---------------------------------|
| 21.02 | Shaw Gifford | Cowpoke Open (5/3) |
| 21.31 | Shaw Gifford | Fum McGraw (3/29) |
| 21.37 | Shaw Gifford | Jack Christiansen Invite (4/26) |
| 21.46 | Shaw Gifford | Mt. SAC Relays (4/18) |
| 21.48 | Austin Mitsch | Jack Christiansen Invite (4/26) |
| 21.50 | Shaw Gifford | Pac-12 Championships (5/17) |
| 21.55 | Austin Mitsch | Fum McGraw (3/29) |
| 21.60 | Austin Mitsch | Mt. SAC (4/19) |
| 21.68 | Shaw Gifford | NCAA West Preliminary (5/30) |
| 21.79 | Shaw Gifford | Tom Benich Invite (4/4) |

400 Meters (45.54 cu)

| | | |
|-------|-----------------|--------------------------------|
| 48.70 | Shaw Gifford | Jerry Quiller Classic (3/22) |
| 48.85 | Garrett Losty | CU Invite (4/12) |
| 49.45 | Blake Berens | Fum McGraw (3/29) |
| 49.74 | Erik Gaytan | Pac-12 Championships (5/17) |
| 50.27 | Tyler Baker | Tom Benich Invite (4/4) |
| 50.65 | dec Brock Emory | Pac-12 Championships (5/10-11) |
| 50.94 | dec Brock Emory | Mt. SAC Multis "A" (4/16-4/17) |
| 51.32 | Brock Emory | CU Invite (4/12) |
| 51.70 | Blake Berens | Jerry Quiller Classic (3/22) |

800 Meter Run (1:47.52 cu)

| | | |
|---------|----------------------|--------------------------|
| 1:51.11 | Ben Saarel | CU Invite (4/12) |
| 1:51.50 | Blake Theroux | CU Invite (4/12) |
| 1:52.05 | <i>U Zach Perrin</i> | <i>Fum McGraw (3/29)</i> |
| 1:52.42 | Ammar Moussa | CU Invite (4/12) |
| 1:53.51 | Jake Hurysz | CU Invite (4/12) |
| 1:54.18 | Morgan Pearson | CU Invite (4/12) |
| 1:54.24 | Connor Winter | CU Invite (4/12) |
| 1:54.43 | Blake Theroux | Fum McGraw (3/29) |
| 1:55.20 | Joe Mitchem | Fum McGraw (3/29) |
| 1:55.42 | Joe Mitchem | CU Invite (4/12) |

1,500 Meter Run (3:39.77 cu)

| | | |
|---------|----------------------|-----------------------------------|
| 3:41.54 | Ben Saarel | Bryan Clay Invite (4/18) |
| 3:41.75 | Jake Hurysz | NCAA West Preliminary (5/31) |
| 3:42.39 | <i>U Zach Perrin</i> | <i>Bryan Clay Invite (4/18)</i> |
| 3:42.53 | Jake Hurysz | Mt. SAC Invitational Elite (4/18) |
| 3:42.89 | Ben Saarel | NCAA West Preliminary (5/29) |
| 3:43.09 | Jake Hurysz | NCAA West Preliminary (5/29) |
| 3:43.38 | Ben Saarel | Pac-12 Championships (5/18) |
| 3:43.97 | Ammar Moussa | Bryan Clay Invite (4/18) |
| 3:45.50 | Jake Hurysz | Stanford Invite (4/4) |
| 3:45.58 | Ben Saarel | NCAA West Preliminary (5/31) |
| 3:47.19 | Ben Saarel | NCAA Championships (6/19) |

3,000 Meters* (7:50.39 cu)

| | | |
|---------|---------------|------------------|
| 8:52.55 | Dillon Shije | CU Invite (4/12) |
| 9:00.78 | David Kilgore | CU Invite (4/12) |

5,000 Meters (13:18.46 cu)

| | | |
|----------|----------------|------------------------------|
| 13:38.19 | Joe Bosshard | USA Championships (6/27) |
| 13:38.92 | Morgan Pearson | Payton Jordan Invite (5/4) |
| 13:48.74 | Pierce Murphy | Payton Jordan Invite (5/4) |
| 13:48.97 | Ben Saarel | Payton Jordan Invite (5/4) |
| 13:55.57 | Jake Hurysz | Pac-12 Championships (5/18) |
| 13:55.91 | Connor Winter | Payton Jordan Invite (5/4) |
| 13:56.00 | Ammar Moussa | Payton Jordan Invite (5/4) |
| 13:57.62 | Blake Theroux | Payton Jordan Invite (5/4) |
| 13:57.90 | Jake Hurysz | Payton Jordan Invite (5/4) |
| 14:02.50 | Joe Bosshard | NCAA West Preliminary (5/31) |

10,000 Meters (27:38.50 cu)

| | | |
|----------|----------------|------------------------------|
| 29:01.23 | Joe Bosshard | NCAA Championships (6/18) |
| 29:26.25 | Joe Bosshard | Pac-12 Championships (5/17) |
| 29:34.49 | Joe Bosshard | NCAA West Preliminary (5/29) |
| 29:42.22 | Pierce Murphy | NCAA West Preliminary (5/29) |
| 30:01.72 | Morgan Pearson | Pac-12 Championships (5/17) |
| 30:20.57 | Pierce Murphy | Jerry Quiller Classic (3/21) |
| 30:20.57 | Morgan Pearson | Jerry Quiller Classic (3/21) |
| 30:38.83 | Ammar Moussa | Jerry Quiller Classic (3/21) |
| 31:03.99 | Morgan Pearson | NCAA West Preliminary (5/29) |
| 31:08.05 | Dillon Shije | Jerry Quiller Classic (3/21) |

110 Meter Hurdles (13.3 cu)

| | | |
|-------|--------------|---------------------------------|
| 13.87 | Jaron Thomas | Longhorn Invitational (5/3) |
| 14.24 | Jaron Thomas | Jack Christiansen Invite (4/26) |
| 14.29 | Jaron Thomas | Pac-12 Championships (5/18) |
| 14.30 | Jaron Thomas | Mt. SAC Relays (4/18) |
| 14.34 | Jaron Thomas | NCAA West Preliminary (5/30) |
| 14.42 | Jaron Thomas | CU Invite (4/12) |
| 14.44 | Jaron Thomas | Pac-12 Championships (5/17) |
| 14.51 | Jaron Thomas | Fum McGraw (3/29) |
| 14.54 | Jaron Thomas | Jerry Quiller Classic (3/22) |
| 14.71 | Brock Emory | Jack Christiansen Invite (4/26) |

400 Meter Hurdles (49.66 cu)

| | | |
|-------|---------------|------------------------------|
| 51.24 | Jaron Thomas | Pac-12 Championships (5/18) |
| 51.77 | Jaron Thomas | Longhorn Invitational (5/3) |
| 52.24 | Jaron Thomas | Tom Benich Invite (4/4) |
| 52.37 | Jaron Thomas | NCAA West Preliminary (5/29) |
| 52.51 | Jaron Thomas | Fum McGraw (3/29) |
| 53.01 | Jaron Thomas | Pac-12 Championships (5/17) |
| 53.40 | Jaron Thomas | Mt. SAC Relays (4/18) |
| 53.97 | Garrett Losty | Bryan Clay Invite (4/18) |
| 54.14 | Garrett Losty | Tom Benich Invite (4/4) |
| 54.14 | Jaron Thomas | Jerry Quiller Classic (3/22) |

2014 Men's Outdoor Bests

3,000 M Steeplechase (8:26.45 cu)

| | | |
|----------|------------------------|------------------------------|
| 8:49.95 | Blake Theroux | NCAA West Preliminary (5/30) |
| 8:52.93 | Blake Theroux | Pac-12 Championships (5/17) |
| 8:54.70 | Blake Theroux | NCAA Championships (6/19) |
| 9:02.19 | <i>U Adam Peterman</i> | <i>Mt. SAC Relays (4/17)</i> |
| 9:37.68 | <i>U Adam Peterman</i> | <i>Fum McGraw (3/29)</i> |
| 10:17.48 | <i>U Joe Holvey</i> | <i>Fum McGraw (3/29)</i> |

4x100 Meter Relay (39.47 cu)

| | | |
|-------|-----------------------------|---------------------------------|
| 40.77 | Berens/Gifford/Losty/Mitsch | Jack Christiansen Invite (4/26) |
| 40.84 | Berens/Gifford/Losty/Mitsch | CU Invite (4/12) |
| 40.85 | Berens/Gifford/Losty/Mitsch | Pac-12 Championships (5/17) |
| 41.38 | Berens/Gifford/Losty/Gaytan | Pac-12 Championships (5/18) |

4x400 Meter Relay (3:05.16 cu)

| | | |
|---------|----------------------------------|-----------------------------|
| 3:13.43 | Thomas/Gifford/Losty/Baker | Mt. SAC (4/19) |
| 3:14.35 | Losty/Gifford/Gaytan/Baker | Pac-12 Championships (5/18) |
| 3:16.63 | Thomas/Gifford/Losty/Baker | Tom Benich Invite (4/4) |
| 3:17.53 | Thomas/Mitsch/Losty/Berens | Fum McGraw (3/29) |
| 3:21.70 | Mitchem/Baker/Saarel/Moussa | CU Invite (4/12) |
| 3:23.92 | MacIntosh/Peterman/Holvey/Perrin | CU Invite (4/12) |
| 3:26.68 | Theroux/Berens/Winter/Hurysz | CU Invite (4/12) |
| 3:28.47 | Mitchem/Hurysz/Theroux/Moussa | Fum McGraw (3/29) |

Long Jump (26-01.75 cu)

| | | |
|--------------|------------------|--------------------------------|
| 22-3/6.78 | dec Jason DeWitt | Pac-12 Championships (5/10-11) |
| 21-7.25/6.58 | dec Jason DeWitt | Mt. SAC Multis "A" (4/16-4/17) |
| 21-6.75/6.57 | dec Brock Emory | Pac-12 Championships (5/10-11) |
| 21-6.25/6.55 | dec Brock Emory | Mt. SAC Multis "A" (4/16-4/17) |

High Jump (7-04.00 cu)

| | | |
|--------------|---------------------|---------------------------------|
| 6-11.50/2.12 | <i>U Mark Jones</i> | Jerry Quiller Classic (3/22) |
| 6-9/2.06 | <i>U Mark Jones</i> | <i>CU Invite (4/12)</i> |
| 6-8.75/2.05 | dec Brock Emory | Mt. SAC Multis "A" (4/16-4/17) |
| 6-8.75/2.05 | dec Jason DeWitt | Mt. SAC Multis "A" (4/16-4/17) |
| 6-7.5/2.02 | dec Jason DeWitt | Pac-12 Championships (5/10-11) |
| 6-7/2.01 | Brock Emory | Pac-12 Championships (5/18) |
| 6-7/2.01 | Jason DeWitt | Jack Christiansen Invite (4/26) |
| 6-7/2.01 | Brock Emory | Fum McGraw (3/29) |
| 6-7/2.01 | Jason DeWitt | Fum McGraw (3/29) |
| 6-6.25/1.99 | Brock Emory | Jerry Quiller Classic (3/22) |
| 6-6.25/1.99 | dec Brock Emory | Pac-12 Championships (5/10-11) |

Shot Put (60-11.50 cu)

| | | |
|----------------|------------------|---------------------------------|
| 53-9.75/16.40 | Alex Kizirian | CU Invite (4/12) |
| 53-6.50/16.32 | Alex Kizirian | Air Force Twilight (5/9) |
| 53-6.50/16.32 | Alex Kizirian | Fum McGraw (3/29) |
| 52-11.50/16.14 | Alex Kizirian | Jack Christiansen Invite (4/26) |
| 52-5.50/15.99 | Alex Kizirian | Beach Invite (4/19) |
| 52-5.50/15.99 | Alex Kizirian | Tom Benich Invite (4/5) |
| 52-5.25/15.98 | Alex Kizirian | Jerry Quiller Classic (3/22) |
| 48-1.75/14.67 | Alex Kizirian | Pac-12 Championships (5/17) |
| 41-2.50/12.56 | Jason DeWitt | CU Invite (4/12) |
| 40-2/12.24 | dec Jason DeWitt | Mt. SAC Multis "A" (4/16-4/17) |

Hammer Throw (210-11 cu)

| | | |
|---------------|---------------|---------------------------------|
| 198-11/60.63 | Alex Kizirian | Jack Christiansen Invite (4/26) |
| 194-10/59.38 | Alex Kizirian | Mt. SAC Relays (4/18) |
| 191-06/58.38 | Alex Kizirian | CU Invite (4/11) |
| 190-11/58.19 | Alex Kizirian | NCAA West Preliminary (5/30) |
| 190-10/58.16 | Alex Kizirian | Bryan Clay Invite (4/17) |
| 190-8.5/58.12 | Alex Kizirian | Air Force Twilight (5/9) |
| 186-04/56.79 | Alex Kizirian | Fum McGraw (3/29) |
| 183-0/55.78 | Alex Kizirian | Pac-12 Championships (5/17) |
| 178-09/54.50 | Alex Kizirian | Tom Benich Invite (4/5) |

Discus Throw (209-7 cu)

| | | |
|-----------------|---------------------|---------------------------------|
| 189-1.25/57.63 | Alex Kizirian | Air Force Twilight (5/9) |
| 168-10/51.46 | Alex Kizirian | Fum McGraw (3/29) |
| 165-10/50.54 | Alex Kizirian | CU Invite (4/12) |
| 164-11.75/50.28 | <i>U Brady Rutt</i> | <i>Air Force Twilight (5/9)</i> |
| 164-6/50.14 | Alex Kizirian | Jerry Quiller Classic (3/22) |
| 162-0/49.38 | Alex Kizirian | Beach Invite (4/19) |
| 161-6/49.23 | Alex Kizirian | Jack Christiansen Invite (4/26) |
| 161-6/49.22 | Alex Kizirian | Mt. SAC Relays (4/18) |
| 157-5/47.98 | Alex Kizirian | Pac-12 Championships (5/18) |
| 156-2/47.62 | Alex Kizirian | Tom Benich Invite (4/5) |

Javelin (241-4.5 cu)

| | | |
|--------------|------------------|---------------------------------|
| 160-9/49.01 | Brock Emory | Jerry Quiller Classic (3/21) |
| 159-10/48.72 | dec Brock Emory | Pac-12 Championships (5/10-11) |
| 157-11/48.14 | Jason DeWitt | Fum McGraw (3/29) |
| 155-10/47.50 | dec Jason DeWitt | Pac-12 Championships (5/10-11) |
| 151-1/46.05 | dec Jason DeWitt | Mt. SAC Multis "A" (4/16-4/17) |
| 148-11/45.40 | Brock Emory | Jack Christiansen Invite (4/26) |
| 147-2/44.87 | Brock Emory | Fum McGraw (3/29) |
| 134-5/40.97 | Jason DeWitt | Jerry Quiller Classic (3/21) |
| 132-10/40.49 | Tim Porcelli | Jack Christiansen Invite (4/26) |
| 130-3/39.70 | dec Brock Emory | Mt. SAC Multis "A" (4/16-4/17) |

Pole Vault (17-06.50 cu)

| | | |
|--------------|------------------|--------------------------------|
| 14-5.25/4.40 | dec Jason DeWitt | Mt. SAC Multis "A" (4/16-4/17) |
| 14-1.25/4.30 | dec Jason DeWitt | Pac-12 Championships (5/10-11) |
| 13-5.25/4.1 | dec Brock Emory | Pac-12 Championships (5/10-11) |
| 12-9.5/3.89 | dec Brock Emory | Mt. SAC Multis "A" (4/16-4/17) |
| 12-7.50/3.85 | Brock Emory | Jerry Quiller Classic (3/22) |

Decathlon (7,645 cu)

| | | |
|-------|--------------|--------------------------------|
| 7,035 | Brock Emory | Pac-12 Championships (5/10-11) |
| 6,837 | Jason DeWitt | Pac-12 Championships (5/10-11) |
| 6,724 | Jason DeWitt | Mt. SAC Multis "A" (4/16-4/17) |
| 6,663 | Brock Emory | Mt. SAC Multis "A" (4/16-4/17) |

Symbol Key

| | |
|----------|--|
| p | preliminary mark |
| pr | personal record |
| w | wind-aided mark |
| sr | school record |
| dec | mark earned during decathlon competition |
| * | not an NCAA event |
| AA | All-American |
| <i>U</i> | <i>competing unattached/redshirting with eligibility remaining</i> |

2014 Women's Outdoor Bests

100 Meters (11.65 cu)

| | | |
|-------|-------------|---------------------|
| 12.57 | Mia Holland | Tom Benich (4/4) |
| 12.68 | Mia Holland | Beach Invite (4/19) |
| 12.68 | Mia Holland | Fum McGraw (3/29) |

200 Meters (23.80 cu)

| | | |
|-------|----------------------|---------------------------------|
| 24.15 | Eileen Gehring | CU Invite (4/12) |
| 24.31 | <i>U</i> Ana Holland | Jack Christiansen invite (4/26) |
| 24.55 | Lindsay Mattson | Jack Christiansen invite (4/26) |
| 24.81 | Lindsay Mattson | Mt. SAC (4/18) |
| 24.81 | Eileen Gehring | Tom Benich (4/4) |
| 25.26 | Lindsay Mattson | CU Invite (4/12) |
| 25.31 | Allie Haskell | Jack Christiansen invite (4/26) |
| 25.44 | Brittany Lewis | CU Invite (4/12) |
| 25.45 | Brittany Lewis | Tom Benich (4/4) |
| 25.58 | Allie Haskell | CU Invite (4/12) |

400 Meters (53.23 cu)

| | | |
|-------|-----------------|------------------------------|
| 54.71 | Lindsay Mattson | Mt. SAC (4/18) |
| 55.07 | Lindsay Mattson | Pac-12 Championships (5/17) |
| 55.07 | Lindsay Mattson | Longhorn Invitational (5/3) |
| 55.99 | Allie Haskell | Pac-12 Championships (5/17) |
| 56.13 | Allie Haskell | Mt. SAC (4/18) |
| 56.31 | Allie Haskell | Fum McGraw (3/29) |
| 56.64 | Allie Haskell | Tom Benich (4/4) |
| 57.56 | Liz Tremblay | CU Invite (4/12) |
| 58.45 | Bridget Sweeney | Fum McGraw (3/29) |
| 58.87 | Allie Haskell | Jerry Quiller Classic (3/22) |

800 Meter Run (2:02.54 cu)

| | | |
|---------|--------------------|---------------------------------|
| 2:07.19 | Liz Tremblay | Payton Jordan Invite (5/4) |
| 2:07.28 | Liz Tremblay | Mt. SAC (4/18) |
| 2:07.38 | Liz Tremblay | Stanford Invite (4/5) |
| 2:08.54 | Liz Tremblay | Pac-12 Championships (5/17) |
| 2:09.58 | Liz Tremblay | NCAA West Preliminary (5/29) |
| 2:16.23 | Maddie Alm | Jack Christiansen invite (4/26) |
| 2:17.56 | hep Brittany Lewis | Pac-12 Championships (5/10-11) |
| 2:17.62 | Jenny DeSouchet | Fum McGraw (3/29) |
| 2:18.80 | Olivia Rintala | Jack Christiansen invite (4/26) |
| 2:19.37 | Jenny DeSouchet | Jerry Quiller Classic (3/22) |

1,500 Meter Run (3:59.90 cu)

| | | |
|---------|-----------------|-----------------------------|
| 4:23.48 | Melanie Nun | Bryan Clay Invite (4/18) |
| 4:27.62 | Shalaya Kipp | CU Invite (4/12) |
| 4:28.50 | Jenny DeSouchet | Stanford Invite (4/4) |
| 4:28.69 | Carrie Verdon | Bryan Clay Invite (4/18) |
| 4:29.30 | Maddie Alm | Pac-12 Championships (5/17) |
| 4:29.68 | Abby Levene | Bryan Clay Invite (4/18) |
| 4:29.99 | Jenny DeSouchet | Bryan Clay Invite (4/18) |
| 4:31.53 | Jenny DeSouchet | Pac-12 Championships (5/17) |
| 4:31.71 | Jenny DeSouchet | Payton Jordan Invite (5/4) |
| 4:34.95 | Melanie Nun | CU Invite (4/12) |

5,000 Meters (15:05.25 cu)

| | | |
|----------|---------------|-----------------------------------|
| 15:53.84 | Abby Levene | Payton Jordan Invite (5/4) |
| 15:54.13 | Shalaya Kipp | Mt. SAC Invitational Elite (4/18) |
| 15:59.83 | Carrie Verdon | Payton Jordan Invite (5/4) |

| | | |
|----------|------------------|------------------------------|
| 16:06.71 | Carrie Verdon | NCAA West Preliminary (5/31) |
| 16:17.14 | Melanie Nun | Payton Jordan Invite (5/4) |
| 16:28.60 | Carrie Verdon | NCAA Championships (6/21) |
| 16:40.45 | Carrie Verdon | Pac-12 Championships (5/18) |
| 16:45.03 | Maddie Alm | Pac-12 Championships (5/18) |
| 16:46.98 | Abby Levene | NCAA West Preliminary (5/31) |
| 17:09.07 | Jenny DeSouchet | Pac-12 Championships (5/18) |
| 17:39.81 | Courtney Bouchet | Pac-12 Championships (5/18) |

10,000 Meters (32:50.80 cu)

| | | |
|----------|---------------|------------------------------|
| 33:17.58 | Abby Levene | Stanford Invite (4/4) |
| 33:42.02 | Carrie Verdon | Stanford Invite (4/4) |
| 35:02.20 | Abby Levene | Pac-12 Championships (5/17) |
| 35:41.64 | Abby Levene | NCAA West Preliminary (5/29) |

100 Meter Hurdles (12.98)

| | | |
|-------|---------------------|----------------------------------|
| 14.33 | Brittany Lewis | Tom Benich (4/4) |
| 14.63 | Brittany Lewis | Jack Christiansen invite (4/26) |
| 14.89 | Brittany Lewis | Fum McGraw (3/29) |
| 14.92 | Brittany Lewis | CU Invite (4/12) |
| 15.05 | hep Abrianna Torres | Mt. SAC Multis Elite (4/16-4/17) |
| 15.06 | hep Brittany Lewis | Mt. SAC Multis Elite (4/16-4/17) |
| 15.09 | Abrianna Torres | CU Invite (4/12) |
| 15.15 | hep Brittany Lewis | Pac-12 Championships (5/10-11) |
| 15.15 | Abrianna Torres | Jack Christiansen invite (4/26) |
| 15.30 | hep Abrianna Torres | Pac-12 Championships (5/10-11) |

400 Meter Hurdles (57.77 cu)

| | | |
|---------|-------------------|---------------------------------|
| 1:06.93 | Brittany Hanrahan | Bryan Clay Invite (4/18) |
| 1:07.18 | Brittany Hanrahan | Fum McGraw (3/29) |
| 1:07.27 | Brittany Hanrahan | Tom Benich (4/4) |
| 1:08.01 | Brittany Hanrahan | Jack Christiansen invite (4/26) |
| 1:08.49 | Brittany Hanrahan | Jerry Quiller Classic (3/22) |

