

## INDEX (alphabetical)

2015 In Review.....	46-51
Men's Indoor Bests.....	46
Women's Indoor Bests.....	47
Men's Outdoor Bests.....	48-49
Women's Outdoor Bests.....	50-51
Academics and Athletics.....	92-94
All-Americans.....	77-78
Athlete Biographies.....	14-44
2008 Big 12 Outdoor Championship.....	90
Boulder/Denver/Colorado Facts.....	87-88
Bufs in the Pros.....	81-83
Coaching Staff.....	2-5
Coaching Staff Accolades.....	6-7
Colorado Running Hall of Fame.....	83
Conference History.....	72-73
2015 Cross Country Results.....	45
Facilities.....	98
NCAA History.....	74-76
NCAA Champions.....	79
Olympians.....	80
Outlook.....	10-11
Pac-12 Conference.....	96-97
2013 Pac-12 Cross Country Championship.....	90
Records.....	52-67
Men's Indoor.....	52
Women's Indoor.....	53
Men's Indoor All-Time Bests.....	54-57
Women's Indoor All-Time Bests.....	58-61
Men's Outdoor.....	62
Women's Outdoor.....	63
Men's Outdoor All-Time Bests.....	64-67
Women's Outdoor All-Time Bests.....	68-71
Rosters.....	12-13
Running Town, USA.....	89
Schedule.....	9
STEPS/Read With The Bufs.....	95
Support Staff.....	8
University of Colorado.....	84-86
Walk On To All-American.....	91

## BUFFS AT A GLANCE

**Location:** Boulder, Colo.  
**Enrollment:** 30,789  
**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:** Burke Bockman (Sprints/Hurdles); Heather Burroughs (Distance); Casey Malone (Throws); Lindsey Malone (Combined Events/Jumps)  
**Assistant Coach/Recruiting Coordinator:** Billy Nelson (Distance)  
**Director of Operations:** Karen Lechman  
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## SPORTS MEDICINE

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## 2015 IN REVIEW:

### Indoors

**MPSF Indoor Championships:** Men 11th, Women 9th  
**NCAA Indoor Championships:** Men t28th, Women NTS  
**Conference Champions (2):** Kaitlyn Benner (5,000), Abrianna Torres (Pentathlon)  
**All-Americans (7):** Jake Hurysz (Mile & 3,000), Alex Kizirian (Weight Throw), Ammar Moussa (3,000), Pierce Murphy (5,000), Morgan Pearson (3,000 & 5,000)  
**NCAA Champion (0):** None

### Outdoor

**Pac-12 Outdoor Championships:** Men 7th, Women 8th  
**NCAA Outdoor Championships:** Men t51st, Women t35th  
**Conference Champions (3):** Erin Clark (Steeplechase), Ammar Moussa (10,000), Connor Winter (Steeplechase)  
**All-Americans (3):** Erin Clark (Steeplechase), Pierce Murphy (10,000), Sara Sutherland (1,500)  
**NCAA Champion (0):** None

## CREDITS

The 2016 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.

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## ON THE COVER

Erin Clark, Ana Holland, Pierce Murphy, Ben Saarel, Jaron Thomas and Abrianna Torres.

## ON THE INSIDE COVER

Kaitlyn Benner, Ammar Moussa, Morgan Pearson and Connor Winter.

*Student-athletes have signed waivers disclosing their academic standing.*



**MARK WETMORE**  
**Head Coach/Distance**  
**21st Season**

Mark Wetmore enters his 24th season at Colorado, his 21st 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 60 individual conference champions and 11 individuals who have combined for 22 NCAA titles. Wetmore has coached 81 individuals to 262 All-American selections. He has produced 31 conference championship teams, most recently capturing the 2015 Pac-12 Men's and Women's Cross Country Championship.

Wetmore's distance runners have represented the United States in international competitions. During their collegiate careers, 12 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 13 USA Cross Country titles and 42 berths on U.S. teams that compete at the IAAF World Cross Country Championships since 1999. CU graduates have won 43 USATF Championships and 10 individuals have represented the U.S. at the IAAF World Track & Field Championships.

Wetmore is a 28-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.

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



**BURKE BOCKMAN**  
**Assistant Coach/Sprints & Hurdles**  
**First Season**

Burke Bockman is in his first season as the sprints and hurdles coach at the University of Colorado, joining the program in September.

Bockman comes to CU after one season at Saint Martin's University (2014-15), working with both the men's and women's track and field teams. There he coached the sprinters, hurdlers, middle distance, jumpers and multi-event athletes. In total, five of his hurdlers were conference finalists. Bockman coached SMU's first indoor and outdoor All-American, Mikel Smith, a high jumper. Smith also set Great Northwest Athletic Conference records in the indoor and outdoor high jump. As a freshman, Jaysen Yoro earned All-GNAC honors in the heptathlon and decathlon, setting GNAC multi record in the indoor 60-meter dash and high jump, as well as in the outdoor high jump.

Prior to his time at SMU, Bockman worked with the women's track and field team at the University of Utah for nine seasons. He was an assistant coach from 2005-08 and was the associate head coach from 2008-14. Bockman again worked with the sprinters, hurdlers, middle distance, jumpers and multi-event athletes and was also the recruiting coordinator. During his time at UU, his athletes broke eight indoor and eight outdoor school records. A total of 31 athletes qualified for the NCAA Championships, including 12 400-meter hurdlers and UU's first NCAA sprint relay (4x400 in 2009). Bockman coached the Utes' only two All-Pac-12 athletes (high jump and 800m) and mentored five Mountain West Conference Champions and 49 All-MWC performers.

The Decorah, Iowa, native was a three-time conference champion and a 13-time all-conference honoree at the University of Northern Iowa. He was an NCAA Division I qualifier in the 400-meter hurdles and 4x400 relay his senior year. Bockman also qualified at the USA Championships from 2003-06.

Bockman graduated from UNI in 2003 with a bachelor's degree in business management. He went on to attend graduate school at the University of Wisconsin-La Crosse where he earned a master's in exercise and sport science. As a graduate assistant coach at UW-L, Bockman worked with the men's track and field team and mentored Olympian Andrew Rock, who was a gold medalist in the 2004 games after running the semifinals of the 4x400-meter relay. UW-L won the indoor national championship in 2004 and '05, as well as the outdoor championship in '04. His athletes earned three national titles and six All-American awards.



**HEATHER BURROUGHS**  
Assistant Coach/Distance  
12th Season

Colorado's first female three-time cross country All-American, Heather Burroughs is in her 12th season on the staff of her alma mater, assisting head coach Mark Wetmore with the men's and women's teams. Since joining the staff, she has assisted with 15 conference championship teams, five NCAA championship teams and 120 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 newly-formed conference's first two team championships.

In Burroughs' 11 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. To date, 39 have captured individual conference titles and 64 have earned All-American accolades. The women have won 10 individual NCAA titles and have broken six collegiate records. Since 2007, CU runners with eligibility remaining have won four U.S. outdoor titles and earned four berths on U.S. outdoor world championship teams as well as three individual berths on the U.S. Olympic Team.

Burroughs, in partnership with Wetmore, coaches CU post-collegians Emma Coburn and Jenny Simpson, who have combined for 13 individual U.S. track titles. In 2014, Coburn became the fastest women's steeplechaser in U.S. history and earned a No. 2 world ranking. Simpson, who won a silver medal in the 1,500-meter run at the 2013 IAAF World Championship, won the 2014 IAAF Diamond League title at 1,500 and earned the No. 1 world ranking in the event. At the conclusion of 2014, Burroughs and Wetmore were named the USA Track & Field Co-Coaches of the Year.

During Burroughs' CU cross country career, she was a top-five and all-conference finisher each of her four seasons, as well as an All-American in 1994, '95 and '98. The CU women 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. 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  
16th Season

Casey Malone, a 1998 NCAA Discus Champion and two-time Olympian, is in his 16th season as the throws coach at Colorado.

Malone has coached four athletes to six school records at CU. In 2006, Cortney Hutmacher set the women's indoor weight throw record at 62-8.50. The following season, Zach Hazen set records for the Buffs in the weight and hammer throws. During the indoor season, he recorded a mark of 63-9.50 in the weight throw and during the outdoor campaign, he put his name on top of the hammer throw list with a toss of 210-11.

A few years later, Malone's athletes were back at it. Emily Hunsucker became the women's hammer throw record holder with a mark of 212-11 in 2014 and also advanced to the NCAA Championships where she placed second overall. On the men's side, Alex Kizirian broke the weight throw and hammer records in 2015. Kizirian ended his career with a mark of 70-8 in the weight throw, which is also the Balch Fieldhouse record, and tallied a 212-4 mark in the hammer.

Many of Malone's athletes have seen great success and own several spots in CU's record books. Most notably on the men's side, Malone's athletes take up nine of the top 10 positions.

At CU, he has mentored eight NCAA qualifiers, 17 regional qualifiers, eight junior national qualifiers and numerous Big 12, Pac-12 and MPSF scorers. Three of his athletes, James Begley (discus), Hannah Warfield-Ruffatto (javelin) and Brandin Williams (javelin) won conference titles.

A four-time All-American at Colorado State, he owns a 224-8 PR. It was the best throw by an American and ranked fifth in the world in 2009. Malone was the 1996 Junior National and Junior World Champion. 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. He competed at his second Olympics in 2008 after placing third at the U.S. Trials.

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. In 2015, he competed in his 20th straight USA Outdoor Championship.

The Wheat Ridge, Colo. native lettered in football, basketball and track at Arvada West and 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**  
**Ninth Season**

Lindsey Malone began her ninth year coaching the pentathlon, heptathlon, decathlon and jumps for the CU Track and Field team in the fall of 2015.

The combined events program has become very successful during her time at CU. Most recently, Abrianna Torres became CU's first MSPF Champion, winning the pentathlon in 2015. She also became the third best heptathlon performer at CU during the outdoor season and was the first Buff to qualify for NCAAs since 1997.

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), 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 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. to CU throws coach and two-time Olympian, Casey Malone.



**BILLY NELSON**  
**Assistant Coach/Distance/Middle Distance**  
**Recruiting Coordinator**  
**Sixth Season**

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

During his time at CU, Nelson has helped recruit eight athletes who have combined for 24 All-American honors in cross country and indoor and outdoor track. One of his athletes, Pierce Murphy, came to CU as a walk-on, and has earned five All-American awards. Nelson's athletes have also scored 39 times at either the Mountain Pacific Sports Federation or Pac-12 Outdoor Championships.

In 2015, Nelson saw four of his recruits win conference titles. Kaitlyn Benner won the MPSF indoor 5,000-meter run as a freshman and Erin Clark was first in the 3,000-meter steeplechase at the Pac-12 Championship to win her first title. On the men's side, Ammar Moussa was the first Buff since 2011 to win the 10,000 at the Pac-12 meet and Connor Winter took top honors in the steeplechase.

Nelson has assisted with seven conference championship teams, as well as two NCAA team championships and a pair of NCAA runner-up finishes.

Prior to joining CU's coaching staff, Nelson has a successful career. He won the 2011 USATF steeplechase crown, earning a spot on the U.S. roster for the IAAF World Championships. In 2008, Nelson placed second at the U.S. Olympic Team Trials to earn a spot on the U.S. roster at the Olympic Games in Beijing.

At CU, he was a decorated distance runner, earning All-American honors six times and three Big 12 conference titles. 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 and was a member of the 2006 NCAA Cross Country Championship team. 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.

Prior to attending CU, 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. Nelson is married to the former Alisa Crane. They have a daughter, Arabella, and a son, Noah.



**KAREN LECHMAN**  
**Director of Operations**  
**14th Season**

Karen Lechman is in her ninth year as the director of operations, but her 14th 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.



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

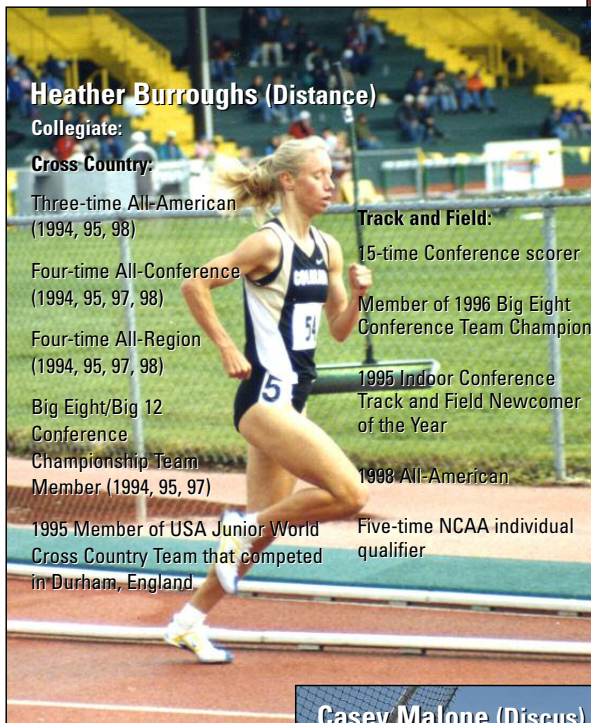
Two-time Olympian Jenny (Barringer) Simpson, who continues to train with Mark Wetmore and Heather Burroughs at CU, will serve as a volunteer assistant with the Buffs for her fourth year.

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. She has won nine USA track championships, four indoor and five outdoor – in five different events: 1,500, mile, 3,000, 3,000-meter steeplechase and the 5,000. 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.



**Heather Burroughs (Distance)**

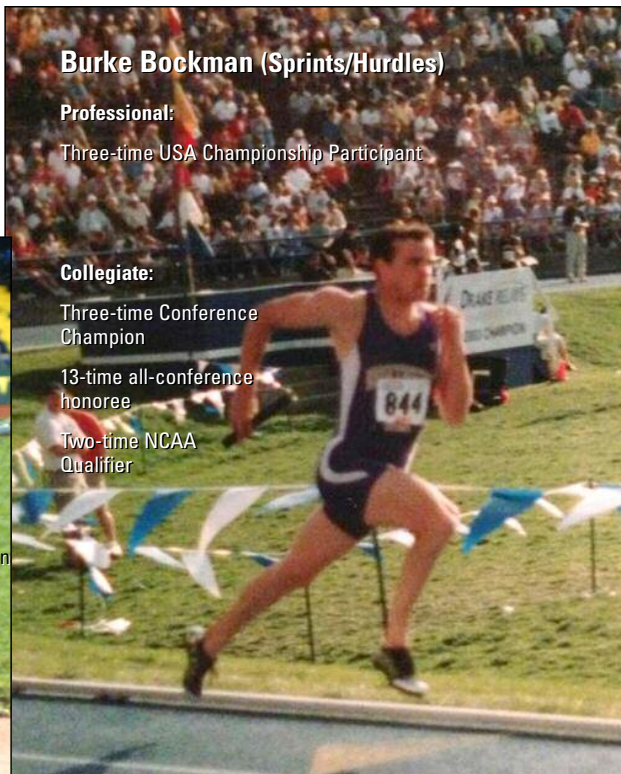
**Collegiate:**

**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



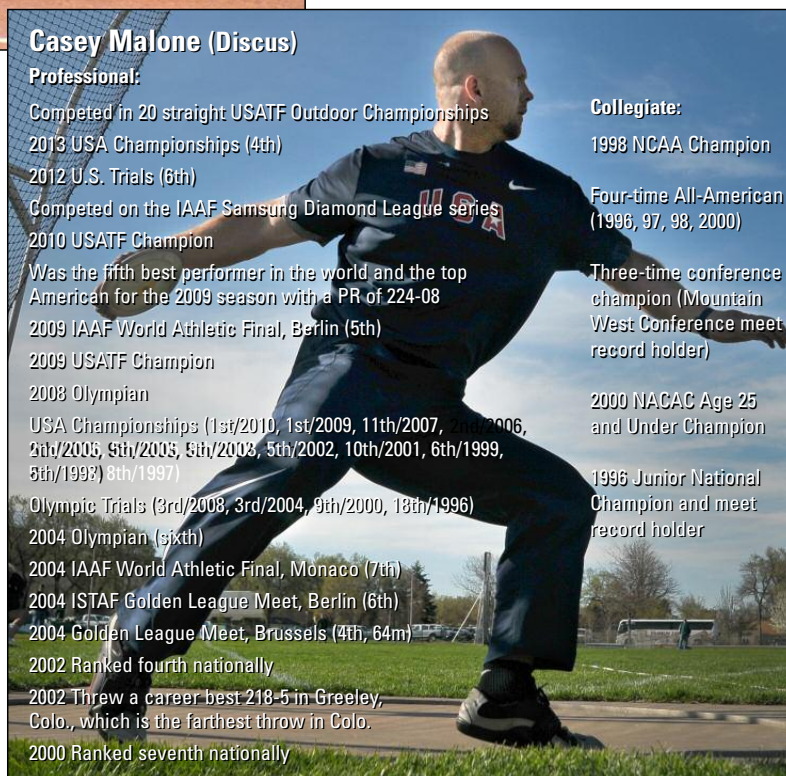
**Burke Bockman (Sprints/Hurdles)**

**Professional:**

- Three-time USA Championship Participant

**Collegiate:**

- Three-time Conference Champion
- 13-time all-conference honoree
- Two-time NCAA Qualifier



**Casey Malone (Discus)**

**Professional:**

- Competed in 20 straight USATF Outdoor Championships
- 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, 11th/2006, 2nd/2005, 5th/2005, 5th/2003, 5th/2002, 10th/2001, 6th/1999, 5th/1998, 8th/1997)
- Olympic Trials (3rd/2008, 3rd/2004, 9th/2000, 18th/1996)
- 2004 Olympian (sixth)
- 2004 IAAF World Athletic Final, Monaco (7th)
- 2004 ISTAF Golden League Meet, Berlin (6th)
- 2004 Golden League Meet, Brussels (4th, 64m)
- 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



## 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  
 Five-time USATF Outdoor Champion  
 Two-time Olympian (2008 and 2012)  
 2015 IAAF World Championship Finalist  
 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 • Fifth Season**

Corey Edwards is in his fifth 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 • Third 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.



**Carina Gattas**  
Athletic Trainer

## **Carina Gattas Athletic Trainer • First Season**

Carina Gattas is in her first year as an intern athletic trainer for the track and field team. She earned her bachelor's degree in athletics training in 2013 from Ohio State and her master's degree in health education in 2015 from Boston University.



**Tim Horton**  
Equipment

## **Tim Horton Assistant Equipment Manager • 15th Season**

Tim Horton has returned to the equipment room after spending eight seasons in the business office at CU. This is his 23rd year at CU, his 15th 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 (25) and is an eight year cancer survivor.



**Linda Sprouse**  
Sports Information

## **Linda Sprouse Assistant Sports Information Director • 11th Season**

Linda Sprouse is in her 11th 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.

## INDOOR

December 10-12	CSM Alumni Classic and Multi	Steinhauer Fieldhouse	Golden, Colo.
December 11	Air Force Holiday Open	Cadet Field House	USAFA, Colo.
December 11	Power Meet	Hager-LeBar Indoor Track	Laramie, Wyo.
January 8	Air Force All-Comers	Cadet Field House	USAFA, Colo.
<b>January 15-16</b>	<b>Potts Indoor Invitational</b>	<b>Balch Fieldhouse</b>	<b>Boulder, Colo.</b>
January 22-23	Air Force Invitational	Cadet Field House	USAFA, Colo.
January 30	UW Invitational	Dempsey Indoor	Seattle, Wash.
February 5-6	Wyoming Invitational	Hager-LeBar Indoor Track	Laramie, Wyo.
February 12-13	Don Kirby Collegiate Open	Albuquerque Convention Center	Albuquerque, N.M.
February 12-13	Husky Classic	Dempsey Indoor	Seattle, Wash.
February 13	Air Force Collegiate Open	Cadet Field House	USAFA, Colo.
February 19-20	Rocky Mountain Classic	Hager-LeBar Indoor Track	Laramie, Wyo.
February 20	Joe Davies Open	Steinhauer Fieldhouse	Golden, Colo.
February 26-27	Mountain Pacific Sports Federation Championships	Dempsey Indoor	Seattle, Wash.
March 11-12	NCAA Indoor Championships	Birmingham CrossPlex	Birmingham, Ala.

## OUTDOOR

<b>March 18-19</b>	<b>Jerry Quiller Classic</b>	<b>Potts Field</b>	<b>Boulder, Colo.</b>
March 22-25	Texas Relays	Mike A. Myers Stadium	Austin, Texas
March 26	Fum McGraw Quadrangular	Jack Christiansen Track	Fort Collins, Colo.
April 1-2	Stanford Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
April 2	Air Force Multis/Relays	Cadet Outdoor Track & Field Complex	USAFA, Colo.
<b>April 8-9</b>	<b>CU Invitational</b>	<b>Potts Field</b>	<b>Boulder, Colo.</b>
April 12-16	Mt. SAC Relays	Hilmer Lodge Stadium	Walnut, Calif.
April 13-16	Bryan Clay Invitational	Cougar Athletic Stadium	Azusa, Calif.
April 13-16	Beach Invitational	Jack Rose Stadium	Cerritos, Calif.
April 22-23	Jack Christiansen Invitational	Jack Christiansen Track	Fort Collins, Colo.
May 1	Payton Jordan Cardinal Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
May 6	Cowpoke Open	Madrid Sports Complex	Laramie, Wyo.
May 6-7	Longhorn Invitational	Mike A. Myers Stadium	Austin, Texas
May 7-8	Pac-12 Combined Events Championships	Husky Track	Seattle, Wash.
May 14-15	Pac-12 Outdoor Championships	Husky Track	Seattle, Wash.
May 26-28	NCAA West Preliminary Championships	Rock Chalk Park	Lawrence, Kan.
June 8-11	NCAA Outdoor Championships	Hayward Field	Eugene, Ore.
July 1-10	U.S. Olympic Trials	Hayward Field	Eugene, Ore.

\* Schedule is tentative and subject to change

The 2015-16 University of Colorado track and field season started with a few small meets in December, but things will really kick into high gear in January.

As in the past, CU will host three home meets. The Potts Indoor Invitational (January 15-16) 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 18-19, and the Colorado Invitational, April 8-9.