3,000 M Steeplechase (9:12.50 cu)

| | | |
|----------|------------------|------------------------------|
| 9:39.12 | Shalaya Kipp | Payton Jordan Invite (5/4) |
| 9:44.41 | p Shalaya Kipp | USA Championships (6/26) |
| 9:46.57 | Shalaya Kipp | USA Championships (6/28) |
| 9:48.90 | Shalaya Kipp | NCAA Championships (6/20) |
| 9:56.72 | Shalaya Kipp | NCAA Championships (6/18) |
| 10:03.87 | Shalaya Kipp | NCAA West Preliminary (5/30) |
| 10:04.19 | Shalaya Kipp | Pac-12 Championships (5/17) |
| 10:18.86 | Melanie Nun | NCAA West Preliminary (5/30) |
| 10:26.56 | Melanie Nun | Pac-12 Championships (5/17) |
| 10:38.88 | Courtney Bouchet | Mt. SAC (4/17) |

4x100 Meter Relay (44.95 cu)

| | | |
|-------|-------------------------------|-----------------------------|
| 47.80 | Holland/Mattson/Lewis/Haskell | Pac-12 Championships (5/18) |
|-------|-------------------------------|-----------------------------|

4x400 Meter Relay (3:33.07 cu)

| | | |
|---------|----------------------------------|-----------------------------|
| 3:42.80 | Mattson/Lewis/Tremblay/Haskell | Pac-12 Championships (5/18) |
| 3:44.88 | Mattson/Haskell/Lewis/Gehring | Tom Benich (4/4) |
| 3:44.95 | Haskell/Gehring/Holland/Sweeney | Fum McGraw (3/29) |
| 3:45.39 | Mattson/Haskell/Tremblay/Lewis | Mt. SAC (4/19) |
| 3:54.32 | Haskell/Tremblay/Kipp/Rintana | CU Invite (4/12) |
| 3:56.58 | Mattson/Holland/Slack/DeSouchet | CU Invite (4/12) |
| 4:12.70 | Tremblay/DeSouchet/Alm/McAlister | Fum McGraw (3/29) |

TRACK & FIELD 2014 Women's Outdoor Bests

Long Jump (20-08 cu)

| | | | |
|---------------|-----|-----------------|----------------------------------|
| 19-7/5.96 | hep | Abrianna Torres | Mt. SAC Multis Elite (4/16-4/17) |
| 19-3.50/5.88 | | Brittany Lewis | Pac-12 Championships (5/17) |
| 19-0.75/5.81 | | Brittany Lewis | CU Invite (4/12) |
| 18-10.75/5.76 | | Abrianna Torres | CU Invite (4/12) |
| 18-10.50/5.75 | | Abrianna Torres | Pac-12 Championships (5/17) |
| 18-10.50/5.75 | | Brittany Lewis | Jack Christiansen invite (4/26) |
| 18-11.75/5.78 | hep | Abrianna Torres | Pac-12 Championships (5/10-11) |
| 18-10/5.74 | hep | Brittany Lewis | Mt. SAC Multis Elite (4/16-4/17) |
| 18-8/5.69 | | Brittany Lewis | Beach Invite (4/19) |
| 18-7.75/5.68 | | Abrianna Torres | Jack Christiansen invite (4/26) |
| 18-7.00/5.66 | | Abrianna Torres | NCAA West Preliminary (5/29) |

High Jump (6-3 cu)

| | | | |
|--------------|-----|-----------------|----------------------------------|
| 5-11.25/1.81 | | Kelsey English | Beach Invite (4/19) |
| 5-10/1.78 | | Kelsey English | CU Invite (4/12) |
| 5-8.75/1.75 | | Kelsey English | Jack Christiansen invite (4/26) |
| 5-8.75/1.75 | | Kelsey English | Mt. SAC (4/18) |
| 5-8.75/1.75 | | Kelsey English | Fum McGraw (3/29) |
| 5-8.75/1.75 | | Kelsey English | Jerry Quiller Classic (3/22) |
| 5-7.75/1.72 | | Kelsey English | NCAA West Preliminary (5/31) |
| 5-5.25/1.66 | | Abrianna Torres | Pac-12 Championships (5/17) |
| 5-4.25/1.63 | hep | Abrianna Torres | Mt. SAC Multis Elite (4/16-4/17) |
| 5-3.25/1.61 | | Ewelina Pena | Jerry Quiller Classic (3/22) |
| 5-3.25/1.61 | hep | Ewelina Pena | Pac-12 Championships (5/10-11) |

Shot Put (54-6 cu)

| | | | |
|----------------|-----|-----------------|----------------------------------|
| 42-7.50/12.99 | | Abrianna Torres | CU Invite (4/12) |
| 41-11.50/12.78 | hep | Abrianna Torres | Mt. SAC Multis Elite (4/16-4/17) |
| 40-7.5/12.38 | | Abrianna Torres | Pac-12 Championships (5/10-11) |
| 36-5.50/11.11 | | Abrianna Torres | Jerry Quiller Classic (3/22) |
| 35-8.75/10.89 | hep | Brittany Lewis | Mt. SAC Multis Elite (4/16-4/17) |
| 34-3.5/10.45 | hep | Brittany Lewis | Pac-12 Championships (5/10-11) |
| 32-3.75/9.85 | | Ewelina Pena | CU Invite (4/12) |
| 32-2.75/9.82 | | Ewelina Pena | Bryan Clay Invite (4/18) |
| 31-10.25/9.71 | hep | Ewelina Pena | Pac-12 Championships (5/10-11) |
| 31-1.25/9.48 | hep | Ewelina Pena | Mt. SAC Mutlis "A" (4/16-4/17) |

Hammer Throw (212-11 cu)

| | | | |
|--------------|--|-----------------|------------------------------------|
| 212-11/64.91 | | Emily Hunsucker | Jerry Quiller Classic (3/21) |
| 212-08/64.83 | | Emily Hunsucker | NCAA Championships (6/18) |
| 212-07/64.81 | | Emily Hunsucker | CU Invite (4/11) |
| 210-01/64.05 | | Emily Hunsucker | NCAA West Preliminary (5/31) |
| 209-3/63.77 | | Emily Hunsucker | Air Force Twilight (5/9) |
| 208-10/63.66 | | Emily Hunsucker | Jack Christiansen invite (4/26) |
| 208-07/63.57 | | Emily Hunsucker | Fum McGraw (3/29) |
| 206-5/62.91 | | Emily Hunsucker | Cowpoke Open (5/3) |
| 206-1/62.94 | | Emily Hunsucker | Mt. SAC, Invitational Elite (4/19) |
| 205-03/62.56 | | Emily Hunsucker | Bryan Clay Invite (4/17) |

Javelin (169-5 cu)

| | | | |
|--------------|-----|-----------------|----------------------------------|
| 128-03/39.10 | | Kajsa Bank | Tom Benich (4/4) |
| 122-0/37.18 | hep | Abrianna Torres | Mt. SAC Multis Elite (4/16-4/17) |
| 120-09-36.80 | | Brittany Lewis | CU Invite (4/11) |
| 120-00/36.59 | | Brittany Lewis | Jerry Quiller Classic (3/21) |
| 117-09/35.89 | | Kajsa Bank | Fum McGraw (3/29) |
| 115-02/35.10 | | Kajsa Bank | Jerry Quiller Classic (3/21) |
| 112-09/34.37 | | Abrianna Torres | CU Invite (4/11) |
| 112-08/34.34 | | Kajsa Bank | Jack Christiansen invite (4/26) |
| 111-9/34.06 | hep | Abrianna Torres | Pac-12 Championships (5/10-11) |
| 110-00/33.54 | | Kajsa Bank | Pac-12 Championships (5/17) |

Discus Throw (181-7 cu)

| | | | |
|----------------|--|---------------------|---------------------------------|
| 147-10/45.07 | | Sophie Hallam-Eames | Pac-12 Championships (5/18) |
| 135-2.75/41.21 | | Sophie Hallam-Eames | Air Force Twilight (5/9) |
| 134-6/41.01 | | Sophie Hallam-Eames | CU Invite (4/12) |
| 133-5/40.68 | | Sophie Hallam-Eames | Cowpoke Open (5/3) |
| 132-3.25/40.31 | | Makenzie Kline | Air Force Twilight (5/9) |
| 130-10/39.87 | | Makenzie Kline | Pac-12 Championships |
| 130-9/39.85 | | Sophie Hallam-Eames | Tom Benich (4/5) |
| 130-3/39.71 | | Sophie Hallam-Eames | Jerry Quiller Classic (3/22) |
| 129-11/39.61 | | Sophie Hallam-Eames | Jack Christiansen invite (4/26) |
| 129-1/39.34 | | Makenzie Kline | CU Invite (4/12) |
| 129-1/39.34 | | Sophie Hallam-Eames | Fum McGraw (3/29) |

Heptathlon (5,863 cu)

| | | | |
|-------|--|-----------------|-----------------------------|
| 5,241 | | Abrianna Torres | Mt. SAC Multis Elite (4/17) |
| 4,854 | | Brittany Lewis | Pac-12 Championships (5/11) |
| 4,810 | | Abrianna Torres | Pac-12 Championships (5/11) |
| 4,266 | | Ewelina Pena | Mt. SAC Mutlis "A" (4/17) |
| 4,246 | | Ewelina Pena | Pac-12 Championships (5/11) |
| 4,087 | | Mariah Slack | Mt. SAC Mutlis "A" (4/17) |
| 3,697 | | Mariah Slack | Pac-12 Championships (5/11) |

Symbol Key

| | |
|-----|---|
| p | preliminary mark |
| pr | personal record |
| w | wind-aided mark |
| sr | school record |
| hep | mark earned during heptathlon competition |
| * | not an NCAA event |
| AA | All-American |
| U | competing unattached/redshirting with eligibility remaining |

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 | 6.57, Joe Morris Air Force All-Comers, 2013 | 6.63, Joe Morris, Colorado Potts Invitational, 2011 |
| 60-meter Hurdles | 7.75 Lex Butler Big 12 Indoors, 2000 | 8.11, Kelby Dias, CSU Potts Invitational, 2013 |
| 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 | 68-4 ½, Alex Kizirian Air Force Invitational, 2014 | 65-11 ½, Alex Kizirian, Colorado Potts Invitational, 2014 |
| 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 | 5,132, Adam Salzmann, Unattached Potts Invitational, 2012 |

TRACK & FIELD Women's Indoor Records

| Event | CU Record | Balch Fieldhouse Record |
|------------------------------|--|---|
| 55 Meters | 6.92, Amaris Buchanan Colorado Invitational, 2001 | 6.84, Joy Jones, Kansas State Potts Invitational, 1988 |
| 55-meter Hurdles | 7.60, Yolanda Johnson Air Force Invite, 1990 | 7.60, Donna Waller, Unattached Potts Invitational, 1988 |
| 60-meters | 7.34, Amaris Buchanan Big 12 Indoors, 2001 | 7.67, Korey Hardiway Potts Invitational, 2014 |
| 60-meter Hurdles | 8.27, Hannah Cooper NCAA Championships, 2002 | 8.25, Janay DeLoach, Nike Potts Invitational, 2012 |
| 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 | 9:35.7, Wilma Van Onna, UTEP CU Triangular, 1989 |
| 5,000 Meters | 15:01.70, Jenny Barringer Husky Classic, 2009 | |
| 4x400-meter Relay | 3:45.11, (Mattson/Beemer/Gehring/Sweeney) MPSF Indoor Championships, 2012 | 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 | 43-02 ½, Toni Smith, unattached Potts Invitational, 2012 |
| 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 |
| | \$4,089, Brianne Beemer USA Indoors, 2013 | |
| 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*

| | | | |
|------|------------------|---------|------------------------------|
| 6.57 | Joe Morris | 1/12/13 | USAFA, Colo. |
| 6.63 | Joe Morris | 1/22/11 | Boulder |
| 6.64 | Joe Morris | 3/2/12 | Fayetteville, Ark. |
| 6.66 | Joe Morris | 3/11/11 | NCAA, College Station, Texas |
| 6.66 | Joe Morris | 3/2/12 | Fayetteville, Ark. |
| 6.66 | Joe Morris | 3/9/12 | NCAA, Nampa, Idaho |
| 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. |
| 6.69 | Joe Morris | 2/22/13 | MPSF, Seattle, Wash. |
| 6.70 | Joe Morris | 1/29/11 | USAFA, Colo. |
| 6.70 | Joe Morris | 3/8/13 | NCAA, Fayetteville, Ark. |
| 6.70 | Joe Morris | 2/8/13 | Fayetteville, Ark. |
| 6.71 | Joe Morris | 2/24/12 | MPSF, Seattle, Wash. |
| 6.71 | Joe Morris | 2/8/13 | Fayetteville, Ark. |

60-Meter Dash *Top Performers*

| | | | |
|------|------------------|---------|-----------------|
| 6.57 | Joe Morris | 1/12/13 | USAFA, Colo. |
| 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 |
| 6.75 | Shaw Gifford | 1/25/14 | USAFA, Colo. |
| 6.76 | Ryan Campbell | 2/3/07 | USAFA, Colo. |
| 6.77 | Hugh Charles | 2/2/08 | USAFA, Colo. |
| 6.78 | Ben Kelly | 2/19/99 | Manhattan, Kan. |
| 6.79 | Kyle Swartz | 1/30/99 | USAFA, Colo. |

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 |
| 21.01 | Joe Morris | 1/12/13 | USAFA, Colo. |
| 21.02 | Ryan Campbell | 3/3/07 | Ames, Iowa |
| 21.06 | Joe Morris | 2/22/13 | MPSF, Seattle, Wash. |
| 21.07 | Jeremy Dodson | 2/7/09 | Albuquerque, N.M. |
| 21.09 | Joe Morris | 3/2/12 | Fayetteville, Ark. |
| 21.10 | 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. |

200-Meter Dash *Top Performers*

| | | | |
|-------|------------------|---------|--------------|
| 20.88 | Jeremy Dodson | 2/14/09 | USAFA, Colo. |
| 21.01 | Joe Morris | 1/12/13 | USAFA, Colo. |
| 21.02 | Ryan Campbell | 3/3/07 | Ames, Iowa |
| 21.34 | Erik Mitchell | 2/27/93 | Ames, Iowa |
| 21.42 | Jonathan Prather | 2/13/99 | USAFA, Colo. |
| 21.48 | Shaw Gifford | 1/25/14 | 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. |

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. |

TRACK & FIELD Men's All-Time Indoor Bests

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 Zichter | 2/26/05 | Lincoln, Neb. |
| 1:50.44 | Jason Zichter | 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 Zichter | 3/6/04 | Seattle, Wash. |
| 1:51.24 | Jason Zichter | 3/5/05 | South Bend, Ind. |
| 1:51.43 | Matt Queen | 2/22/02 | Big 12, Ames, Iowa |
| 1:51.62 | Jason Zichter | 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 Zichter | 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. |
| 1:52.46 | Jake Hurysz | 1/25/14 | USAFA, Colo. |
| 1:52.67 | Connor Winter | 1/25/14 | USAFA, Colo. |
| 1:52.86 | Ben Saarel | 1/25/14 | USAFA, Colo. |

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. |
| 4:01.34 | Blake Theroux | 2/23/13 | MPSF, Seattle, Wash. |
| 4:01.69 | Connor Winter | 2/23/13 | MPSF, Seattle, Wash. |
| 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 |

Mile Run *Top Performers*

| | | | |
|---------|--------------------|---------|-----------------------|
| 3:59.55 | Stephen Pifer | 2/11/06 | Seattle, Wash. |
| 4:01.34 | Blake Theroux | 2/23/13 | MPSF, Seattle, Wash. |
| 4:01.69 | Connor Winter | 2/23/13 | MPSF, 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. |

3,000-Meter Run *Top Performances*

| | | | |
|---------|--------------------|---------|--------------------------|
| 7:46.03 | Adam Goucher | 3/14/98 | Indianapolis, Ind. |
| 7:50.50 | Jake Hurysz | 3/1/14 | MPSF, Seattle, Wash. |
| 7:50.86 | Joe Bosshard | 3/1/14 | MPSF, Seattle, Wash. |
| 7:52.56 | Adam Goucher | 2/14/98 | Boston, Mass. |
| 7:52.61 | Ben Saarel | 2/15/14 | Seattle, Wash. |
| 7:53.02 | Richard Medina | 2/25/12 | MPSF, Seattle, Wash. |
| 7:53.74 | Aric Van Halen | 2/9/13 | Seattle, Wash. |
| 7:54.20 | Adam Goucher | 3/8/97 | NCAA, Indianapolis, Ind. |
| 7:54.76 | Blake Theroux | 2/15/14 | Seattle, Wash. |
| 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. |

3,000-Meter Run *Top Performers*

| | | | |
|---------|--------------------|---------|----------------------|
| 7:46.03 | Adam Goucher | 3/14/98 | Indianapolis, Ind. |
| 7:50.50 | Jake Hurysz | 3/1/14 | MPSF, Seattle, Wash. |
| 7:50.86 | Joe Bosshard | 3/1/14 | MPSF, Seattle, Wash. |
| 7:52.61 | Ben Saarel | 2/15/14 | Seattle, Wash. |
| 7:53.02 | Richard Medina | 2/25/12 | MPSF, Seattle, Wash. |
| 7:53.74 | Aric Van Halen | 2/9/13 | Seattle, Wash. |
| 7:54.76 | Blake Theroux | 2/15/14 | Seattle, Wash. |
| 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 |

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. |
| 13:43.21 | Joe Bosshard | 2/14/14 | Seattle, Wash. |
| 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 |
| 13:49.30 | Morgan Pearson | 2/28/14 | MPSF, Seattle, Wash. |
| 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. |

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. |
| 13:43.21 | Joe Bosshard | 2/14/14 | Seattle, Wash. |
| 13:46.80 | Billy Nelson | 2/11/06 | Seattle, Wash. |
| 13:48.52 | Bret Schoolmeester | 2/11/06 | Seattle, Wash. |
| 13:49.30 | Morgan Pearson | 2/28/14 | MPSF, Seattle, Wash. |
| 13:50.35 | Jorge Torres | 3/8/02 | NCAA, Fayetteville, Ark. |
| 13:51.11 | Shawn Found | 1994 | Indianapolis, Ind. |

High Jump *Top Performances*

| | | | |
|---------|-----------------|----------|------------------------|
| 7-03.50 | Jason Dudley | 2/3/89 | USAFA, Colo. |
| 7-03.25 | Bill Jankunis | 3/16/74 | Boulder |
| 7-02.25 | Mark Jones | 3/2/13 | USA, Albuquerque, N.M. |
| 7-2.25 | Mark Jones | 12/13/13 | USAFA, Colo. |
| 7-02 | Jason Dudley | 2/13/88 | Lincoln, Neb. |
| 7-1.75 | Mark Jones | 2/15/14 | Seattle, Wash. |
| 7-01.50 | Mark Jones | 1/26/13 | Seattle, Wash. |
| 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. |
| 7-00.50 | Mark Jones | 1/28/12 | USAFA, Colo. |
| 7-00.25 | Mitch Monismith | 2/3/79 | Manhattan, Kan. |
| 7-00.00 | Tim Ross | 3/6/1993 | |
| 7-00.00 | Bill Jankunis | 3/1/75 | Albuquerque, N.M. |
| 7-00.00 | Mitch Monismith | 2/23/79 | Oklahoma City, Okla. |

High Jump *Top Performers*

| | | | |
|---------|-----------------|----------|------------------------|
| 7-03.50 | Jason Dudley | 2/3/89 | USAFA, Colo. |
| 7-03.25 | Bill Jankunis | 3/16/74 | Boulder |
| 7-02.25 | Mark Jones | 3/2/13 | USA, Albuquerque, N.M. |
| 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. |

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 |
| 15-03.50 | Adam Salzmann | 2/18/11 | Golden, Colo. |
| 15-01.75 | Chris Olson | 2/23/96 | Big Eight, Lincoln, Neb. |

Men's All-Time Indoor Bests

Weight Throw *Top Performances*

| | | | |
|----------|---------------|---------|------------------------|
| 68-4.50 | Alex Kizirian | 1/24/14 | USAFA, Colo. |
| 67-4.75 | Alex Kizirian | 2/14/14 | Seattle, Wash. |
| 67-4.75 | Alex Kizirian | 2/22/14 | USA, Albuquerque, N.M. |
| 67-02.00 | Alex Kizirian | 12/6/13 | Laramie, Wyo. |
| 66-02.50 | Alex Kizirian | 2/28/14 | MPSF, Seattle, Wash. |
| 65-11.50 | Alex Kizirian | 1/18/14 | Boulder |
| 64-05.00 | Alex Kizirian | 1/11/14 | USAFA, Colo. |
| 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 |
| 62-01.00 | Alex Kizirian | 2/11/12 | Seattle, Wash. |
| 61-07.75 | Zach Hazen | 3/3/06 | USAFA, Colo. |
| 61-07.75 | Zach Hazen | 2/26/05 | Lincoln, Neb. |
| 61-07.00 | Zach Hazen | 2/2/07 | USAFA, Colo. |
| 60-10.50 | Zach Hazen | 2/4/06 | USAFA, Colo. |

Weight Throw *Top Performers*

| | | | |
|----------|----------------|---------|-----------------------|
| 68-4.50 | Alex Kizirian | 1/24/14 | USAFA, Colo. |
| 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. |
| 5,035 | Jason DeWitt | 2/25/12 | MPSF, Seattle, Wash. |
| 5,022 | Alex Von Hagen | 2/26/11 | Big 12, Lincoln, Neb. |
| 5,021 | Jason DeWitt | 1/24/14 | USAFA, Colo. |
| 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 |
| 4,990 | Brock Emory | 2/23/13 | MPSF, Seattle, Wash. |
| 4,984 | Jason DeWitt | 2/10/12 | Ames, Iowa |

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 |
| 5,035 | Jason DeWitt | 2/25/12 | MPSF, Seattle, Wash. |
| 4,990 | Brock Emory | 2/23/13 | MPSF, Seattle, Wash. |
| 4,927 | Chris Olson | 2/28/98 | Ames, Iowa |
| 4,896 | Eddie Taylor | 1/20/12 | Boulder |
| 4,856 | Grant Cleghorn | 2/24/96 | Big Eight, 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 lister | 2/28/98 | Ames, Iowa |
| 3:13.47 | DePass/Butler/Queen/Whisenton | 2/23/02 | Big 12, Lincoln, Neb. |
| 3:13.81 | no order lister | 1/28/89 | Pocatello, Idaho |
| 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. |
| 3:14.93 | MacIntosh/Morris/Butcher/Gifford | 2/11/12 | Seattle, Wash. |
| 3:15.23 | MacIntosh/Gomez/McCathran/Whitaker | 2/27/10 | Big 12, Ames, Iowa |
| 3:15.24 | Abuan/Johnson/Terry/G. Pincok | 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. |
| 3:13.85 | B. Amador/Reyes/Cisneros/Davis | 1/27/96 | 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.Pincok/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.Pincok | 2/4/06 | USAFA, Colo. |
| 3:18.21 | MacIntosh/McCathran/Morris/Reimer | 1/29/11 | USAFA, Colo. |
| 3:18.39 | Thomas/Gifford/Mitsch/Mars | 12/13/13 | USAFA, Colo. |
| 3:19.19 | MacIntosh/Aguilar/McCathran/Gomez | 1/30/10 | USAFA, Colo. |