## DISTANCE

Colorado, under the direction of head coach Mark Wetmore and assistant coach Heather Burroughs, is one of the top distance programs in the country. Both teams had an excellent 2015 cross country season, winning the Pac-12 and NCAA Mountain Region Championships, before recording runner-up finishes at NCAAs.

The men's side is loaded with talent and has six cross country All-Americans ready to compete on the track. Fifth-year seniors Ammar Moussa, Pierce Murphy, Morgan Pearson and Connor Winter, as well as junior Ben Saarel and true freshman John Dressel are ready to get back to business after some time off over the winter break.

Murphy recorded a pair of All-American track honors, indoor and out, in 2015. He placed sixth in the indoor 5,000 and went on to take fifth in the outdoor 10k. Pearson has recorded three All-American honors on the track, one first team, two second. In 2015, he was a first team indoor 3k and a second team indoor 5k performer. Winter also qualified for the 2015 NCAA Championship finals in the 3,000-meter steeplechase.

Saarel is also a track All-American, earning a pair of honors in 2014. He was third in the indoor 3,000 and 16th in the 1,500 (outdoors). Moussa won the Pac-12 10,000-meter title in 2015, his first conference title. He also placed seventh in the 5k the following day to score 12 points for the Buffs at the Pac-12 meet.

Sophomores Erin Clark and Kaitlyn Benner will take on leadership roles this spring after picking up All-American status last November in

cross country. Clark finished 11th at NCAAs, while Benner recorded a 16th place finish. Both have already had success on the track as well, winning individual conference titles in 2015. Benner won the 5k at the MPSF Championship, while Clark was the Pac-12 steeplechase champion.

Graduate student Lucy Cheadle also joins the Buffs. Cheadle was a successful NCAA Division III student-athlete, earning All-American recognition 13 times. She won the 2014 and '15 NCAA steeplechase title and was the 2015 indoor 5k champion. Several other Buffs have contributed to the teams' success in the past and will likely do the same this year, including previous Pac-12 scorers Maddie Alm, Val Constien, Melanie Nun and Carrie Verdon.

CU added some of its best middle distance talent ever in freshmen Dani Jones and Tabor Scholl.

## JUMPS/COMBINED EVENTS

Assistant coach Lindsey Malone is in her ninth 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. Sophomore Andrew Ghizzone is the top returning combined events athlete, but he is poised to have an outstanding season. Ghizzone ranks sixth on CU's all-time performers list in the heptathlon and is 12th in the decathlon.

In the open jumps, the Buffs have added a trio of high/long jumpers who will look to crack into CU's record books quickly with freshmen Duane McClurkin Jr., DeJour Plunkett-Elliott and Dionne Taylor.

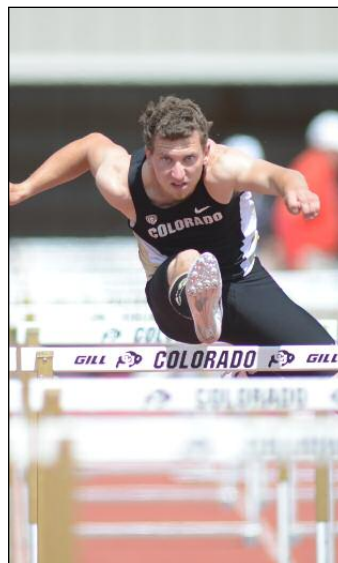
Abrianna Torres is the only senior on the women's side and she will provide a great deal of leadership as she heads into her final season with the Buffs. Torres is one of CU's best combined event athletes, ranking third in the pentathlon and the heptathlon. She is also one of the best in the open long jump, ranking third on CU's all-time list. Other veterans returning to the line-up are junior Mariah Slack and sophomore Michaela Wenning.



**Kelsey English**



**Eileen Gehring**



**Andrew Ghizzone**



**Sophie Hallam-Eames**

Senior Kelsey English returns for her final season after redshirting the 2015 season. She is one of the best high jumpers CU has had, ranking fourth on the outdoor list and sixth indoors. English has scored for the Buffs at the MPSF and Pac-12 meets, and came close to advancing to the NCAA Championship after placing 13th at the 2013 NCAA West Preliminary Championship. Sophomore Rajon O'Quinn is also looking to make a big impact this season.

## SPRINTS/HURDLES

Assistant coach Burke Bockman is in his first season at the helm of the Buffalo sprinters and hurdlers and there is a lot of talent on both the men's and women's teams. Junior Jaron Thomas has been a solid contributor to the team since his freshman campaign, scoring for the Buffs indoors and outdoors. He is one of the top hurdlers CU has seen and he will continue to perform at an elite level for the Buffs. Junior Austin Mitsch has been coming on strong and is sure to make an impact on the team score this season.

The CU women have a strong group and will be led by senior Eileen Gehring and sophomore Ana Holland, who combine for a pair of CU outdoor records. Holland is the 200-meter record holder (23.54), while Gehring is the 400 record holder (53.23) and is the former 200 record holder (23.80). The duo looks to be a strong 1-2 punch.

## THROWS

Casey Malone, a two-time Olympian and two-time U.S. Discus Champion, is at the helm of the Buffs throwers for the 16th season. Over the course of the last few years, his team has made huge strides, qualifying for NCAAs and setting CU records.

Senior Brady Rutt is looking to have a breakout season in his final campaign. He has scored for the Buffs at a conference level, placing fifth in 2012 in the discus (168-4) and has come close several other times. His teammates, sophomore Matthew Denton, junior Paden Gatlin, freshman Austin Swanson and sophomore Grayson Webber will also look to contribute to the team.

The women are led by senior Sophie Hallam-Eames and sophomore Mariah Walker. Both are on the verge of scoring for the Buffs on the conference level. They will be joined by redshirt freshman Elisa Grandemange, freshman Delaney Hall and junior Makenzie Kline.

## 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. 8) before CU hosts the Potts Indoor Invitational Jan. 15-16. 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. 12-13). A group of athletes will also compete at the Don Kirby Collegiate Open (Feb. 12-13) in Albuquerque, N.M.

The University of Washington will host the 2016 Mountain Pacific Sports Federation Championships in Seattle, February 26-27, and the NCAA Indoor Championships will follow March 11-12 in Birmingham, Ala. 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 18-19, and the second home meet is the Colorado Invitational, slated for April 8-9.

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

Washington will host the 2016 Pac-12 Outdoor Track & Field Championships. The combined events portion of the meet will be contested May 7-8, while all other event areas will compete May 14-15. Kansas will host the NCAA West Preliminary Championships, May 26-28. The 2016 NCAA Outdoor Championships are June 8-11 in Eugene, Ore. at Hayward Field, which is also the site of the U.S. Olympic Team Trials, July 1-10.



**Austin Mitsch**



**Morgan Pearson**



**Brady Rutt**



**Carrie Verdon**

# 2016 Track And Field Rosters

<b>MEN</b>	<b>Ht.</b>	<b>Yr.</b>	<b>In/Out</b>	<b>Event(s)</b>	<b>Hometown (High School/Previous College)</b>
Abdiel Agramonte-Moreno	5-10	Fr.	HS/HS	Sprints	Las Vegas, Neb. (Rancho)
Alexander Billing	6-1	Fr.	HS/HS	Sprints/Hurdles	Simi Valley, Calif. (Simi Valley)
Mason Chronowski	6-2	So.	VR/VR	Jumps	Pagosa Springs, Colo. (Pagosa Springs)
Matthew Denton	6-0	So.	VR/VR	Throws	Boulder, Colo. (Boulder)
John Dressel	6-0	Fr.	HS/HS	Distance	Colbert, Wash. (Mt. Spokane)
Ryan Forsyth	5-11	So./Fr.	VR/RS	Distance	Severna Park, Md. (Severna Park)
Reilly Friedman	5-11	Fr.	HS/HS	Distance	Atlanta, Ga. (The Galloway School)
Paden Gatlin	6-5	So.	VR/VR	Throws	Lancaster, Texas (Jesuit Dallas)
Andrew Ghizzone	5-11	So.	VR/VR	Combined Events	Union, N.J. (Union Catholic)
Ethan Gonzales	5-11	Fr.	RS/RS	Distance	Westminster, Colo. (Broomfield)
Nate Graveling	5-11	Fr.	HS/HS	Combined Events	Golden, Colo. (Lakewood)
Nick Harris	5-10	Jr.	TR/TR	Distance	Niwot, Colo. (Niwot/Washington)
Darrin Haynes	6-0	So.	1L/1L	Sprints	Colorado Springs, Colo. (Cheyenne Mountain)
Christopher Herrick	6-1	So./Fr.	VR/RS	Distance	Missoula, Mont. (Hellgate)
Joe Holvey	5-6	Jr.	VR/VR	Distance	Eugene, Ore. (South Eugene/Oregon)
Isaiah Kaiser	6-0	So.	VR/VR	Sprints	Aurora, Colo. (Cherokee)
Joe Klecker	6-0	Fr.	HS/HS	Distance	Minnetonka, Minn. (Hopkins)
Garrett Losty	6-0	Jr.	1L/2L	Sprints/Hurdles	Williamsburg, Va. (Lafayette)
Christian Martin	5-9	So.	RS/RS	Distance	Littleton, Colo. (Heritage)
Joseph Martinez	6-1	Fr.	HS/HS	Combined Events	Greeley, Colo. (Greeley Central)
Duane McClurkin Jr.	6-2	Fr.	HS/HS	Combined Events	Fountain, Colo. (Fountain-Fort Carson)
Paul Miller	6-2	So./Fr.	VR/VR	Distance	Fort Collins, Colo. (Poudre)
Austin Mitsch	5-10	Jr.	VR/1L	Sprints	Sacramento, Calif. (Jesuit)
Ammar Moussa	5-7	Sr.	1L/1L	Distance	Arcadia, Calif. (Arcadia)
Pierce Murphy	5-8	Sr.	VR/2L	Distance	Hanalei, Hawai'i (Island)
Morgan Pearson	5-11	Sr.	2L/2L	Distance	New Vernon, N.J. (Morristown/Duke)
Zach Perrin	6-0	So.	VR/VR	Distance	Kalispell, Mont. (Flathead)
Adam Peterman	6-2	Jr./So.	VR/1L	Distance	Missoula, Mont. (Hellgate)
DeJour Plunkett-Elliott	6-1	Fr./Fr.	HS/HS	Jumps	Denver, Colo. (Thomas Jefferson)
Justice Ramos	6-2	Fr.	HS/HS	Distance	Delores, Colo. (Montezuma-Cortez)
Brady Rutt	6-1	Sr.	VR/1L	Throws	Hastings, Neb. (Hastings)
Ben Saarel	6-1	Jr.	1L/2L	Distance	Salt Lake City, Utah (Park City)
Luke Sheesley	6-0	Fr.	RS/RS	Distance	Fort Collins, Colo. (Fort Collins/Western State)
Jaysean Skrine	5-7	So.	VR/1L	Sprints	Fountain, Colo. (Fountain Fort Carson)
Trenton Stringari	6-1	Fr.	HS/HS	Sprints/Hurdles	Canon City, Colo. (Canon City)
Austin Swanson	5-11	Fr.	HS/HS	Throws	North Hollywood, Calif. (Notre Dame)
Dionne Taylor Jr.	6-0	Fr.	HS/HS	Combined Events	Colorado Springs, Colo. (Pine Creek)
Jaron Thomas	6-1	Jr.	1L/2L	Sprints/Hurdles	Midlothian, Texas (Midlothian)
Grayson Webber	6-2	So.	TR/TR	Throws	Colorado Springs, Colo. (Cheyenne Mountain/Lipscomb)
Connor Winter	5-11	Sr.	1L/2L	Distance	Centennial, Colo. (Arapahoe)

## PRONUNCIATION GUIDE

Mason CHRONOWSKI....CROW-now-SKI  
 Ryan FORSYTH.....FOR-SITH

Reilly FRIEDMAN.....FREED-man  
 Andrew GHIZZONE.....GEH-zone

Ammar MOUSSA.....MOO-sah  
 Ben SAAREL.....SAH-rell

# TRACK & FIELD 2016 Track And Field Rosters

<b>WOMEN</b>	<b>Ht.</b>	<b>Yr.</b>	<b>In/Out</b>	<b>Event(s)</b>	<b>Hometown (High School/Previous College)</b>
Madeline Alm	5-3	Sr.	1L/1L	Distance	Louisville, Colo. (Monarch)
Kaitlyn Benner	5-6	So.	1L/1L	Distance	Superior, Colo. (Monarch)
Eryn Blakely	5-3	So.	VR/VR	Distance	Monrovia, Calif. (Alverno)
Tashay Brown	5-3	So.	VR/1L	Sprints	Centennial, Colo. (Eaglecrest)
Mackenzie Caldwell	5-3	So.	VR/VR	Distance	Columbus, Ind. (Columbus North)
Lucy Cheadle	5-8	Grad.	TR/TR	Distance	Seattle, Wash. (Roosevelt/Washington U.)
Erin Clark	5-5	So.	1L/1L	Distance	Eugene, Ore. (South Eugene)
Valerie Constien	5-6	So.	VR/1L	Distance	Edwards, Colo. (Battle Mountain)
Kelsey English	6-2	Sr.	2L/1L	Jumps	Colorado Springs, Colo. (Doherty)
Eileen Gehring	5-6	Sr.	3L/3L	Sprints	Madison, Wis. (Edgewood)
Elisa Grandemange	5-5	Fr.	TR/TR	Throws	Kennewick, Wash. (Kamiakin)
Delaney Hall	5-6	Fr.	HS/HS	Throws	Lakeview, Ore. (Lakeview)
Sophie Hallam-Eames	6-3	Sr.	VR/VR	Throws	Seattle, Wash. (Nathan Hale)
Ana Holland	5-2	So.	1L/1L	Sprints	Centennial, Colo. (Regis Jesuit)
Mia Holland	5-4	Jr./Sr.	VR/1L	Sprints	Centennial, Colo. (Regis Jesuit)
Dani Jones	5-5	Fr.	HS/HS	Distance	Phoenix, Ariz. (Desert Vista)
Annie Kelly	5-6	So.	RS/RS	Distance	Alpharetta, Ga. (Milton/Mississippi)
Makenzie Kline	5-11	Jr.	VR/VR	Throws	Reno, Nev. (Galena)
Kaleigh Kroeker	5-2	Fr.	HS/HS	Distance	Colorado Springs, Colo. (Pine Creek)
Elissa Mann	5-10	Fr.	HS/HS	Distance	Louisville, Colo. (Monarch)
Karina Mann	5-9	Fr.	HS/HS	Distance	Louisville, Colo. (Monarch)
Lucy May	5-4	So.	VR/VR	Distance	St. Louis, Mo. (St. Joseph's Academy)
Makena Morley	5-3	Fr.	TR/TR	Distance	Bigfork, Mont. (Bigfork/Montana)
Melanie Nun	5-4	Jr.	VR/1L	Distance	Broomfield, Colo. (Legacy)
Rajon O'Quinn	5-10	Fr.	HS/HS	Jumps	Fountain, Colo. (Fountain Fort Carson)
Mandy Ortiz	5-1	So.	VR/VR	Distance	Vail, Colo. (Battle Mountain)
Alexandria Peters	5-4	So.	TR/TR	Sprints	Keller, Texas (Keller Central/TCU)
Abigail Regner	5-5	Fr.	HS/HS	Distance	Basking Ridge, N.J. (Ridge)
Tabor Scholl	5-8	Fr.	HS/HS	Distance	Kremmling, Colo.
Brianna Schwartz	5-8	Fr.	HS/HS	Distance	Pittsburgh, Pa. (Shaler Area)
Gabby Scott	5-9	Fr.	HS/HS	Sprints	San Diego, Calif. (Westview)
Cayla Seligman	5-2	Fr.	HS/HS	Distance	Issaquah, Wash. (Issaquah)
Lauren Sharpe	5-8	Fr.	HS/HS	Combined Events	Longmont, Colo. (Niwot)
Rachel Sharpe	5-8	Fr.	HS/HS	Combined Events	Longmont, Colo. (Niwot)
Mariah Slack	5-11	Jr.	VR/VR	Combined Events	Vista, Calif. (Vista)
Abrianna Torres	5-7	Sr.	2L/3L	Combined Events	San Luis Obispo, Calif. (San Luis Obispo)
Taylor Tuttle	5-3	RFr.	TR/TR	Distance	Snellville, Ga. (Providence/Georgia)
Carrie Verdon	5-2	Jr.	1L/1L	Distance	Moraga, Calif. (Campolindo)
Mariah Walker	5-5	So.	VR/VR	Throws	Colorado Springs, Colo. (Sand Creek)
Michaela Wenning	5-11	So.	VR/VR	Combined Events	Celina, Ohio (Celina)
Maja Wichart Donzo	5-10	Fr.	HS/HS	Combined Events	Catonsville, Md. (Catonsville)

**HEAD COACH:** Mark Wetmore

**ASSISTANT DISTANCE COACH:** Heather Burroughs

**ASSISTANT SPRINTS COACH:** Burke Bockman

**ASSISTANT THROWS COACH:** Casey Malone

**ASSISTANT COMBINED EVENTS AND JUMPS COACH:** Lindsey Malone

**RECRUITING COORDINATOR/ASSISTANT DISTANCE COACH:** Billy Nelson

## PRONUNCIATION GUIDE

Valerie CONSTIEN .....CON-STEEN

Eileen GEHRING.....GARE-ring

Kaleigh KROEKER.....CROW-ker

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

MAJA WICHART DONZO

MAYA Wick-HEART Done-ZOH

## ABDIEL AGRAMONTE-MORENO



**Sprints**  
**Freshman, HS/HS**  
**Las Vegas, Nev.**  
**(Rancho)**

### PERSONAL BESTS

100-meter: 11.04  
 200-meter: 22.24  
 400-meter: 50.11

**HIGH SCHOOL:** Agramonte-Moreno was a three-sport athlete at RHS, participating in football, basketball and track and field. He competed at the state meet in the 4x100, 4x400 and 4x800-meter relays for the Rams. Agramonte-Moreno was named the track MVP his sophomore and junior seasons. He was also recruited by Carnegie Mellon, Embry Riddle and Lipscomb.

**HIGH SCHOOL BESTS:** 100-meter: 11.04; 200-meter: 22.24; 400-meter: 50.11.

**IN THE CLASSROOM:** Agramonte-Moreno is an aerospace engineering major.

**PERSONAL:** Abdiel Alejandro Agramonte-Moreno was born on January 14, 1996 in Camaguey, Cuba. He is the son of Abdiel Calzado and Isabel Moreno Leguen. His mother played professional basketball in Cuba. Agramonte-Moreno moved from Cuba to the U.S. when he was nine with his mom and grandma. He placed first in a high school orchestra competition in 2012.

## ALEXANDER BILLING



**Sprints/Hurdles**  
**Freshman, HS/HS**  
**Simi Valley, Calif.**  
**(Simi Valley)**

### PERSONAL BESTS

100-meter: 11.09  
 110-meter hurdles: 13.68  
 300-meter hurdles: 40.44

**HIGH SCHOOL:** Billing won the 2015 110-meter hurdles California State Championship in 13.68 seconds, which is the SVHS record. He also owns the league record in the event at 13.79. Billing is also part of the SVHS 4x110-shuttle hurdle relay, which ran a time of 62.06 at Mt. SAC Relays in 2015. He was named the school's Scholar Athlete all four years, as well as all-league. As a senior, Billing earned MileSplit All-American honors and the Pioneer Spirit Award. He competed in the 110-hurdles at the USA Junior Track & Field Championships. Billing placed 15th in 2014 (14.52) and was ninth in 2015 (13.84). UCLA and Cal State Sacramento also recruited Billing.

**HIGH SCHOOL BESTS:** 100-meter: 11.00; 110-meter hurdles: 13.68; 300-meter hurdles: 40.44.

**IN THE CLASSROOM:** Billing is an integrative physiology major.

**PERSONAL:** Alexander Michael Billing was born on July 2, 1997. He is the son of Rius and Laurie Billing of Simi Valley, Calif. and has two siblings, Denver and MacKenzie. He enjoys skiing and backpacking.

## MASON CHRONOWSKI



**Jumps**  
**Sophomore, VR/VR**  
**Pagosa Springs, Colo.**  
**(Pagosa Springs)**

### PERSONAL BESTS

**INDOOR**  
 High Jump: 6-2.75/1.90m (2015)  
 Triple Jump: 40-6.75/12.36m (2014)  
**OUTDOOR**  
 High Jump: 6-4.25/1.94m (2015)  
 Triple Jump: 43-6 (2014)

**2015: Indoor:** Chronowski competed in the high jump and triple jump during his first season for the Buffs. He recorded a season best mark of 6-2.75 in the high jump at the Air Force Open (1/9). His season best in the triple jump was 40-6.75.

**Outdoor:** Chronowski started the season off competing in both the high and triple jumps at the Jerry Quiller Classic (3/21). He placed third in the triple jump, leaping 39-1.75, and was fourth in the high jump after clearing 6-3.25. Chronowski competed in the high jump at four other meets, jumping a season-best mark of 6-4.25 at the CU Invite (4/11) where he was the runner-up.

**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 studio arts.

**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**  
**Sophomore, VR/VR**  
**Boulder, Colo.**  
**(Boulder)**

### PERSONAL BESTS

**INDOOR**  
 Weight Throw: 44-0.75/13.43m (2015)  
**OUTDOOR**  
 Discus: 125-2/38.15m (2015)  
 Hammer Throw: 139-1.75/46.94m (2015)

**2015: Indoor:** Denton focused on the weight throw during his debut campaign with CU and competed at five meets. He launched his season best mark of 44-0.75 at the Rocky Mountain Classic (2/20), which was 10th overall.

**Outdoor:** Denton threw the discus and hammer during the outdoor campaign. He recorded season bests in both events at the CU Invite (4/11). Denton threw the discus 125-2 and tallied a hammer mark of 154-0

**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.

## JOHN DRESSEL



**Distance**  
**Freshman, HS/HS**  
**Colbert, Wash.**  
**(Mt. Spokane)**

### PERSONAL BESTS

800-meters: 1:56.55  
 1,600-meters: 4:10.95  
 3,200-meters: 8:57.00

**CROSS COUNTRY:** (2015) Dressel had an outstanding freshman campaign for the Buffs. He raced unattached at a pair of meets before earning a spot on the varsity roster. At NCAA Pre-Nationals, his first race in uniform for CU, Dressel was 46th overall, crossing the finish as CU's No. 5 runner. A couple weeks later, Dressel recorded a sixth place

finish at Pac-12s, helping the Buffs to their fifth straight conference title. He earned all-region honors two weeks later, placing 19th overall. Dressel capped off his season with a 26th place finish at NCAAs, earning his first All-American honor.

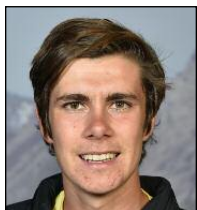
**HIGH SCHOOL:** Dressel won the 2015 3A Washington State 1,600 and 3,200-meter titles as a senior and owns the Wildcats' 3,200 record (8:57.00). Dressel competed at the 2015 USA Junior Cross Country Championships in Boulder and placed third to earn a spot on the roster for the world championships where he was the top American finisher at 27th. He was also a member of the 2015 APA Pan American Cross Country Cup team. Dressel was a three-time FootLocker Cross Country All-American (2012-14), and was a 2012 3,200 New Balance Outdoor Nationals All-American. He was the MSHS MVP four times, three on the cross country course and once for track. Dressel was all-state and all-conference six times (four cross country and two track). Georgetown, Stanford, Oregon, Wisconsin, Portland, Gonzaga, Princeton, Arkansas, Notre Dame and Oklahoma State all recruited him before he chose CU.

**HIGH SCHOOL BESTS:** 800-meters: 1:56.55; 1,600-meters: 4:10.95; 3,200-meters: 8:57.00.

**IN THE CLASSROOM:** Dressel is a business major.

**PERSONAL:** John Hiatt Dressel was born on May 2, 1997 in Spokane, Wash. He is the son of Alex, his high school cross country and track coach, and Linette Dressel of Colbert, Wash. and has one sibling, Hayden. His father also ran track and cross country at Arkansas and his aunt Lisa (Dressel) Ferraro ran at Wisconsin and Auburn. Dressel also enjoys soccer, traveling and hiking.

## RYAN FORSYTH



**Distance**  
**Sophomore/Freshman,**  
**VR/RS**  
**Severna Park, Md.**  
**(Severna Park)**

### PERSONAL BESTS

#### INDOOR

3,000-meters: 8:34.81 (2015)

#### OUTDOOR

3,000-meters: 8:30

5,000-meters: 14:39

**2015: Indoor:** Forsyth raced the 3,000 three times during his freshman campaign and clocked in with a season best of 8:34.81 at the MPSF Championship.

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

**CROSS COUNTRY:** (2015) Forsyth raced to a seventh place finish at the USA Junior Cross Country Championships in February, finishing in 26:10. During the fall, he earned a spot on the varsity roster. He started the year by placing fifth overall at the Colorado State Invitational and followed it up with a seventh place finish at the Rocky Mountain Shootout. Two weeks later at NCAA Pre-Nationals, Forsyth placed 51st. He was 24th at Pac-12s (CU's No. 6 runner) and was the alternate at regionals and NCAAs. (2014) Redshirt.

Did not compete.

**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 SPS. 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 mechanical 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.

## REILLY FRIEDMAN



**Distance**  
**Freshman, HS/HS**  
**Atlanta, Ga.**  
**(The Galloway School)**

### PERSONAL BESTS

1,600-meters: 4:21

3,200-meters: 9:21

5,000-meters: 14:48

10,000-meters: 32:24

**HIGH SCHOOL:** Friedman, the 2014-15 Georgia Gatorade Boys Runner of the Year, earned eight letters (four cross country and four track and field) as a member of The Galloway School and won three straight cross country titles (2012-14). Also the Runner of the Year as named by the Atlanta Track Club, Friedman took sixth at the Nike Cross Nationals Southeast Regional championships, and then finished 28th at the NXN Final. In addition to finishing unbeaten against Georgia prep cross country competitors in 2014, he broke the tape in 14:48.20 at Alexander High's Asics Invitational, which ranked as the state's fastest 5K of the season. On the track, Friedman was a three-time state champion in the 3,200-meter run (2013-15) and a two-time runner-up in the 1,600 (2012, '13). In 2015, he placed sixth at the New Balance Indoor Championships in the 5k. Friedman owns several school records, including the 1,600 (4:21) and 3,200 (9:24). He was also recruited by Northern Arizona, Georgia, Virginia, Portland, New Mexico, Ole Miss and Georgia Tech.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:21; 3,200-meters:

9:21; 5,000-meters: 14:48; 10,000-meters: 32:24.

**IN THE CLASSROOM:** Friedman is majoring in mathematics.

**PERSONAL:** Reilly Griffin Friedman was born on June 11, 1997 in Atlanta, Ga. He is the son of Brion Friedman and Deirdre Lavieri and has one brother, Haines. He is an Eagle Scout and enjoys collecting music and exploring.

## PADEN GATLIN



**Throws**  
**Sophomore, VR/VR**  
**Lancaster, Texas**  
**(Jesuit Dallas)**

### PERSONAL BESTS

#### INDOOR

Weight Throw: 46-10.25/14.28m (2015)

#### OUTDOOR

Discus: 153-8/46.85m (2015)

Hammer Throw: 139-4/42.48m (2014)

### ACADEMIC HONORS

Pac-12 All-Academic honorable mention (2015)

**2015: Indoor:** Gatlin concentrated on the weight throw during the indoor season. Gatlin's season best of 46-10.25 came at the Potts Invite (1/17), which was 10th overall.

**Outdoor:** Gatlin focused on the discus and hammer throw in his first outdoor season. He threw the hammer at four meets and recorded his season best of 133-11 at the Jack Christiansen Invite (4/25). Gatlin focused more on the discus, competing in 10 meets. He launched a season best mark of 153-8 at the Cowpoke Open (5/1).

**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.

**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.

## ANDREW GHIZZONE



**Combine Events**  
**Sophomore, VR/VR**  
**Union, N.J.**  
**(Union Catholic)**

### PERSONAL BESTS

#### INDOOR

Heptathlon: 5,020 (2015)  
 60-meters: 7.41 (2015)  
 Long jump: 22-7.25/6.82m (2015)  
 Shot Put: 31-3.25/9.53m (2015)  
 High jump: 5-11.50/1.82 (2015)  
 60-meter hurdles: 8.82 (2015)  
 Pole Vault: 15-9/4.80m (2015)  
 1,000-meters: 2:37.45 (2015)

#### OUTDOOR

Decathlon: 6,670 (2015)  
 100-meters: 11.63 (2015)  
 Long jump: 21-11.75/6.70m (2015)  
 Shot put: 37-8  
 High jump: 6-1.50/1.87m (2015)  
 400-meters: 49.32  
 110-meter hurdles: 14.30  
 Discus: 128-9/39.24m (2015)  
 Pole vault: 16-0  
 Javelin: 147-1/44.83m (2015)  
 1,500-meters: 4:15.53 (2015)  
 200-meters: 22.80  
 400-meter hurdles: 54.64

**2015: Indoor:** Ghizzone had a great first season with the Buffs, becoming the sixth best performer in CU heptathlon history with 5,020 points, which is also the 11th best score by a Buff. He recorded the score at the MPSF Championships and placed ninth overall. His pole vault mark (6-9) is the CU heptathlon record as he surpassed the previous mark of 15-7 from 2001 and his 1,000-meter time was just shy of the record (2:36.03 from 2010).

**Outdoor:** Ghizzone competed in three decathlons for the Buffs. His personal record of 6,670 came at the Pac-12 Championships, which placed him 11th. His 1,500 time set the CU decathlon record. Ghizzone went on to compete at the USA Junior Championships and placed 10th with a score of 6,522. He recorded PRs in the 100 (11.63) and shot put (35-3.75).

**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.

## ETHAN GONZALES



**Distance**  
**Freshman, RS/RS**  
**Westminster, Colo.**  
**(Broomfield)**

### PERSONAL BESTS

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

**2015: Indoor:** Redshirt. Did not compete.

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

**CROSS COUNTRY:** Redshirt. Did not compete.

**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 3.00.

**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.

## NATE GRAVELDING



**Combined Events**  
**Freshman, HS/HS**  
**Golden, Colo.**  
**(Lakewood)**

### PERSONAL BESTS

Long Jump: 20-6 (2015)

**HIGH SCHOOL:** Graveling earned three letters on the Lakewood High School track and field team. As a senior in 2015, he placed third at the league championship in the pole vault. At that same meet, he placed fifth in the high jump and was 13th in the 110-meter hurdles. Graveling went on to compete at the state championships and placed 17th in the pole vault.

**HIGH SCHOOL BESTS:** Long Jump: 20-6

**IN THE CLASSROOM:** Graveling is majoring in biology.

**PERSONAL:** Nathan D. Graveling was born on February 26, 1997 in Denver. He is the son of Dan and Naomi Graveling of Golden, Colo. and has one brother, Connor. He enjoys rock climbing, swimming and listening to music.

## NICK HARRIS



**Distance**  
**Junior, TR/TR**  
**Niwot, Colo.**  
**(Niwot/Washington)**

### PERSONAL BESTS

#### INDOOR

800-meters: 1:50.06  
 Mile: 4:05.09  
 3,000-meters: 8:17.71

#### OUTDOOR

800-meters: 1:50.75  
 1,500-meters: 3:42.84

#### HONORS

2014 All-America honorable mention

#### ACADEMIC HONORS

2015 Pac-12 All-Academic honorable mention  
 2014 Pac-12 All-Academic honorable mention

**CROSS COUNTRY:** (2015) Harris started his career with the Buffs at the Colorado State Invitational, placing 25th overall. He moved up to 10th overall at the Rocky Mountain Shootout, crossing the finish as CU's No. 6 harrier. His next race was NCAA Pre-Nationals, where he placed 94th in the open race. Harris finished the season at Pac-12s, coming in 44th overall.

**AT WASHINGTON:** Harris competed two cross country seasons for the Huskies, redshirting the 2012 season. In 2013, he placed 53rd at the Pac-12 Championships after opening the season 30th at the Sundodger Invite. Harris

only ran once in 2014, placing 91st at the Washington Invitational after suffering a fall during the race. On the track, he ran three indoor and two outdoor seasons. Harris advanced to the NCAA West Prelims twice in the 1,500 (2014 and '15) and made the semifinals in 2014. At prelims in 2014, he set the UW freshman record, running 3:52.84, which also ranked sixth all-time at UW. Indoors, Harris placed eighth in the 800 at the 2015 MPSF Championships with a PR of 1:50.06 that ranks eighth in UW history. He was also a part of the DMR that finished third in 2015 (9:34.81), the third fastest in UW history. During the 2014 season, Harris placed third in the mile at MPSFs in 4:05.09.

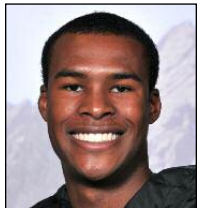
**HIGH SCHOOL:** Harris finished ninth at the 2011 Colorado 4A state meet after placing 13th as a junior in 2010. On the track, he won the 1,600-meter title in a PR of 4:18.79. He also took sixth in the 3,200 at the state meet. Harris clocked his 9:32.53 PR in the 3,200 to win the Tri-Valley/Northern Conference meet.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:18.79; 3,200-meters: 9:32.53.

**IN THE CLASSROOM:** Harris is majoring in history.

**PERSONAL:** Nick Harris was born in Denver, Colo. He is the son of former Buffs Colin and Maribeth. Colin was a four-year letterwinner on the track & field team, while Maribeth was a four-year letterwinner on the ski team, including the 1982 team that won the NCAA Championship. Harris has three older brothers, Colin, Kevin and Quinn. His uncle Richie Harris ran at Colorado State.

## DARRIN HAYNES



**Sprints**  
**Sophomore, 1L/1L**  
**Colorado Springs, Colo.**  
**(Cheyenne Mountain)**

### PERSONAL BESTS

#### INDOOR

200-meters: 22.65 (2015)

400-meters: 48.96 (2015)

#### OUTDOOR

100-meters: 11.04

200-meters: 22.26

400-meters: 48.18 (2015)

#### MPSF SCORING

2015 4x400-Meter Relay, 7th (3:16.91)

#### PAC-12 SCORING

2015 4x400-Meter Relay, 6th (3:13.90)

**2015: Indoor:** Haynes raced at three meets for the Buffs. He ran 22.65 in his only 200 of the year at the Air Force Open (1/9) and clocked in at 48.96 in the 400 at the MPSF Championship. Haynes was part of the 4x400-meter relay that placed seventh at conference in 3:16.91.

**Outdoor:** Haynes raced the 400 as well as the 4x400-meter relay during the season. He clocked a season best 48.18 in the 400 at the Tom Benich Invite (4/4) which was fourth overall. At the Pac-12 Championships, he placed 11th in the 400 prelims (48.80). The 4x400 relay placed sixth at the

conference meet, finishing in 3:13.90.

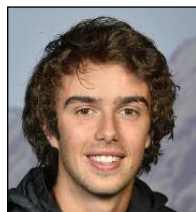
**HIGH SCHOOL:** Haynes was a part of two CMHS record setting relay teams, the 4x100 (42.27) and the 4x200 (1:28.38). His 4x100 relay placed second at the state championships, while the 4x200 team was third in the 4A division. Haynes was named to the 4A Pikes Peak Athletic Conference second team in the 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 economics major.

**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.

## CHRIS HERRICK



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

### PERSONAL BESTS

#### INDOOR

Mile: 4:26.11 (2015)

3,000-meters: 8:25.70 (2015)

#### OUTDOOR

1,600-meters: 4:23

3,200-meters: 9:17

**2015: Indoor:** Herrick raced a pair of mile runs and 3,000's during his first track season. He clocked a PR of 4:26.11 at the Potts Invite (1/17) in the mile before running 4:26.92 at the Air Force Invite (1/24). Herrick switched gears to the 3k after those and recorded a season best of 8:25.70 at the MSPF Championship.

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

**CROSS COUNTRY:** (2015) Herrick ran in two races for the Buffs during his redshirt freshman season. He was 47th overall at the Rocky Mountain Shootout and 65th in the open race at NCAA Pre-Nationals.

**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 greater than 3.70 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**  
**Junior, VR/VR**  
**Eugene, Ore.**  
**(South Eugene/Oregon)**

### PERSONAL BESTS

#### OUTDOOR

1,500-Meters: 3:58.53 (2012)

3,000-Meter Steeplechase: 9:30.00 (2015)

#### ACADEMIC HONORS

Academic All-MPSF (2015)

Pac-12 All-Academic Second Team (2015)

**2015: Indoor:** Holvey raced twice for the Buffs during the indoor season, a mile at the Potts Invite (1/23) in 4:38.93 and a 3,000 at the Air Force Invite (1/24).

**Outdoor:** Holvey mainly raced the 3,000-meter steeplechase. He improved in each race and in his last meet of the season, the Bryan Clay Invite (4/17), Holvey recorded a personal record of 9:30.00.

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

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

**CROSS COUNTRY:** (2015) Did not compete. (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

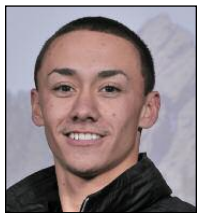
State Athletic Association Outdoor 6A State Championships in the 1,500, finishing with a time of 3:58.53.

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

**IN THE CLASSROOM:** Holvey is majoring in ecology and evolutionary biology 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.

## ISAIAH KAISER



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

### PERSONAL BESTS

#### INDOOR

400 Meters: 50.99 (2015)  
 60-Meter Hurdles: 8.74 (2015)  
 300-Meter Hurdles: 36.68 (2015)

#### OUTDOOR

110-Meter Hurdles: 16.89 (2015)  
 400-Meter Hurdles: 54.67 (2015)

**2015: Indoor:** Kaiser's main race was the 60-meter hurdles. He clocked his season-best mark of 8.74 in the preliminary rounds of the Air Force Invite (1/23), placing 12th overall. Kaiser had two other sub-nine second races. He clocked in at 8.78 at the Potts Invite (1/17) and 8.90 at the Air Force Open (1/9).

**Outdoor:** Kaiser mainly focused on the 400-meter hurdles, although he did race a couple of 110-hurdles. He ran a personal best 54.67 in the 400-hurdles at the Jack Christiansen Invite, finishing eighth overall. Kaiser ran both events at Texas Relays (3/26-28). He clocked in at 55.41 in the 400-hurdles and recorded a PR 16.89 in the 110-hurdles.

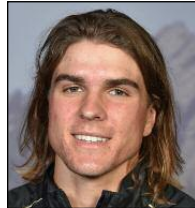
**HIGH SCHOOL:** Kaiser placed third at the Colorado State High School 5A Championships in the 300-meter hurdles, crossing the finish in 38.52 after winning the preliminary round in 39.04. CTHS was third at the state championships that year after winning the team title in 2013. The Cougars were also 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 and owns a GPA greater than 3.00.

**PERSONAL:** Isaiah Omayr 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.

## JOE KLECKER



**Distance**  
**Freshman, HS/HS**  
**Minnetonka, Minn.**  
**(Hopkins)**

### PERSONAL BESTS

800-meters: 1:56.44  
 Mile: 4:04.13  
 1,600-meters: 4:06.54  
 3,200-meters: 8:50.12

**CROSS COUNTRY:** (2015) Redshirt. Did not compete.

**HIGH SCHOOL:** Klecker captured two individual state championships his senior season and led the Royals to a third-place finish as a team at the Class AA state meet en route to earning the Gatorade Minnesota Boys Track & Field Athlete of the Year. Klecker set a state record in the 1,600-meter run with a time of 4:06.54 and also took first in the 3,200 in 8:57.76. A First Team All-State selection, he earned fourth-place in the mile at the prestigious Adidas Grand Prix, crossing the line in 4:04.13, which ranked as the nation's No. 5 performance among prep competitors in 2015 at the time of his selection. He was named to the USA Today All-America second team. In the fall of 2014, Klecker placed third at the Minnesota State High School Class AA State Cross Country Championships, finishing the course in 15:26.2. He owns HHS records in the 1,600, 3,200 and 5,000 on the cross country course. Minnesota, Furman, Georgetown and Tulsa all recruited Klecker before he chose CU.

**HIGH SCHOOL BESTS:** 800-meters: 1:56.44; Mile: 4:04.13; 1,600-meters: 4:06.54; 3,200-meters: 8:50.12.

**IN THE CLASSROOM:** Klecker intends to major in chemistry.

**PERSONAL:** Joseph Richard Klecker was born on November 16, 1996 in Minneapolis, Minn. He is the son of Barney and Janis Klecker of Minnetonka, Minn. His father owns the U.S. record for the 50 mile ultramarathon (4:51:25) and his mother competed at the 1992 Summer Olympics (marathon) and won two U.S. marathon national championships. Both ran track and cross country in college. Klecker is one of six children. Three of his siblings run at college: Mary at Augsburg, John at Augustana (S.D.), and Sarah at Minnesota. His two other siblings, Elizabeth and James, are in high school.

## GARRETT LOSTY



**Sprints/Hurdles**  
**Junior, 1L/2L**  
**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: 53.57 (2015)

#### MPSF SCORING

2015 4x400-Meter Relay, 7th (3:16.91)

#### PAC-12 SCORING

2014 4x100-Meter Relay, 6th (41.38)  
 2014 4x400-Meter Relay, 6th (3:14.35)  
 2015 4x400-Meter Relay, 6th (3:13.90)

#### ACADEMIC HONORS

Academic All-MPSF (2015)  
 Pac-12 All-Academic honorable mention (2015)

**2015: Indoor:** Losty mostly raced 400s during the indoor season. He clocked a season-best 50.40 at the Air Force Open (1/9), which placed eighth overall. He was also a big part of the 4x400 and mile relays. The 4x400 relay placed seventh at the MPSF Championship, finishing in 3:16.91.

**Outdoor:** Losty focused mainly on the 400-meter hurdles, but also ran in the 4x400 relay. He tallied a personal record of 53.57 at the CU Invite, finishing second overall. At the Pac-12 Championships, Losty raced the 4x400, which placed sixth in 3:13.90.

**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 in 2012. 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 a finance major and currently has a GPA greater than 3.30.

**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.

## CHRISTIAN MARTIN



**Distance**  
**Sophomore, RS/RS**  
**Littleton, Colo.**  
**(Heritage/Nebraska)**

### PERSONAL BESTS

1,600-meters: 4:26  
 5,000-meters: 15:50

**2015: Indoor:** Redshirt. Did not compete.

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

**CROSS COUNTRY:** (2015) Martin saw action in four meets for the Buffs. He made his CU debut at the Colorado State Invitational, placing 17th overall. He improved to 11th at the Rocky Mountain Shootout and then went on to place sixth in the open race at NCAA Pre-Nationals. Martin's final race was at Pac-12s, where he finished 68th overall.

**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.

## JOSEPH MARTINEZ



**Combined Events**  
**Freshman, HS/HS**  
**Greeley, Colo.**  
**(Greeley Central)**

### PERSONAL BESTS

High Jump: 6-4  
 400-meters: 50.41

**HIGH SCHOOL:** Martinez has competed in a variety of events while a member of the Greeley Central High School team, including the high jump, long jump, 400 and 800-meter runs and sprint relays. A two-time team captain, he has qualified for the state meet. As a senior, Martinez won the high jump at the conference meet and went on to place 10th at the state championship, jumping 6-00. He also ran the 400 at the state meet, finishing 11th overall in 50.42, a personal record. Martinez recorded a personal best in the high jump earlier in the season (6-00.50) at the St. Vrian Invitational. In 2014, he ran on the 4x400-meter relay team which set the GCHS record at 3:21.69. Martinez also ran cross country and played tennis for the Wildcats.