Distance Medley Relay *Top Performances*

| | | | |
|---------|------------------------------------|---------|-----------------------|
| 9:42.9 | Castaneda/Endean/Musgrave/Peterson | 2/9/74 | Pocatello, Idaho |
| 9:44.24 | Kenney/G.Pincok/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/Aisdorf/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. |
| 7.58 | Eileen Gehring | 12/13/13 | 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 |
| 24.31 | Eileen Gehring | 2/9/13 | Fayetteville, Ark. |
| 24.43 | Leona Russell | 1/27/96 | USAFA, Colo. |
| 24.44 | Eileen Gehring | 2/28/14 | MPSF, Seattle, Wash. |
| 24.44 | Eileen Gehring | 1/26/13 | USAFA, Colo. |
| 24.49 | Eileen Gehring | 1/25/13 | USAFA, Colo. |
| 24.52 | Eileen Gehring | 1/25/14 | 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 |
| 24.62 | Eileen Gehring | 1/24/14 | USAFA, Colo. |
| 24.63 | Amaris Buchanan | 1/25/02 | USAFA, Colo. |

200-Meters Top Performers

| | | | |
|-------|-----------------|---------|-----------------------|
| 23.81 | Amaris Buchanan | 2/24/01 | Big 12, Lincoln, Neb. |
| 24.31 | Eileen Gehring | 2/9/13 | Fayetteville, Ark. |
| 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. |
| 54.47 | Eileen Gehring | 3/1/14 | MPSF, Seattle, Wash. |
| 54.67 | Eileen Gehring | 2/8/13 | Fayetteville, Ark. |
| 54.69 | Eileen Gehring | 2/21/14 | Lincoln, Neb. |
| 54.70 | Tamara Ards | 3/1/96 | Ames, Iowa |
| 54.96 | Leona Russell | 2/10/96 | Lincoln, Neb. |
| 55.00 | Eileen Gehring | 1/26/13 | USAFA, Colo. |
| 55.03 | Lindsay Mattson | 2/15/14 | Albuquerque, N.M. |
| 55.17 | Eileen Gehring | 1/25/13 | USAFA, Colo. |
| 55.24 | Eileen Gehring | 2/23/13 | MPSF, Seattle, Wash. |
| 55.31 | Eileen Gehring | 1/24/14 | USAFA, Colo. |
| 55.31 | Eileen Gehring | 2/25/12 | MPSF, Seattle, Wash. |
| 55.40 | Eileen Gehring | 1/25/14 | USAFA, Colo. |
| 55.54 | Eileen Gehring | 2/10/12 | Seattle, Wash. |

400-Meters Top Performers

| | | | |
|-------|-----------------|---------|----------------------|
| 54.00 | Leona Russell | 3/1/96 | Ames, Iowa |
| 54.47 | Eileen Gehring | 3/1/14 | MPSF, Seattle, Wash. |
| 54.70 | Tamara Ards | 3/1/96 | Ames, Iowa |
| 55.03 | Lindsay Mattson | 2/15/14 | Seattle, Wash. |
| 55.94 | Michelle Outlaw | 2/27/88 | Lincoln, Neb. |
| 56.33 | Cynthia Newsome | 1/30/99 | USAFA, Colo. |

600-Yard Run Top Performances

| | | | |
|---------|--------------------|---------|-----------------------|
| 2:05.29 | Mary Decker | 2/19/78 | Lincoln, Neb. |
| 2:07.18 | Elizabeth Tremblay | 2/9/13 | Seattle, Wash. |
| 2:08.91 | Elizabeth Tremblay | 1/26/13 | Seattle, Wash. |
| 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. |
| 2:10.45 | Elizabeth Tremblay | 2/11/12 | Seattle, Wash. |

Women's All-Time Indoor Bests

| | | | |
|---------|--------------------|---------|------------------------|
| 2:11.71 | Brianne Beemer | 3/4/12 | USA, Bloomington, Ind. |
| 2:11.75 | Brianne Beemer | 2/8/13 | Fayetteville, Ark. |
| 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. |
| 2:13.79 | Brianne Beemer | 3/1/13 | USA, Albuquerque, N.M. |
| 2:13.96 | Elizabeth Tremblay | 2/13/10 | Seattle, Wash. |

600-Yard Run *Top Performers*

| | | | |
|---------|--------------------|---------|-----------------------|
| 1:21.60 | Lee Ballenger | 1979 | 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. |
| 2:07.18 | Elizabeth Tremblay | 2/9/13 | Seattle, Wash. |
| 2:08.91 | Elizabeth Tremblay | 1/26/13 | Seattle, Wash. |
| 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. |
| 2:10.45 | Elizabeth Tremblay | 2/11/12 | Seattle, Wash. |
| 2:11.71 | Brianne Beemer | 3/4/12 | USA, Bloomington, Ind. |
| 2:11.75 | Brianne Beemer | 2/8/13 | Fayetteville, Ark. |
| 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. |
| 2:13.79 | Brianne Beemer | 3/1/13 | USA, Albuquerque, N.M. |
| 2:13.96 | Elizabeth Tremblay | 2/13/10 | Seattle, Wash. |

800-Meters *Top Performers*

| | | | |
|---------|------------------------|---------|------------------------|
| 2:05.29 | Mary Decker | 2/19/78 | Lincoln, Neb. |
| 2:07.18 | Elizabeth Tremblay | 2/9/13 | Seattle, Wash. |
| 2:11.71 | Brianne Beemer | 3/4/12 | USA, Bloomington, Ind. |
| 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. |
| 2:14.23 | 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. |
| 2:52.43 | Emma Coburn | 2/27/09 | Big 12, College Station, Texas |
| 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. |
| 2:52.43 | Emma Coburn | 2/28/09 | Big 12, College Station, Texas |
| 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 |
| 4:29.86 | Emma Coburn | 2/16/13 | Millrose Games, New York |
| 4:29.91 | Emma Coburn | 3/9/13 | NCAA, Fayetteville, Ark. |
| 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. |
| 4:37.47 | Emma Coburn | 3/8/13 | NCAA, Fayetteville, Ark. |
| 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. |

Mile Run *Top Performers*

| | | | |
|---------|------------------------|---------|--------------------------------|
| 4:25.91 | Jenny Barringer | 2/28/09 | Big 12, College Station, Texas |
| 4:29.86 | Emma Coburn | 2/16/13 | Millrose Games, New York |
| 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. |
| 9:15.79 | Shalaya Kipp | 3/1/14 | MPSF, 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. |
| 9:18.03 | Shalaya Kipp | 2/25/12 | MPSF, Seattle, Wash. |
| 9:18.11 | Carrie Verdon | 2/15/14 | Seattle, Wash. |
| 9:18.17 | Renee Metivier | 3/6/04 | Seattle, Wash. |
| 9:18.28 | Shalaya Kipp | 2/11/12 | Seattle, Wash. |
| 9:18.53 | Liza Pasciuto | 2/12/06 | 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. |
| 9:15.79 | Shalaya Kipp | 3/1/14 | MPSF, 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. |
| 9:18.11 | Carrie Verdon | 2/15/14 | Seattle, Wash. |
| 9:23.31 | Allie McLaughlin | 1/30/10 | Seattle, Wash. |
| 9:24.26 | Melanie Nun | 3/1/14 | MPSF, Seattle, Wash. |

5,000-Meter Run *Top Performances*

| | | | |
|----------|------------------------|---------|--------------------------|
| 15:01.70 | Jenny Barringer | 2/14/09 | Seattle, Wash. |
| 15:39.25 | Sara (Gorton) Slattery | 3/14/03 | NCAA, Fayetteville, Ark. |
| 15:46.83 | Christine Bolf | 2/11/06 | Seattle, Wash. |
| 15:56.56 | Christine Bolf | 2/12/05 | Seattle, Wash. |
| 15:58.86 | Sara (Gorton) Slattery | 2/28/03 | Big 12, Lincoln, Neb. |
| 15:59.39 | Renee Metivier | 2/26/05 | Lincoln, Neb. |
| 16:00.15 | Shalaya Kipp | 2/14/14 | Seattle, Wash. |
| 16:03.94 | Abby Levene | 2/14/14 | Seattle, Wash. |
| 16:08.61 | Jodie Hughes | 3/9/01 | NCAA, Fayetteville, Ark. |
| 16:08.72 | Renee Metivier | 3/11/05 | NCAA, Fayetteville, Ark. |

Women's All-Time Indoor Bests

| | | | |
|----------|------------------|---------|--------------------------|
| 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. |

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. |
| 16:00.15 | Shalaya Kipp | 2/14/14 | Seattle, Wash. |
| 16:03.94 | Abby Levene | 2/14/14 | Seattle, Wash. |
| 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. |

High Jump *Top Performances*

| | | | |
|---------|-----------------|---------|---------------------------|
| 6-02 | Karol Damon | 3/9/91 | NCAA, Indianapolis, Ind. |
| 6-01.50 | Karol Damon | 2/15/92 | USAFA, Colo. |
| 6-01.00 | Karol Damon | 1991 | USAFA, Colo. |
| 6-00.75 | Karol Damon | 2/28/92 | Big Eight, Lawrence, Kan. |
| 6-00.00 | Lisa Greenfield | 3/12/83 | Pontiac, Mich. |
| 6-00.00 | Karol Damon | 1991 | Big Eight |
| 6-00.00 | Pam Owen | 3/6/93 | Boulder |
| 6-00.00 | Karol Damon | 2/24/90 | Big Eight, Lincoln, Neb. |
| 5-11.50 | Karol Damon | 3/1/90 | NCAA, Indianapolis, Ind. |
| 5-11.50 | Karol Damon | 2/8/92 | Lincoln, Neb. |
| 5-11.50 | Sarra Goodwin | 2/1/97 | USAFA, Colo. |
| 5-11.25 | Karol Damon | 2/3/90 | USAFA, Colo. |

High Jump *Top Performers*

| | | | |
|---------|-------------------|---------|--------------------------|
| 6-02.00 | Karol Damon | 3/9/91 | NCAA, Indianapolis, Ind. |
| 6-00.00 | Lisa Greenfield | 3/12/83 | Pontiac, Mich. |
| 6-00.00 | Pam Owen | 3/6/93 | Boulder |
| 5-11.50 | Sarra Goodwin | 2/1/97 | USAFA, Colo. |
| 5-11.00 | Annette Tannander | 2/18/79 | Big Eight, Lincoln, Neb. |
| 5-10.75 | Kelsey English | 2/22/14 | Golden, Colo. |
| 5-09.25 | Amy Rehage | 2/15/86 | Lincoln, Neb. |
| 5-08.75 | Anna Magle | 2/5/05 | USAFA, Colo. |
| 5-08.00 | Katie Dreher | 2/3/12 | Albuquerque, N.M. |
| 5-08.00 | Brianne Beemer | 3/1/13 | USA, Albuquerque, N.M. |

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. |
| 19-08.75 | Abrianna Torres | 2/9/13 | USAFA, Colo. |
| 19-08.25 | Abrianna Torres | 2/22/13 | MPSF, Seattle, Wash. |
| 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 |

Long Jump *Top Performers*

| | | | |
|----------|-------------------|-----------|----------------|
| 20-10.5 | Annette Tannander | 3/10/1982 | |
| 20-01.00 | Heather Sterlin | 3/1/96 | Laramie, Wyo. |
| 19-08.75 | Abrianna Torres | 2/9/13 | USAFA, Colo. |
| 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, Iowa |
| 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. |
| 49-11.00 | Emily Hunsucker | 2/18/11 | Golden, 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 |

TRACK & FIELD Women's All-Time Indoor Bests

Shot Put *Top Performers*

| | | | |
|----------|------------------|---------|-----------------------|
| 54-07.25 | Melisa Weis | 3/13/93 | Indianapolis, Ind. |
| 50-02.00 | Annie King | 1/26/01 | USAFA, Colo. |
| 49-11.00 | Emily Hunsucker | 2/18/11 | Golden, 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, 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 |

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. |
| 57-9.00 | Emily Hunsucker | 2/22/13 | Golden, Colo. |
| 57-07.75 | Emily Hunsucker | 1/24/14 | USAFA, Colo. |
| 57-07.00 | Emily Hunsucker | 1/18/14 | Boulder |
| 57-07.00 | Cortney Hutmacher | 1/27/07 | USAFA, Colo. |
| 57-02.00 | Emily Hunsucker | 2/28/14 | MPSF, Seattle, Wash. |

Weight Throw *Top Performers*

| | | | |
|----------|-------------------|---------|--------------------|
| 62-08.50 | Cortney Hutmacher | 3/3/06 | USAFA, Colo. |
| 57-9.00 | Emily Hunsucker | 2/22/14 | Golden, Colo. |
| 57-01.00 | Marlaina Corbett | 2/26/99 | Laramie, Wyo. |
| 55-05.00 | Janet Visosky | 2/27/98 | Ames, Iowa |
| 50-11.50 | Kaity Kark | 1/23/10 | Boulder |
| 50-10.75 | Chynna McCall | 2/26/10 | Big 12, Ames, Iowa |
| 50-04.75 | Tonya Roach | 2/3/96 | USAFA, Colo. |

Pentathlon (after 1985) *Top Performances*

| | | | |
|-------|-----------------|---------|------------------------|
| 4,059 | Brianne Beemer | 3/1/13 | USA, Albuquerque, N.M. |
| 4,046 | Pam Owen | 2/27/93 | Ames, Iowa |
| 3,960 | Brianne Beemer | 3/4/12 | USA, Bloomington, Ind. |
| 3,950 | Brianne Beemer | 2/9/12 | Ames, Iowa |
| 3,854 | Brianne Beemer | 2/22/13 | MPSF, Seattle, Wash. |
| 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 |
| 3,832 | Abrianna Torres | 2/22/13 | MPSF, Seattle, Wash. |
| 3,823 | Brianne Beemer | 1/26/13 | Seattle, Wash. |
| 3,795 | Genny Mayden | 3/1/13 | USA, Albuquerque, N.M. |
| 3,788 | Carol Hood | 2/26/88 | Lincoln, Neb. |
| 3,771 | Brianne Beemer | 2/24/12 | MPSF, Seattle, Wash. |
| 3,769 | Brianne Beemer | 1/20/12 | Boulder |
| 3,764 | Pam Owen | 1993 | USAFA, Colo. |

Pentathlon *Top Performers*

| | | | |
|-------|-----------------|---------|------------------------|
| 4,059 | Brianne Beemer | 3/1/13 | USA, Albuquerque, N.M. |
| 4,046 | Pam Owen | 2/27/93 | Ames, Iowa |
| 3,840 | Carol Hood | 1991 | Big Eight |
| 3,832 | Abrianna Torres | 2/22/13 | MPSF, Seattle, Wash. |
| 3,795 | Genny Mayden | 3/1/13 | USA, Albuquerque, N.M. |
| 3,709 | Brittany Lewis | 12/5/13 | Golden, Colo. |
| 3,665 | Tamra Miller | 2/24/90 | Big Eight |
| 3,653 | Diane Keller | 2/24/90 | Big Eight |
| 3,573 | Heather Sterlin | 1/26/96 | USAFA, Colo. |
| 3,547 | Alyssa Frank | 2/9/12 | Ames, Iowa |

Pentathlon (before to 1985) *Top Performances*

| | | | |
|-------|-------------------|---------|--------------------------|
| 4,071 | Annette Tannander | 2/26/83 | Big Eight, Lincoln, Neb. |
| 3,783 | Lori West | 2/26/77 | Provo, Utah |
| 3,665 | Lori West | 2/14/76 | Pocatello, Idaho |
| 3,485 | 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 |
| 3:49.49 | J.Windham/Dreher/Beemer/E.Tremblay | 2/26/10 | USAFA, Colo. |
| 3:50.98 | Simmons/Fox/Ballenger/Decker | 2/19/78 | Lincoln, Neb. |
| 3:49.50 | no order lister | 2/25/94 | Oklahoma City |
| 3:49.59 | Sterlin/Cathy/Ards/Russell | 1/26/96 | USAFA, Colo. |
| 3:50.00 | Mattson/Elliott/Gehring/Sweeney | 1/28/12 | USAFA, Colo. |
| 3:51.24 | no order lister | 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 lister | 2/1/97 | USAFA, Colo. |
| 3:59.85 | Maul/Abuan/Haverty/T.Smith | 1/27/07 | USAFA, Colo. |
| 3:53.62 | Ward/Sterlin/Waldman/Cathey | 2/5/95 | USAFA, Colo. |

4x400-Meter Relay *Top Performances*

| | | | |
|---------|--------------------------------|---------|-------------------------|
| 3:43.52 | Mattson/Beemer/Gehring/Sweeney | 2/9/13 | Fayetteville, Ark. |
| 3:45.11 | Mattson/Beemer/Gehring/Sweeney | 2/25/12 | MPSF, Seattle, Wash. |
| 3:46.40 | Sweeney/Haskell/Lewis/Gehring | 3/1/14 | MPSF, Seattle, Wash. |
| 3:47.04 | Ward/Ards/Sterlin/Russell | 2/9/96 | Lincoln, Neb. |
| 3:50.02 | Lowe/Cooper/Torrey/Manatt | 2/23/02 | Big 12, Lincoln, Neb. |
| 3:50.20 | Seay/Maul/T.Windham/J.Windham | 3/1/08 | Big 12, Lincoln, Neb. |
| 3:50.29 | Lowe/Buchanan/Cooper/Torrey | 2/8/02 | Lincoln, Neb. |
| 3:51.38 | no order listed | 2/28/98 | Ames, Iowa |
| 3:52.60 | Wards/Ards/Sterlin/Russell | 2/24/95 | Big 12, Manhattan, Kan. |
| 3:53.34 | Jackson/Hood/Campbell/Outlaw | 3/5/88 | Boulder |
| 3:55.31 | Cooper/Zografos/Joy/Schuler | 2/6/99 | Indianapolis, Ind. |

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 | 13.46, Brendan Ames, unattached CU Invitational, 2013 |
| 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 | 242-07, Drew Loftin, unattached CU Invitational, 2013 |

TRACK & FIELD Women's Outdoor Records

| Event | CU Record | Potts Field Record |
|---------------------------------|--|--|
| 100 Meters | 11.65, Yolanda Johnson Colorado Relays, 1990 | 10.95, Simone Facey, Texas A&M Big 12 Final, 2008 |
| 100-meter Hurdles | 12.98, Yvonne Scott NCAA Outdoors, 1996 | 13.11, Janay DeLoach, Nike CU Invitational, 2013 |
| 200 Meters | 23.80, Eileen Gehring Mt. SAC Relays, 2013 | 22.05, Angela Thacker, Nebraska Big Eight Outdoors, 1986 |
| 400 Meters | 53.23, Eileen Gehring Mt. SAC Relays, 2013 | 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 | 6-2 ¹ / ₄ , Barbara Szabo, Western State CU Invitational, 2013 |
| 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 | 181-10, Liz Podominick, unattached Colorado Invitational, 2012 |
| 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 | 212-11, Emily Hunsucker Jerry Quiller Classic, 2014 | 212-11, Emily Hunsucker, Colorado Jerry Quiller Classic, 2014 |
| 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 |
| 10.24 | Joe Morris | 6/5/13 | NCAA, Eugene, Ore. |
| 10.27 | Jeremy Dodson | 5/18/08 | Big 12, Boulder |
| 10.27 | Joe Morris | 5/11/13 | Pac-12, L.A. |
| 10.30 | Scott Sanders | 1977 | Las Vegas, Nev. |
| 10.30 | Joe Morris | 5/23/13 | NCAA Prelims, Austin, Texas |
| 10.31 | Joe Morris | 5/24/12 | Austin, Texas |
| 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. |
| 10.33 | Joe Morris | 4/19/13 | Walnut, Calif. |

100-Meters *Top Performers*

| | | | |
|-------|---------------|---------|--------------------------|
| 10.0 | Cliff Branch | 6/1/72 | Eugene, Ore. |
| 10.10 | Devlon Dunn | 5/14/88 | Big Eight |
| 10.24 | Joe Morris | 6/5/13 | NCAA, Eugene, Ore. |
| 10.27 | Jeremy Dodson | 5/18/08 | Big 12, Boulder |
| 10.30 | Scott Sanders | 1977 | Las Vegas, Nev. |
| 10.33 | Ryan Campbell | 3/31/07 | Greeley, Colo. |
| 10.39 | Kelly Johnson | 5/12/84 | Big Eight, Lincoln, Neb. |
| 10.48 | Erik Mitchell | 5/1/93 | |
| 10.50 | Marcus Askins | 5/4/91 | USAFA, Colo. |
| 10.50 | Gary Ramsey | 5/14/88 | Big Eight |

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. |
| 13.87 | Jaron Thomas | 5/3/14 | Laramie, Wyo. |
| 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. |
| 13.87 | Jaron Thomas | 5/3/14 | Austin, Texas |
| 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 |
| 20.45 | Joe Morris | 4/27/13 | Ft. Collins, Colo. |
| 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. |

200-Meters *Top Performers*

| | | | |
|-------|---------------|---------|--------------------|
| 20.37 | Jeremy Dodson | 5/18/08 | Big 12, Boulder |
| 20.45 | Joe Morris | 4/27/13 | Ft. Collins, Colo. |
| 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 | 5/21/96 | 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. |

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, Berkley, 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, Ariz. |
| 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. |
| 51.24 | Jaron Thomas | 5/18/14 | Pullman, Wash, Pac-12 |
| 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

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. |
| 3:40.63 | Jake Hurysz | 4/28/13 | 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. |
| 3:41.54 | Ben Saarel | 4/19/14 | Azusa, Calif. |
| 3:41.55 | Stephen Pifer | 4/25/08 | Eugene, Ore. |
| 3:41.75 | Jake Hurysz | 5/31/14 | West Prelim, Fayetteville, Ark. |
| 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. |

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. |
| 3:40.63 | Jake Hurysz | 4/28/13 | Palo Alto, Calif. |
| 3:41.45 | Rick Musgrave | 4/16/76 | Lawrence, Kan. |
| 3:41.54 | Ben Saarel | 4/19/14 | Azusa, Calif. |
| 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 |

3000 Meters *Top Performances*

| | | | |
|---------|-------------------|---------|---------------|
| 7:50.39 | Dathan Ritzenhein | 4/10/04 | Eugene, Ore. |
| 8:14.96 | Dathan Ritzenhein | 4/12/03 | Eugene, Ore. |
| 8:27.40 | Erik Heinonen | 4/10/04 | Eugene, Ore. |
| 8:27.91 | Casey Burchill | 4/12/03 | Eugene, Ore. |
| 8:28.73 | Ed Torres | 3/30/02 | Tucson, Ariz. |
| 8:33.75 | Payton Batliner | 4/12/03 | Tucson, Ariz. |
| 8:34.17 | Andy Knutsen | 4/12/03 | Tucson, Ariz. |
| 8:34.72 | Jon Severy | 3/19/05 | Boulder |
| 8:35.56 | Pierce Murphy | 3/16/13 | 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 |

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 | Eugene, Ore. |
| 8:28.73 | Ed Torres | 3/30/02 | Tucson, Ariz. |
| 8:33.75 | Payton Batliner | 4/12/03 | Tucson, Ariz. |
| 8:34.17 | Andy Knutsen | 4/12/03 | Tucson, Ariz. |
| 8:34.72 | Jon Severy | 3/19/05 | Boulder |
| 8:35.56 | Pierce Murphy | 3/16/13 | Boulder |
| 8:36.99 | Jay Johnson | 3/16/96 | Boulder |
| 8:40.33 | Ron Roybal | 3/16/96 | Boulder |

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 |
| 8:37.45 | Aric Van Halen | 6/13/12 | Indianapolis |
| 8:37.69 | Steve Slattery | 4/20/01 | Walnut, Calif. |
| 8:37.7 | Clint Wells | 4/20/96 | Walnut, Calif. |
| 8:38.23 | Aric Van Halen | 5/24/13 | NCAA Prelims, Austin, Texas |
| 8:38.37 | Clint Wells | 5/31/96 | NCAA |
| 8:38.85 | Aric Van Halen | 6/23/13 | USATF, Des Moines, Iowa |
| 8:39.30 | Steve Slattery | 5/29/02 | NCAA |

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 |
| 8:37.45 | Aric Van Halen | 6/13/12 | Indianapolis |
| 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. |

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. |
| 13:38.19 | Joe Bosshard | 6/27/14 | USA, Sacramento, Calif. |
| 13:38.92 | Morgan Pearson | 5/4/14 | Stanford, Calif. |

5000-Meters *Top Performers*

| | | | |
|-----------|-------------------|---------|----------------------------|
| 13:18.46 | Brent Vaughn | 5/4/08 | Palo Alto, Calif. |
| 13:24.56 | Jorge Torres | 5/3/03 | Palo Alto, Calif. |
| 13:27.77 | Dathan Ritzenhein | 5/3/02 | Palo Alto, Calif. |
| 13:31.64 | Adam Goucher | 6/6/98 | Buffalo, N.Y. |
| 13:31.7 | Alan Culpepper | 4/20/96 | Walnut, Calif. |
| 13:34.44 | Joe Bosshard | 5/28/11 | NCAA Prelims, Eugene, Ore. |
| 13:35.4 | Ted Castaneda | 1974 | Westwood, Calif. |
| 13:38.58* | Jake Hurysz | 4/29/12 | Palo Alto, Calif. |
| 13:38.92 | Morgan Pearson | 5/1/14 | Palo Alto, Calif. |
| 13:39.34 | Stephen Pifer | 6/13/08 | NCAA, Des Moines, Iowa |

* Time ran while competing unattached with eligibility remaining

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 |
| 28:41.95 | Bret Schoolmeester | 3/31/06 | Palo Alto, Calif. |
| 28:43.28 | Ed Torres | 5/3/02 | Palo Alto, Calif. |
| 28:44.0 | Mark Scrutton | 3/27/82 | Gainesville, Fla. |
| 28:48.3 | Mark Anderson | 5/24/80 | Knoxville, Tenn. |
| 28:49.07 | Bret Schoolmeester | 6/9/05 | NCAA, Sacramento, Calif. |
| 28:49.96 | Chris Pannone | 4/4/08 | Palo Alto, Calif. |
| 28:51.0 | Mark Scrutton | 5/83 | Boulder (Bolder Boulder) |
| 28:52.20 | Mike Friedberg | 3/25/00 | Palo Alto, Calif. |
| 28:52.29 | Jordan Kyle | 5/2/09 | Palo Alto, Calif. |
| 28:52.85 | Joe Bosshard | 5/13/11 | Big 12, Norman, Okla. |
| 28:54.95 | Ed Torres | 6/12/03 | Big 12, Austin, Texas |

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. |
| 189-01 | Alex Kizirian | 5/9/14 | USAFA, Colo. |
| 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 |
| 208-09 | Brian Owens | 5/25/13 | NCAA Prelims, Austin, Texas |
| 206-00 | Brian Owens | 5/13/11 | Big 12, Norman, Okla. |
| 205-00 | Brian Owens | 5/12/13 | Pac-12, L.A. |
| 204-02 | Kevin Fasing | 3/22/08 | Boulder |
| 203-08 | Brandin Williams | 4/17/09 | Walnut, Calif. |

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. |
| 198-11 | Alex Kizirian | 4/26/14 | Ft. Collins, Colo. |
| 196-11 | Alex Kizirian | 4/7/12 | USAFA, 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 |
| 194-10 | Alex Kizirian | 4/18/14 | Walnut, Calif. |
| 191-06 | Alex Kizirian | 4/12/14 | Boulder |

Hammer Throw *Top Performers*

| | | | |
|--------|------------------|---------|------------------------|
| 210-11 | Zach Hazen | 5/12/07 | Big 12, Lincoln, Neb. |
| 198-11 | Alex Kizirian | 4/26/14 | Fort Collins, Colo. |
| 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. |
| 178-5 | Cameron Hutchins | 5/3/13 | Laramie, Wyo. |
| 172-04 | Trey Mullen | 4/8/11 | Boulder |

High Jump *Top Performances*

| | | | |
|---------|---------------|---------|--------------------------|
| 7-04.00 | Bill Jankunis | 5/17/75 | Big Eight, Norman, Okla. |
| 7-03.00 | Jason Dudley | 3/24/90 | Albuquerque, N.M. |
| 7-02.50 | Mark Jones | 5/12/13 | Pac-12, L.A. |
| 7-02.25 | Bill Jankunis | 5/3/75 | Salt Lake City, Utah |
| 7-02.00 | Bill Jankunis | 5/18/74 | Big Eight, Norman, Okla. |
| 7-02.00 | Bill Jankunis | 3/23/74 | San Jose, Calif. |
| 7-01.75 | Jason Dudley | 5/21/90 | Big Eight |
| 7-01.75 | Jason Dudley | 6/1/89 | NCAA |
| 7-01.75 | Jason Dudley | 5/5/90 | USAFA, Colo. |
| 7-01.50 | Jason Dudley | 4/15/89 | Big Eight |
| 7-01.50 | Jason Dudley | 4/30/88 | Des Moines, Iowa |
| 7-01.50 | Jason Dudley | 4/17/88 | El Paso, Texas |
| 7-01.00 | Jason Dudley | 3/7/90 | Austin, Texas |
| 7-01.00 | Jason Dudley | 3/31/90 | Ft. Collins, Colo. |
| 7-00.50 | Jason Dudley | 4/15/89 | Eugene, Ore. |

High Jump *Top Performers*

| | | | |
|---------|-----------------|---------|--------------------------|
| 7-04.00 | Bill Jankunis | 5/17/75 | Big Eight, Norman, Okla. |
| 7-03.00 | Jason Dudley | 3/24/90 | Albuquerque, N.M. |
| 7-2.50 | Mark Jones | 5/12/13 | Pac-12, L.A. |
| 7-00.00 | Brent Vaughan | 4/13/91 | Boulder |
| 7-00.00 | 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. |

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 |
| 25-00.00 | Don Meyers | 1961 | NCAA Championships |
| 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. |

Men's All-Time Outdoor Bests

Long Jump *Top Performers*

| | | | |
|----------|-----------------|---------|---------------------------|
| 26-01.75 | Kingsley Adams | 4/27/74 | Des Moines, Iowa |
| 25-00.00 | Don Meyers | 1961 | NCAA Championships |
| 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 | Boulder |
| 49-09.00 | Torey Barr | 4/15/89 | Boulder |
| 49-09.50 | Steve Joiner | 4/14/90 | Boulder |
| 49-09.50 | Matt Rice | 4/14/90 | Boulder |
| 49-03.25 | Matt Rice | 4/6/91 | Florida State Invite |
| 49-09.00 | Steve Joiner | 3/24/90 | Albuquerque, N.M. |
| 49-01.50 | Steve Joiner | 4/28/90 | Des Moines, Iowa |
| 49-01.00 | Matt Rice | 5/1/93 | Des Moines, Iowa |
| 49-00.75 | Matt Rice | 3/24/90 | Albuquerque, N.M. |

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*

| | | | |
|----------|------------------|---------|---------------------------|
| 17-06.50 | Dennis Fuller | 5/16/81 | Big Eight, Ames, Iowa |
| 17-02.75 | Dennis Fuller | 5/16/91 | Big Eight, Ames, Iowa |
| 17-02 | Bill Curnow | 4/18/75 | Lawrence, Kan. |
| 17-01.25 | Mike Wedman | 1972 | Eugene, Ore. |
| 17-01 | Jim Speer | 3/25/73 | Albuquerque, N.M. |
| 16-08.75 | Don Jurries | 5/16/87 | Big Eight, Lawrence, Kan. |
| 16-06 | Dennis Fuller | 4/28/79 | Des Moines, Iowa |
| 16-06 | Brian Morrisette | 4/28/79 | Des Moines, Iowa |
| 16-06 | Brian Morrisette | 4/20/79 | Des Moines, Iowa |
| 16-04 | Scott Porter | 1994 | Big Eight |
| 16-00.75 | Kevin Cash | 5/21/90 | Big Eight |
| 16-00 | Dennis Fuller | 5/5/79 | Boulder |
| 16-00 | Brian Morrisette | 5/5/79 | Boulder |
| 16-00 | Kevin Cash | 4/14/90 | Boulder |
| 15-09.75 | Jordan Hudgens | 5/18/97 | Big 12 Championships |

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. |
| 16-06.00 | Brian Morrisette | 4/28/79 | Des Moines, Iowa |
| 16-04.00 | Scott Porter | 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. |

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 |
| 7,214 | Adam Salzmann | 5/6/12 | Pac-12, Eugene, Ore. |
| 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 |
| 7035 | Brock Emory | 5/11/14 | Pac-12, Pullman, Wash. |
| 6,927 | Brock Emory | 5/5/13 | Pac-12, L.A. |
| 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. |

Decathlon *Top Performers*

| | | | |
|------|------------------|---------|------------------------|
| 7645 | Mike Hill | 6/6/74 | Austin, Texas |
| 7470 | Mike Wedman | 1972 | Lawrence, Kan. |
| 7214 | Adam Salzmann | 5/6/12 | Pac-12, Eugene, Ore. |
| 7184 | Steve Brittenham | 1977 | Des Moines, Iowa |
| 7144 | Jordan Hudgens | 3/28/97 | Walnut, Calif. |
| 7035 | Brock Emory | 5/11/14 | Pac-12, Pullman, Wash. |
| 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 |

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. |
| 39.8 | Daniels/Brunson/Bennett/Branch | 5/20/72 | Big 8, Boulder |
| 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. |
| 40.1 | Branch/Bennett/Brunson/Daniels | 4/29/72 | Des Moines, Iowa |
| 40.14 | Charles/Campbell/Terry/Dodson | 4/19/08 | Waco, Texas |

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 |
| 3:09.64 | Reimer/Morris/Salzmann/MacIntosh | 5/13/12 | Pac-12, Eugene, Ore. |
| 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 |
| 3:09.84 | Baker/Morris/Gifford/Berens | 5/12/13 | Pac-12, L.A. |
| 3:09.84 | Queen/DePass/Horton/Davis | 4/10/99 | Eugene, Ore. |
| 3:09.86 | Friesen/Campbell/Dodson/Terry | 5/13/07 | Big 12, Lincoln, Neb. |
| 3:09.93 | Baker/Gifford/Berens/Morris | 4/20/13 | Walnut, Calif. |

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, Aimes, 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

| | | | |
|-------|-----------------|---------|-----------------------------|
| 23.80 | Eileen Gehring | 4/19/13 | Walnut, Calif. |
| 23.86 | Tanisha Johns | 5/18/93 | Big Eight, Boulder |
| 23.95 | Amaris Buchanan | 3/31/01 | San Diego, Calif. |
| 23.95 | Eileen Gehring | 4/6/13 | Tempe, Ariz. |
| 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. |
| 24.15 | Eileen Gehring | 4/12/14 | Boulder |
| 24.17 | Eileen Gehring | 5/11/13 | Pac-12, L.A. |
| 24.18 | Yolanda Johnson | 3/24/90 | Albuquerque, N.M. |
| 24.20 | Donna Waller | 4/18/87 | Albuquerque, N.M. |
| 24.20 | Tanisha Johns | 5/15/94 | Boulder |
| 24.21 | Eileen Gehring | 5/24/13 | NCAA Prelims, Austin, Texas |
| 24.21 | Eileen Gehring | 4/28/12 | Fort Collins, Colo. |
| 24.23 | Eileen Gehring | 3/16/13 | Boulder |

200-Meters Top Performers

| | | | |
|-------|-----------------|---------|--------------------|
| 23.80 | Eileen Gehring | 4/19/13 | Walnut, Calif. |
| 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. |
| 24.25 | Lindsay Mattson | 4/20/13 | Cerritos, Calif. |
| 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 |

400 Meters Top Performances

| | | | |
|-------|-----------------|---------|-----------------------------|
| 53.23 | Eileen Gehring | 4/20/13 | Walnut, Calif. |
| 53.38 | Eileen Gehring | 4/6/13 | Tempe, Ariz. |
| 54.21 | Eileen Gehring | 4/20/12 | Walnut, Calif. |
| 54.22 | Tamara Ards | 5/21/94 | Lawrence, Kan. |
| 54.33 | Eileen Gehring | 3/30/13 | Ft. Collins, Colo. |
| 54.34 | Lindsay Mattson | 5/11/13 | Pac-12, L.A. |
| 54.41 | Eileen Gehring | 4/7/12 | Tempe, Ariz. |
| 54.42 | Tamara Ards | 4/6/96 | Boise, Idaho |
| 54.42 | Eileen Gehring | 5/11/13 | Pac-12, L.A. |
| 54.51 | Tamara Ards | 5/4/96 | Ft. Collins, Colo. |
| 54.57 | Lindsay Mattson | 5/23/13 | NCAA Prelims, Austin, Texas |
| 54.59 | Tamara Ards | 5/21/96 | Lincoln, Neb. |
| 54.66 | Lindsay Mattson | 4/19/13 | Walnut, Calif. |
| 54.68 | Eileen Gehring | 5/23/13 | NCAA Prelims, Austin, Texas |
| 54.71 | Lindsay Mattson | 4/19/14 | Walnut, Calif. |

400-Meters Top Performers

| | | | |
|-------|-----------------|---------|--------------------------------|
| 53.23 | Eileen Gehring | 4/20/13 | Walnut, Calif. |
| 54.22 | Tamara Ards | 5/21/94 | Lawrence, Kan. |
| 54.34 | Lindsay Mattson | 5/11/13 | Pac-12, L.A. |
| 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. |
| 55.47 | Bridget Sweeney | 4/14/12 | Boulder |
| 55.49 | Diamond Seay | 4/11/09 | Boulder |

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. |
| 2:07.19 | Elizabeth Tremblay | 5/4/14 | Stanford, Calif. |
| 2:07.28 | Elizabeth Tremblay | 4/19/14 | Walnut, Calif. |
| 2:07.38 | Elizabeth Tremblay | 4/5/14 | Stanford, Calif. |
| 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. |
| 2:07.94 | Elizabeth Tremblay | 4/20/12 | Walnut, Calif. |

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 |
| 2:09.24 | Brianne Beemer | 5/5/12 | Pac-12, Eugene, Ore. |
| 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. |

1500 Meters Top Performances

| | | | |
|----------|------------------------|---------|-----------------------|
| 3:59.90 | Jenny Barringer | 6/7/09 | Eugene, Ore. |
| 4:06.87 | Emma Coburn | 5/17/13 | Los Angeles |
| 4:08.38 | Jenny Barringer | 4/24/09 | Eugene, Ore. |
| 4:09.42* | Emma Coburn | 5/18/12 | Los Angeles |
| 4:10.80 | Shayne Wille | 1997 | New Orleans, La. |
| 4:11.36 | Jenny Barringer | 7/16/08 | Switzerland |
| 4:11.36 | Emma Coburn | 4/26/13 | Des Moines, Iowa |
| 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. |
| 4:15.06 | Jessica (Pixler) Tebo | 5/13/12 | Pac-12, Eugene, Ore. |
| 4:15.15 | Jessica (Pixler) Tebo | 4/20/12 | Walnut, Calif. |
| 4:15.48 | Sara (Gorton) Slattery | 5/3/03 | Palo Alto, Calif. |

1500-Meters Top Performers

| | | | |
|---------|------------------------|---------|-----------------------|
| 3:59.90 | Jenny Barringer | 6/7/09 | Eugene, Ore. |
| 4:06.87 | Emma Coburn | 5/17/13 | Los Angeles |
| 4:10.80 | Shayne Wille | 1997 | New Orleans, La. |
| 4:12.15 | Kara Grgas-Wheeler | 3/21/00 | Big 12, Columbia, Mo. |
| 4:13.88 | Kelly Smith | 6/6/97 | Bloomington, Ind. |
| 4:15.06 | Jessica (Pixler) Tebo | 5/13/12 | Pac-12, Eugene, Ore. |
| 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. |

Mile Top Performances

| | | | |
|----------|--------------|---------|-----------------|
| 4:33.24* | Emma Coburn | 7/25/12 | Dublin, Ireland |
| 4:40.31 | Shalaya Kipp | 7/25/12 | Dublin, Ireland |

Mile Top Performers

| | | | |
|----------|--------------|---------|-----------------|
| 4:33.24* | Emma Coburn | 7/25/12 | Dublin, Ireland |
| 4:40.31 | Shalaya Kipp | 7/25/12 | Dublin, Ireland |

* Time ran while competing unattached with eligibility remaining.

3000 Meters Top Performances

| | | | |
|---------|----------------------|---------|-------------------------|
| 8:54.22 | Kara Grgas-Wheeler | 5/5/00 | Palo Alto, Calif. |
| 9:02.15 | Kara Grgas-Wheeler | 6/2/00 | NCAA, Durham, N.C. |
| 9:06.86 | Shayne Wille | 6/6/97 | NCAA, Bloomington, Ind. |
| 9:09.56 | Shayne Wille | 4/18/97 | Walnut, Calif. |
| 9:16.22 | Sarah Hanson | 6/1/84 | NCAA, Eugene, Ore. |
| 9:16.53 | Kara Grgas-Wheeler | 4/16/99 | Walnut, Calif. |
| 9:16.62 | Sarah Hanson | 5/30/84 | NCAA, Eugene, Ore. |
| 9:18.41 | Natalie Raveling | 4/15/95 | Walnut, Calif. |
| 9:18.66 | Shayne Wille | 6/4/97 | Bloomington, Ind. |
| 9:22.37 | Briana Stott-Messick | 5/15/99 | Palo Alto, Calif. |

3000-Meters Top Performers

| | | | |
|---------|----------------------|---------|-------------------------|
| 8:54.22 | Kara Grgas-Wheeler | 5/5/00 | Palo Alto, Calif. |
| 9:06.86 | Shayne Wille | 6/6/97 | NCAA, Bloomington, Ind. |
| 9:16.22 | Sarah Hanson | 6/1/84 | NCAA, Eugene, Ore. |
| 9:18.41 | Natalie Raveling | 4/15/95 | Walnut, Calif. |
| 9:22.37 | Briana Stott-Messick | 5/15/99 | Palo Alto, Calif. |
| 9:24.22 | Carrie Messner | 4/16/99 | Walnut, Calif. |
| 9:24.32 | Lesley Higgins | 6/2/00 | NCAA, Durham, N.C. |
| 9:25.89 | Jodie Hughes | 3/25/00 | Palo Alto, Calif. |
| 9:27.60 | Jennifer Smith | 6/6/98 | Buffalo, N.Y. |
| 9:28.10 | Heather Burroughs | 4/10/99 | Eugene, Ore. |

Steeplechase Top Performances

| | | | |
|----------|-----------------|---------|----------------------------|
| 9:12.50 | Jenny Barringer | 8/17/09 | IAAF, Berlin, Germany |
| 9:22.26 | Jenny Barringer | 8/17/08 | Olympic Games, Beijing |
| 9:22.73 | Jenny Barringer | 7/20/08 | Belgium |
| 9:23.54* | Emma Coburn | 8/6/12 | Olympic Games, London |
| 9:25.28* | Emma Coburn | 6/3/12 | Eugene, Ore. |
| 9:25.54 | Jenny Barringer | 6/12/09 | NCAA, Fayetteville, Ark. |
| 9:26.20 | Jenny Barringer | 5/30/09 | Norman, Okla. |
| 9:26.81 | Jenny Barringer | 8/15/09 | IAAF, Berlin, Germany |
| 9:27.51* | Emma Coburn | 8/4/12 | Olympic Games, London |
| 9:28.26 | Emma Coburn | 4/28/13 | Palo Alto, Calif. |
| 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. |
| 9:31.55* | Emma Coburn | 8/17/12 | Stockholm, Sweden |
| 9:32.78* | Emma Coburn | 6/29/12 | U.S. Trials, Eugene, Ore. |

Steeplechase Top Performers

| | | | |
|----------|----------------------|---------|-----------------------------|
| 9:12.50 | Jenny Barringer | 8/17/09 | IAAF, Berlin, Germany |
| 9:23.54* | Emma Coburn | 8/6/12 | Olympic Games, London |
| 9:35.73 | Shalaya Kipp | 6/29/12 | U.S. Trials, Eugene, Ore. |
| 10:07.51 | Natalie Florence | 6/26/05 | USATF, Carson, Calif. |
| 10:13.80 | Lesley Higgins | 4/16/02 | Walnut, Calif. |
| 10:13.80 | Renee Metivier | 4/15/05 | Walnut, Calif. |
| 10:20.51 | Diane George | 5/24/13 | NCAA Prelims, Austin, Texas |
| 10:30.06 | Courtney Bouchet | 5/12/12 | Pac-12, Eugene, Ore. |
| 10:43.05 | Kendal Grgas-Wheeler | 4/16/04 | Walnut, Calif. |
| 10:45.80 | Allison Sawyer | 4/17/08 | Walnut, Calif. |

* Time ran while competing unattached with eligibility remaining

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. |
| 15:19.43 | Jessica (Pixler) Tebo | 4/29/12 | Palo Alto, Calif. |
| 15:24.97 | Sara (Gorton) Slattery | 4/15/03 | Walnut, Calif. |
| 15:25.58 | Jessica (Pixler) Tebo | 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. |
| 15:53.84 | Abby Levene | 5/4/14 | Stanford, Calif. |
| 15:54.13 | Shalaya Kipp | 4/19/14 | Walnut, 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. |