**HIGH SCHOOL BESTS:** High Jump: 6-4; Long Jump: 19-6; 400-meters: 50.41.

**IN THE CLASSROOM:** Martinez is a mechanical engineering major.

**PERSONAL:** Joseph Leonard Martinez was born on August 21, 1996 in Scottsdale, Ariz. He is the son of Matthew and Patricia Martinez of Greeley, Colo. He has one sister, Janelle, who is a member of the Oklahoma State track & field and cross country teams. Martinez enjoys hiking, biking, golfing and reading.

## DUANE McCLURKIN JR.



**Combined Events**  
**Freshman, HS/HS**  
**Colorado Springs, Colo.**  
**(Fountain-Fort Carson)**

### PERSONAL BESTS

200-meters: 21.54  
 400-meters: 47.97  
 High jump: 6-8

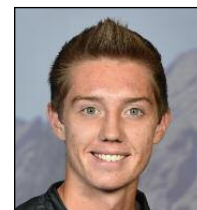
**HIGH SCHOOL:** McClurkin earned four letters for the Trojans, competing in the springs and jumps. The Trojans were the 2014 and '15 Colorado 5A Track and Field State Champions. In 2015, he placed second at the state championship in the 400, finishing in 48.02 after winning the prelims in 48.22. McClurkin also placed fourth at state in the high jump, clearing 6-6. He recorded a personal best 47.97 in the 400 at the Colorado Springs Metro Championships. Earlier in the season, McClurkin jumped 6-8 at the Pomona Invitational.

**HIGH SCHOOL BESTS:** 200-meters: 21.54; 400-meters: 47.97; High Jump: 6-8.

**IN THE CLASSROOM:** McClurkin is majoring in business.

**PERSONAL:** Duane Eugene McClurkin Jr. was born on September 12, 1997 in Baton Rouge, La. He is the son of Duane and Yakila McClurkin.

## PAUL MILLER



**Distance**  
**Sophomore, VR/VR**  
**Fort Collins, Colo.**  
**(Poudre)**

### PERSONAL BESTS

**INDOOR**  
 3,000-meters: 8:15.68 (2015)  
 5,000-meters: 14:31.79 (2015)  
**OUTDOOR**  
 3,000-meters: 8:39.26 (2015)

**2015: Indoor:** Miller competed three times for the Buffs in his first season. He debuted at the Air Force Invite (1/24), finishing his first 3,000 in 8:42.79, which was third overall. Miller followed up that performance by running a season-best 8:15.68 at the Husky Classic (2/14). His final race of the season was the 5k at the MPSF Championships where he placed 19th in 14:31.79.

**Outdoor:** Miller raced once for the Buffs, clocking 8:39.26 in the 3,000-meter run at the Jerry Quiller Classic (3/21) for second overall.

**CROSS COUNTRY:** (2015) Miller finished fifth at the USA Junior Cross Country Championships in February in

25:53, which earned him a trip to the IAAF World Junior Cross Country Championships in China. There he placed 74th overall. During the fall season, Miller earned a spot on the varsity roster. He was 13th at the Colorado State Invitational and the Rocky Mountain Shootout to start the season. At NCAA Pre-Nationals, he placed 18th in the open race. Miller finished the season at Pac-12s, placing 53rd overall. (2014) Redshirt. Did not compete.

**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 a neuroscience major and has a GPA greater than 3.60.

**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**  
Junior, VR/1L  
Sacramento, Calif.  
(Jesuit)

### PERSONAL BESTS

#### INDOOR

60-meters: 6.93 (2014)

200-meters: 21.98 (2014)

#### OUTDOOR

100-meter: 10.61 (2015)

200-meters: 21.03 (2015)

**2015:** *Indoor:* Mitsch's main focus was the 60, but he also raced a few 200s. He ran a personal best 6.93 in the 60 at the Joe Davies Open (2/21), which placed second overall. In eight of his nine 60-meter races, Mitsch finished under seven seconds. Mitsch also recorded a PR in the 200 during the season, clocking in at 21.74 at the Air Force Invite (1/23) for third place.

*Outdoor:* Mitsch led CU in the short sprints during his sophomore season. He clocked personal bests in both the 100 and 200 at the Beach Invitational (4/18). Mitsch won the 200 in 21.03 and sprinted to a time of 10.61 in the 100, which was 12th overall. He also ran 10.61 in the 100 at Mt. SAC Relays (4/17) the day before. He competed in both events at the Pac-12 Championships. Mitsch tied for ninth in the 200, finishing in 21.41, and placed 14th in the 100. As

a member of the 4x100-meter relay, Mitsch helped the team place eighth in 41.05.

**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. Mitsch 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).

**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**  
Senior, 1L/1L  
Arcadia, Calif.  
(Arcadia)

### PERSONAL BESTS

#### INDOOR

Mile: 4:15.82 (2015)

3,000-Meters: 7:53.76 (2015)

5,000-Meters: 13:48.34 (2015)

#### OUTDOOR

800-Meters: 1:52.42 (2014)

1,500-Meters: 3:42.68 (2015)

5,000-Meters: 13:41.87 (2015)

10,000-Meters: 29:34.28 (2015)

#### MPSF SCORING

2015 3,000-Meters, 7th (7:53.61)

#### PAC-12 SCORING

2015 5,000-Meters, 7th (14:01.04)

2015 10,000-Meters, 1st (29:34.28)

**2015:** *Indoor:* Moussa had a break out season on the track for CU, entering the top-10 in two different

events for the Buffs as well as his first All-America track honor. At the Husky Classic (2/14), Moussa ran the 5,000-meter run in 13:48.34. That time made him the ninth fastest performer in CU history. Moussa switched gears to the 3k in his next race at the MPSF Championship where he took seventh in 7:53.61 to become the seventh fastest performer in school history. Moussa advanced to his first NCAA Indoor Championship in the 5k and placed 10th in 14:01.22 for All-America second team honors.

*Outdoor:* Moussa followed up his great indoor season, with an even more impressive outdoor season. He mainly raced the 5,000 and 10,000-meter runs. Moussa clocked a personal best of 13:41.87 at Mt. SAC Relays (4/17). He also PR'd in the 10k at the Pac-12 Championships, winning his first conference title in 29:34.28. The win was the first 10k conference victory for the Buffs since 2011. Moussa qualified for the NCAA West Prelims in both the 5k and 10k runs.

**2014:** *Indoor:* Moussa ran in three meets for the Buffs, starting out with a mile run at the Air Force Invitational (1/24) and a 3k at the Husky Classic (2/15). Two weeks later, at the MPSF Championships, Moussa ran a season-best 3k of 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). A few weeks later, Moussa ran the 800 at the CU Invite (4/12), clocking in at 1:52.42. 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:* At the Mt. SAC Relays, Moussa ran a 1,500 season best of 3:47.01. He mainly focused on the 5k and ran a season-best 13:57.96 at the Payton Jordan Cardinal Invite (4/29). Moussa recorded a time of 14:27.90 at the Pac-12 Championships and ended the season with a 5k at the NCAA West Preliminary Championships.

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

*Outdoor:* Redshirt. Did not compete.

**CROSS COUNTRY:** (2015) Moussa finished his career with the Buffs with another great season. He recorded a 14th place finish at NCAA Pre-Nationals, placing third for the Buffs. At Pac-12s, he was again third for the Buffs, placing seventh overall for All-Pac-12 honors while helping the Buffs to their fifth straight conference title. Moussa earned all-region honors two weeks later, placing 15th. He ended his career with a 42nd place finish at NCAAs. (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 NCAAs, crossing the finish fifth overall for his first All-America honor, while CU won its second straight NCAA title. (2013) At the Pac-12 Championships, Moussa was 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. His 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 Spanish.

## PIERCE MURPHY



**Distance**  
**Senior, 1L/2L**  
**Hanalei, Hawai'i**  
**(Island)**

### PERSONAL BESTS

#### INDOOR

3,000-Meters: 7:59.73 (2015)

5,000-Meters: 13:39.29 (2015)

#### OUTDOOR

1,500-Meters: 3:44.31 (2015)

5,000-Meters: 13:37.05 (2015)

10,000-Meters: 28:52.70 (2015)

### PAC-12 SCORING

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

2015 5,000 Meters, 4th (13:48.43)

### NCAA SCORING

2015 (I) 5,000-Meters, 6th (13:54.36)

2015 (O) 10,000-Meters, 5th (29:15.18)

### HONORS

2015 All-America First Team (Indoor 5k)

2015 All-America First Team (Outdoor 10k)

**CAREER UPDATE:** Murphy came to CU as a walk-on, but when he leaves after his senior season, he will leave as one of CU's top runners. Entering the 2016 track season, he is a two-time All-American, earning the distinction for indoor (5,000) and outdoor (10,000) track in 2015. Murphy is in the record book as the Buffs' third fastest indoor 5k performer (13:39.29). Outdoors, he ranks ninth in the 5k (13:37.05) and 11th on CU's 10,000 performers list (28:52.70).

**2015:** *Indoor:* Murphy ran a pair of 3,000 and 5,000-meter runs during the indoor season. He debuted in the 3k at the Air Force Invite (1/24), winning the race in 8:38.92. A couple weeks later at the Husky Classic (2/13), he won the 5k in 13:39.29, which made him CU's third fastest performer in the event. The time also qualified him for NCAAs. Murphy went back to the 3k at the MSPF Championship and finished the race in 7:59.53. His final race of the indoor season was the 5k at NCAAs where he earned his first track All-America honor with a sixth place finish (13:54.36).

*Outdoor:* Murphy continued to have a great season and earned his first outdoor All-America honor in the process. He PR'd in each of the three events he ran. Murphy only ran the 1,500 once, clocking in at 3:44.31 at the Bryan Clay Invite (4/17). At the Stanford Invite (4/3), he became the 11th best CU performer after finishing in 28:52.70. Murphy's PR of 13:37.05 (the ninth best in CU history) was run at the Payton Jordan Invite (5/2). He only ran the 5k at the Pac-12 Championships, finishing fourth overall (13:48.43). Murphy advanced to the NCAA West Prelims in both the 5k and 10k.

He ran his 10k in 29:45.35 for seventh place and qualified for the NCAA finals, where he earned All-America honors in the 10k, finishing fifth in 29:15.18.

**2014:** *Indoor:* Murphy ran a personal best of 13:56.37 in the 5k at the Husky Classic (2/14). He competed in the 3k at the MSPF 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. 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:** (2015) Murphy had one of the best individual seasons for a Buff, leading CU in all five varsity races. Murphy won the Rocky Mountain Shootout and went on to take fifth overall at NCAA Pre-Nationals. He helped the Buffs to their fifth straight Pac-12 Championship a couple weeks later, placing fourth overall. He recorded all-region honors with a seventh place finish and ended his career with a third place finish at NCAAs for his third straight All-American honor. It was the best finish for a Buff since 2003 when Dathan Ritzenhein won the meet. (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 finish 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. 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. He 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**  
**Senior, 2L/2L**  
**New Vernon, N.J.**  
**(Morristown/Duke)**

### PERSONAL BESTS

#### Indoor

3,000-Meters: 7:51.93 (2015)

5,000-Meters: 13:43.37 (2015)

#### Outdoor

800-Meters: 1:52.89 (2015)

1,500-Meters: 3:43.31 (2015)

5,000-Meters: 13:36.22 (2015)

10,000-Meters: 29:41.84 (2015)

### MPSF SCORING

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

2015 3,000-Meters, 3rd (7:51.93)

### PAC-12 SCORING

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

2015 5,000-Meters, 3rd (13:47.83)

2015 10,000-Meters, 3rd (29:41.84)

### NCAA SCORING

2015 (I) 3,000-Meters, 5th (8:01.89)

### ACADEMIC HONORS

Academic All-MPSF (2015)

Pac-12 All-Academic Second Team (2015)

USTFCCCA Academic (2014)

### HONORS

2014 All-America Second Team (Indoor 5k)

2015 All-America First Team (Indoor 3k)

2015 All-America Second Team (Indoor 5k)

**CAREER UPDATE:** Pearson continues to be one of the best indoor performers for the Buffs, entering the 2016 season as a three-time indoor track All-American. He put his name in the CU record book a few times in 2015. Pearson became the fourth fastest Buff in the indoor 3k, clocking in at 7:51.93 during the MPSF Championships. He also ranks seventh in indoor 5k record book with a 13:43.37 mark. Pearson's success spans the outdoor season where he is the eighth fastest Buff in the 5k (13:36.22).

**2015:** *Indoor:* Pearson had a great season, recording a pair of All-America honors. He became the seventh fastest CU 5k performer after clocking in at 13:43.37 at the Husky Classic (2/14), which was good for fourth overall. Pearson also became the fourth best CU 3k performer with a 7:51.93 third-place performance at the MPSF Championships. He raced both the 5k and the 3k at NCAAs. The 5k was first and he earned second team All-America honors with a 14th place finish (14:16.63). Pearson had a better performance the following night in the 3k, placing fifth in 8:01.89 to take fifth overall.

*Outdoor:* Pearson showed he was becoming one of CU's best runners during the indoor season and kept that momentum going into outdoors. He tallied personal bests in

all four distance events, starting at the CU Invite (4/11) where he ran 1:52.89 in the 800. The next meet for Pearson was Mt. SAC Relays, where he PR'd in the 5k (13:36.22) to become the eighth fastest CU performer. He also clocked a personal record in the 1,500 at the Payton Jordan Invite (5/2). Pearson went on to compete in the 5k and 10k at the Pac-12 Championships, placing third in both events. He ran a PR of 29:41.84 in the 10k on May 16 and the next day came back to race 13:47.83 in the 5k. Pearson raced 14:12.46 in the NCAA West Prelims, 10th overall, to advance to NCAAs.

**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. 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. At the NCAA West Preliminary Championships, Pearson again ran both events.

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

*Outdoor:* Redshirt. Did not compete.

**CROSS COUNTRY:** (2015) Pearson returned to CU's line-up ready to compete. He placed second overall at the Rocky Mountain Shootout, finishing just behind teammate Pierce Murphy. At NCAA Pre-Nationals, Pearson was 14th, scoring as CU's No. 4 runner. He was also fourth for the Buffs at Pac-12s, finishing 14th (All-Pac-12 Second Team) while helping CU win its fifth straight Pac-12 title. Pearson improved at regionals, recording an eighth place finish as CU's second finisher. He earned All-American honors for the second time in his career with a 25th place finish at NCAAs. (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. 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 indoor and outdoor track & field teams.

**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, VR/VR**  
**Kalispell, Mont.**  
**(Flathead)**

### PERSONAL BESTS

#### INDOOR

3,000-Meters: 8:12.31 (2014)

#### OUTDOOR

800-meters: 1:52.05 (2014)

1,500-meters: 3:43.00 (2015)

**2015: Indoor:** Redshirt. Did not compete.

**Outdoor:** Perrin focused on the 1,500 during his first outdoor campaign. At the Payton Jordan Invite (5/2), he ran a time of 3:43.81 in the 1,500. Perrin ran a season best 3:43.00 in the prelims at the Pac-12 Championships, placing seventh in the process. He went on to finish 10th in the finals (3:48.88), but did qualify for the NCAA West Prelims where he would finish 20th in 3:49.77 to wrap-up his season.

**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:** (2015) Perrin won the Colorado State Invitational to start the season and then placed fourth at

the Rocky Mountain Shootout. He was 68th for the Buffs at NCAA Pre-Nationals before improving to 38th at Pac-12s. Perrin recorded all-region honors with an 18th place finish. He ended the season with a 195th place finish at NCAAs. (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. 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.

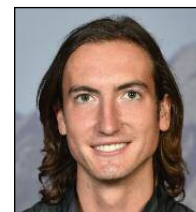
**HIGH SCHOOL:** Perrin won four Montana State High School Championships. He won the 2012 cross country championship after a runner-up finish his junior year. Perrin raced in the Foot Locker West Regional and took eighth overall before placing 10th at the Foot Locker Nationals in 2012. On the track, 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**  
**Junior/Sophomore,**  
**VR/1L**  
**Missoula, Mont.**  
**(Hellgate)**

### PERSONAL BESTS

#### INDOOR

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

#### OUTDOOR

1,500-meters: 3:47.22 (2015)

3,000-meter steeplechase: 8:48.68 (2015)

### PAC-12 SCORING

2015 3,000-Meter Steeplechase, 8th (8:58.04)

### ACADEMIC HONORS

Academic All-MPSF (2015)

Pac-12 All-Academic First Team (2015)

**2015: Indoor:** Peterman clocked in at 8:16.33 at the Husky Classic (2/28) and then ran a season best of 8:14.40 at the MPSF Championship two weeks later.

**Outdoor:** Peterman's main event was the steeplechase, but he did race a couple of 1,500s during his first outdoor season. He raced a personal best 3:47.22 in the 1,500 at the Payton Jordan Invite (5/2), finishing second in the seventh section. Peterman had a huge PR of 8:48.68 at Mt. SAC Relays (4/16), winning the 'B' section. He went on to place eighth at the Pac-12 Championships, finishing in 8:58.04. At the NCAA West Prelims, Peterman finished 13th overall in 8:50.72, just off his PR.

**2014: Indoor:** Peterman focused solely on the 3,000-meter run as a freshman. At the Husky Classic (2/15), 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:** (2015) Did not compete. (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 studies 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.

## DEJOUR PLUNKETT-ELLIOTT



**Jumps**  
Freshman, HS/HS  
Denver, Colo.  
(Thomas Jefferson)

### PERSONAL BESTS

Triple Jump: 47-6 (2015)

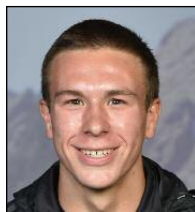
**HIGH SCHOOL:** Plunkett-Elliott recorded the best jump in Colorado (47-6) on April 25, 2015 at the Liberty Bell Invite. It was also the TJHS record. He placed sixth at the 2015 state championships, jumping 43-8.25. As a senior, he was a member of the 4x100 and 4x200-meter relays.

**HIGH SCHOOL BESTS:** Triple Jump: 47-6.

**IN THE CLASSROOM:** Plunkett-Elliott is undecided on a major but is interested in marketing.

**PERSONAL:** DeJour Leshawn Plunkett-Elliott was born on June 17, 1997 in Park Hill, Colo. He is the son of Chris Plunkett and Jasmine Elliott and has two sisters, Jamaika and Ayanna.

## JUSTICE RAMOS



**Distance**  
Freshman, HS/HS  
Delores, Colo.  
(Montezuma-Cortez)

### PERSONAL BESTS

400-meters: 49.67  
800-meters: 1:55.74

**HIGH SCHOOL:** A multi-sport athlete, Ramos lettered in cross country, track and field, football and wrestling at Montezuma-Cortez High School. He raced his personal bests in the 400 (49.67) and 800 (1:55.74) at the 2015 Colorado 4A State Championship and earned all-conference distinctions in both. Ramos was named the MCHS Sprinter of the Year as a sophomore and in his junior season, he garnered the MCHS Distance Runner of the Year. Ramos qualified for the state wrestling meet three times.

**HIGH SCHOOL BESTS:** 400-meters: 49.67; 800-meters: 1:55.74.

**IN THE CLASSROOM:** Ramos is a mechanical engineering major and is also interested in architecture.

**PERSONAL:** Justice Thomas Ramos was born on November 2, 1996 to Joe and Jennie Romas in Lubbock, Texas. He has one sister, Jordan, and one brother, Josh. He has worked with his mom's first grade class helping the students with reading and math.

## BRADY RUTT



**Throws**  
Senior, VR/1L  
Hastings, Neb.  
(Hastings)

### PERSONAL BESTS

**INDOOR**  
Shot Put: 47-06.25 (2012)  
Weight Throw: 59-1.25/18.01m (2015)  
**OUTDOOR**  
Discus: 170-11/52.09m (2015)  
Shot put: 49-5.75/15.08m (2013)  
Hammer Throw: 193-00/58.84m (2015)

### PAC-12 SCORING

2012 Discus, 5th (168-04)

**2015: Indoor:** Rutt focused solely on the weight throw during the season. He launched a personal best of 59-1.25 at the Potts Invite (1/17), which was third overall. Rutt's recorded his second best mark of 57-1 twice, once at the Husky Classic (2/14) and at the Air Force Collegiate Open (1/9). He competed at the MSPF Championships and placed

15th with a throw of 54-1.75.

**Outdoor:** Rutt competed in two events as a redshirt junior, the discus and hammer throws, and earned personal bests in both. He threw his PR of 193-00 in the hammer throw at the Tom Benich Invite (4/4), which was fifth overall. Rutt's main event was the discus, which he competed in at 10 meets. He launched a toss of 170-11, a PR, at the Air Force Twilight (5/8), placing second overall (the top collegiate athlete). Rutt competed at the Pac-12 Championships in both events. He placed 11th in the hammer (180-7) and was 11th in the discus (167-7).

**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 throw 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.

**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**  
**Junior, 1L/2L**  
**Salt Lake 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)  
 5,000-meters: 13:58.19 (2015)

#### 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)  
 2015 1,500-Meters, 3rd (3:46.90)

#### NCAA SCORING

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

#### ACADEMIC HONORS

CoSIDA Academic All-America Third Team (2015)  
 CoSIDA All-District First Team (2015)  
 Pac-12 All-Academic First Team (2015)  
 Academic All-MPSF (2015)  
 USTFCCA Academic (2014)

#### HONORS

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

**CAREER UPDATE:** In 2014, Saarel ran the fastest indoor 3,000-meter run debut by a Buff, finishing in 7:52.61 at the Husky Classic. At the time, it was the third fastest time ever run by a Buff (it now ranks fifth overall). During the 2014 outdoor season, Saarel became the fifth fastest Buff in the 1,500, running 3:41.54 at the Bryan Clay Invite. In his two years with the Buffs, he has collected two track and field All-American honors, once indoors and once outdoors.

**2015: Indoor:** Saarel only raced three times for CU as a sophomore. He started off by winning the mile (4:12.30) at the Air Force Open (1/24). He moved up to the 5k in his next race, and placed 14th in 13:58.19. Saarel's final race of the season was the 3k at the MPSF Championships. He finished 12th overall in 7:57.73.

**Outdoor:** Saarel concentrated on the 1,500 during his sophomore campaign. He ran his first race in a CU uniform at the Payton Jordan Invite (5/2), where he finished fourth in the third section in 3:41.90. His next meet was the Pac-12 Championships. He won the prelims in 3:41.85 before placing third the following day in 3:46.90. Saarel went on to race at the NCAA West Prelims, placing fourth in the first round (3:45.04). He was 12th in the semifinals (3:44.19), which advanced him to NCAAs where he placed 19th in the semifinals (3:47.07).

**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:** (2015) Saarel only raced twice for the Buffs, but excelled at both meets. He was 21st overall at the regional meet, earning all-region honors in the process. He earned his third consecutive All-American honor at NCAA with a 31st place finish. (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 3.885 GPA.

**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 Saarel of Cleveland, Ohio. 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, RS/RS**  
**Fort Collins, Colo.**  
**(Fort Collins/Western State)**

### PERSONAL BESTS

800 Meters: 1:55.33  
 1,500 Meters: 3:53.37 (2015)

**2015: Indoor:** Redshirt. Did not compete.

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

**CROSS COUNTRY:** Redshirt. Did not compete.

**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 an integrative physiology 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**  
**Sophomore, VR/1L**  
**Colorado Springs, Colo.**  
**(Fountain Fort Carson)**

### PERSONAL BESTS

#### INDOOR

60 Meters: 7.14 (2015)

200 Meters: 22.80 (2015)

#### OUTDOOR

100 Meters: 10.86

200 Meters: 21.64

#### PAC-12 SCORING

2015 4x100-Meter Relay, 8th (41.05)

**2015: Indoor:** Skrine competed in four meets for the Buffs in his first year. He clocked a 60-meter season-best time (7.14) at the Air Force Holiday Open (12/12/14) and at the Air Force Invite (1/24). Skrine also ran 7.19 (Potts Invite; 1/17) and 7.22 (Air Force Open, 1/9). He also ran one 200 at the AFA Open, finishing in 22.80.

**Outdoor:** Skrine raced the short sprints for the Buffs as a freshman. He recorded a season best in the 200, 22.04, at the Jack Christiansen Invite (4/25) for fourth place. Skrine earned his 100-meter season best time (10.92) at the Pac-12 Championships. He also finished 18th in the 200 prelims, clocking in at 22.46. Skrine raced on the 4x100-meter relay team for the Buffs which placed eighth at Pac-12s.

**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.

## TRENTON STRINGARI



**Sprints/Hurdles**  
**Freshman, HS/HS**  
**Canon City, Colo.**  
**(Canon City)**

### PERSONAL BESTS

110-meter hurdles: 14.31

300-meter hurdles: 37.56

400-meter hurdles: 52.89

**HIGH SCHOOL:** Stringari was a multi-sport athlete at CCHS, earning letters in football (three), basketball (three) and track and field (four). He won three state championships. In 2014, Stringari was the 300-meter hurdle state champion and repeated in 2015 while picking up the 110-hurdle title. He was also recruited by Iowa, Mississippi, Kansas, TCU and Ohio State.

**HIGH SCHOOL BESTS:** 110-meter hurdles: 14.31; 300-meter hurdles: 37.56; 400-meter hurdles: 52.89.

**IN THE CLASSROOM:** Stringari is undecided on a major.

**PERSONAL:** Trenton Oneil Stringari was born on January 9, 1997 in Canon City, Colo. He is the son of Kurt and Shelly Stringari and has two siblings, Trevor and Demi. Stringari enjoys all sports and playing video games.

## AUSTIN SWANSON



**Throws**  
**Freshman, HS/HS**  
**North Hollywood, Calif.**  
**(Notre Dame)**

### PERSONAL BESTS

Shot Put: 55-3.50 (2014)

**HIGH SCHOOL:** Swanson focused on the shot put during his high school career, earning three letters in the process. He recorded a season-best mark of 53-3 at the CIF-SS Division 3 Prelims, placing eighth. At the CIF-SS Division 3 Finals, he was seventh with a throw of 53-2.75. As a junior, Swanson won the Arcadia Invitational with a throw of 55-3.50. He also played football and earned three letters as a defensive lineman.

**HIGH SCHOOL BESTS:** Shot Put: 55-3.50.

**IN THE CLASSROOM:** Swanson intends to major in business.

**PERSONAL:** Austin Brian Swanson is the son of Richard and Taraiaquia Swanson of North Hollywood, Calif. He has one younger sister, Audrey.

## DIONNE TAYLOR JR.



**Combined Events**  
**Freshman, HS/HS**  
**Colorado Springs, Colo.**  
**(Pine Creek)**

### PERSONAL BESTS

High Jump: 7-0

Triple Jump: 43-5

Long Jump: 22-0

**HIGH SCHOOL:** Taylor owns the PCHS high jump record at 7-0, which is in the top 10 all-time in Colorado history. He cleared the mark, which was the seventh best in the nation for the 2015 season, at the Colorado Springs Metro League Championships. Taylor placed third at the state championships, reaching 6-8 in the finals. Prior to that placing, he won the high jump at seven consecutive meets. Taylor also placed seventh in the long jump (21-4) and was 10th in the triple jump (42-11.50) at the 2015 state championship. He earned first team all-state honors (high jump) and was first team all-conference (high jump and long jump) as a senior. In 2014, Taylor was all-conference (high jump) and placed third at state (6-7).

**HIGH SCHOOL BESTS:** High Jump: 7-0; Triple Jump: 43-5; Long Jump: 22-0.

**IN THE CLASSROOM:** Taylor is majoring in economics.

**PERSONAL:** Dionne Lamontay Taylor Jr. was born on June 5, 1997 in Helena, Mont. He is the son of Dionne Taylor Sr. and Mia Lampley of Colorado Springs, Colo. He has two siblings, William and Myah.

## JARON THOMAS



**Sprints/Hurdles**  
**Sophomore, 1L/2L**  
**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)

#### MPSF SCORING

2015 60-Meter Hurdles, 8th (8.26)

#### PAC-12 SCORING

2014 110-Meter Hurdles, 6th (14.29)

2014 400-Meter Hurdles, 3rd (51.24)

2015 110-Meter Hurdles, 7th (14.32)

2015 400-Meter Hurdles, 6th (52.47)

**2015: Indoor:** Thomas again concentrated on the 60-meter hurdles. He won his first meet of the season at the Potts

Invite (1/17), finishing in 8.24. Thomas followed that up with another win at the Air Force Invite (1/24), finishing in 8.20. At the MSPF Championships, Thomas ran a season-best time of 8.10 to place eighth in the prelims. In the finals, he also took eighth in 8.26.

**Outdoor:** Thomas continued to do well for the Buffs in the hurdles during the outdoor season. He won the 400-hurdles at the CU Invite (4/11), clocking in at 52.35. Thomas placed 12th in the 400-hurdles invitational section at Mt. SAC Relays, crossing the finish in 52.60. At the Pac-12 Championships, Thomas scored for CU in both events. He placed sixth in the 400-hurdles (52.47) after placing third in the prelims (52.35), and was seventh in the 110-hurdles (14.32) after running seventh in the prelims (14.26). He qualified for NCAA West Prelims in the 110-hurdles, placing 31st in the prelims (14.22).

**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 an integrative physiology 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.

## GRAYSON WEBBER



**Throws**  
**Sophomore, TR/TR**  
**Colorado Springs, Colo.**  
**(Cheyenne**  
**Mountain/Lipscomb)**

### PERSONAL BESTS

*Indoor*  
 Shot Put: 42-2.25/12.88m (2015)  
 Weight Throw: 46-3/14.11m (2015)  
*Outdoor*  
 Shot Put: 42-9/13.03m (2015)  
 Discus: 162-11/49.66m (2015)  
 Hammer: 141-3/43.07m (2015)  
 Javelin: 160-5/2.44m (2015)

**AT LIPSCOMB (2015):** Webber won the Atlantic Sun Conference outdoor championship in the discus with a mark of 158-0. He was also sixth in the shot put (41-3) and was seventh in the hammer throw (128-2). During the indoor season, Webber was sixth in the weight throw (43-11.75) and placed eighth in the shot put (39-4.50).

**HIGH SCHOOL:** A team captain during the 2013-14 season, Webber earned four letters for the Indians in track and field. In 2014, he was named to the all-district team. Webber was also a member of the football team and earned three letters.

**HIGH SCHOOL BESTS:** Discus: 167-4; Shot Put: 45-11.

**IN THE CLASSROOM:** Webber is an integrative physiology major.

**PERSONAL:** Grayson Lawrence Webber was born on March 28, 1996 in Dallas, Texas. He is the son of Scott and Laura Webber and has two brothers, Matt and Jared, who both played football at Murray State. Webber enjoys hiking, skiing, climbing and volunteer work. He is an eagle scout.

## CONNOR WINTER



**Distance**  
**Senior, 1L/2L**  
**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: 3:43.34 (2015)  
 5,000-meters: 13:55.91 (2014)  
 3,000-meter steeplechase: 8:48.93 (2015)

### MPSF SCORING

2014 Mile, 8th (4:06.69)

### PAC-12 SCORING

2013 5,000-Meters, 4th (14:09.45)  
 2015 Steeplechase, 1st (8:48.93)

**2015:** *Indoor:* Redshirt. Did not compete.

*Outdoor:* Winter proved to be a quick study in the 3,000-meter steeplechase during his junior season and also ran a pair of 1,500-meter runs. His first 1,500 was at the Stanford Invite (4/3) where he clocked a personal best 3:43.34. One week later at the CU Invite (4/11), Winter won his first steeplechase, finishing in 9:10.60. He returned to the event just five days later at Mt. SAC Relays and improved his PR to 8:54.32, which placed him second in the 'B' section. Winter kept racing and the following night he ran the 1,500 in 3:45.58 at the Bryan Clay Invite. At the Pac-12 Championship, Winter again went to the line in the steeplechase and again PR'd, finishing in 8:48.93 to win his first conference title over teammate Blake Theroux (8:49.00). He placed 10th at the NCAA West Prelims (8:49.88) to advance to NCAAs where he finished 23rd overall in 9:04.37.

**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 at the Husky Classic where he ran a time of 8:02.70. 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.

**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.

**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:** (2015) Winter had a great final season for the Buffs. He was third overall at the Rocky Mountain Shootout and two weeks later, Winter was ninth at NCAA Pre-Nationals. At the Pac-12 Championships, he placed 15th, helping the Buffs win their fifth straight Pac-12 Championship. Winter was 23rd at regionals, earning all-region recognition. He finished his career at NCAAs with a 33rd place finish. (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 off the 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  
Senior, 1L/1L  
Louisville, Colo.  
(Arapahoe)**

### PERSONAL BESTS

#### INDOOR

3,000-meters: 9:33.84 (2015)

5,000-meters: 16:25.86 (2015)

#### OUTDOOR

800-meters: 2:16.23 (2014)

1,500-meters: 4:18.84 (2015)

5,000-meters: 16:14.97 (2015)

#### MPSF SCORING

2015 5,000-Meters, 6th (16:25.86)

#### PAC-12 SCORING

2015 1,500-Meters, 7th (4:20.10)

#### ACADEMIC HONORS

Academic All-MPSF (2014, 15)

Pac-12 All-Academic honorable mention (2014, 15)

**2015: Indoor:** Alm raced the 3k at the Husky Classic (2/14) and finished with a season best of 9:33.84. Alm saved the best for last, racing the 5k at the MPSF Championship. She placed sixth overall to score for the Buffs, clocking in at 16:25.86.

**Outdoor:** Alm continued her breakout season during the outdoor season, concentrating on the 1,500, but running a couple of 5,000-meter runs as well. She ran a PR of 16:14.97 in the 5k at the Mt. SAC Relays (4/17), finishing third in the invitational 'B' section. At the Pac-12 Championships, Alm recorded a 4:18.84 PR to place third in the prelims; she finished seventh in the finals (4:20.10). Her PR put her ninth on CU's all-time performers list. Alm raced both events at the NCAA West Prelims. She was 24th in the first round of the 1,500 (4:28.02) and finished 19th overall in the 1,500 two days later (4:22.85). Alm also placed 34th in the 5k.

**2014: Indoor:** Alm earned a 3k season-best at the MPSF Championships at 9:52.46 which was 27th overall.

**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:** (2015) Alm finished her career with the

Alm after an outstanding senior season. She started out by placing third at the Colorado State Invitational before finishing second at the Rocky Mountain Shootout. At NCAA Pre-Nationals, she was 18th as CU's No. 3 runner. Alm placed eighth at Pac-12s (the Buffs' fourth runner), recording second team All-Pac-12 honors, before taking seventh overall at regionals (CU's No. 3) to earn all-region recognition. Alm finished the season placing 47th at NCAAs, helping CU to a second place team finish. (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 3.30. She was named to the Academic All-MPSF team and the Pac-12 All-Academic honorable mention team in 2014 and '15.

**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**  
**Sophomore, 1L/1L**  
**Superior, Colo.**  
**(Monarch)**

### PERSONAL BESTS

#### INDOOR

3,000-meters: 9:24.20 (2015)

5,000-meters: 16:08.22 (2015)

#### OUTDOOR

1,500-meters: 4:25.32 (2015)

3,000-meters: 9:48.74 (2015)

5,000-meters: 16:15.79 (2015)

#### MPSF SCORING

2015 5,000-Meters, 1st (16:06.22)

#### PAC-12 SCORING

2015 5,000-Meters, 8th (16:24.70)

**2015: Indoor:** Benner showed great potential in her debut season. Her first race was a 3k at the Air Force Invite and she did quite well placing second in 10:05.23. At the Husky Classic (2/14), she improved her time to 9:24.20. Her final race of the season was the 5k at the MPSF Championship. Benner won the race in 16:08.22, making her the seventh fastest CU performer in the event.

**Outdoor:** Benner continued to do well for the Buffs as a freshman. She won her first outdoor race, a 3,000, at the Jerry Quiller Classic (3/21), finishing in 9:48.74. Her next race was at the CU Invite (4/11) where she won the 1,500 in 4:30.08. Benner's season best in the 1,500 (4:25.32) came at the Payton Jordan Invite (5/2). She raced the 5,000 three times for the Buffs, clocking a 16:15.79 PR at Mt. SAC Relays. Benner placed eighth at the Pac-12 Championships (16:24.70) and finished her season 17th at NCAA West Prelims (16:28.10).

**CROSS COUNTRY:** (2015) Benner started the 2015 season early, competing at the USA Junior Cross Country Championships. She didn't just compete, she won the junior title, finishing in 21:48. Benner went on to lead the U.S. at the IAAF World Junior Cross Country Championships, placing 27th overall (21:45). Benner ran her first race as a sophomore for the Buffs at NCAA Pre-Nationals, recording a 15th place finish as the Buffs second scorer. She led CU in the following two meets, placing second at Pac-12s and regionals, earning All-Pac-12 and all-region honors. Benner finished the season on a strong note, crossing the finish 16th overall at NCAAs. She was the Buffs' No. 2 runner and helped the team place second. (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 owns a GPA greater than 3.90.

**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**  
**Sophomore, VR/VR**  
**Monrovia, Calif.**  
**(Alverno)**

### PERSONAL BESTS

#### INDOOR

800-meters: 2:18.64 (2015)

Mile: 4:57.62 (2015)

3,000-meters: 9:37.24 (2015)

#### OUTDOOR

800-meters: 2:17.14 (2015)

1,500-meters: 4:37.21 (2015)

3,000-meter steeplechase: 10:42.98 (2015)

#### ACADEMIC HONORS

Pac-12 All-Academic honorable mention (2015)

**2015: Indoor:** Blakely focused mainly on the middle distance events. She ran the 800 once, recording a time of 2:18.64 at the Air Force Invite (1/24) for sixth place. Her fastest mile time of the season, 4:57.62, was run at the MPSF Championships. Blakely also ran the 3k at the Husky Classic (2/14), finishing in 9:37.24.

**Outdoor:** Blakely mainly raced the steeplechase outdoors. At the Bryan Clay Invite she came away with a seventh place finish in 10:47.14. She clocked a 10:42.98 PR at the Pac-12 Championships to place 12th overall.

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

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

**CROSS COUNTRY:** (2015) Blakely ran in four races for the Buffs. She started off at the Colorado State Invitational, finishing 13th overall, and improved to 11th at the Rocky Mountain Shootout. Blakely rank in the open race at NCAA Pre-Nationals, and placed 10th, her best placing of the season. She ended the year with a 61st place finish at Pac-12s. (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**  
Sophomore, VR/1L  
Centennial, Colo.  
(Eaglecrest)

### PERSONAL BESTS

#### INDOOR

60-meters: 7.82 (2015)

200-meters: 24.79 (2015)

#### OUTDOOR

100-meters: 12.19 (2014)

200-meters: 24.40 (2014)

#### PAC-12 SCORING

2015 4x100-Meter Relay, 7th (45.39)

2015 4x400-Meter Relay, 7th (3:39.03)

**2015: Indoor:** Brown raced the 60 and the 200 as a freshman, and was a member of the relay teams. She recorded season best times in both events at the Air Force Invite (1/24). Brown clocked in at 7.82 in the 60, placing 11th, and finished the 200 in 24.79, which placed third. At the MPSF Championship, she was 25th in the 60 (8.01) and 19th in the 200 (25.08). The 4x400-meter relay was ninth, finishing in 3:46.13.

**Outdoor:** Brown raced the 200 as well as both the 4x100

and 4x400-meter relays. She recorded a season best 24.54 in the 200 at the Jerry Quiller Classic (3/21), which placed her second at the meet. The 4x100 relay ran its best time of the year at the conference meet, finishing seventh in 45.39. The 4x400 relay also took seventh at Pac-12s, clocking in at 3:39.03. The 4x400 raced at the NCAA West Prelims and despite its best finish of the season (3:38.20), finished 16th overall.

**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 arts and science 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 (Patos). She enjoys traveling and has volunteered at Smoky Hill Library with its summer reading program.

## MACKENZIE CALDWELL



**Distance**  
Sophomore, VR/VR  
Columbus, Ind.  
(Columbus North)

### PERSONAL BESTS

#### INDOOR

3,000-meters: 9:40.38 (2015)

#### OUTDOOR

1,500-meters: 4:45.24 (2015)

5,000-meters: 16:27.96 (2015)

10,000-meters: 34:39.01 (2015)

**2015: Indoor:** Caldwell raced the 3,000-meter run twice as a freshman. She debuted at the Husky Classic (2/14), finishing in 9:42.23. Caldwell cut a couple of seconds off her time two weeks later at the MPSF Championship, finishing in 9:40.38.

**Outdoor:** Caldwell started with the shorter distance races and gradually moved all the way to the 10k during her first season. Her first two races were the 1,500 and she clocked her 4:42.24 PR at the CU Invite (4/11) for sixth place. Caldwell's only 5k was at Mt. SAC Relays, where she finished in 16:27.96 for second in the open 'C' section. Her

last two races were 10k's. Caldwell ran a season best 34:39.01 at the Pac-12 Championships and placed 12th. She qualified for NCAA West Prelims and finished 41st in 37:08.33.

**CROSS COUNTRY:** (2015) Caldwell started the season early at the USA Junior Cross Country Championships in February, finishing 14th in 23:36. She redshirted the 2015 NCAA season. (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).

## LUCY CHEADLE



**Distance**  
**Senior, TR**  
**Seattle, Wash.**  
**(Roosevelt/Washington**  
**U. in St. Louis)**

### PERSONAL BESTS

#### INDOOR

3,000-meters: 9:46.91 (2014)

5,000-meter: 16:44.86 (2015)

#### OUTDOOR

800-meters: 2:18.66 (2012)

1,500-meters: 4:33.32 (2014)

5,000-meters: 17:08.05 (2012)

3,000-meter steeplechase: 10:20.06 (2014)

### COLLEGE (AT WASHINGTON UNIVERSITY IN ST. LOUIS):

Cheadle was a 13-time NCAA Division III All-American at Washington University in St. Louis, four times for cross country, four for the indoor 5k, two for the indoor 3k and three for the steeplechase. She won the NCAA DIII steeplechase title in 2014 and '15 and was the 2015 indoor 5k champion. Cheadle also won three UAA cross country titles, as well as a two-time NCAA Midwest Region Cross Country Champion. In 2014, she was the NCAA XC runner-up. She also owns three WU records: indoor 3k (9:46.91), indoor 5k (16:44.86) and the steeplechase (10:20.06).

**HIGH SCHOOL:** Cheadle was a team captain and a four year letterwinner in cross country and track and field at Roosevelt. In 2010, she set the RHS record in the 800, clocking in at 2:16. Cheadle was the cross country MVP in 2008, '09 and '10 and was the track and field MVP in 2010 and '11. An all-state cross country selection (2009 and '10), Cheadle was a member of the honor roll and the salutatorian.

**HIGH SCHOOL BESTS:** 800-meters: 2:16.

**IN THE CLASSROOM:** Cheadle is pursuing a masters in civil, environmental and architectural engineering. At WU, she was a three-time Academic All-American (2013-15) and was named the 2015 Capital One Women's Track and Field/Cross Country Academic All-American of the Year.

**PERSONAL:** Lucy Clara Cheadle was born on December 5, 1992 in Seattle, Wash. She is the daughter of Allen Cheadle and Mary Paterson. She has four siblings, Harry and John Cheadle and Stella and George King.

## ERIN CLARK



**Distance**  
**Sophomore, 1L/1L**  
**Eugene, Ore.**  
**(South Eugene)**

### PERSONAL BESTS

#### INDOOR

Mile: 5:06.46 (2015)

3,000-meters: 9:19.60 (2015)

#### OUTDOOR

1,500-meters: 4:23.86 (2015)

5,000-meters: 15:57.54 (2015)

3,000-meter steeplechase: 9:59.54 (2015)

#### MPSF SCORING

2015 3,000-Meters, 5th (9:19.60)

#### PAC-12 SCORING

2015 Steeplechase, 1st (10:02.16)

2015 5,000-Meters, 2nd (16:16.37)

#### ACADEMIC HONORS

Pac-12 All-Academic honorable mention (2015)

#### HONORS

2015 Pac-12 Women's Track & Field Freshman of the Year

2015 Steeplechase All-America Second Team

2014-15 CU Female Co-Freshman of the Year

**CAREER UPDATE:** Clark didn't waste time becoming one of CU's best steeplechasers as just a freshman in 2015. Clark recorded a season-best 9:59.54, which put her fourth on CU's all-time list behind three Olympians (Jenny Simpson, Emma Coburn and Shalaya Kipp). She earned second team All-America honors as a redshirt freshman and was named the Pac-12 Women's Track & Field Freshman of Year after winning CU's seventh straight conference steeplechase title (she also placed second in the 5k at the meet). She also qualified for the 2015 NCAA final where she placed 15th. Clark also ranks ninth all-time for the Buffs in the indoor 3k, clocking in at 9:19.60 at the MPSF Championship.