5000-Meters Top Performers

| | | | |
|----------|------------------------|---------|-------------------|
| 15:05.25 | Jenny Barringer | 7/31/09 | Stockholm, Sweden |
| 15:19.43 | Jessica (Pixler) Tebo | 4/29/12 | Palo Alto, Calif. |
| 15:24.97 | Sara (Gorton) Slattery | 4/15/03 | Walnut, Calif. |
| 15:28.79 | Kara Grgas-Wheeler | 4/14/00 | Walnut, Calif. |
| 15:49.08 | Renee Metivier | 4/16/04 | Walnut, Calif. |
| 15:53.84 | Abby Levene | 5/4/14 | Palo Alto, Calif. |
| 15:54.13 | Shalaya Kipp | 4/18/14 | 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. |

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. |
| 33:49.00 | Laura Thweatt | 5/13/11 | Big 12, Norman, Okla. |
| 33:56.41 | Patty Roberts | 4/27/95 | Philadelphia, Pa. |
| 34:00.94 | Christine Bolf | 3/25/02 | Palo Alto, Calif. |
| 34:03.16 | Jana Stolting | 4/20/12 | Walnut, 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. |
| 33:17.58 | Abby Levene | 4/4/14 | Stanford, 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. |
| 33:42.02 | Carrie Verdon | 4/4/14 | Stanford, Calif. |

Heptathlon *Top Performances*

| | | | |
|------|-------------------|---------|------------------------------|
| 5863 | Annette Tannander | 1983 | Houston, Texas |
| 5688 | Heather Sterlin | 1997 | New Orleans, La. |
| 5671 | Annette Tannander | 1982 | Big Eight, Stillwater, Okla. |
| 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 |
| 5362 | Genny Mayden | 5/6/12 | Pac-12, Eugene, Ore. |
| 5362 | Brianne Beemer | 4/5/13 | Tucson, Ariz. |
| 5360 | Heather Sterlin | 5/16/95 | Big Eight, Ames, Iowa |
| 5357 | Abrianna Torres | 5/5/13 | Pac-12, L.A. |

Heptathlon *Top Performers*

| | | | |
|-------|-------------------|---------|----------------------|
| 5863 | Annette Tannander | 1983 | Houston, Texas |
| 5688 | Heather Sterlin | 1997 | New Orleans, La. |
| 5375 | Carol Hood | 5/20/97 | |
| 5362 | Genny Mayden | 5/6/12 | Pac-12, Eugene, Ore. |
| 5362 | Brianne Beemer | 4/5/13 | Tucson, Ariz. |
| 5,357 | Abrianna Torres | 5/5/13 | Pac-12, L.A. |
| 5321 | Pam Owen | 3/27/93 | Tempe, Ariz. |
| 4983 | Katie Dreher | 3/30/12 | Tucson, Ariz. |
| 4977 | Brittany Lewis | 4/27/12 | Fort Collins, Colo. |
| 4925 | Alyssa Frank | 5/6/12 | Pac-12, Eugene, Ore. |

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 |
| 5-11.25 | Kelsey English | 4/19/14 | Azusa, Calif. |

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. |
| 5-11.25 | Kelsey English | 4/19/14 | Cerritos, 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 | Sarra Goodwin | 5/3/97 | USAFA, Colo. |
| 5-08.50 | Alyssa Frank | 5/13/12 | Pac-12, Eugene, Ore. |
| 5-07.75 | Heather Sterlin | 5/16/97 | Big 12, Waco, Texas |

Pole Vault *Top Performances*

| | | | |
|----------|---------------|---------|--------------------|
| 12-04.00 | Megan Buttner | 4/19/03 | Ft. Collins, Colo. |
| 12-02.00 | Megan Buttner | 4/26/03 | Ft. Collins, Colo. |
| 11-06.00 | Megan Buttner | 5/1/03 | Boulder |
| 11-06.00 | Megan Baker | 5/1/03 | Boulder |
| 11-06.00 | Megan Buttner | 4/27/02 | Ft. Collins, Colo. |
| 11-06.00 | Megan Buttner | 3/23/02 | Boulder |
| 11-05.75 | Megan Buttner | 4/12/03 | Eugene, Ore. |
| 11-05.75 | Megan Buttner | 3/30/02 | Tempe, Ariz. |
| 11-05.25 | Megan Buttner | 4/5/03 | Greeley, Colo. |
| 11-03.75 | Megan Buttner | 3/25/00 | Palo Alto, Calif. |

Pole Vault *Top Performers*

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

Long Jump *Top Performances*

| | | | |
|----------|-------------------|---------|------------------------------|
| 20-08.00 | Annette Tannander | 5/4/83 | Big Eight, Stillwater, Okla. |
| 20-08.00 | Annette Tannander | 5/4/83 | Big Eight, Stillwater, Okla. |
| 20-06.50 | Heather Sterlin | 4/19/97 | Walnut, Calif. |
| 20-05.50 | Heather Sterlin | 5/4/96 | Ft. Collins, Colo. |
| 20-05.25 | Heather Sterlin | 5/30/96 | Eugene, Ore. |
| 20-05.00 | Heather Sterlin | 4/19/96 | Walnut, Calif. |
| 20-03.75 | Heather Sterlin | 6/15/96 | Atlanta, Ga. |
| 20-03.00 | Heather Sterlin | 5/20/96 | Atlanta, Ga. |
| 20-02.25 | Heather Sterlin | 1997 | New Orleans, La. |
| 20-02.25 | Abrianna Torres | 4/20/13 | Cerritos, Calif. |
| 20-01.00 | Heather Sterlin | 5/21/96 | Lincoln, Neb. |
| 20-00.25 | Abrianna Torres | 4/19/13 | Walnut, Calif. |
| 19-11.75 | Abrianna Torres | 5/11/13 | Pac-12, L.A. |
| 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 | Big Eight, Stillwater, Okla. |
| 20-06.50 | Heather Sterlin | 4/19/97 | Walnut, Calif. |
| 20-02.25 | Abrianna Torres | 4/20/13 | Cerritos, Calif. |
| 19-08.75 | Amberly Casey | 4/30/04 | Big 12, Norman, Okla. |
| 19-07.00 | Brittany Lewis | 4/21/12 | Cerritos, Calif. |
| 19-02.25 | Hannah Cooper | 3/28/98 | Tempe, Ariz. |
| 19-02.00 | Stacey Whitfield | 4/2/83 | Boulder |
| 19-00.75 | Maxine Marlow | 4/5/03 | Greeley, Colo. |
| 19-00.25 | Jill Hassebrock | 5/21/94 | Lawrence, Kan. |

Triple Jump *Top Performances*

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

Triple Jump *Top Performers*

| | | | |
|----------|--------------------|---------|-----------------------|
| 40-11.50 | Liza Negri | 4/6/05 | Boulder |
| 40-02.00 | Udie Ekiko | 4/17/94 | USAFA, Colo. |
| 40-00.00 | Amberly Casey | 4/28/07 | Laramie, Wyo. |
| 39-00.50 | Wanda Evans | 4/8/89 | Boulder |
| 38-10.00 | Dayna Cavener | 5/5/90 | USAFA, Colo. |
| 38-04.00 | Jill Hassebrock | 5/1/93 | Ft. Collins, Colo. |
| 37-05.00 | Heather Weisacosky | 4/18/87 | Albuquerque, N.M. |
| 37-02.50 | Anne Zentner | 4/11/87 | USAFA, Colo. |
| 37-02.25 | Katie Dreher | 5/16/10 | Big 12, Columbia, Mo. |
| 37-00.00 | Jodi Pilcher | 5/4/96 | Ft. Collins, Colo. |

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., 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. |
| 140-03 | Genny Mayden | 5/6/12 | Pac-12, Eugene, Ore. |
| 139-00 | AnnaLou Penry | 4/24/93 | Ft. Collins, Colo. |
| 136-00 | Tonya Roach | 4/6/96 | Boise, Idaho |

Hammer Throw *Top Performances*

| | | | |
|--------|-----------------|---------|----------------------------------|
| 212-11 | Emily Hunsucker | 3/21/14 | Boulder |
| 212-08 | Emily Hunsucker | 6/18/14 | NCAA, Eugene, Ore. |
| 212-07 | Emily Hunsucker | 4/12/14 | Boulder |
| 210-01 | Emily Hunsucker | 5/31/14 | NCAA Prelims, Fayetteville, Ark. |
| 209-03 | Emily Hunsucker | 5/9/14 | USAFA, Colo. |
| 208-7 | Emily Hunsucker | 3/29/14 | Ft. Collins, Colo. |
| 208-10 | Emily Hunsucker | 4/26/14 | Ft. Collins, Colo. |
| 207-10 | Emily Hunsucker | 5/23/13 | NCAA Prelims, Austin, Texas |
| 206-5 | Emily Hunsucker | 5/3/14 | Laramie, Wyo. |
| 206-1 | Emily Hunsucker | 4/19/14 | Walnut, Calif. |
| 205-3 | Emily Hunsucker | 4/18/14 | Azusa, Calif. |
| 204-8 | Emily Hunsucker | 6/5/13 | NCAA, Eugene, Ore. |
| 204-10 | Emily Hunsucker | 5/18/14 | Pac-12, Pullman, Wash. |
| 203-9 | Emily Hunsucker | 5/3/13 | Laramie, Wyo. |
| 200-4 | Emily Hunsucker | 6/28/14 | USA, Sacramento, Calif. |

Hammer Throw *Top Performers*

| | | | |
|--------|------------------|---------|--------------------|
| 212-11 | Emily Hunsucker | 3/21/14 | Boulder |
| 212-07 | Emily Hunsucker | 4/12/14 | Boulder |
| 208-07 | Emily Hunsucker | 3/29/14 | Ft. Collins, Colo. |
| 205-3 | Emily Hunsucker | 4/18/14 | Azusa, Calif. |
| 206-1 | Emily Hunsucker | 4/19/14 | Walnut, Calif. |
| 196-10 | Janet Visosky | 5/15/98 | Columbia, Mo. |
| 173-11 | Marlaina Corbett | 4/18/98 | Eugene, Ore. |

4x100-Meter Relay *Top Performances*

| | | | |
|-------|--------------------------------|---------|--------------------------------|
| 44.95 | no order listed | 4/14/01 | Greeley, Colo. |
| 45.37 | no order listed | 4/22/01 | Walnut, Calif. |
| 45.75 | no order listed | 5/18/01 | Big 12, College Station, Texas |
| 45.76 | Scott/Ards/Farquhar/Johns | 4/6/96 | Boise, Idaho |
| 45.91 | Johns/Scott/Farquhar/Ward | 3/23/96 | Albuquerque, N.M. |
| 45.94 | no order listed | 5/4/96 | Ft. Collins, Colo. |
| 46.26 | Russell/Scott/Johns/Ards | 5/18/93 | Big Eight, Boulder |
| 46.33 | no order listed | 5/21/94 | Lawrence, Kan. |
| 46.4 | no order listed | 3/18/95 | Boulder |
| 46.62 | Mattson/Gehring/Beemer/Sweeney | 4/28/12 | Fort Collins, Colo. |
| 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. |
| 3:36.95 | Mattson/Beemer/Sweeney/Gehring | 5/12/13 | Pac-12, L.A. |
| 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. |
| 3:38.17 | Mattson/Beemer/Sweeney/Gehring | 4/19/13 | Walnut, Calif. |
| 3:38.39 | Mattson/Beemer/Sweeney/Gehring | 5/25/13 | NCAA Prelims, Austin, Texas |
| 3:38.94 | Ards/Russell/Sterlin/Ward | 3/23/96 | Albuquerque, N.M. |
| 3:40.30 | Mattson/Gehring/Beemer/Sweeney | 5/13/12 | Pac-12, Eugene, Ore. |
| 3:40.40 | Mattson/Gehring/Beemer/Sweeney | 4/20/12 | Walnut, Calif. |
| 3:40.45 | Ward/Ards/Sterlin/Russell | 4/27/96 | Philadelphia, Pa. |
| 3:40.85 | no order listed | 4/25/96 | Philadelphia, Pa. |
| 3:42.21 | Mattson/Gehring/Beemer/Sweeney | 5/26/12 | Austin, Texas |
| 3:44.10 | no order listed | 5/4/96 | Ft. Collins, Colo. |

Distance Medley Relay *Top Performances*

| | | | |
|----------|----------------------------------|---------|-------------------|
| 11:03.82 | Higgins/Schuler/Zografos/Wheeler | 4/29/00 | Philadelphia, Pa. |
| 11:14.84 | Messner/Sterlin/Smith/Wille | 4/24/97 | Philadelphia, Pa. |
| 11:18.74 | Higgins/Schuler/Zografos/Wheeler | 4/8/00 | Eugene, Ore. |

4x1,500-Meter Relay *Top Performances*

| | | | |
|----------|-----------------------------------|---------|-------------------|
| 17:36.10 | Messner/Raveling/Wille/Smith | 4/26/96 | Philadelphia, Pa. |
| 17:37.21 | Wheeler/Sterlin/Smith/Wille | 4/24/97 | Philadelphia, Pa. |
| 17:50.66 | Moody/Higgins/Hughes/Wheeler | 4/29/00 | Philadelphia, Pa. |
| 18:02.36 | Burroughs/Higgins/Wheeler/Messner | 4/24/99 | Philadelphia, Pa. |

Men's Conference History

TEAM FINISHES

| | Indoor | Outdoor |
|-----------------------------|--------|---------|
| Big Seven Conference | | |
| 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 |

MPSF Indoor/Pac-12 Outdoor

| | | |
|------|------|------|
| 2012 | 11th | 9th |
| 2013 | 10th | 6th |
| 2014 | 10th | 10th |

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 |
|------------|------|-------|

60-meter Dash

| | | |
|------------|------|------|
| Joe Morris | 2013 | 6.72 |
|------------|------|------|

200-meter Dash

| | | |
|------------|------|-------|
| Joe Morris | 2013 | 21.06 |
|------------|------|-------|

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 |
|-----------|------|--------|

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 |
|-----------------|------|---------|

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 |
|-----------|------|---------|

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 Ritzenein | 2002 | 8:01.72 |
| Dathan Ritzenein | 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 Ritzenein | 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 Ritzenein | 2002 | 13:56.21 |
| Jorge Torres | 2003 | 14:16.37 |
| Dathan Ritzenein | 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 |
|------------------|------|-------|

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 |
| Aric Van Halen | 2013 | 8:41.73 |

Mile Relay

| | | |
|-----------------|------|--------|
| No Order Listed | 1962 | 3:12.5 |
|-----------------|------|--------|

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 |
|------------|------|----------|

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 |

TRACK & FIELD Women's Conference History

TEAM FINISHES

| | Indoor | Outdoor |
|-----------------------------|--------|---------|
| Big Eight Conference | | |
| 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 |

MPSF Indoor/Pac-12 Outdoor

| | | |
|------|------|------|
| 2012 | 11th | 7th |
| 2013 | 11th | 10th |
| 2014 | 9th | 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 |
|-------------------|------|-----------|

4x800-meter Relay

| | | |
|-----------------|------|------|
| No Order Listed | 1979 | 6.88 |
|-----------------|------|------|

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 |
| Jessica Tebo | 2012 | 16:03.70 |

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 |
| Shalaya Kipp | 2012 | 9:57.39 |
| Emma Coburn | 2013 | 9:55.67 |
| Shalaya Kipp | 2014 | 10:04.19 |

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 |
|-------------------|------|------|

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 |
|--|------|---------|



1996 Big Eight Champions

Men's NCAA History

TEAM FINISHES

| | 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 |
| 2012 | NTS | NTS |
| 2013 | NTS | (t)75th |
| 2014 | (t)32nd | (t)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 Pixler/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 (Semfinals) |
| | 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 |

| Year | Name | Event | Finish 1995 |
|------|---|-------------------|----------------|
| 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 |
| 1999 | James Davis | 400 Meter Dash | 3rd |
| | 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 |
| 2003 | Ed Torres | 5,000 Meter Run | 10th |
| 2004 | Dathan Ritzenhein | 5,000 Meter Run | 4th |
| | 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) |
| 2012 | Joe Morris | 60 Meter Dash | 15th (Prelims) |
| 2013 | Joe Morris | 60 Meter Dash | 11th (Prelims) |
| | Aric Van Halen | 3,000 Meter Run | 14th |
| 2014 | Jake Hurysz | 3,000 Meter Run | 12th |
| | Morgan Pearson | 5,000 Meter Run | 10th |
| | Ben Saarel | 3,000 Meter Run | 3rd |

OUTDOOR PARTICIPANTS

| Year | Name | Event | Finish | Year | Name | Event | Finish | Year | Name | Event | Finish |
|------|---|--------------------------|----------------|------|---|------------------------------------|------------------------|------|--|--------------------------|----------------|
| 1954 | Stewart Walker | Pole Vault | *NAAU Prelims | 1971 | Cliff Branch | 100 Meter | 1st | | Steve Slattery | 3,000 Meter Steeplechase | 19th (Prelims) |
| | Pat Hindman | 120 Yd H. Hurdles | 15th | | George Daniels | 220 Yd Dash | 2nd | 2000 | Ron Roybal | 5,000 Meter Run | DNF |
| | Doug Fuchs | Discus | 17th | 1972 | John Gregorio | 3 mile run | 3rd | | Jorge Torres | 5,000 Meter Run | 8th |
| 1955 | Eddie Dove, Bob Spykstra, Jack Dessire, Chuck Smith | 880 Yd Relay | 5th | | Mike Wedman | Pole Vault | no result | | Steve Slattery | 3,000 Meter Steeplechase | 7th |
| 1957 | Eddie Dove | 220 Yd L. Hurdles | 3rd | | George Daniels/Larry Brunson/Charlie Bennett/Cliff Branch | 440-yard relay | 3rd (semis) | 2001 | Aaron Blondeau | 5,000 Meter Run | 14th |
| | Ken Yob | Javelin | 5th | 1973 | Mike Peterson | 3 mile run | no result | | Steve Slattery | 3,000 Meter Steeplechase | 3rd |
| | Eddie Dove, Bob Spykstra, Jack Dessire, Chuck Smith | Mile Relay | 5th | | Ted Castaneda | 3 mile run | 2nd | | Ed Torres | 10,000 Meter Run | 13th |
| | Eddie Dove, Bob Spykstra, Jack Dessire, Chuck Smith | 440 Yd Relay | 7th | 1974 | Bruce Lundy | 1,500 Meter Run | 12th | | Jorge Torres | 5,000 Meter Run | 5th |
| 1958 | Chuck Carlson | 200 Meter | * NAAU Prelims | | Steve Brittenham | Decathlon | no result | 2002 | Reggie DePass | 400 Meter Hurdles | 8th |
| | Chuck Carlson | 440 Yd Dash | 6th | | Kingsley Adams | Long Jump | no result | | Dathan Ritzenhein | 5,000 Meter Run | 3rd |
| | Mike Peake | 880 Yd Run | 9th | | Ted Castaneda | Triple Jump | no result | | Steve Slattery | 3,000 Meter Steeplechase | 2nd |
| 1959 | Bob Greenfield | 880 Yd Run | no result | | Bill Jankunis | 6 mile run | 1st | | Ed Torres | 10,000 Meter Run | 9th |
| | Bill Toomey | Broad Jump | * NAAU prelims | | Dick Moritz | 3 mile run | no result | | Jorge Torres | 5,000 Meter Run | 2nd |
| | Mike Peake | 800 Meter run | * NAAU Prelims | | | High Jump | no result | 2003 | Billy Nelson | 5,000 Meter Run | 7th |
| | Chuck Carlson | 400 Meter | * NAAU Prelims | | | 3000 Meter Steeplechase | no result | | Ed Torres | 10,000 Meter Run | 9th |
| 1959 | Ted Woods | 440 Yd Dash | 1st | | Rick Musgrave | 1 mile run | no result | | Jorge Torres | 1,500 Meter Run | 9th |
| | Mike Peake | 1 Mile Run | no result | | | 880 Yd run | no result | 2004 | Dathan Ritzenhein | 5,000 Meter Run | 2nd |
| | | 880 Yd Run | no result | | James Nyumutei | Triple Jump | no result | | Bret Schoolmeester | 3,000 Meter Run | 13th |
| | Chuck Carlson | 440 Yd Dash | no result | | Tony Krzyzosiak | 440 Yd Dash | no result | 2005 | Bret Schoolmeester | 10,000 Meter Run | 5th |
| | | 220 Yd Dash | no result | | Ray Pryor | 440 Yd Dash | no result | | Brent Vaughn | 5,000 Meter Run | 4th |
| | Eddie Dove | 120 Yd H. Hurdles | no result | 1980 | Mark Scrutton | 5,000 Meter Run | 10th (Prelims) | | Billy Nelson | Steeplechase | 17th (Prelims) |
| | | 220 Yd L. Hurdles | no result | | Dennis Fuller | Pole Vault | Prelim | 2006 | Anthony Chiulli | 1,500 Meter Run | 22nd (Prelims) |
| | Boyd Dowler | 120 Yd H. Hurdles | no result | | Tom Smith | 1,500 Meter Run | 11th | | Pete Janson | 3,000 Meter Steeplechase | 15th (Prelims) |
| | Berrie Frakes | 3 Mile Run | no result | | Kirk Pfeffer | 1,000 Meter Run | 11th (Prelims) | | Stephen Pifer | 1,500 Meter Run | 23rd (Prelims) |
| | Bill Toomey | Broad Jump | no result | | Mark Anderson | 1,000 Meter Run | 24th (Prelims) | | Bret Schoolmeester | 10,000 Meter Run | 14th |
| 1960 | Robert Crumacker | Shot Put | 13th | 1986 | Chuck Trujillo | 10,000 Meter Run | 9th | | Brent Vaughn | 5,000 Meter Run | 9th |
| | Don Meyers | Broad Jump | 5th | 1987 | Dan Reese | 3,000 Meter Steeplechase | 4th (Prelims) DQ Final | 2007 | Payton Batliner | 10,000 Meter Run | 17th |
| 1961 | | 3,000 Meter Steeplechase | no result | 1988 | Devlon Dunn | 100 Meter Dash | 4th | | Ryan Campbell | 200 Meter Dash | 16th (semis) |
| | Jim Heath | 440 Yd Dash | 7th | | | 200 Meter Dash | 6th | | Jeremy Dodson | 200 Meter Dash | 21st (prelims) |
| | William Toomey | 440 Int. Hurdles | 7th | 1989 | Jason Dudley | High Jump | NH (Finals) | | Jeremy Dodson/George Pincock/Chris Abuan/Ryan Campbell | 4x100 meter relay | 6th |
| | Don Meyers | Pole Vault | Prelim | | Kyle Hargett | 400 Meter Dash | 8th | | Zach Hazen | Hammer Throw | 20th (prelims) |
| | | Broad Jump | 1st | | Mike Macinko | 1,500 Meter Run | 10th | | Billy Nelson | 3,000 Meter Steeplechase | 4th |
| 1962 | Roger Olander | Pole Vault | 5th (Prelims) | | Chuck Trujillo | 10,000 Meter Run | 10th | | Kenyon Neuman | 5,000 Meter Run | 24th (prelims) |
| | Don Meyers | Pole Vault | 10th | 1990 | Jason Dudley | High Jump | 11th | | Stephen Pifer | 1,500 Meter Run | 11th |
| | | Broad Jump | no result | | Mike Macinko | 800 Meter Run | 7th (Prelims) | | Brent Vaughn | 5,000 Meter Run | 15th |
| | | High Jump | no result | | Maurice Mitchell | 400 Meter Hurdles | DQ | 2008 | Jeremy Dodson | 200 Meter Run | 13th (semis) |
| | Ted Woods | 220 Yd Dash | 8th | 1992 | Shawn Found | 10,000 Meter Run | DNF | | Pete Janson | Steeplechase | 24th |
| | | 440 Yd Dash | t-2nd | | Maurice Mitchell | 400 Meter Hurdles 7th (Semifinals) | | | Richard Medina | 5,000 Meter Run | 24th |
| | Jim Heath | 440 Yd Dash | no result | | Chris Volgenau | Shot Put | 12th | | Billy Nelson | Steeplechase | 2nd |
| | Richard Clark | Javelin | 6th | 1993 | Charles Johnson | 400 Meter Hurdles | 4th (Prelims) | | Kenyon Neuman | 5,000 Meter Run | 7th |
| | Robert Griffith | 1 mile run | no result | | Maurice Mitchell | 400 Meter Hurdles | 3rd | | Chris Pannone | 10,000 Meter Run | 18th |
| 1963 | Mel Chesnik, David Wrighton, Dick Burns, Jim Miller | 880 Yd Relay | 4th | 1994 | Alan Culpepper | 1,500 Meter Run | 13th (Semifinals) | | Stephen Pifer | 5,000 Meter Run | 2nd |
| | Bob Griffith | 1 mile run | 6th | | Matt Lepsis | Discus | 14th (Prelims) | | Brent Vaughn | 5,000 Meter Run | 3rd |
| | Dick Burns | 100 Yd Dash | 5th | | Maurice Mitchell | 400 Meter Hurdles | 6th (Prelims) | | Hugh Charles/Ryan Campbell/Nate Terry/ Jeremy Dodson | 4x100 Meter Relay | DNF |
| | | 220 Yd Dash | 5th | 1995 | Fritz Rogers | 5,000 Meter Run | 13th (Prelims) | 2009 | Jordan Kyle | 10,000 Meter Run | 12th |
| | Jim Miller | 120 High Hurdles | 6th (Prelims) | | James Davis | 400 Meter Dash | 17th (Prelims) | | Matt Tebo | 5,000 Meter Run | 24th (prelims) |
| | | 440 Yd Int.Hurdles | 4th | | Adam Goucher | 5,000 Meter Run | 6th | | Christian Thompson | 3,000 Meter Steeplechase | 20th (prelims) |
| | Leander Durlay | High Jump | 5th | | Matt Lepsis | Discus | 7th | | | Steeplechase | 20th (prelims) |
| 1965 | Robert Bauers | Broad Jump | 12th | 1996 | Clint Wells | 3,000 Meter Steeplechase | 7th | | Brandin Williams | Javelin | 23rd (prelims) |
| | Jim Miller | 220 Yd Dash | 3rd | | Alan Culpepper | 5,000 Meter Run | 1st | 2010 | Jeremy Dodson | 200 Meter Dash | 5th |
| | | High Hurdles | 8th (Prelims) | | James Davis | 400 Meter Dash | 12th (Prelims) | | Richard Medina | 5,000 Meter Run | 9th |
| | | 400 Meter hurdles | Prelim | | Adam Goucher | 5,000 Meter Run | 4th | | Joe Bosshard | 10,000 Meter Run | 6th |
| | Dick Burns | 200 Meter dash | no result | | Matt Lepsis | Discus | 14th | | A.J. Whitaker/Quinton Dodson/Kyle MacIntosh/ Jeremy Dodson | 4x100-Meter Relay | 17th |
| | David Wighton | 1,500 Meter Run | no result | 1997 | Clint Wells | 3,000 Meter Steeplechase | 5th | 2011 | Joe Bosshard | 10,000 Meter Run | 8th |
| | Mel Chesnik | 200 Meter dash | no result | | Adam Goucher | 5,000 Meter Run | 3rd | | | 5,000 Meter Run | 13th |
| | Mel Chesnik, Dick Burns, Chuck Morton, Jim Miller | 440 Yd Relay | 6th | | Tom Reese | 3,000 Meter Steeplechase | 17th (Semifinals) | | | 3,000 Meter Steeplechase | 10th |
| 1966 | Charles Rogers | Pole Vault | 7th | | Zeke Tiernan | 10,000 Meter Run | 11th | 2012 | Aric Van Halen | 3,000 Meter Steeplechase | 10th |
| | Charles Rogers | Pole Vault | 1st | 1998 | Adam Batliner | 3,000 Meter Steeplechase | 3rd | | Mark Jones | High Jump | t21st |
| 1967 | Bill Aeschlimann | Long Jump | Prelim | | James Davis | 400 Meter Dash | 5th (Prelims) | 2013 | Joe Morris | 100 Meter Dash | 15th (Semis) |
| | Craig Runyan | 6 mile run | 10th | | Adam Goucher | 5,000 Meter Run | 1st | | | 200 Meters Dash | 22nd (Prelims) |
| 1969 | Marcus Walker | 120 Yd Hurdles | 2nd | | Clint Wells | 3,000 Meter Steeplechase | 11th | | Aric Van Halen | 3,000 Meter Steeplechase | 8th |
| 1970 | | 100 Yd Dash | 6th | 1999 | Adam Batliner | 3,000 Meter Steeplechase | 3rd | 2014 | Joe Bosshard | 10,000 Meter Run | 7th |
| | Rory Kenward | Decathlon | Finals- DNF | | Aaron Blondeau | 5,000 Meter Run | 17th | | Jake Hurysz | 1,500 Meter Run | 20th (semis) |
| | Mike Wedman | Decathlon | 3rd | | James Davis | 400 Meter Dash | 18th (Semifinals) | | Ben Saarel | 1,500 Meter Run | 16th (semis) |
| | Dave Bussabarger | Pole Vault | Prelim | | Reggie DePass | 110 Meter Hurdles | 20th (Prelims) | | Blake Theroux | 3,000 Meter Steeplechase | 17th (semis) |
| | | | | | Tom Reese | 3,000 Meter Steeplechase | 4th | | | | |
| | | | | | Ron Roybal | 5,000 Meter Run | 19th | | | | |

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 |
| 2012 | NTS | t14th |
| 2013 | t20th | t25th |
| 2014 | t51st | t19th |

*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 |
| 2013 | Emma Coburn | Mile Run | 1st |
| 2014 | Shalaya Kipp | 5,000 Meter Run | 7th |

OUTDOOR PARTICIPANTS

| Year | Name | Event | Finish |
|------|--|--------------------------|------------------|
| 1973 | Mitzi McMillin | Pentathlon | 1st |
| | Jane Frederick | Pentathlon | 1st |
| 1975 | Michelle Irving | Javelin | no result |
| 1976 | Lori West | Pentathlon | no result |
| | Lori West | Pentathlon | 2nd |
| | Doni Fischer | Discus | no result |
| 1977 | Yvonne Rieman | 500 Meter Dash | 6th (Prelims) |
| | Lee Ballenger | 800 Meter Run | no result |
| | Cindy Ike | 5,000 Meter Run | no result |
| | Kathy Woodbridge | 5,000 Meter Run | no result |
| | | 3,000 Meter Run | no result |
| | Kim Hills | 1,500 Meter Run | no result |
| 1978 | Annette Tannander | High Jump | Prelim |
| | Lee Ballenger | 800 Meter Run | 2nd |
| 1979 | Lee Ballenger | 800 Meter Run | no result |
| | Brenda Chambers | 400 Meter Hurdles | Prelim |
| | Glenda Zaphiropoulos | Discus | Prelim |
| | Brenda Denny | Discus | 8th |
| 1980 | Deborah McClendon | 400 Meter Hurdles | 6th (Semifinal) |
| 1981 | Lisa Greenfield | High Jump | Finals |
| | Brenda Denny | Discus | Prelim |
| 1983 | Sarah Hanson | 3,000 Meter Run | 9th |
| | Annette Tannander | High Jump | 9th |
| | | Heptathlon | no result |
| 1986 | Donna Waller | 100 Meter Hurdles | 7th |
| 1987 | Donna Waller | 100 Meter Hurdles | 4th |
| 1990 | Karol Damon | High Jump | 9th |
| | Yolanda Johnson | 100 Meter Hurdles | 5th |
| 1991 | Karol Damon | High Jump | 3rd |
| | Yolanda Johnson | 100 Meter Hurdles | 6th |
| 1992 | Karol Damon | High Jump | 4th |
| | Carol Hood | Heptathlon | 10th |
| 1993 | Melisa Weis | Shot Put | 3rd |
| | | Discus | 4th |
| 1994 | Amy McNitt | 10,000 Meter Run | 15th |
| | Melisa Weis | Shot Put | 6th |
| | | Discus | 3rd |
| 1995 | Mandi Farquhar | 100 Meter Hurdles | 7th (Semifinal) |
| | Amy McNitt | 10,000 Meter Run | 16th |
| | Natalie Raveling | 3,000 Meter Run | 4th |
| | Patty Roberts | 10,000 Meter Run | 3rd |
| | Leona Russell | 400 Meter Hurdles | 17th |
| | Yvonne Scott | 100 Meter Hurdles | 8th (Semifinal) |
| | Kelly Smith | 1,500 Meter Run | 3rd |
| 1996 | Heather Burroughs | 5,000 Meter Run | 20th (Prelims) |
| | Mandi Farquhar | 100 Meter Hurdles | 7th |
| | Colleen Glyde | 10,000 Meter Run | 10th |
| | Amy McNitt | 10,000 Meter Run | 17th |
| | Natalie Raveling | 5,000 Meter Run | 9th |
| | Leona Russell | 400 Meter Hurdles | 9th (Prelims) |
| | Yvonne Scott | 100 Meter Hurdles | 5th |
| | Kelly Smith | 1,500 Meter Run | 2nd |
| | Heather Sterlin | Heptathlon | 3rd |
| | Shayne Wille | 3,000 Meter Run | 13th (Prelims) |
| | Tamara Ard/Tasha Walsh/Heather Sterlin/Leona Russell | 4x400 Meter Relay | 7th |
| 1997 | Mandi Farquhar | 100 Meter Hurdles | 15th (Semifinal) |
| | 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 |
| 2012 | Shalaya Kipp | 3,000 Meter Steeplechase | 1st |
| | Jessica (Pixler) Tebo | 5,000 Meter Run | 3rd |
| 2013 | Emma Coburn | 3,000 Meter Steeplechase | 1st |
| | Emily Hunsucker | Hammer Throw | 9th |
| 2014 | Emily Hunsucker | Hammer Throw | 2nd |
| | Shalaya Kipp | 3,000 Meter Steeplechase | 5th |
| | Carrie Verdon | 5,000 Meter Run | 17th |

Men's All-Americans



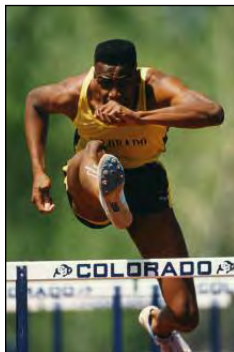
David Bolen



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, 14 |
| | 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 |
| Jake Hurysz | Cross Country | 2012 |
| | 3,000-meter run (I) | 2014 |
| | Discus | 1993 |
| Erik Johnson | 60-yard Dash | 1974 |
| Ohene Karikari | High Hurdles | 1938 |
| Dick Kearns | 4x400-meter relay (I) | 1999 |
| Ben Kelly | Cross Country | 2008 |
| Jordan Kyle | Cross Country | 2009 |
| | 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, 12, 13 |
| | 100-meter dash | 2013 |
| Ammar Moussa | Cross Country | 2014 |
| Pierce Moussa | Cross Country | 2013, 14 |
| 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 |
| Morgan Pearson | Cross Country | 2013 |
| | 5,000 Meter Run (I) | 2014 |
| Mike Peterson | Cross Country | 1973 |
| | Distance Medley Relay | 1973 |
| Stephen Pifer | Cross Country | 2004, 05, 06, 07 |
| | Mile (I) | 2006, 07 |
| | 1,500-meter Run (O) | 2007 |
| | 5,000 Meter Run (O) | 2008 |
| George Pincock | 4x100 Meter Relay | 2007 |
| Matt Queen | 4x400-meter Relay (I) | 1999 |
| Dan Reese | Cross Country | 1984, 85 |
| Sam Reese | Cross Country | 1982 |
| Tom Reese | Mile (I) | 1997 |
| | Cross Country | 1997 |
| | Steeplechase | 1999 |
| Dathan Ritzenhein | Cross Country | 2001, 03* |
| | 5,000-meter Run (I) | 2002, 04 |
| | 5,000-meter Run (O) | 2002, 04 |
| Chuck Rogers | Pole Vault* | 1966 |
| Fritz Rogers | 3,000-meter Run | 1994 |
| | 5,000-meter Run | 1994 |
| Ron Roybal | Cross Country | 1998 |
| Craig Runyan | Cross Country | 1966, 67, 68 |
| Ben Saarel | Cross Country | 2013, 14 |
| | 5,000-meter run (I) | 2014 |
| | 1,500-meter run | 2014 |
| 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 Spillsbury | Cross Country | 1977, 79 |
| James Strang | Cross Country | 2005, 06 |
| Matt Tebo | 5,000 Meter Run (I) | 2008 |
| Blake Theroux | Cross Country | 2012, 13, 14 |
| 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 |
| Aric Van Halen | Steeplechase | 2012, 13 |
| | 3,000-meter Run (I) | 2013 |
| | Cross Country | 2012 |
| 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 |
| Clint Wells | Cross Country | 1994, 95 |
| | Steeplechase | 1995, 96 |
| Dave Wightton | Cross Country | 1963, 64, 65 |
| Connor Winter | Cross Country | 2014 |
| Ted Woods | 440-yard Dash* | 1960 |
| Ken Yob | Javelin | 1957 |

* indicates national champion

Women's All-Americans

& FIELD



Tamara Ards



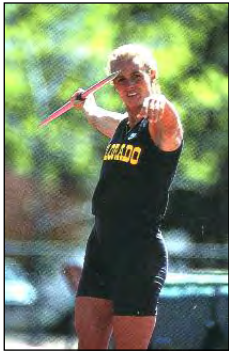
Renee Metivier



Yvonne Scott



Kelly Smith



Heather Sterlin



Melisa Weis

| | | |
|------------------------|----------------------------------|----------------|
| Tamara Ards | 4x400 meter Relay | 1996 |
| Molly Austin | 10,000-meter Run | 2001, 02 |
| | Cross Country | 2001, 02 |
| Lee Ballenger | 800-meter Run | 1978, 1980 |
| | 600-yard Run * | 1978 |
| | Mile Relay | 1979 |
| Jenny Barringer | Cross Country | 2006, 07 |
| | Steeplechase 2006*, 07, 08*, 09* | |
| | 3,000 Meter Run | 2009* |
| Brooke Baughman | Cross Country | 1992, 93 |
| Christine Bolf | Cross Country | 2004, 05 |
| | 10,000-meter Run (O) | 2004, 05 |
| | 5,000-meter Run (I) | 2005 |
| Heather Burroughs | Cross Country | 1994, 95, 98 |
| | 5,000-meter Run (I) | 1998 |
| Brenda Chambers | Mile Relay | 1979 |
| | 400-meter Hurdles | 1980 |
| Erin Clark | Cross Country | 2014 |
| Emma Coburn | Steeplechase | 2010, 11*, 13* |
| | Mile Run | 2011, 13* |
| | 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 |
| Emily Hunsucker | Hammer Throw | 2013, 14 |
| Yolanda Johnson | 100-meter Hurdles | 1990, 91 |
| | 55-meter Hurdles | 1990 |
| Shalaya Kipp | Steeplechase | 2010, 11, 12*, 14 |
| | Cross Country | 2010, 11, 12, 13 |
| | 5,000-meter Run (I) | 2014 |
| 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 |
| Jessica (Pixler) Tebo | 5,000-meter Run | 2012 |
| Carleen Thom | 1,500-meter Run | 1981 |
| Laura Tremblay | Cross Country | 2010 |
| Kalin Toedebusch | Cross Country | 2003 |
| Sara Vaughn | Cross Country | 2007 |
| Janet Visosky | Hammer Throw | 1998 |
| Donna Waller | 55-meter Hurdles | 1986, 87 |
| | 100-meter Hurdles | 1987 |
| Tasha Ward | 4x400 meter Relay | 1996 |
| Melisa Weis | Shot Put, Discus | 1993, 94 |
| Lori West | Pentathlon | 1975, 76 |
| Shayne Wille | 3,000-meter Run (I) | 1996, 97 |
| | 3,000-meter Run (O) | 1997 |
| Kathy Wilson | Distance Medley Relay | 1979 |

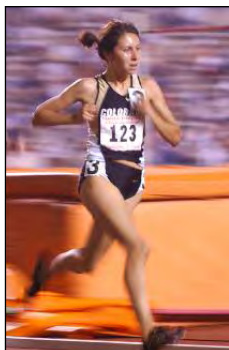
* indicates national champion



Molly Austin



Jenny Barringer



Christine Bolf



Natalie Florence



Natalie Raveling



Sara (Gorton) Slattery



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 |
| Emma Coburn | Mile Run | 2013 |

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 |
| Shalaya Kipp | Steeplechase | 2012 |
| Emma Coburn | Steeplechase | 2013 |



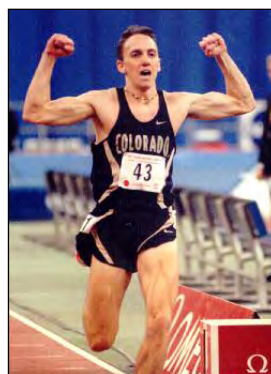
Jenny Barringer



Alan Culpepper



Renee Metivier



Adam Goucher

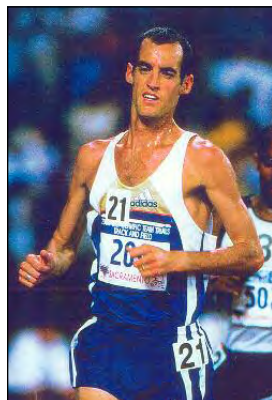


Don Meyers

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.

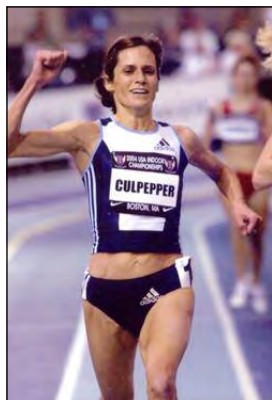
Ambassador David Bolen, Colorado's first Olympian, finished fourth in the 400-m dash during the 1948 Summer Games in London, England. In his name, Colorado established the David Bolen Olympic Award in 1949, awarded to any current CU student-athlete who competes under the United States flag.



Alan Culpepper



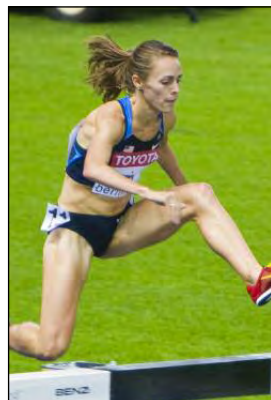
Emma Coburn



Shayne (Wille) Culpepper



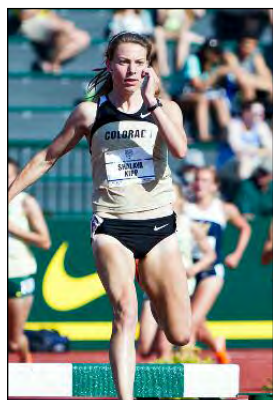
Casey Malone



Jenny Barringer



Kara (Grgas-Wheeler) Goucher



Shalaya Kipp



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 XXVIth 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

2012, the XXXth Olympiad, London, England

Emma Coburn (USA)9th-3,000-meter steeplechase

Kara (Grgas-Wheeler) Goucher (USA).....11th-marathon

Shalaya Kipp (USA)semis-3,000-meter steeplechase

Dathan Ritzenhein (USA)13th-10,000-m

Jenny (Barringer) Simpson (USA)semis-1,500

BUFFS IN THE PROS

**RENEE METIVIER BAILLIE ('05).....Distance
ClubMizuno**

- 2005 USATF Outdoor Championships (5th, 10k)
- 2006 USA XC Championships (3rd, 4k), IAAF World XC Championships (49th)
- 2008 USA XC Championships (2nd), IAAF World XC Championships (49th)
- 2008 USA Olympic Trials Qualifier (5k)
- 2010 USA XC Championships (5th), IAAF World XC Championships (38th)
- **2010 USA Indoor 3k Champion**
- 2010 USA Outdoor Championships (8th, 5k)
- 2011 Bolder Boulder Team USA Member (6th)
- 2012 Chicago Marathon, 1st American, 7th overall (2:27.17)

**EMMA COBURN ('13).....Mid Distance/Steeplechase
ClubNew Balance**

- ***2011 USA Steeplechase Champion**
- *2011 IAAF World Championship Steeplechase Finalist (13th)
- *2011 USA No. 1 Ranked Steeplechaser
- ***2012 USA Olympic Trials Steeplechase Champion**
- *2012 Olympic Games Steeplechase Finalist (9th)
- *2012 USA No. 1 Ranked Steeplechaser
- 2014 USA No. 1 Ranked Steeplechaser
- 2014 Shanghai Golden Grand Prix (1st)
- **2014 USA Steeplechase Champion**
- **2014 Glasgow British Athletics Diamond League (2nd), ran fastest time by an American (9:11.42)**
- **2014 IAAF Continental Cup Champion**

*run while still in college

**KARA GOUCHER ('01).....Distance
ClubNIKE**

- 2006 USA XC Championships (7th, 4k), IAAF World XC Championships (21st)
- 2006 USA Outdoor Championships (2nd, 5k)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (2nd, 10k)
- **2007 IAAF World Championship Bronze Medalist (10k)**
- 2007 Great North Run Half Marathon Champion (1:06.57)

• **2008 USA Olympic Trials 5k Champion**

- 2008 USA Olympic Trials (2nd, 10k)
- 2008 Olympic Games (10th, 10k; 9th, 5k)
- 2008 NYC Marathon, 1st American, 3rd Overall (2:25.53), fastest U.S. woman debut
- **2009 USA Outdoor 5k Champion**
- 2009 Boston Marathon (3rd overall, 1st American)
- 2009 IAAF World Championships (9th, marathon)
- 2011 USA Outdoor Championships (2nd, 10k)
- 2011 Boston Marathon (5th)
- 2012 USA Olympic Marathon Trials (11th)
- **2012 USA Half Marathon Champion**
- 2012 Olympic Games Marathon (11th)
- 2013 Boston Marathon (6th)