**2015:** *Indoor:* After redshirting the 2014 season, Clark was ready to hit the track and made an impact right away. In the 3k at the Husky Classic (2/14), she clocked in at 9:23.77. Clark ended the season racing another 3k at the MPSF Championship and took fifth in 9:19.60, which put her ninth on CU's all-time performers list.

*Outdoor:* Clark had one of the best freshman seasons for the Buffs, earning several honors during the spring. She raced the 1,500, 5,000 and 3,000-meter steeplechase events and excelled in all three. Clark earned a season best of 4:23.86 in the 1,500 at the Payton Jordan Invite (5/2), her third 1,500 of the season. She clocked her 5k season best at the Stanford Invite (4/3), finishing in 15:57.54, which put her third in the second section. Her primary event became the 3,000-meter steeplechase. She debuted in the event at the CU Invite (4/11), winning in 10:33.27. Clark's next steeplechase was five days later at Mt. SAC Relays (4/16) and she improved her time to 10:10.62 to win section 'A'. Clark ran both the steeplechase and 5k runs at the Pac-12

Championships. She won the steeplechase in 10:02.16, CU's seventh straight conference steeple win, and placed second in the 5k (16:06.37) to pick up 18 points for the team score. With her performances, Clark was tabbed the Pac-12 Women's Track and Field Freshman of the Year. She went on to compete in both events again at the NCAA West Prelims. She was sixth in the steeplechase with a season best 9:57.67, which put her fourth on CU's all-time list behind Olympians Jenny Simpson, Emma Coburn and Shalaya Kipp, and placed 33rd in the 5k (17:03.19). Clark advanced to NAAs and was 15th in the prelims (10:15.83) to earn second team All-America honors.

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

*Outdoor:* Redshirt. Did not compete.

**CROSS COUNTRY:** (2015) Clark led the Buffs in three of its five varsity races. She was undefeated through the first two meets, winning her second straight Rocky Mountain Shootout and NCAA Pre-Nationals. Clark was second for the Buffs at Pac-12s and regionals, placing fourth and third, respectively, to earn all-conference and all-region awards. Clark recorded her second All-American honor by placing 11th at NAAs, leading the Buffs to a second place team finish. (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 NAAs 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 NAAs 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 ecology and evolutionary biology and currently has a GPA greater than 3.40.

**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.

## VALERIE CONSTIEN



**Distance**  
**Sophomore, VR/1L**  
**Edwards, Colo.**  
**(Battle Mountain)**

### PERSONAL BESTS

#### INDOOR

Mile: 4:51.06 (2015)  
 3,000-meters: 10:18.88 (2015)

#### OUTDOOR

1,500-meters: 4:33.53 (2015)  
 3,000-meters: 10:17.30 (2015)  
 3,000-meter steeplechase: 10:28.08 (2015)

#### PAC-12 SCORING

2015 Steeplechase, 7th (10:28.08)

**2015: Indoor:** Constien ran the mile in her final two meets. She recorded a season best time (4:51.06) at the MSPF Championship, which was 16th overall.

**Outdoor:** Constien ran a 1,500 (4:33.53) and 3k (10:17.30) during the season, but her main focus was the 3,000-meter steeplechase. Her first race was at the CU Invite (4/11) and she placed second in 11:09.03. A few days later at Mt. SAC Relays (4/16), she finished eighth in the 'B' section, clocking in at 10:45.46. Constien picked up a couple points for the Buffs at the Pac-12 Championships, placing seventh in the steeplechase with a season best 10:28.08. She qualified for NCAA West Prelims and placed 34th in 10:46.63.

**CROSS COUNTRY:** (2015) Constien made her cross country debut for the Buffs at the USA Junior Cross Country Championships, recording a runner-up finish in 21:54. The finish qualified her for the world championships where she placed 62nd in 22:58. Constien went on to race as a redshirt freshman in the fall. She finished sixth at the Rocky Mountain Shootout. At the open race at NCAA Pre-Nationals, Constien placed 13th overall. She didn't score for the Buffs in the last three races, but played an important part of the team. Constien was 29th at Pac-12s, 24th at regionals and 136th at NCAAs. Her performance at regionals garnered her all-region recognition. (2014) Redshirt. Did not compete.

**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 environmental 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.

## 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, 4th (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)

**2015: Indoor:** Redshirt. Did not compete.

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

**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 play 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, 3L/3L  
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)  
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 SCORING

2012 4x400 Meter Relay, 5th (3:40.30)  
2013 4x400 Meter Relay, 5th (3:36.95)  
2015 4x100 Meter Relay, 7th (45.39)  
2015 4x400 Meter Relay, 7th (3:39.03)

### ACADEMIC HONORS

Pac-12 All-Academic honorable mention (2015)

**CAREER UPDATE:** Gehring is the school record holder in the outdoor 400 (53.23) and ranks second in the 200 (23.80), clocking both of those times at Mt. SAC Relays in 2013. Gehring owns the top three times in the 400 and has six of the top 10 times. She is the third best performer in the indoor 200 (24.31) and is the second best in the indoor 400 (54.47). Gehring was also a member of the school record setting 4x400-meter relay team, which ran 3:43.52 at the 2013 Tyson Invitational.

**2015:** *Indoor:* Redshirt. Did not compete.

*Outdoor:* Gehring returned to the track after a year off due to injury in the spring and got better as the season went. She recorded a season best time (54.65) at the Tom Benich Invite (4/4), finishing second overall. Gehring raced both the 200 and 400 at the Pac-12 Championships. She was 13th in the 400 (54.83) and 17th in the 200 (24.38). She was a member of the 4x100 and 4x400-meter relays that competed at the conference meet, and both placed seventh. The 4x400 went on to race at the NCAA West Prelims and took 16th with a season-best 3:38.20.

**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. 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. Gehring was a member of the 4x400 relay, which placed fifth at the Pac-12 Championships (3:36.95). She qualified for both the 200 and 400, as well as the relay at the NCAA West Preliminary Championships.

**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. 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 communication and studio art.

**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.

## ELISA GRANDEMANGE



**Throws**  
**Freshman, TR/TR**  
**Kennewick, Wash.**  
**(Kamiakin/Kent State)**

### PERSONAL BESTS

Shot Put: 36-9.50 (2013)  
 Discus: 146-6 (2013)  
 Javelin: 131-10 (2014)  
 Hammer: 167-9/51.15 (2015)

**AT KENT STATE (2015):** Redshirt. Did not compete. Grandemange did compete at the 2015 U.S. Junior National Championships and placed 10th with a toss of 167-9 (51.15m).

**HIGH SCHOOL:** Grandemange was ranked 12th nationally in the hammer out of high school and was a two-time Washington State discus champion. As a senior in 2014, she won with a throw of 144-11 and in 2013 she recorded a throw of 138-00 for the win. Grandemange is the KHS discus record holder with her mark of 144-11. She was also successful in other throws. In 2014, Grandemange was the state runner-up in the javelin, recording a mark of 131-10.

**HIGH SCHOOL BESTS:** Shot Put: 36-9.50; Discus: 146-6; Javelin: 131-10; Hammer: 160-8.

**IN THE CLASSROOM:** Grandemange is an integrative physiology major and is also interested in chemical engineering.

**PERSONAL:** Elisa M. Grandemange was born on June 4, 1996 in France. She is the daughter of Dominique and Leila Grandemange of Durham, Conn. She has one older brother, Jeremie. Grandemange moved to the United States when she was six. Her mother was a professional ballerina and she grew up performing ballet as well. Grandemange also enjoys hiking and being outdoors.

## DELANEY HALL



**Throws**  
**Freshman, HS/HS**  
**Lakeview, Ore.**  
**(Lakeview)**

### PERSONAL BESTS

Javelin: 146-1 (2015)

**HIGH SCHOOL:** Hall was ranked 19th nationally out of high school and was a two-time Oregon State Champion (javelin). Hall won the 2015 state meet with a toss of 144-10 and in 2014, she won with a throw of 137-4. Her personal best in high school was 146-1, which she threw on April 29, 2015. Hall also competed in other events at LHS. She ran the 100 and 200 meter dashes and competed in the pole vault, long jump, high jump and shot put. She also played volleyball and basketball at LHS. Washington State, Oregon State, Texas Tech and Kentucky also recruited Hall.

**HIGH SCHOOL BESTS:** Javelin: 146-1.

**IN THE CLASSROOM:** Hall is undecided on a major.

**PERSONAL:** Delaney Marie Hall was born on May 7, 1997 in Lakeview, Ore. She is the daughter of Jeff and Patsy Hall and has three older siblings, Daniel, Keli and Kati. Keli was a member of the track and field team at Idaho. Hall enjoys water sports, card games, fishing, hiking and snowboarding.

## SOPHIE HALLAM-EAMES



**Throws**  
**Senior, VR/VR**  
**Seattle, Wash.**  
**(Nathan Hale)**

### PERSONAL BESTS

#### INDOOR

Weight Throw: 55-4.75/16.88m (2015)

#### OUTDOOR

Discus: 147-10/45.07m (2014)

Hammer Throw: 177-9/54.18m (2015)

### ACADEMIC HONORS

Academic All-MPSF (2015)

Pac-12 All-Academic honorable mention (2015)

**2015: Indoor:** Hallam-Eames had a breakout indoor season. At the Potts Invite (1/17), she launched the weight throw 55-4.75 to become the fifth best performer in CU history. The mark placed her fourth at the meet. During the season, Hallam-Eames recorded seven top-10 performances. At the MPSF Championships, she placed 18th with a throw of 52-8.75.

**Outdoor:** Hallam-Eames concentrated again on the discus and hammer throws. She recorded seven top-10 performance in the discus, her highest was seventh at Fum McGraw (3/28) with a throw of 134-1. Hallam-Eames also had three top-10 finishes in the hammer throw, which included her personal best mark of 177-9 at the Cowpoke Open (5/1), a fifth place performance. That mark put her third on CU's all-time list. She competed in both events at the Pac-12 Championships. Hallam-Eames placed ninth in the discus, throwing a season best toss of 143-8, and was 13th in the hammer throw (165-4).

**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). 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 during her first outdoor campaign. 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 recorded her season best throw at the Air Force Team Challenge (1/28) with a toss of 47-03. 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 and geography 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.

## ANA HOLLAND



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

### PERSONAL BESTS

#### INDOOR

60-meters: 7.52 (2015)  
 200-meters: 24.18 (2015)

#### OUTDOOR

100-meters: 11.33 (2013)  
 200-meters: 23.04 (2013)  
 400-meters: 52.49 (2013)

#### MPSF SCORING

2015 200 Meters, 5th (24.18)

#### PAC-12 SCORING

2015 100 Meters, 8th (11.70)  
 2015 4x100 Meter Relay, 7th (45.39)  
 2015 4x400 Meter Relay, 7th (3:39.03)

#### HONORS

CU Outdoor 200-Meter Dash Record Holder (23.54)  
 2015 World University Games participant

**CAREER UPDATE:** Holland etched her name in CU's record book as a redshirt freshman in several indoor and outdoor sprints. She became the second fastest 200-meter performer in CU history after running 24.18 at the MPSF Championship (2015). She was also third in the 60 (7.52), running the fastest time since 2001. Outdoors, Holland broke CU's 200 record, clocking in at 23.54 at the Tom Benich Invite (4/4/15). Her breakout season garnered her national attention as she was selected to the U.S. team that competed at the World University Games where she helped the 4x100-meter relay to a silver medal.

**2015:** *Indoor:* Holland didn't waste time entering the CU record book as a redshirt freshman. She became the third fastest CU performer in the 60-meter dash, clocking in at 7.52 at the Air Force Invite in January. Holland won the 60, as well as the 200 in 24.46. She won the 60 at the Joe Davies Open (2/21) as well, finishing in 7.55. Holland didn't stop there and became the second fastest 200-meter performer at CU when she clocked in at 24.18 to place fifth at the MPSF Championship. She was also a member of the 4x400-meter relay team that placed ninth at the conference meet (3:46.13).

*Outdoor:* Holland kept the fast times rolling into the outdoor season, and set the CU 200-meter record at 23.54 at the Tom Benich Invite (4/4), which also won the event. She has three of the top four times in the 200. Her mark of 23.80 from Mt. SAC Relays (4.17) tied the second best time in school history and 23.81 from NCAA West Prelims (5/29) is the fourth fastest in school history. Holland also ranks high in the 100 for the Buffs; she is tied for third overall with her 11.69 from the CU Invite (4/11). At the Pac-12 Championships, Holland placed eighth in the 100 (11.70) and was 10th in the 200 (23.89). She also raced on the 4x100 and 4x400 relays, which both placed seventh.

Holland went on to race at NCAA West Prelims in the 200 where she finished 16th in 23.81. The 4x400 relay also took 16th after clocking in at 3:38.20. Holland was selected to compete for Team U.S.A. at the World University Games in South Korea. She tied for 17th in the first round of the 200 (24.41) before placing 16th in the semis (24.29). Holland also helped the 4x100-meter relay team to a second place finish (44.95).

**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**  
**Junior/Senior, VR/1L**  
**Centennial, Colo.**  
**(Regis Jesuit)**

### PERSONAL BESTS

#### INDOOR

60-Meters: 8.07 (2015)  
 200-Meters: 25.96 (2015)

#### OUTDOOR

100-Meters: 12.22  
 200-Meters: 25.23

#### PAC-12 SCORING

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

**2015:** *Indoor:* Holland raced the 60 and 200 during her first indoor season. She clocked season best times in both events at the Air Force Invite (1/24). Holland finished the 60 in 8.07 and the 200 in 25.96. Holland also ran in the mile relay at the same meet and helped the squad to a second place finish (3:51.80).

*Outdoor:* Holland ran the 100 and 200, as well as a few relays during her junior season. She ran season bests in both events at the Jack Christiansen Invite (4/25). She was sixth in the 100 (12.47) and took ninth in the 200 (25.31).

**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. At the Pac-12 Championships she was 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 a psychology 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.

## DANI JONES



**Distance**  
**Freshman, HS/HS**  
**Phoenix, Ariz.**  
**(Desert Vista)**

### PERSONAL BESTS

800-meters: 2:08  
 Mile: 4:39  
 1,600-meters: 4:44  
 3,200-meters: 10:09

**CROSS COUNTRY:** (2015) Jones earned a spot on the varsity roster quickly as a true freshman and scored for the Buffs in each of the five races she competed in. She started the season by placing fourth at the Rocky Mountain Shootout. Jones was 62nd overall at NCAA Pre-Nationals and improved to 24th at Pac-12s. Jones earned all-region honors by placing 16th at regionals and finished the season with a 49th place finish at nationals as the team earned a second place finish.

**HIGH SCHOOL:** The 2014-15 Arizona Gatorade Girls Cross Country Runner of the Year, Jones won the state cross country championship with a course record time of 17:26, leading her team to its second straight state title. Jones placed third at the 2014 Nike Cross Nationals Final, pacing her team to a fifth-place national finish overall and earning All-American honors in the process. She was also runner-up at the Nike Pre-Nationals, the Woodbridge Classic and the Desert Twilight Festival. In 2013, she won her first state cross country title and was 15th at Nike Cross Nationals, which also earned her All-American honors. Jones has been very successful on the track as well. She owns state records in the 1,600 (4:44), mile (4:39) and 3,200 (10:09) and owns the school 800 record (2:08). Jones won state titles in the 800, 1,600 and 3,200 as a senior, the 1,600 and 3,200 as a junior and during her sophomore year, she was the 800 and 1,600 champion. She was also recruited by Michigan State, Georgetown, Duke and Indiana.

**HIGH SCHOOL BESTS:** 800-meters: 2:08; mile: 4:39; 1,600-meters: 4:44; 3,200-meters: 10:09.

**IN THE CLASSROOM:** Jones is majoring in integrative physiology.

**PERSONAL:** Danielle 'Dani' Alex Jones was born on August 21, 1996 in Fort Wayne, Ind. to Darcy and Tana Jones. She has one sister, Baylee, who was the Arizona state runner-up in the 1,600 and 3,200. Both of her parents ran track and cross country at Indiana State. She enjoys hiking and reading.

## ANNIE KELLY



**Distance**  
**Sophomore, VR/VR**  
**Alpharetta, Ga.**  
**(Milton/Mississippi)**

### PERSONAL BESTS

#### INDOOR

3,000-meters: 9:35.18 (2015)

5,000-meters: 16:38.27 (2015)

#### OUTDOOR

1,500-meters: 4:32.78 (2015)

5,000-meters: 16:12.36 (2015)

10,000-meters: 34:23.60 (2015)

**2015:** *Indoor:* Kelly ran the 5k at the Husky Classic, finishing in 16:38.27. At the MPSF Championship, Kelly switched to the 3k and ran a huge season best of 9:35.18.

*Outdoor:* Kelly ran the longer distances for CU, but she did race a couple of 1,500's before the longer races. Kelly ran a personal best 4:32.78 in the 1,500 at the Bryan Clay Invite (4/17). Her only 5,000-meter run was at the Stanford Invite (4/3), where she clocked in at 16:12.36. Kelly's final two races were 10,000-meter runs. She ran her season best of 34:23.60 at the Pac-12 Championships, placing 11th overall. Kelly's time was quick enough to qualify her for NCAA West

Prelims where she placed 26th.

**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:** (2015) Redshirt. Did not compete (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, 28th 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**  
**Junior, VR/VR**  
**Reno, Nev.**  
**(Galena)**

### PERSONAL BESTS

#### INDOOR

Weight Throw: 39-10.75/12.16m (2015)

#### OUTDOOR

Discus: 132-8/40.42m (2015)

Javelin: 108-9/33.14m (2015)

Hammer Throw: 104-9/31.92m (2015)

**2015:** *Indoor:* Kline competed in the weight throw during her first indoor season. She placed ninth at the Potts Invite (1/17) with a season best throw of 39-10.75.

*Outdoor:* Kline returned to the throwing ring to compete in three events, the discus, javelin and hammer. Kline's final meet, the Cowpoke Open, saw her record a season best the discus as she threw 132-8 for ninth place.

**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.

**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.

## KALEIGH KROEKER



**Distance**  
**Freshman, HS/HS**  
**Colorado Springs, Colo.**  
**(Pine Crest)**

### PERSONAL BESTS

800-meters: 2:18.73  
 1,600-meters: 5:02.61  
 3,200-meters: 11:11.88

**HIGH SCHOOL:** Kroeker was a two-time all-state, all-league and all-conference first team selection and was the Pine Creek High School's Most Valuable Runner her junior and senior years. She won the Colorado 5A Region 5 Cross Country Championship and went on to place 55th at state. That year, the Eagles placed third at state. On the track, Kroeker raced the 1,600 (14th) and 3,200 (17th) at state, as well as the sprint medley relay (ninth) and 4x400 (fifth) in 2015. As a junior, the 4x400 relay won the state meet and individually she placed sixth in the 1,600 and was 13th in the 3,200. The Eagles earned a runner-up finish at state in 2014. Academically, she was an all-state first team selection her freshman, junior and senior years and was the PCHS Senior Female Scholar Athlete. Kroeker was also recruited by Colorado State, Washington and Boise State.

**HIGH SCHOOL BESTS:** 800-meters: 2:18.73; 1,600-meters: 5:02.61; 3,200-meters: 11:11.88.

**IN THE CLASSROOM:** Kroeker is an integrative physiology major.

**PERSONAL:** Kaleigh Allison Kroeker was born on June 15, 1997 in Lexington, Ky. She is the daughter of Karl Kroeker and Shona Murray of Colorado Springs, Colo. Kroeker has two siblings, Devon and Drew. She enjoys running, hiking, cycling and skiing. Kroeker has citizenship with three countries; U.S., Canada and Scotland. She is a triathlete. In 2014, she qualified for the world championships after finishing 13th at the USAT Duathlon National Championship.

## ELISSA MANN



**Distance**  
**Freshman, HS/HS**  
**Louisville, Colo.**  
**(Monarch)**

### PERSONAL BESTS

400-meters: 57.46  
 800-meters: 2:10.39  
 1,600-meters: 5:07.12

**HIGH SCHOOL:** Mann has been an important part of the Monarch High school cross country and track and field teams, setting five school records. Mann owns the 400 (57.46) and 800-meter (2:10.39) records and is a part of the 4x400 (3:55.68), 4x800 (9:11.89) and 800 meter sprint

medley relay (1:48.21) records. Her cross country team won the Colorado 5A Championship three times (2011, '12, and '13) and in 2013, the team placed fifth at Nike Cross Nationals. The Coyotes placed second at the state meet her senior year (2014), but they won the Front Range League Championship all four seasons (2011-14). On the track, the 4x800 relay was the state runner-up four times (2012-15), which included her sister Karina. Mann earned four letters on the cross country team and four letters on the track team at MHS. She was a conference all-academic selection for both teams all four years, and a CHSAA Academic All-State First Team selection her sophomore, junior and senior years. Utah and Nebraska-Omaha also recruited Mann.

**HIGH SCHOOL BESTS:** 400-meters: 57.46; 800-meters: 2:10.39; 1,600-meters: 5:07.12.

**IN THE CLASSROOM:** Mann is an integrative physiology major and is also interested in studio arts and ceramics.

**PERSONAL:** Elissa Marie Mann was born on February 9, 1997 in Louisville, Colo. She is the daughter of Rick and Viki Mann and has two sisters, Jessie and Karina, her twin, who is also a member of the CU cross country and track and field team. She enjoys snowboarding, rock climbing, hiking and ceramics. Mann has also volunteered at the Ironman Boulder (2014 and '15).