**CASEY MALONEDiscus
Clubunattached**

- 1996 USA Olympic Trials (18th)
- 2000 USA Olympic Trials (9th)
- 2001 USA Outdoor Championships (10th)
- 2002 USA Outdoor Championships (5th)
- 2002 USA No. 4 thrower (218-5)
- 2003 USA Outdoor Championships (9th), IAAF World Championships (10th)
- 2004 USA Olympic Trials (3rd)
- 2004 Olympic Games (6th)
- 2004 Golden League Meet, Brussels (4th)
- 2004 USTAF Golden League Meet, Berlin (6th)
- 2004 World Athletic Final, Monaco (7th)
- 2005 USA Outdoor Championships (5th)
- 2006 USA Outdoor Championships (2nd)
- 2008 USA Olympic Trials (3rd)
- 2008 Olympic Games participant
- **2009 USA Outdoor Champion**
- 2009 IAAF World Championships (5th)
- **2010 USA Outdoor Champion**
- 2010 Samsung Diamond League Series (5th overall)
- 2012 USA Olympic Trials (6th)



Renee Metivier Baillie



Emma Coburn



Kara Goucher



Casey Malone



Billy Nelson

**BILLY NELSON ('08).....Steeple
Clubunattached**

- 2008 USA Olympic Trials (2nd, steeplechase)
- 2008 Olympic Games (29th, steeplechase)
- 2010 USA Outdoor Championships (5th, steeplechase)
- **2011 USA Steeplechase Champion**
- 2011 IAAF World Championships participant
- 2012 USA Olympic Trials finalist
- 2014 USA Outdoor Championships participant

**DATHAN RITZENHEINDistance
ClubNIKE**

- 2004 USA Olympic Team member (10k)
- **2005 USA XC Champion**
- **2005 USA Road 10k Champion**
- 2006 USA Outdoor Championships (3rd, 5k)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (3rd, 10k)
- 2008 USA Olympic Marathon Trials (2nd)
- **2008 USA XC Champion**
- 2008 Olympic Games Marathon (9th)
- 2009 USA Outdoor Championships (2nd, 10k)
- 2009 IAAF World Championships (6th, 10k)
- **2009 Set USA 5k National Record (12:56.27)**
- **2009 World Half Marathon Championship Bronze Medalist**
- **2010 USA XC Champion**
- 2012 USA Olympic Marathon Trials (4th)
- 2012 USA Olympic Trials (3rd, 10k)
- 2013 USA XC Championships (2nd)
- 2013 USA Outdoor Championships (2nd, 10k)
- 2013 IAAF World Championships (10th, 10k)

**JENNY SIMPSON ('09).....Middle Distance
ClubNew Balance •**

- ***2007 USA Steeplechase Champion**
- *2008 USA Olympic Trials (3rd, steeplechase)
- ***2008 Olympic Games (8th, steeplechase), broke the American record**
- ***2009 USA Steeplechase Champion**
- ***2009 IAAF World Championships (5th), broke the American record (9:12.50 - still stands)**
- 2010 USA Outdoor Championships (3rd, 5k)
- **2011 USA Indoor Champion, Mile and 3k**
- 2011 USA Outdoor Championships (2nd, 1,500)
- **2011 IAAF World 1,500 Champion**
- **2012 USA Indoor Champion, Mile and 3k**

- 2012 USA Olympic Trials (3rd, 1,500)
 - 2012 USA Olympic 1,500m semifinalist
 - **2013 USA Outdoor 5k Champion**
 - **2013 IAAF World Championship 1,500 Silver Medalist**
 - 2014 USA XC Runner-up (8k)
 - 2014 Toyko Seiko Golden Grand Prix (1st)
 - **2014 USA 1,500 Champion**
 - 2014 Paris Meeting AREVA (2nd), ran the second fastest time by an American (3:57.22)
 - 2014 DN Galan Stockholm Grand Prix (1st)
 - 2014 Zurich Grand Prix (1st)
 - **2014 IAAF Diamond League 1,500 Champion**
- *run while still in college

**BRENT VAUGHN ('08).....Distance
Club.....NIKE**

- 2008 USA Olympic Trials finalist (5k)
- 2009 USA Outdoor Championships (9th, 5k)
- 2010 Bolder Boulder Elite Race (4th), highest American finisher
- 2010 USA Outdoor Championships (5th, 5k)
- 2011 USA Indoor Championships (4th, 3k)
- **2011 USA XC Champion**
- 2012 USA Olympic Trials (7th, 10k)

Retired Buffs

HEATHER STERLIN BIGLOW ('97).....Heptathlon/Long Jump

- 1997 USA Outdoor Championships (6th)
- 2001 USA Outdoor Championships (5th)
- 2002 USA No. 3 Ranked Heptathlete
- 2004 USA Olympic Trials (9th)
- 2004 USA No. 7 Ranked Heptathlete

ALAN CULPEPPER ('96).....Distance

- 1997 USA Outdoor Championships (2nd, 5k)
- **1999 USA XC Champion (12k)**
- **1999 USA Outdoor 10k Champion**
- 2000 USA XC Championships (2nd, 12k)
- 2000 USA Olympic Trials (2nd, 10k)
- 2000 USA Olympic Team Member (10k)
- 2001 USA Outdoor Championships (2nd, 5k/ 3rd, 10k)
- 2002 USA XC Championships (3rd, 12k)
- **2002 USA Outdoor 5k Champion**
- 2002 USA Outdoor Championships (3rd, 12k)



Dathan Ritzenhein



Jenny Simpson



Brent Vaughn



Heather Sterlin Biglow



Alan Culpepper

- **2002 Chicago Marathon, 6th, fastest U.S. debut in history**
- **2003 USA XC Champion, 12k**
- **2003 USA Outdoor 10k Champion**
- **2004 USA Olympic Marathon Trials Champion**
- 2004 Olympic Games Marathon, 12th
- 2005 Boston Marathon, 4th
- 2006 Boston Marathon, 5th
- **2007 USA XC Champion**

SHAYNE CULPEPPER ('97).....Middle Distance

- 1999 USA XC Championships (4th, 4k)
- 1999 USA Outdoor Championships (3rd, 1,500)
- 2000 USA XC Championships (4th, 4k)
- 2000 USA Olympic Trials (4th, 1,500)
- 2000 USA Olympic Team Member, 1,500
- **2002 USATF Club Cross Country Champion**
- 2003 USA Indoor Championships (2nd, 3k)
- **2003 USA XC Champion, 4k**
- **2004 USA Indoor 3k Champion**
- **2004 IAAF Indoor Championships Bronze Medalist, 3k**
- **2004 USA Olympic Trials 5k Champion**
- 2004 USA Olympic Team Member, 5k
- **2005 USA Indoor 3k Champion**
- 2005 USA XC Championships (2nd, 4k)
- 2005 IAAF World XC Championships (20th, 4k)
- 2009 USA Indoor Championships (2nd, 1,500)

ADAM GOUCHER ('98).....Middle Distance

- **1999 USA Outdoor 5k Champion**
- 1999 IAAF World Championships finalist (12th, 5k)
- **2000 USA XC Champion (4k & 12k - only man to win both in the same year)**
- **2000 USA Olympic 5k Trials Champion**
- 2000 Olympic Games finalist (12th, 5k)
- 2001 USA Outdoor Championships (3rd, 5k)
- 2001 IAAF World Championships finalist (10th, 5k)
- 2001 Ran fastest 3k of the year (7:34.96) by an American
- 2003 USA Outdoor Championships (3rd, 5k)
- **2006 USA Indoor 3k Champion**
- **2006 USA XC Champion, 4k**
- 2006 IAAF World XC Championships (6th, 4k)
- 2006 USA Outdoor Championships (4th, 5k)
- 2007 USA XC Championships (2nd)
- 2007 USA Outdoor Championships (3rd, 5k)

STEVE SLATTERY ('02).....Steeple

- 2002 USA Outdoor Championships (2nd, steeplechase)
- **2003 USA Outdoor Steeplechase Champion**
- 2004 USA Olympic Trials (5th, steeplechase)
- 2005 USA Outdoor Championships (3rd, steeplechase)
- 2006 USA Outdoor Championships (2nd, steeplechase)
- 2010 USA Outdoor Championships (3rd, steeplechase)

JORGE TORRES ('03).....Distance

- 2002 USA XC Championships (2nd, 4k)
- 2003 USA Outdoor Championships (3rd, 5k)
- 2003 IAAF World Championships finalist (15th, 5k)
- 2003 Ranked No. 1 American at 5,000 meters
- 2004 USA Olympic Trials (7th, 5k)
- **2005 USA 8k Road Champion**
- 2005 USA XC Championships (2nd, 12k/4th, 4k)
- 2005 IAAF World XC Championships (13th, 4k)
- **2006 USA Outdoor 10k Champion**
- 2007 USA XC Championships (4th)
- 2007 USA Outdoor Championships (5th, 10k)
- 2008 USA XC Championships (2nd)
- 2008 IAAF XC Championships (19th)
- 2008 USA Olympic Trials (3rd, 10k)
- 2008 Olympic Games (27th, 10k)
- 2009 USA XC Championships (4th)

COLORADO RUNNING HALL OF FAME

CU Inductees

2012

Jerry Quiller

2010

Shayne Culpepper Adam Goucher
Dan Reese Mike Sandrock

2009

Rich Castro Alan Culpepper

2007

Ted Castaneda



Shayne Culpepper



Adam Goucher



Steve Slattery



Jorge Torres

THE UNIVERSITY OF COLORADO

Founded in 1876 at the foot of the Flatirons, 138 years has transformed the University of Colorado from a lone building on a bleak, windswept hill to one of the nation's leading public research institutions. Established in 1861, the University was formally founded in 1876, the year Colorado became a state.

The Boulder campus encompasses almost 800 acres on the main campus, east campus (which includes a research park), Williams Village and the Mountain Research Station north of nearby Nederland (which supports ecology, chemistry and geology). In 1996 the Board of Regents purchased 308 acres of land in unincorporated Boulder County, now informally known as the south campus, in an effort to insure the growth of the University well into the 21st century.

While almost 30,000 students are educated on the main campus, another 13,000 study at the University of Colorado at Denver, the University of Colorado Anschutz Campus (Aurora) and the University of Colorado at Colorado Springs. Nine elected Regents and President Bruce Benson lead the four-campus system, while each campus has a Chancellor who serves as the chief academic and administrative officer. Dr. Phil DiStefano is in his sixth year as the chancellor of the Boulder campus.

Students can enter any of 10 schools and colleges offering more than 2,500 courses in 150 fields, representing a full range of disciplines in the humanities, social sciences, physical and biological sciences, the fine and performing arts, and the professions. CU-Boulder is regularly ranked among the best of the United States' public universities by the *Fiske Guide to Colleges*, and a 2010 *USA Today/Princeton Review* survey rated the University of Colorado as the fifth-best value among American public colleges. CU was recently ranked as the No. 33 university in the world by the *Times Higher Education*.

CU-Boulder has played a major role in NASA space programs, designing and building many scientific instruments flown in outer space, and graduated 18 men and women who became astronauts, including the late Jack Swigert, one of the three astronauts in the crippled Apollo 13 mission who made it dock to Earth safely from the moon. When the Hubble Space Telescope was launched in 1990, it was carrying seven major instruments, including a high-resolution spectrograph to study the evolution of stars and designed and built by an international science team led by astronomer Jack Brandt of CU-Boulder. Since Hubble has been up, CU-Boulder faculty and students have been among the top users of Hubble of any institution in the world. CU-Boulder is the only university in the country where undergraduate students have operated a NASA satellite.



The University has produced 19 Rhodes Scholars, five of which were former football student-athletes at CU, with Jim Hansen the most recent recipient in 1992. Faculty member Thomas Cech, a distinguished professor of chemistry and biochemistry, won the 1989 Nobel Prize in chemistry. Other notable alumni include former United States Supreme Court Justice Byron "Whizzer" White, former big band leader Glenn Miller and actors Robert Redford and Chris Meloni, the latter starring for years on *Law & Order: Special Victims Unit*, and the creators of *South Park*, Trey Parker and Matt Stone.

If the aphorism, "Somewhere between the Rockies and reality," seems too good to believe, then come for a visit. Start with a walk on the historic Pearl Street Mall, a downtown pedestrian mall that is the ceremonial heart of the city actually that works despite the efforts of its street theatre.

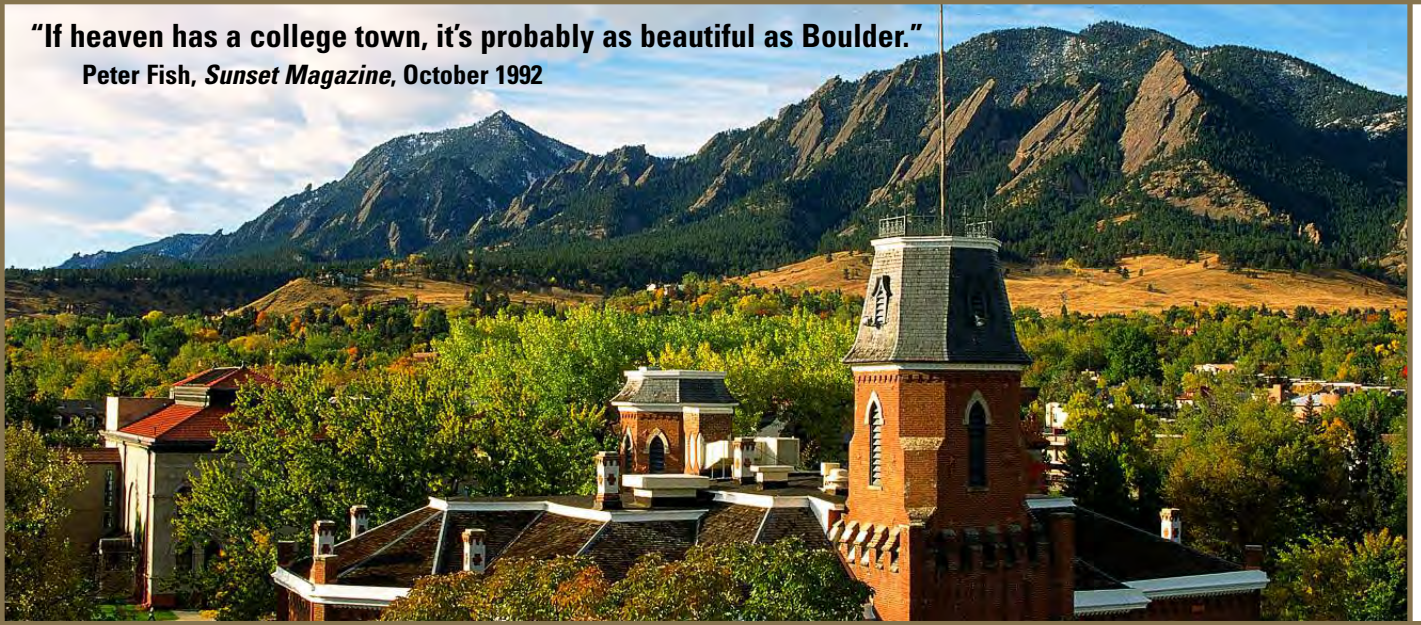
Visitors may be so taken in by the scenery, the mall, Tudors and Victorians they may forget the University that put it all together. From Pearl, Broadway leads directly onto campus where the University of Colorado Museum and the CU Heritage Center, in the original Old Main building, which introduces the University's past and present. The recently completed ATLAS building is one of the most state-of-the-art structures on any college campus.

Take in the fresh mountain air on any part of 100 miles of trails and 30,000 acres of open space. Climb the Flatirons or in Eldorado Canyon State Park. Swim or board sail at the Boulder Reservoir while elite runners sprint around it. Take in a pro sporting event down the road in Denver, just one of 13 cities with teams in all four pro leagues.

Rest assured, like the prophesy of an Arapaho Indian Chief, "If you leave Boulder, you will return."

"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 |
| Kalpana Chawla | Astronaut | Ellison Onizuka | Astronaut (Challenger) |
| Lynn Cheney | Former U.S. Vice President's Wife | Trey Parker | South Park Creator |
| Kevin Corke | NBC News | Robert Redford | Actor |
| Chris Fowler | ESPN | Matt Stone | South Park Creator |
| Jim Gray | NBC Sports | Jack Swigert | Astronaut (Apollo 13) |
| Hale Irwin | Professional Golfer | Bill Toomey | 1968 Gold Medalist – Decathlon |
| Larry Linville | Actor (M*A*S*H) | Byron White | Supreme Court Justice |
| Doug Looney | Sports Illustrated | Steve Wozniak | Inventor (Apple) |
| Bill Marolt | U.S. Skiing President | | |



Chris Fowler



Kalpana Chawla



Kevin Corke



Robert Redford

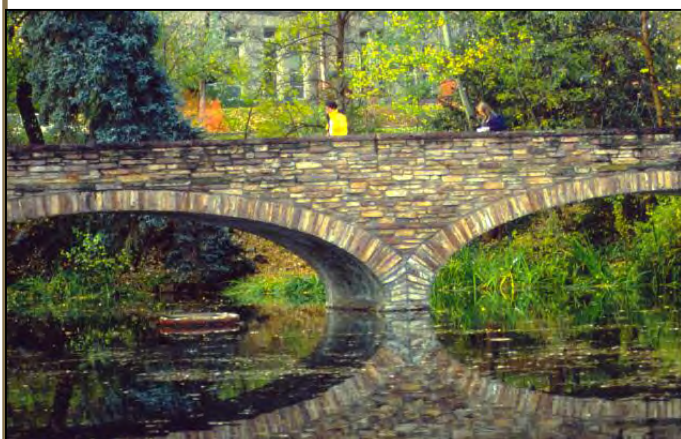


Byron White



RANKINGS

- CU-Boulder was one of only 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.

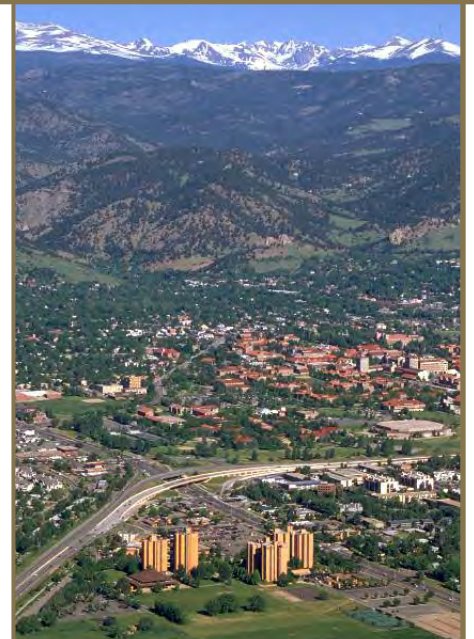
- In 2007 and '08 Boulder was called the "smartest city in America" by Forbes
- Boulder has 200 miles of public hiking and biking trails, approximately 30,000 acres of open space and a 16-mile Boulder Creek Path which runs through the middle of town. The city of Denver offers over 450 miles of paved, 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) Simpson, Alan Culpepper, Shayne Culpepper, Billy Nelson, Jorge Torres, Kara Goucher, Emma Coburn, Dathan Ritzenhein and Shalaya Kipp.

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. The USATF announced in 2013 that the USA Cross Country Championships in 2014 and 2015 would be held in Boulder.

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. The Buffs also hosted the 2013 Pac-12 Cross Country Championship in 2013 in Louisville, Colo. at Coal Creek Golf Course. The CU men won the meet for the third straight year in front of a crowd of just over 5,000, while the CU women took second by just six points.

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

2013 Pac-12 Cross Country Championships

West End 3k

Pearl Street Mile

Boulder Roadrunners All-Comers Series

Run on the Wildside 5k

Rocky Mountain Shootout

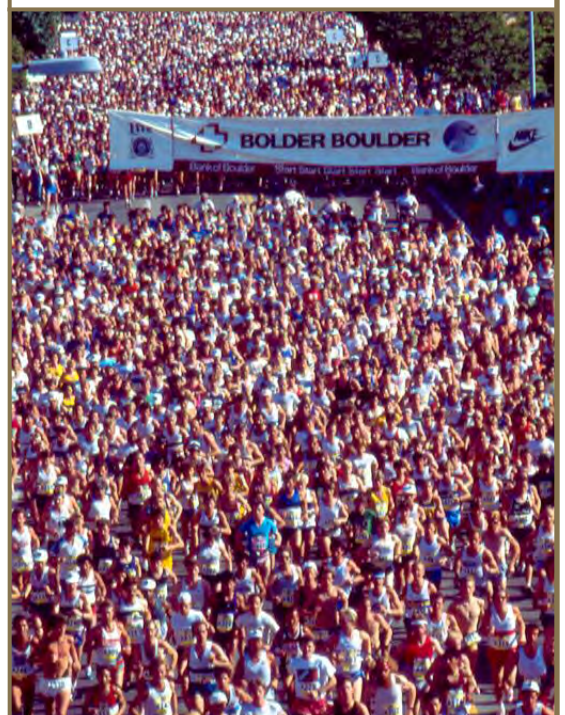
5k Turkey Trot

Bolder Boulder 10k

Uni-Hill Downhill 1k

Boulder Peaks Triathlon/Duathlon

USATF Cross Country Championships (2007, 2014, 2015)



The start line for the Boulder Boulder

2008 BIG 12 OUTDOOR T&F CHAMPIONSHIP/ 2013 PAC-12 XC CHAMPIONSHIP



The CU men's track and field team won its first Big 12 Conference Outdoor Track & Field title at Potts Field on May 18, 2008. Colorado scored a school record 138 points in a Big 12 meet and defeated top-ranked Texas A&M by 17 points (121). The Buffs had four individual champions in seniors Billy Nelson (3,000-meter steeplechase), Brent Vaughn (5k), James Begley (discus) and junior Kenyon Neuman (10k). CU also recorded 32 points in the 5,000-meter run and 33 points in the 10k.



The top-ranked CU men's cross country team captured their third straight Pac-12 Championship in front of a home crowd of over 5,000 at the Coal Creek Golf Course in Louisville, Colo. The Buffs soundly defeated runner-up No. 4 Oregon 28-54. No. 13 Stanford was third with 79 points. CU impressed by placing all five of its scorers in the top nine, going 3-4-5-7-9. Less than a month later, the Buffs went on to win their fourth NCAA Championship.

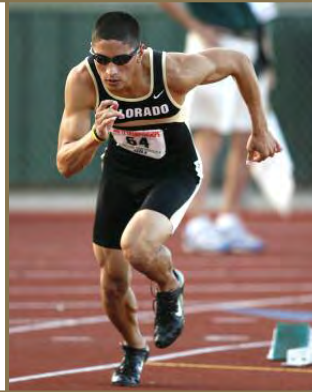




Tamara Ards



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 300 student-athletes following the fall '14 semester was 2.931 and 10 of the 15 programs boasted 3.00 overall grade point averages.