## KARINA MANN



**Distance**  
**Freshman, HS/HS**  
**Louisville, Colo.**  
**(Monarch)**

### PERSONAL BESTS

400-meter: 59.53  
 800-meters: 2:13.67  
 1,600-meters: 5:08.51

**HIGH SCHOOL:** Mann helped the Coyotes to three Colorado State 5A Cross Country Championships (2011-13) and one runner-up finish (2014). MHS won the Front Range League Championship all four of those years. In 2013, the team placed fifth at Nike Cross Nationals. Mann was a part of two MHS record. The 4x400 relay recorded a time of 3:55.68 at the 2015 state meet and the 4x800-relay finished in 9:11.89 for a runner-up finish at state in 2014. On the track, the 4x800 relay was the state runner-up four times (2012-15), which included her sister Elissa. She was a Front Range All-Conference cross country second team selection in 2013 and in 2012, she earned academic all-conference and all-state honors. Mann was recruited by Boise State, Northern Arizona and Nebraska-Omaha.

**HIGH SCHOOL BESTS:** 400-meter: 59.53; 800-meters: 2:13.67; 1,600-meters: 5:08.51.

**IN THE CLASSROOM:** Mann is an integrative physiology major.

**PERSONAL:** Karina Lynn Mann was born on February 9, 1997 in Louisville, Colo. She is the daughter of Rick and Viki Mann and has two sisters, Jessie and Elissa, her twin, who is also a member of the CU cross country and track and field team. She enjoys snowboarding, listening to music, playing with her dog and anything outdoors.

## LUCY MAY



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

### PERSONAL BESTS

**INDOOR**  
 Mile: 4:55.24 (2014)  
**OUTDOOR**  
 800 meters: 2:15.19 (2015)  
 1,500 meters: 4:37.60 (2015)  
**ACADEMIC HONORS**  
 Academic All-MPSF (2015)

**2015:** *Indoor:* Redshirt. Did not compete.

*Outdoor:* May started the spring by running an 800 at the Jerry Quiller Classic (3/21), clocking a runner-up finish in 2:15.19. Her next race was a first place finish in the 1,500 (4:37.60) at the Fum McGraw Quadrangular (3/28). May's final event was her 3,000-meter steeplechase debut at the CU Invite (4/11).

**2014:** *Indoor:* May raced the mile three times during her first season with the Buffs. She ran the mile in 5:02.97 at the Husky Classic (2/15) and finished the season with a season-best time of 4:55.24 at the MPSF Championships.

*Outdoor:* Redshirt. Did not compete.

**CROSS COUNTRY:** (2015) May raced four times for the Buffs as a sophomore before serving as the alternate at regionals and NCAAs. She started the season with a ninth place finish at the CSU Invite before placing fifth at the Rocky Mountain Shootout. At NCAA Pre-Nationals, she was 134th overall. Her final race of the season was Pac-12s where May took 53rd overall. (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 finance 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.

**MAKENA MORLEY**

**Distance**  
**Freshman, TR/TR**  
**Bigfork, Mont.**  
**(Bigfork/Montana)**

**PERSONAL BESTS**

800-meters: 2:12.62  
 1,600-meters: 4:50.19  
 3,200-meters: 10:16.38

**AT MONTANA:** Morley ran one cross country season at Montana. She led the Grizzlies in her first meet, finished first at the UM Invite in 16:43. Morley's following meet was NCAA Pre-Nationals, where she placed 39th (20:40). In just the third race of her collegiate career, Morley came away with the Big Sky Championship, winning in 17:45. She went on to race at the NCAA Mountain Region Championship, taking eighth overall to qualify for NCAAs as an individual. Morley ended the season at nationals with a 97th place finish (20:49).

**HIGH SCHOOL:** Morley won several state championships spanning her high school career. As a senior, she won the 3,200-meter run (10:37.76) and she was also a member of the 4x400-meter relay team (4:01.71) with her younger sister, Bryn. Morley was also second in the 800 (2:16.70) and 1,600 (5:01.69) as well in 2014. During her junior year, she won the 800 (2:12.62), 1,600 (4:53.83) and 3,200 (10:58.85). Morley earned All-American distinction twice on the track. She placed fifth in the two-mile run at New Balance Indoor nationals and was second in the two-mile at New Balance Outdoor nationals in 2014. On the cross country course, Morley was a four-time state champion. She ran at the Foot Locker National Championship four years, placing third as a senior. Morley also represented Team USA in January, 2015, and won the Great Buppa Cross Country Championships in Scotland. She was a three-time All-American, earning first team honors in 2014 and second team recognition in 2011 and 13. Morley was also recruited by Utah, Boise State, Iowa State, Stanford and Northern Arizona.

**HIGH SCHOOL BESTS:** 800-meters: 2:12.62; 1,600-meters: 4:50.19; 3,200-meters: 10:16.38.

**IN THE CLASSROOM:** Morley intends to major in anthropology and is also interested in environmental studies and archeology.

**PERSONAL:** Makena Marie Morley was born on November 21, 1996 in Maui, Hawai'i. She is the daughter of Steve and Jill Morley and has two siblings, Logan and Bryn. She enjoys snowboarding, kayaking, cross country skiing, hiking, swimming, biking and reading.

**MELANIE NUN**

**Distance**  
**Junior, 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)

**ACADEMIC HONORS**

USTFCCCA Academic (2014)

**2015:** *Indoor:* Nun competed at four meets during the indoor season, racing the mile and 3k twice. Her best performance of the season was in the 3k at the MPSF Championship where she ran 9:34.70 for 12th place.

*Outdoor:* Nun ran two races for the Buffs as a sophomore, a 1,500 at the Jerry Quiller Classic (3/21) and the steeplechase at the Bryan Clay Invite (4/17).

**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:** (2015) Nun came back to the Buffs and had a strong showing after redshirting the 2014 season. At NCAA Pre-Nationals, she was 67th overall. She had her best race of the season at Pac-12s, finishing seventh overall for first team all-conference honors. She was also named all-region after placing 23rd at regionals. Nun wrapped up the season at NCAA with a 65th place finish, helping CU take second in the team competition. (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. Nun 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 greater than 3.80.

**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**

**Combined Events**  
**Sophomore, VR/VR**  
**Fountain, Colo.**  
**(Fountain Fort Carson)**

**PERSONAL BESTS**

**INDOOR**  
 High Jump: 5-8.75/1.75m (2015)  
**OUTDOOR**  
 High Jump: 5-9  
 100-meters: 12:53 (2015)  
 200-meters: 24.49 (2015)

**2015:** *Indoor:* O'Quinn concentrated on the high jump, but also competed in the 60, 400 and 4x400-meter relays. She won the Air Force Invite with a season best leap of 5-8.75, which put her ninth on CU's all-time performers list. She ran season best times of 7.84 in the 60 and 57.89 in the 400. At the MPSF Championship, O'Quinn tied for ninth in the high jump (5-5.25) and ran in the 4x400 relay that placed ninth in 3:46.13.

*Outdoor:* O'Quinn mainly jumped for the Buffs as a freshman, but she did run a couple of sprints during the season. She clocked a season best 12.53 in the 100 at the Jerry Quiller Classic (3/21) and ran 24.49 in the 200 at the Fum McGraw Quadrangular (3/28). In the high jump, O'Quinn cleared 5-6 at the Jerry Quiller Classic, which tied for third. She reached 5-5.75 at the Pac-12 Championships

for 13th overall. O'Quinn qualified for the USA Junior Championships and cleared a season best 5-7 for seventh place. The mark also put her 11th on CU's all-time performers list.

**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 a dance major and has a GPA greater than 3.20.

**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**  
**Sophomore, VR/VR**  
**Vail, Colo.**  
**(Battle Mountain)**

### PERSONAL BESTS

#### INDOOR

3,000-Meters: 11:08.17 (2015)

#### OUTDOOR

1,500-meters: 5:06.55 (2015)

5,000-meters: 18:40.96 (2015)

**2015:** *Indoor:* Ortiz competed at two meets during her redshirt freshman season, running the mile at the Potts Invite (1/17) and the 3k at the Air Force Invite (1/24).

*Outdoor:* Ortiz ran two events, the 1,500 and 5,000, in her first outdoor season. She ran the 1,500 at the Fum McGraw Quadrangular (3/28) and the 5k at the Bryan Clay Invite.

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

*Outdoor:* Redshirt. Did not compete.

**CROSS COUNTRY:** (2015) Did not compete. (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 GPA greater than 3.90.

**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.

## ALEXANDRIA PETERS



**Sprints**  
**Sophomore, TR/TR**  
**Keller, Texas**  
**(Keller Central/TCU)**

### PERSONAL BESTS

#### Indoor

200-meters: 25.23

400-meters: 56.10

#### Outdoor

200-meters: 25.24

400-meters: 54.93

**AT TCU (2014-15):** Peters did not compete in 2015, but in 2014 as a freshman, she qualified for NCAAs in the 4x400-meter relay. Peters, a 400-meter runner, clocked her fastest time of the season (54.93) in the preliminary round at the Big 12 Championships. She was second in the 400 at the Michael Johnson Invitational (56.39) and placed third at the Rafer Johnson/Jackie Joyner Kersee Invitational (55.83). Peters was a member of the 4x400 team that placed fourth at the Big 12 meet (3:37.59). During the indoor season, she ran a season best 25.23 at the New Mexico Invitational.

**HIGH SCHOOL:** Peters competed in the 100, 200 and 400-meter dashes, as well as the long and triple jumps. She placed second in the 100 (12.31), 400 (56.99) and triple jump (36-9.75) at the 2013 Texas District 4-5A Championships. Peters won the Texas 5A Area 3-4 titles in the long jump (17-7.25) and 400 (57.17). In 2013, she competed at the 2013 USA Track and Field Junior Olympics in the 400, finishing 11th overall in 55.76. Peters won the Texas 5A District 7 titles in the triple jump (36-9) as a junior.

**HIGH SCHOOL BESTS:** 100-meters: 12.31; 200-meters: 25.70; 400-meters: 55.31; long jump: 17-4; triple jump: 37-2.75

**IN THE CLASSROOM:** Peters is majoring in film studies.

**PERSONAL:** Alexandria Jade Peters was born on March 1, 1995 in Norman, Okla. She is the daughter of Terry and Arva Peters of Fort Worth, Texas, and has two siblings, Bethany and Taryn.

## ABBY REGNER



**Distance**  
**Freshman, HS/HS**  
**Basking Ridge, N.J.**  
**(Ridge)**

### PERSONAL BESTS

800-meters: 2:14

1,600-meters: 5:02

**HIGH SCHOOL:** Regner is a part of five RHS track and field records. Individually, she owns the indoor 800 (2:14) and the outdoor 800 (2:14). Regner is also part of the indoor 4x800-meter relay (9:13), outdoor 4x800-relay (9:09) and the outdoor distance medley relay (10:12) where she ran the 1,200-meter leg. Regner earned three letters on the cross country team and three on the track and field team at RHS. The Red Devils won the NJSIAA Indoor Track and Field North II Group IV State Section in 2014 and '15 and they won the cross country (2014) and outdoor section (2015) as well. She was on the 4x800-relay that won the 2015 NJSIAA Meet of Champions. Regner was an All-Skyland Conference track and field selection in the 800 and 1,600, as well as all-state for the 4x800 her senior year. She earned all-conference honors in cross country and the 800 and was also named All-Somerset County First Team for the indoor and outdoor 800 as a junior.

**HIGH SCHOOL BESTS:** 800-meters: 2:14; 1,600-meters: 5:02.

**IN THE CLASSROOM:** Regner is a studio art major.

**PERSONAL:** Abigail Catherine Regner was born on February 9, 1997 in Basking Ridge, N.J. She is the daughter of Randolph, who played soccer at Denison University, and Carol Regner and has three siblings, Randy, Charles and Meredith. Her grandfather, William Regner, ran track and field at Ohio State University. Regner loves art, rock climbing, skiing, hiking and running.

## TABOR SCHOLL



**Distance**  
**Freshman, HS/HS**  
**Kremmling, Colo.**

### PERSONAL BESTS

800-meters: 2:11

1,600-meters: 4:49

3,200-meters: 11:09

2,000-meter steeplechase: 7:20

**HIGH SCHOOL:** Scholl won the 2014 Colorado 2A State Cross Country Championship in 19:59.7 after winning the region championship in 19:05.00. During her senior year, she ran at the CU Time Trial, placing fifth overall (22:27.1) behind four Buffs. She also won the state 3A championship

as a freshman (18:37.6) and placed second her sophomore season (20:07.6). Scholl had success on the track and owns three WGHS records. She clocked 2:11 in the 800, 4:49 in the 1,600 and 11:09 in the 3,200. Scholl won the 800 and 1,600 state titles as a freshman and repeated as the 1,600 champion as a sophomore and also placed second in the 800. As a junior, she was the runner-up in both events. During her senior year, Scholl won the Simplot Games mile in 4:56. Utah, Boise State, Montana State, California and Montana also recruited Scholl.

**HIGH SCHOOL BESTS:** 800-meters: 2:11; 1,600-meters: 4:49; 3,200-meters: 11:09; 5,000-meters: 17:32.96; 2,000-meter steeplechase: 7:20.

**IN THE CLASSROOM:** Scholl is an integrative physiology major.

**PERSONAL:** Tabor Alex Scholl was born on February 4, 1997 in Steamboat Springs, Colo. She is the daughter of Shawn and Stephanie Scholl of Kremmling, Colo. She has one brother, Tyler. She enjoys cycling, rowing, Nordic skiing, ranching and baking.

## BRIANNA SCHWARTZ



**Distance**  
Freshman, HS/HS  
Pittsburgh, Pa.  
(Shaler Area)

### PERSONAL BESTS

800-meters: 2:10  
Mile: 4:42  
1,600-meters: 4:45  
3,200-meters: 10:10

**HIGH SCHOOL:** Schwartz won several state championships at Shaler Area High School. As a senior, she was the state cross country champion. Schwartz was the indoor mile and outdoor 1,600-meter state champion her junior year after placing fifth at the cross country championship. She placed sixth at Foot Locker Nationals that same year. Her sophomore season saw Schwartz placing third at the state cross country meet as well as winning the 1,600. She is the Pennsylvania state high school mile record holder (4:42) and ran the second fastest time (17:38) at the state cross country meet. Schwartz owns district track records in the 800 (2:10), 1,600 (4:45), 3,200 (10:10) and on the cross country course, her mark of 17:25 is the record. Villanova, Notre Dame, Syracuse and Virginia also recruited Schwartz.

**HIGH SCHOOL BESTS:** 800-meters: 2:10; mile: 4:42; 1,600-meters: 4:45; 3,200-meters: 10:10.

**IN THE CLASSROOM:** Schwartz is an arts and science major.

**PERSONAL:** Brianna Marie Schwartz was born on July 9, 1997 in Pittsburgh, Pa. She is the daughter of Joseph and Paulette Schwartz and has three siblings, Joseph, Alexis and Jocelyn. She enjoys biking and played basketball until 10th grade. She also volunteered as a Sunday school teacher.

## GABBY SCOTT



**Sprints**  
Freshman, HS/HS  
San Diego, Calif.  
(Westview)

### PERSONAL BESTS

100-meter: 12.54  
200-meter: 25.36  
400-meter: 56.30

**HIGH SCHOOL:** Scott is the WHS 400-meter record holder after clocking 56.30 at the Arcadia Invitational April 11, 2015. She also ran on the 4x400-meter relay team that set the school record in 2014 after finishing in 4:03.34. Scott was the 2014 and '15 400 Palomar League Champion, as well as the San Diego CIF Runner-up and a two-time state qualifier. She was honored as the WHS Female Athlete of the Year her junior and senior years. Scott was a first team All-Palomar League selection in 2014 and '15. Scott also played on the soccer team that won the state championship. She was also recruited by Utah, Boise State, UCSB, Stanford and Michigan.

**HIGH SCHOOL BESTS:** 100-meter: 12.54; 200-meter: 25.36; 400-meter: 56.30.

**IN THE CLASSROOM:** Scott is a business management major.

**PERSONAL:** Gabriella R. Scott was born on January 13, 1997 in Weisbaden, Germany. She is the daughter of Gregg Scott and Rosa Puig of San Diego, Calif. She enjoys traveling, writing, biking and hiking.

## CAYLA SELIGMAN



**Distance**  
Freshman, HS/HS  
Issaquah, Wash.  
(Issaquah)

### PERSONAL BESTS

1,600-meters: 4:59.74  
3,200-meters: 10:43.43

**HIGH SCHOOL:** Seligman owns multiple records at IHS. She is the junior class 1,600 (4:59.74) and 3,200-meter record holder (10:43.83), as well as the senior class record holder in the same events (1,600/5:03.23; 3,200/10:46.08). Seligman ran the 5k cross country record of 18:07. In 2014, the Eagles were the 4A KingCo Conference and 4A BiDistrict I/II Cross Country Champions. During the 2015 track and field season, IHS won the 4A state championship after winning the 4A KingCo Conference and 4A BiDistrict I/II meets. Seligman served as the cross country team captain her senior year and was named to the All-KingCo

and All-BiDistrict first teams, as well as an all-state medalist. On the track, she was the 3,200-meter KingCo champion and a state medalist. Seligman was named the track and field team's most improved athlete as a junior after winning the 3,200 KingCo title and also earned state medalist honors. She was also recruited by Northern Arizona and Portland.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:59.74; 3,200-meters: 10:43.43.

**IN THE CLASSROOM:** Seligman is majoring in psychology.

**PERSONAL:** Cayla Esther Seligman was born on August 22, 1997 in Issaquah, Wash. She is the daughter of David and Heidi Seligman and has one brother, Jeffrey. Her father ran cross country and track at Willamette. She enjoys hiking and cooking.

## LAUREN SHARPE



**Combined Events**  
Freshman, HS/HS  
Longmont, Colo.  
(Niwot)

### PERSONAL BESTS

100-meters: 13.16  
200-meters: 26.45  
400-meters: 1:01.4  
800-meters: 2:33.87  
High Jump: 5-2

**HIGH SCHOOL:** Sharpe was on the NHS team that won the 2013-15 Colorado 4A State Track & Field Championship. In 2015, she was a member of the 4x200-meter relay team that broke the state meet record in 1:41.13, the 4x400-relay team that placed second and the sprint medley relay that placed third. Sharpe was named to the Academic All-State First Team all four years. She graduated in the top 10 percent of her class and was on the student council all four years. Sharpe served as junior class and sophomore class president. Sharpe was also selected to be on the student advisory committee.

**HIGH SCHOOL BESTS:** 100-meters: 13.16; 200-meters: 26.45; 400-meters: 1:01.4; 800-meters: 2:33.87; High Jump: 5-2.

**IN THE CLASSROOM:** Sharpe is majoring in environmental engineering.

**PERSONAL:** Lauren Christine Sharpe was born on March 26, 1997 in Boulder, Colo. She is the daughter of Glenn Sharpe and Lynn Sharpe. She has one older sister, Elizabeth, who is studying integrative physiology at CU, and a twin sister, Rachel, who is also a heptathlete at CU. She enjoys drawing, hiking, biking, drama (acting) and running. Sharpe has been involved in drama since her freshman year of high school. During the summer leading up to her senior year of high school, Sharpe did an internship at the National Center of Atmospheric Research in Boulder, working with a scientist to help prepare for a research project that would

take place the following summer (2015) called PECAN (Plain Elevated Convection at Night) field study. She studied elevated and surface based thunderstorms from radar data throughout the Southern Great Plains.

## RACHEL SHARPE



**Combined Events**  
**Freshman, HS/HS**  
**Longmont, Colo.**  
**(Niwot)**

### PERSONAL BESTS

100-meters: 12.64  
 200-meters: 25.83  
 400-meters: 57.14  
 800-meters: 2:25.37  
 Long Jump: 16-4.50  
 Triple Jump: 35-2.50

**HIGH SCHOOL:** Sharpe was on the NHS team that won the 2013-15 Colorado 4A State Track & Field Championship. She was a member of the 4x400 relay that won the state title in 2013 and 14, as well as the 4x200 relay that won the state championship her senior year in meet record time (1:41.13). She also placed fifth at the 2015 Colorado State High School meet in the 400, clocking 57.14. Sharpe was an all-conference selection all four years and was a two-time all-state selection her junior and senior years. Sharpe graduated in the top 2 percent of her class. She was the NHS Student Body Vice-President her senior year and was class president her sophomore and junior years.

**HIGH SCHOOL BESTS:** 100-meters: 12.64; 200-meters: 25.83; 400-meters: 57.14; 800-meters: 2:25.37; Long Jump: 16-4.50; Triple Jump: 35-2.50.

**IN THE CLASSROOM:** Sharpe is majoring in electrical engineering.

**PERSONAL:** Rachel Mae Sharpe was born on March 26, 1997 in Boulder, Colo. She is the daughter of Glenn Sharpe and Lynn Sharpe. She has one older sister, Elizabeth, who is studying integrative physiology at CU, and a twin sister, Lauren, who is also a heptathlete at CU. She enjoys running, hiking, acting and reading. Sharpe served as a student member of the Niwot High School Board of Education.

## MARIAH SLACK



**Combined Events**  
**Junior, 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: 4,340 (2015)  
 100-meter hurdles: 15.93  
 High Jump: 5-6  
 Shot Put: 31-4/9.55 (2015)  
 200-meters: 26.1  
 Long Jump: 17-7  
 Javelin: 61-10/18.86m (2015)  
 800-meters: 2:18.04  
 400-meters: 58.99

### ACADEMIC HONORS

Academic All-MPSF (2015)  
 Pac-12 All-Academic Second Team (2015)

**2015:** *Indoor:* Slack put together three pentathlons during the season, saving her best performance for last at the MPSF Championships. There she placed 10th with a personal best score of 3,420 as she recorded four PRs in the five events. She ran 9.70 in the 60-meter hurdles, jumped 5-5 in the high jump, threw the shot put 30-4.75 and ran 2:17.30 in the 800. Slack did record a PR in the long jump (17-6.25) at the CSM Alumni Open (12/12/14). Slack also placed sixth in the pentathlon at the CSM Alumni Open (3,318) and was 10th at the Air Force Invite (1/22) with 3,160 points.

*Outdoor:* Slack completed two heptathlons as a sophomore. She posted her personal best score (4,340) at the California Invitational with four individual PR's. Slack cleared 5-3.75 in the high jump, threw the shot put 31-4, jumped 17-1.50 and ran the 800 in 2:18.81. She also competed at the Pac-12 Championships and placed 13th with a 4,326 point score.

**2014:** *Indoor:* Slack had a nice start to her CU career, competing in three pentathlons. At the Oregidger 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 3.50.

**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.

## ABRIANNA TORRES



**Combined Events/Jumps**  
**Senior, 2L/3L**  
**San Luis Obispo, Calif.**  
**(San Luis Obispo)**

### PERSONAL BESTS

**INDOOR**  
 Pentathlon: 4,025 (2015)  
 60-Meter Hurdles: 8.88 (2015)  
 High Jump: 5-05.75/1.67m (2015)  
 Shot Put: 44-8/13.61m (2015)  
 Long Jump: 19-8.75/6.01m (2013)  
 800 Meters: 2:26.66 (2015)  
**OUTDOOR**  
 Heptathlon: 5,545 (2015)  
 100-Meter Hurdles: 14.35 (2015)  
 High Jump: 5-6.5/1.68m (2015)  
 Shot Put: 45-4.50/13.83m (2013)  
 200-Meters: 25.58 (2015)  
 Long Jump: 20-2.25/6.15m (2013)  
 Javelin: 132-11/40.52m (2013)  
 800-Meters: 2:23.59 (2015)  
 Triple Jump: 39-06.5

### MPSF SCORING

2013 Pentathlon, 4th (3,832)  
 2015 Pentathlon, 1st (4,025)

### PAC-12 SCORING

2013 Heptathlon, 3rd (5,357)  
 2013 Long Jump, 7th (19-11.75/6.09m)  
 2014 Heptathlon, 8th (4,810)  
 2015 Long Jump, 8th, 19-4.25/5.90m  
 2015 Heptathlon, 5th (5,455)

### ACADEMIC HONORS

Academic All-MPSF (2015)  
 Pac-12 All-Academic honorable mention (2015)

**CAREER UPDATE:** Torres has become one of CU's best all-time combined events athletes. She ranks third in both the pentathlon (4,025) and heptathlon (5,545), as well as in the indoor (19-8.75) and outdoor (20-2.25) open long jump. Torres is the CU pentathlon and heptathlon shot put record holder and ranks high in several other categories. She advanced to NCAA outdoors in 2015, the first Buff since 1997.

**2015: Indoor:** Torres had an outstanding junior indoor season, becoming the third best CU performer in the event. Torres competed in four pentathlons and with each one, she showed huge improvement. She started the year winning the first two at the CSM Alumni Open (12/12/14) and at the Air Force Invite (1/22). Torres broke 4,000 points when she placed second at the UW Open (1/30) with 4,002. She didn't stop there and at the MPSF Championship, she recorded 4,025 points for the third best score in CU history and won her first conference championship. Torres tallied three PRs at the championship. She ran the fourth fastest pentathlon 60-meter hurdle time (8.88) and broke her shot put record of 44-8. Torres also ran 2:26.66 in the 800.

**Outdoor:** Torres continued to have a great deal of success during the outdoor season, recording three of the top 10 CU heptathlon scores. She became the third best CU performer after scoring 5,545 points at the California Invitational (4/16), which placed fourth overall at the meet and ranks fifth in CU history. Torres, at that time, tallied personal bests in the high jump (5-6), 200 (25.58), long jump (20-1), javelin (123-8) and 800 (2:23.59). The long jump mark ranks fifth in CU heptathlon history. At the Pac-12 Championships, she placed fifth with the ninth best total in CU history (5,455). Torres recorded season bests in the 100-meter hurdles (14.35) and broke the CU heptathlon shot put record with a mark of 45-3.50. She also placed eighth in the open long jump at Pac-12s, jumping 19-4.25. Torres ranked 22nd overall in the NCAA and became the first Buff since 1997 to qualify for the NCAA Championships. She earned a 20th place finish. Her score of 5,483 points ranks seventh at CU and included a high jump PR (5-6.50).

**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 and has a GPA greater than 3.00.

**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.

## TAYLER TUTTLE



**Distance**  
Freshman, TR/TR  
Snellville, Ga.  
(Providence  
Christian/Georgia)

### PERSONAL BESTS

Mile: 4:53  
1,600-meters: 4:52  
3,200-meters: 11:03

**AT GEORGIA:** Tuttle ran one cross country season for the Bulldogs. She won her first collegiate meet after clocking 18:14.80 at the Georgia Cross Country Invitational and was named the SEC Women's Runner of the Week. She earned that same distinction for the second time after placing sixth at the Furman Invitational. Tuttle led the Bulldogs at the SEC Championships with a 26th place finish to earn All-SEC Freshman honors. At the NCAA South Region Championships, she recorded a 37th place finish.

**HIGH SCHOOL:** Tuttle was the state cross country runner-up as a senior and placed third as a junior, which helped her team to second place finishes both season. She was named the 2013 Gwinnet County Cross Country Runner of the Year and was part of the All-Metros cross country team. Tuttle was the PCHS MVP for cross country and track and field. In 2014, she placed eighth in the mile at New Balance Outdoor Nationals.

**HIGH SCHOOL BESTS:** Mile: 4:53; 1,600-meters: 4:52; 3,200-meters: 11:03.

**IN THE CLASSROOM:** Tuttle is an integrative physiology major.

**PERSONAL:** Tayler Nicole Tuttle was born on August 8, 1996 in Las Vegas, Nev. She is the daughter of Charles and Cindy Tuttle of Snellville, Ga. Tuttle is a triplet; her sisters are Mackenzie and Brittany and they both play softball at Berry College. She enjoys art and swimming and also played softball for eight years.

### CARRIE VERDON



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

**PERSONAL BESTS**

*INDOOR*

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)

**2015:** *Indoor:* Redshirt. Did not compete.

*Outdoor:* Redshirt. Did not compete.

**2014:** *Indoor:* At the Husky Classic (2/15) Verdon raced the 3k and finished ninth 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:** (2015) Verdon returned to the CU lineup, after redshirting the 2014 season, at NCAA Pre-Nationals, finishing 92nd. At Pac-12s, Verdon improved to 27th overall. She placed 36th at regionals and ended the season with a 146th place finish at NCAAs. (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 Pre-Nationals, 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 placed 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 Morago, Calif. and has one brother. She enjoys hiking and art and wants to pursue a career in physical therapy after graduation.

### MARIAH WALKER



**Throws**  
**Sophomore, VR/VR**  
**Colorado Springs, Colo.**  
**(Sand Creek)**

**PERSONAL BESTS**

*INDOOR*

Shot Put: 47-6.50/14.49m (2015)  
 Weight Throw: 53-0/16.15m (2015)

*OUTDOOR*

Shot Put: 47-10/14.58m (2015)  
 Hammer Throw: 139-1/42.40m (2015)  
 Discus: 145-10/44.44m (2015)

**2015:** *Indoor:* Walker led the Buffs in the shot put as a freshman. She won the Rocky Mountain Classic (2/20) with a season best throw of 47-6.50 which placed her seventh on CU's all-time performers list. Walker's second best toss of the season (45-11.25) came at the MPSF Championship where she finished 13th. She also competed in the weight throw. She launched a season best of 53-0 at the Potts Invite (1/17) and placed fifth.

*Outdoor:* Walker became one of the best CU shot put throwers as just a freshmen. She ranks fifth on the all-time performers list with a mark of 47-10 from the Jack Christiansen Invite (4/25). That throw is the best by a Buff since 2001. At that same meet, Walker recorded personal bests in the hammer throw (139-1) and discus (145-10). She competed in the shot put and hammer at the Pac-12 Championships. Walker placed 10th in the shot put (45-6.25) and was 12th in the discus (133-7). She also competed at the USA Junior Championships in the shot put (43-5.75).

**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**  
**Sophomore, VR/VR**  
**Celina, Ohio**  
**(Celina)**

**PERSONAL BESTS***INDOOR*

Pentathlon: 3,224 (2015)  
 60-meter hurdles: 9.35 (2015)  
 High Jump: 5-5/1.65m (2015)  
 Shot Put: 32-10.25/9.10m (2015)  
 Long Jump: 16-4.50/4.99m (2015)  
 800-meters: 2:23.06 (2015)

*OUTDOOR*

Heptathlon: 4,549 (2015)  
 100-meter hurdles: 15.34  
 High Jump: 5-6  
 Shot put: 33-7.50/10.25m (2015)  
 200-meters: 27.23 (2015)  
 Long Jump: 16-11.50/5.17m (2015)  
 Javelin: 116-8/35.57m (2015)  
 800-meters: 2:21.32  
 400-meters: 58.63

**2015: Indoor:** Wenning competed in three pentathlons for the Buffs. Her best one was at the CSM Alumni Open (12/12/14) where she placed ninth with a season high total of 3,224 points. She also placed 14th at the MPSF Championship with 3,173 points and was 11th at the Air Force Invite with 3,149 points.

**Outdoor:** Wenning participated in a pair of heptathlons in her first season with the Buffs. She recorded a personal best score (4,540) at the Pac-12 Championships where she placed 12th overall. At the meet, she cleared a season best mark of 5-5.75 in the high jump. Wenning also recorded a score of 4,542 at the California Invite (4/15-16). There she earned three season bests. She threw the shot put 33-7.50, ran 27.23 in the 200 and finished the 800 in 2:23.99.

**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 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 a chemical engineering major. She recorded a 4.00 GPA.

**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.

**MAJA WICHHART DONZO**

**Combined Events**  
**Freshman, HS/HS**  
**Catonsville, Md.**  
**(Cantonsville)**

**PERSONAL BESTS**

Heptathlon: 4.379  
 100-meters: 12.94  
 200-meters: 26.54  
 400-meters: 59.84  
 100-meter hurdles: 15.05  
 Long Jump: 18-15  
 Triple Jump: 38-2.50

**HIGH SCHOOL:** Wichhart Donzo was a four-time Baltimore County triple jump champion. As a senior, she placed second at the state championship, jumping a personal best of 38-2.50. She was also third that year in the long jump, which was another PR (18-1.50). Wichhart Donzo owns CHS records in the 100-meter hurdles (15.19), long jump (18-15) and triple jump (38-2.50). She was named first team all-county all four years and was first team all-metro her junior and senior years. A three-sport athlete (volleyball and basketball), she was also recruited by Villanova, UMass and Illinois State.

**HIGH SCHOOL BESTS:** Heptathlon: 4.379; 100-meters: 12.94; 200-meters: 26.54; 400-meters: 59.84; 100-meter hurdles: 15.05; Long Jump: 18-15; Triple Jump: 38-2.50.

**IN THE CLASSROOM:** Wichhart Donzo is majoring in international affairs.

**PERSONAL:** Maja Cera Grace Wichhart Donzo was born March 6, 1997 and is the daughter of Lori Wichhart of Catonsville, Md. She has a twin brother, Musa, and has lived in three countries. Wichhart enjoys reading, hiking and watching movies.

# 2015 Colorado Cross Country Results

## COLORADO WOMEN

- Sept. 4 CSU Invite (Fort Collins, Colo.)..... N/A
- Oct. 3 ROCKY MOUNTAIN SHOOTOUT (Boulder)..... 1st/4**  
**1. Colorado, 15;** 2. Wyoming, 59; 3. Colorado State, 80; 4. Northern Colorado, 82.
- Oct. 17 at Pre-National Invitational (Louisville, Ky.) ..... 2nd/45  
 1. Michigan, 131; **2. Colorado, 151;** 3. Oregon, 175; 4. Stanford, 244; 5. Mississippi State, 247; 6. Utah, 350; 7. Georgetown, 381; 8. Weber State, 387; 9. Purdue, 441; 10. Villanova, 457.
- Oct. 30 at Pac-12 Championships (Colfax, Wash.)..... 1st/12  
**1. Colorado 45;** 2. Oregon 51; 3. Stanford 80; 4. Washington 92; 5. Utah 149; 6. Arizona State 162; 7. California 204; 8. Arizona 237; 9. UCLA 241; 10. Washington State 262; 11. Oregon State 321, 12. USC, 361.
- Nov. 13 at NCAA Mountain Region Championships(Albuquerque, N.M.) ..... 1st/19  
**1. Colorado 49;** 2. New Mexico 50; 3. Utah 116; 4. BYU 126; 5. Weber State 128; 6. Northern Arizona 175; 7. Air Force 175; 8. Colorado State 181; 9. Nevada 295; 10. Wyoming 306; 11. Utah State 310; 12. Montana State 354; 13. UTEP 360; 14. Utah Valley 375; 15. Idaho State 381; 16. Texas Tech 396; 17. Southern Utah 454; 18. Northern Colorado 502; 19. New Mexico State 503.
- Nov. 21 at NCAA Championships (Louisville, Ky.) ..... 2nd/31  
 1. New Mexico, 49; **2. Colorado, 129;** 3. Oregon, 214; 4. Providence, 231; 5. NC State, 264; 6. Michigan, 264; 7. Oklahoma State, 274; 8. Notre Dame, 276; 9. Arkansas, 276; 10. Washington, 297

## COLORADO MEN

- Sept. 4 CSU Invite (Fort Collins, Colo.)..... N/A
- Oct. 3 ROCKY MOUNTAIN SHOOTOUT (Boulder)..... 1st/3**  
**1. Colorado, 15;** 2. Air Force, 50; 3. Northern Colorado, 85.
- Oct. 17 at Pre-National Invitational (Louisville, Ky.) ..... 1st/42  
**1. Colorado, 89;** 2. Oregon, 151; 3. Arkansas, 164; 4. UTEP, 197; 5. Georgetown, 214; 6. Virginia Tech, 223; 7. California, 300; 8. Air Force, 318; 9. Colorado State, 351; 10. UC Santa Barbara, 374.
- Oct. 30 at Pac-12 Championships (Colfax, Wash.)..... 1st/9  
**1. Colorado 46,** 2. Stanford 57; 3. Oregon 83; 4. Washington 96; 5. UCLA 127; 6. Washington State 137; 7. California 157; 8. Arizona State 218; 9. Arizona 271.
- Nov. 13 at NCAA Mountain Region Championships (Albuquerque, N.M.)..... 1st/16  
**1. Colorado 67;** 2. UTEP 77; 3. BYU 98; 4. Southern Utah 114; 5. Air Force 124; 6. Colorado State 124; 7. Wyoming 153; 8. Northern Arizona 254; 9. New Mexico 254; 10. Weber State 292; 11. Utah Valley 294; 12. Texas Tech 343; 13. Idaho State 352; 14. Montana State 360; 15. New Mexico State 364; 16. Utah State 406.
- Nov. 21 at NCAA Championships (Louisville, Ky.) ..... 2nd/31  
 1. Syracuse, 82; **2. Colorado, 91;** 3. Stanford, 151; 4. Oregon, 183; 5. Iona, 231; 6. Arkansas, 244; 7. Louisville, 331; 8. Washington, 345; 9. Michigan, 348; 10. Georgetown, 352

## INDIVIDUAL RESULTS (Overall/CU)

Runner	CSU 5k	RMS 5.8k	MSI 6k	PRE-NC 6k	P12 6k	MTR 6k	NCAA 6k
M. Alm	3/1 17:39	2/2 20:54		18/3 20:27.8	8/4 20:14.5	7/3 21:14.82	47/3 20:31.2
K. Benner				15/2 20:22.4	2/1 19:55.5	2/1 20:55.86	16/2 20:07.7
E. Blakely	13/5 18:04	11/6 22:04		+10 21:47.9	61/9 21:24.9		
M. Caldwell	+8 17:45	+28 22:50					
E. Clark		1/1 20:13		1/1 20:00.5	4/2 19:58.6	3/2 20:56.06	11/1 20:05.4
V. Constien	10/3 17:51	6/5 21:25		+13 21:53.5	29/7 20:42.5	24/6 21:36.09	136/6 21:04.4
D. Jones		4/3 21:16		62/4 20:54.1	24/5 20:38.3	16/4 21:20.76	49/4 20:31.8
A. Kelly	+22 18:20	+9 21:37					
K. Kroeker	+44 18:59	+16 22:14					
E. Mann	+41 18:57	+21 22:29					
K. Mann	+33 18:57	+19 22:28					
L. May	9/2 17:49	5/4 21:20		134/7 21:20.4	53/8 21:14.1	Alt.	Alt.
M. Nun	11/4 17:58		+3 22:09	67/5 20:57.0	7/3 20:11.1	23/5 21:35.75	65/5 20:37.9
A. Regner	+84 20:26	+58 24:11					
C. Seligman	+17 18:13						
T. Tuttle	+4 17:39		+4 22:23				
C. Verdon			+1 21:40	92/6 21:2	27/6 20:40.2	36/7 21:58.96	146/7 21:11.2

+ ran unattached or in an open race

## INDIVIDUAL RESULTS (Overall/CU)

Runner	CSU 5k	RMS 8k	PRE-NC 8k	P12 8k	MTR 10k	NCAA 10k
J. Dressel	+2 14:51	+5 25:16	46/5 23:54.3	6/2 23:19.4	19/5 30:29.04	26/3 30:16.4
R. Forsyth	5/2 15:01	7/5 25:19	51/6 23:57.7	24/6 23:52.5	Alt.	Alt.
R. Friedman	+31 15:35					
N. Harris	25/5 15:27	10/6 25:41	+94 26:31.1	44/8 24:28.6		
C. Herrick		47/9 27:07	+65 25:55/1			
J. Klecker	+6 15:02	+9 25:36				
C. Martin	17/4 15:20	11/7 25:41	+6 24:48.5	68/10 25:17.7		
P. Miller	13/3 15:15	13/8 26:05	+18 25:03.6	53/9 24:50.2		
A. Moussa			14/3 23:34.8	7/3 23:22.4	15/3 30:22.63	42/6 30:29.9
P. Murphy		1/1 24:26	5/1 23:24.4	4/1 23:15.1	7/1 30:06.14	3/1 29:37.0
M. Pearson		2/2 24:31	15/4 23:34.8	14/4 23:31.9	8/2 30:06.36	25/2 30:16.1
Z. Perrin	1/1 14:43	4/4 24:53	68/7 24:07.2	38/7 24:20.7	18/4 30:28.09	195/7 31:57.0
B. Saarel		+6 25:18			21/6 30:31.24	31/4 30:19.8
C. Winter		3/3 24:35	9/2 23:32.4	15/5 23:34.3	23/7 30:42.06	33/5 30:21.7

# 2015 Men's Indoor Bests

## 60 Meters (6.57 CU record)

6.93		Austin Mitsch	Joe Davies Open (2/21)
6.95		Austin Mitsch	Air Force Holiday Open (12/12)
6.95	p	Austin Mitsch	Air Force Invite (1/23-24)
6.96		Erik Gaytan	Joe Davies Open (2/21)
6.96		Austin Mitsch	Potts Invite (1/16-17)
6.97	p	Erik Gaytan	MSPF Championships (2/27-28)
6.97	p	Austin Mitsch	Potts Invite (1/16-17)
6.97	p	Austin Mitsch	Joe Davies Open (2/21)
6.97		Austin Mitsch	Air Force Invite (1/23-24)
6.98		Austin Mitsch	AFA Open (1/9)

## 200 Meters (20.88 cu)

21.74	p	Austin Mitsch	Air Force Invite (1/23-24)
21.95		Austin Mitsch	MSPF Championships (2/27-28)
21.95		Austin Mitsch	AFA Open (1/9)
22.33		Erik Gaytan	MSPF Championships (2/27-28)
22.41		Jaylyn Mars	AFA Open (1/9)
22.55		Austin Mitsch	Air Force Invite (1/23-24)
22.63		Erik Gaytan	AFA Open (1/9)
22.65		Darrin Haynes	AFA Open (1/9)
22.71		Jaylyn Mars	Husky Classic (2/13-14)
22.78		Garrett Losty	AFA Open (1/9)

## 400 Meters (46.13 cu)

48.96		Darrin Haynes	MSPF Championships (2/27-28)
49.35		Jaylyn Mars	Husky Classic (2/13-14)
49.40	p	Jaylyn Mars	Air Force Invite (1/23-24)
49.54		Jaylyn Mars	AFA Open (1/9)
49.64	p	Darrin Haynes	Air Force Invite (1/23-24)
49.76		Jaylyn Mars	MSPF Championships (2/27-28)
50.14		Darrin Haynes	AFA Open (1/9)
50.18		Erik Gaytan	AFA Open (1/9)
50.40		Garrett Losty	AFA Open (1/9)
50.45	p	Garrett Losty	Air Force Invite (1/23-24)

## 800 Meters (1:49.37 cu)

1:55.75		Jake Hurysz	Air Force Invite (1/23-24)
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## 1,000 Meter Run\* (2:21.5 cu)

2:37.45	hep	Andrew Ghizzone	MSPF Championships (2/27-28)
2:46.03	hep	Andrew Ghizzone	Air Force Invite (1/23)
2:47.64	hep	Andrew Ghizzone	CSM Alumni Open/Multi (12/13)

## Mile (3:58.13 cu)

3:58.13	sr	Jake Hurysz	Husky Classic (2/13-14)
3:59.93	p	Jake Hurysz	NCAA Indoors (3/13)
4:07.91	AA2	Jake Hurysz	NCAA Indoors (3/14)
4:12.30		Ben Saarel	Air Force Invite (1/23-24)
4:13.90		Morgan Pearson	Air Force Invite (1/23-24)
4:15.82		Ammar Moussa	Air Force Invite (1/23-24)
4:23.19		Adam Peterman	Air Force Invite (1/23-24)
4:24.55	U	Christian Martin	Potts Invite (1/16-17)
4:26.11		Chris Herrick	Potts Invite (1/16-17)

## 3,000 Meters (7:46.03 cu)

7:51.93		Morgan