- 3.595 Women's Skiing
- 3.362 Women's Cross Country
- 3.340 Women's Tennis
- 3.304 Women's Soccer
- 3.285 Women's Golf
- 3.282 Men's Skiing
- 3.152 Women's Track and Field
- 3.040 Women's Lacrosse
- 3.028 Women's Basketball
- 3.015 Men's Cross Country

13 CU student-athletes earned 4.00 GPA's during the fall '14 semester and 83 had cumulative GPA's of 3.50 or above.

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

PAC-12 ALL-ACADEMIC FIRST TEAM

| | |
|---------------------|----------|
| Matt Biegner..... | 2013 |
| Joe Bosshard..... | 2014 |
| Stephen Kasica..... | 2012 |
| Nikki Look..... | 2012, 13 |
| Jerome Perkins..... | 2012 |
| Jessica Tebo..... | 2012 |
| Rachel Viger..... | 2012 |
| Andy Wacker..... | 2012 |

SECOND TEAM

| | |
|----------------------|----------|
| Matt Biegner..... | 2012 |
| Alyssa Frank..... | 2012 |
| Diana George..... | 2012, 13 |
| Lindsay Mattson..... | 2014 |
| Morgan Pearson..... | 2014 |
| Bridget Sweeney..... | 2013, 14 |

HONORABLE MENTION

| | |
|-------------------------|----------|
| Brianne Beemer..... | 2012, 13 |
| Countney Bouchet..... | 2012, 14 |
| Emma Coburn..... | 2013 |
| Katie Cumming..... | 2012 |
| Katie Dreher..... | 2012 |
| Kelsey English..... | 2013, 14 |
| Emily Hunsucker..... | 2013, 14 |
| Cameron Hutchins..... | 2012, 13 |
| Mark Jones..... | 2013 |
| Shalaya Kipp..... | 2014 |
| Abby Levene..... | 2014 |
| Lindsay Mattson..... | 2013 |
| Allie McLaughlin..... | 2013 |
| Holly Odneal..... | 2012, 13 |
| Ewelina Pena..... | 2014 |
| Gwen Ricco..... | 2013 |
| Jana Stolting..... | 2013 |
| Blake Theroux..... | 2012, 13 |
| Jake Timmons..... | 2012 |
| Elizabeth Tremblay..... | 2012, 14 |
| Kirsten Wicks..... | 2012 |

MPSF ALL-ACADEMIC

| | |
|-----------------------|----------|
| Maddie Alm..... | 2014 |
| Brianne Beemer..... | 2012, 13 |
| Matt Biegner..... | 2012, 13 |
| Joe Bosshard..... | 2014 |
| Courtney Bouchet..... | 2013, 14 |
| Emma Coburn..... | 2013 |
| Lara Darco..... | 2012 |
| Jenny DeSouchet..... | 2014 |
| Katie Dreher..... | 2012 |
| Kelsey English..... | 2013, 14 |
| Alyssa Frank..... | 2012 |
| Diana George..... | 2012, 13 |
| Lindsay Hubbard..... | 2013 |
| Emily Hunsucker..... | 2012, 14 |
| Cameron Hutchins..... | 2012, 13 |
| Mark Jones..... | 2013 |
| Stephen Kasica..... | 2012 |
| Shalaya Kipp..... | 2014 |
| Nikki Look..... | 2012, 13 |
| Lindsay Mattson..... | 2013, 14 |

| | |
|-------------------------|--------------|
| Holly Odneal..... | 2012, 13 |
| Morgan Pearson..... | 2014 |
| Ewelina Pena..... | 2014 |
| Jerome Perkins..... | 2012 |
| Gwen Ricco..... | 2013 |
| Ryan Savercool..... | 2012, 13 |
| Jana Stolting..... | 2013 |
| Bridget Sweeney..... | 2013, 14 |
| Blake Theroux..... | 2012, 13, 14 |
| Jake Timmons..... | 2012 |
| Elizabeth Tremblay..... | 2012, 13 |
| Rachel Viger..... | 2012, 13 |
| Kirsten Wicks..... | 2012 |

Awards Prior to 2012

FIRST TEAM

| | |
|------------------------|--------------------|
| Steve Allen..... | 1990 |
| Andrew Ames..... | 1988 |
| Tamara Ards..... | 1993 |
| Lindsay Arendt..... | 1998, 99, 2000 |
| Molly Austin..... | 1999, 2001, 02, 03 |
| Patrick Bachmann..... | 2010 |
| Austin Baillie..... | 2003, 04, 05 |
| David Barbieri..... | 1993 |
| Jenny Barringer..... | 2007, 08, 09 |
| Adam Batliner..... | 1996, 1998, 99 |
| Payton Batliner..... | 2005, 06 |
| Matthew Beigner..... | 2010, 11 |
| Nick Bengtston..... | 2000, 01 |
| Randy Berkheim..... | 1994 |
| Aaron Blondeau..... | 1998, 99, 01, 02 |
| Christine Bolf..... | 2004, 05, 06 |
| Courtney Bouchet..... | 2011 |
| Lindsey Bradfield..... | 1998, 99 |
| Megan Burrell..... | 2010, 11 |
| Heather Burroughs..... | 1995, 96, 98, 99 |
| Megan Buttner..... | 1999, 2000, 01, 03 |
| Will Campbell..... | 2004 |
| Robert Carmona..... | 1992 |
| Amberly Casey..... | 2007 |
| Antonio Castro..... | 2003 |
| Tim Catalano..... | 1993, 94 |
| Anna Chase..... | 2008 |
| Anthony Chiulli..... | 2007 |
| Jay Clecker..... | 1995 |
| Megan Clute..... | 1998 |
| Emma Coburn..... | 2011 |
| Jon Cooper..... | 1995, 96 |
| Alan Culpepper..... | 1996 |
| Katie Cumming..... | 2010, 11 |
| Kristina Dahlberg..... | 1996, 97 |
| James Davis..... | 1995 |
| Mike Dickman..... | 1985, 87, 89 |
| Pat Dolan..... | 1992 |
| Jason Dudley..... | 1990 |
| Chase Dukes..... | 2008 |
| Andy Dunn..... | 1987 |
| Nick Duresky..... | 1996 |
| Mark Ebert..... | 2007 |
| Matt Elmuccio..... | 1998, 99 |
| Mandi Farquhar..... | 1994, 95, 96, 97 |
| Kevin Fasing..... | 2008, 10, 11 |
| Jennifer Fazioli..... | 1999, 2000, 01, 02 |

| | |
|-------------------------|--------------------|
| Alyssa Frank..... | 2010 |
| Rachel Gioscia..... | 2007, 09 |
| Sarah Goodwin..... | 1996, 97 |
| Adam Goucher..... | 1995 |
| Kara Grgas-Wheeler..... | 1997, 99, 2000, 01 |
| Jen Grominger..... | 1994 |
| Jen Gruia..... | 1998, 99 |
| Jamie Hallum..... | 1989 |
| Zach Hancock..... | 1997 |
| Emily Hanenburg..... | 2008, 09, 10, 11 |
| Sarah Hanson..... | 1986 |
| Bradley Harkrader..... | 2008 |
| Jill Hassebrock..... | 1993 |
| Erik Heinonen..... | 2006 |
| Lesley Higgins..... | 1999, 01, 02 |
| Drew Hildner..... | 2001 |
| Jodie Hughes..... | 1999, 2000, 01, 02 |
| Erika Hulsman..... | 1998 |
| Courtney Hutmacher..... | 2005, 06 |
| Peter Janson..... | 2006, 07, 08 |
| Andrew Johnson..... | 1993 |
| Erik Johnson..... | 1993 |
| Jay Johnson..... | 1996, 97, 98, 99 |
| Donald Jurries..... | 1987 |
| Michell Kantor..... | 1989 |
| Kaity Kark..... | 2008, 09, 10 |
| Stephen Kasica..... | 2010, 11 |
| Daniel Kenney..... | 2006, 07 |
| Diane Keller..... | 1989, 90, 91 |
| Katie Kissane..... | 2004 |
| Tom Kresl..... | 1985 |
| Scott Larson..... | 1994 |
| Jonathon Lee..... | 2001, 02, 03 |
| Eric Lee-O'Brien..... | 2003 |
| Nikki Look..... | 2011 |
| Gus Lundin..... | 2003, 04 |
| Britta Maas..... | 2001 |
| Travis Macy..... | 2003 |
| Kathleen Majewski..... | 2009, 10 |
| Amanda Manatt..... | 2002, 03 |
| Lucas Marquardt..... | 1999 |
| Erin Marston..... | 2007 |
| Robert Martin..... | 1991 |
| Veronica Maul..... | 2007, 09 |
| Matthew McCathran..... | 2010, 11 |
| Brianna McDevitt..... | 2004 |
| Carol McMordie..... | 1987 |
| Christine McNamara..... | 1988 |
| Matt McCue..... | 2003, 04, 05 |
| Amy Merten..... | 1992 |
| Renee Metivier..... | 2005 |
| Andrew Miller..... | 2003, 04, 05 |
| Peggy Millican..... | 1990 |
| Tera Moody..... | 2001, 02, 03, 04 |
| Melinda Mounsey..... | 1998 |
| Matt Napier..... | 1997, 98, 99, 2000 |
| Sam Napp..... | 2004, 05, 06 |
| Liza Negri..... | 2003, 04, 05 |
| Kenyon Neuman..... | 2007 |
| James Nixon..... | 2010 |
| Jeff Nock..... | 1987 |
| Holly Odneal..... | 2011 |
| Hao Pan..... | 2003 |
| Jerome Perkins..... | 2010 |

ACADEMIC ALL-CONFERENCE

Jodi Pilcher1996
 George Pincock2007
 Sara Price.....2008
 Matt Queen.....1999, 02
 Mikaela Raddatz2005, 06, 07
 Lindsay Raham.....1998, 99, 2000
 Danielle Reagin2010
 Tom Reese.....1996
 Brooke Regan.....2011
 Michelle Reynolds1991
 Deb Rieck1998, 2000
 Dathan Ritzenhein2003
 Nicole Roberts1990
 Jamie Rosenquist2001, 02
 Patty Roberts1994
 Dani Rodriguez2008
 Leona Russell.....1993, 94, 95
 Liz Sabochik1999, 2000, 01, 02
 Andy Samuelson1992
 Ryan Savercool2011
 Chris Schafer1997, 98, 01
 Bret Schoolmeester2005, 06
 Jared Scott2003, 04
 Yvonne Scott.....1996
 Chris Severy1995, 96, 97
 Jon Severy2003, 04, 05
 Jeff Singleton1996, 97, 98
 Sara (Gorton) Slattery.....2002, 03, 05
 Amber Smith2008
 Jennifer Smith1998
 Kelly Smith1995, 96, 97, 98
 Sean Smith2001
 Heather Sterlin1995
 Briana Stott-Messick1998, 99
 Jaclyn Strum2005, 06, 07
 Kyle Swartz1998, 2001
 Sara Tarkington2001
 Brock Tessman1999
 Laura Thweatt.....2009, 10, 11
 Zeke Tiernan1996
 Kalin Toedebusch2006
 Elizabeth Tremblay.....2011
 Laura Tremblay.....2011
 Max Van Dyke.....2010, 11
 Blake Vanier2005
 Brent VanSickle.....1996
 Brent Vaughan1991
 Brent Vaughn2005, 06, 07, 08
 Sara (Ensrud) Vaughn.....2007, 08
 Chris Volgeneau1991
 Andy Wacker.....2009, 10
 Melissa Weis.....1993
 Heather West.....2009
 Ian White2002
 Kirsten Wicks.....2011
 Ryan Willis2005
 Joi Windham2009, 10, 11
 Anna Wright2001, 02
 Catherine Wright2000, 01, 02
 Shannon Yessak.....2003

SECOND TEAM

Sasha Abuan.....2007
 Patrick Backmann2009
 Megan Baker2005
 Brianne Beemer2010
 James Begley2007
 Joe Bosshard2011
 Amaris Buchanan.....2001, 02
 Amberly Casey2005, 06
 Greg Castro2007
 Niklas Cederstrom2009
 Anthony Chiulli2005
 Emma Coburn.....2010
 Mac Crawford2009
 Katie Dreher.....2010, 11
 Vince Echavaria.....2001
 Dan Edwards.....2008, 09
 Kelly Fields2000
 Kali Gajewski2010
 Kendal Grgas-Wheeler2005
 Ashley Jackson2002
 Pete Janson2005
 Rachel Joy2001, 02
 Bradley Harkrader2007
 Chelsea Haverty.....2008
 Matt Herzl.....2008
 Lesley Higgins.....2000, 02
 Cassie Hirschfeld2009
 Emily Hunsucker2011
 Cortney Hutmacher2007
 Andy Knutsen2003
 Jordan Kyle2010
 Eric Lee-O'Brien2005
 Camille Logan2011
 Anna Magle2003, 05
 Chynna McCall.....2008, 09, 10
 Richard Medina2010, 11
 Chase Mullen.....2003, 05
 Kenyon Neuman2008, 09, 10
 Sunny Nordmarken2000
 Chelsea Peterson2005
 George Pincock2005
 Allison Sawyer.....2009
 Kyle Swartz2000
 Geo Tam2011
 Matt Tebo.....2010, 11
 Christian Thompson2009, 10
 Jake Timmons2010, 11
 Andy Wacker.....2011
 Hannah Warfield-Ruffato2005
 A.J. Whitaker2010
 Ryan Willis.....2007

HONORABLE MENTION

Starla Ahu1992
 Brian Aiken1996
 Adrien Armolet1994
 David Barbieri1991
 Steven Barbieri1993
 Adam Batliner.....1995
 Randy Berkheim1993
 Michelle Bews1986, 87
 Sean Buckley1992

Shannon Busch1991
 Jessica Cade2004
 Dayna Canener1992
 Tracy Carrington1996
 Jenny Cathey1998
 Dayna Cavener.....1991
 Jessica Civelli1995
 Jay Cleckler1993, 94
 Megan Clute1999
 Jon Cooper.....1994
 Kristina Dahlberg.....1994
 Jason Drake1993, 94
 Nick Duresky1997
 Natalie Florence2004
 Judy Foster1993
 Mike Friedberg.....1999
 Monte Fry.....1994, 1996
 Sarrah Goodwin.....1994, 95
 Adam Goucher1998
 Colleen Gylde.....1997
 Mark Haggerty1991
 Jill Hassebrock1994
 Jay Johnson1995
 Steve Joiner.....1988
 Jennifer Jones1991
 Michelle Kantor1990, 91
 Derek Knostman1992
 Brett Larsen1992
 Christa Loyd1994, 95
 Alison Lusby1994
 Allison Lusby.....1995
 Anna Magle2004
 Simon Marsh1991
 Chris McDonald1989
 James McDonald.....1991
 Christine McNamara1988
 Amy Metern1991
 Micah Moore1992
 Brad Moser1993
 Melinda Mounsey.....1996
 Matt Napier1996
 Ewen Nichol1996
 Alex Olsen1998
 Sarah Pauley.....1996
 Anthony Pierangeli1996
 Jodi Pilcher1994
 Steve Proversano1989
 Tom Reese1995
 Katy Richards1990, 91
 Dathan Ritzenhein2004
 Andy Samuelson1991
 Heidi Scarlett1995
 Bret Schoolmeester2004
 Tim Schurman1994
 Sarah Scott1989
 Wendy Smith1991
 Michael Sobolik1993
 Holly Stanish.....1995
 Brian Steele1995
 Shawn Stone1994
 Kyle Swartz1999
 Zeke Tiernan1995, 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 OF CHAMPIONS

Built on a firm foundation of academic excellence and superior athletic performance, the Conference ushered in a new era on July 1, 2011, officially becoming the Pac-12 Conference with the additions of the University of Colorado and University of Utah.

Just 27 days after the Conference officially changed its name, Commissioner Larry Scott announced the creation of the Pac-12 Networks on July 27, 2011, solidifying a landmark television deal and putting the Conference on the forefront of collegiate athletics. The Networks, including one national network, six regional networks, and a robust digital network marked the first-ever integrated media company owned by a college conference. In addition, the "TV Everywhere" rights allow fans to access Pac-12 Networks outside the home on any digital device, including smartphones and tablet computers.

On the field, the Pac-12 rises above the rest, upholding its tradition as the "Conference of Champions ®," claiming an incredible 131 NCAA team titles since 1999-2000, including 10 in 2013-14. That is an average of nearly nine championships per academic year. Even more impressive has been the breadth of the Pac-12's success, with championships coming in 28 different men's and women's sports. The Pac-12 has led or tied the nation in NCAA Championships in 48 of the last 54 years, the only exceptions being in 1980-81, 1988-89, 1990-91 and 1995-96 when the Conference finished second, and only twice finished third in 1998-99 and 2004-05.

For the ninth-consecutive year, the Pac-12 had the most NCAA titles or tied for the most of any conference in the country, winning at least six every year since 2000-01. No other conference has won double-digit NCAA crowns in a single year, the Pac-12 doing so seven times, including a record 14 in 1996-97.

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 Colorado and Utah, the Conference surpassed another major milestone, with league teams capturing 450 titles, outdistancing the next conference by nearly 200. In all, Conference teams have won 469 NCAA Championships (287 men's, 154 women's, 28 combined).

Pac-12 members have won 287 NCAA team championships on the men's side, 83 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), 54 tennis titles, 46 outdoor track & field crowns, and 28 baseball titles. Pac-12 members have won 25 of 45 NCAA titles in volleyball, 40 of 45 in water polo, 28 in skiing, and 24 in swimming & diving national championships.

Individually, the Conference has produced an impressive number of NCAA individual champions. Over 2,000 (2,167) individual crowns have been won by Pac-12 student-athletes over the years with 1,485 by male student-athletes.

On the women's side, the story is much the same. Since the NCAA began conducting women's championships 33 years ago, Pac-12 members have claimed at least four national titles in a single season on 24 occasions, including 14-consecutive years from 2000-2014. Overall, the Pac-12 has captured 154 NCAA women's titles, easily outdistancing the SEC, which is second with 93. Pac-12 members have dominated a number of sports, winning 23 softball titles, 21 tennis crowns, 14 volleyball titles, 15 of the last 25 trophies in golf, and 13 in swimming & diving.

Pac-12 women student-athletes shine nationally on an individual basis, as well, having captured an unmatched 682 NCAA individual crowns, an average of nearly 21 championships per season.



Pac-12 Commissioner Larry Scott

PAC-12 CONFERENCE HISTORY

The roots of the Pac-12 Conference date back 99 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 the PCC continued as a nine-team Conference through 1958.

In 1959, the PCC was dissolved and the Athletic Association of Western Universities (AAWU) was formed with Thomas J. Hamilton was appointed Commissioner of the new league. The original AAWU membership included California, Stanford, USC, 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.

Ten years later, 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. Since then, the Conference has been considered the premiere league in women's athletics, securing the most NCAA titles in women's sports of any conference nearly every year.

Thomas C. Hansen was named the Commissioner of the Pac-10 in 1983, a role he would hold for 26 years until 2009, and was succeeded by current Commissioner Larry Scott, who took on the new role in July 2009.

During the 2010-11 academic year, the University of Colorado accepted its invitation to join the Pac-12 on June 11, 2010, and on June 17, 2010, the University of Utah agreed to join the Conference. 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.

PAC-12 CONFERENCE

It was during that 2010-11 academic year that Scott helped deliver monumental changes that transformed the Conference into a modern 12-team league. In addition to expanding to 12 teams, member institutions agreed to equal revenue sharing for the first time in the Conference's history, created two divisions - the North and the South, for football only and established a Football Championship Game for the first time ever. He also secured a landmark media rights deal that dramatically increased national exposure and revenue for each school, establishing the Pac-12 Networks and Pac-12 Digital Network that guaranteed enhanced exposure across all sports.

Currently, the Pac-12 sponsors 11 men's sports and 11 women's sports. Additionally, the Conference is a member of the Mountain Pacific Sports Federation (MPSF) in four other men's sports and three women's sports.

The Pac-12 Conference offices are located in the heart of San Francisco in the SOMA district.

2013-14 REVIEW

In 2013-14, the Pac-12 Conference's 10 national titles came in the form of six men's and four women's crowns. Six different league schools claimed NCAA titles and, of the seven NCAA institutions to have won multiples titles, three were from the Pac-12. No other conference in the country had more than one team win multiple NCAA titles.

Oregon was one of three teams in the country to win three NCAA titles this academic season, its first time doing so. The Ducks took home the hardware in men's outdoor track & field, the program's first team title in the sport since 1984, and swept the men's and women's indoor national championships. An additional four teams in the country had two NCAA titles, including USC and UCLA. The Trojans continue to dominate the sports of men's water polo and men's tennis, winning a sixth-straight title in the pool and a fifth in six years on the court. The Bruins won the conference's third-ever women's soccer title and the program's first, while also taking home the women's tennis crown.

But it was the Buffaloes who kicked off the year for the conference winning its fourth NCAA men's cross country title. California was first in men's swimming, the program's third national championship in four years, and Stanford won its third women's water polo crown in four years, extending the school's streak of at least one NCAA team championship to 38 consecutive years.

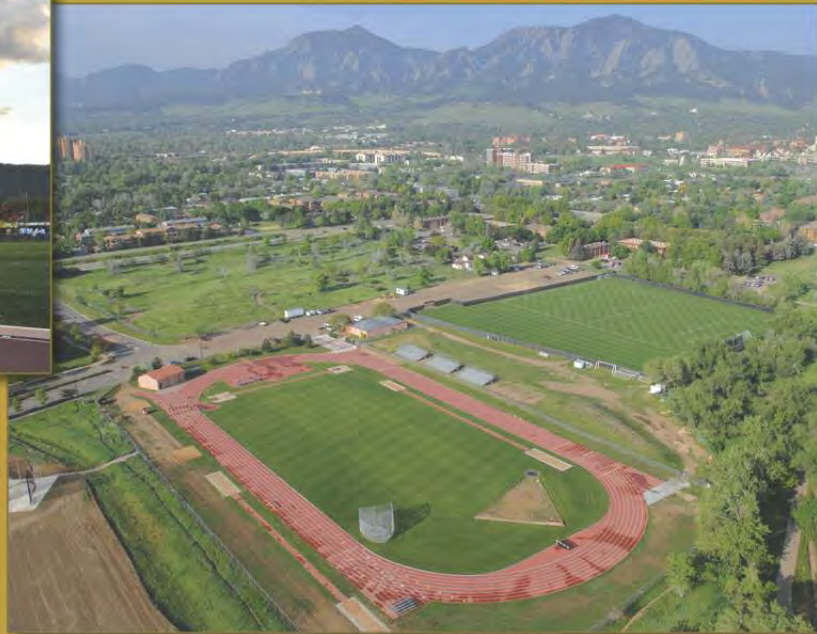
Participation in the postseason was a common occurrence for the Pac-12 in 2013-14. Of the 22 sports it sponsors, 19 witnessed at least half its teams participating in NCAA or other postseason action. The men sent 79 of a possible 100 teams into the postseason (79.4 percent), while the women sent 83 of a possible 115 teams (72.2 percent).



Mads Stroem was the NCAA 20-kilometer freestyle champion as a freshman in 2014.



CU claimed its fourth NCAA men's cross country title in 2013 (The Buffs repeated as NCAA Champions in 2014.)



BUFF FACILITIES

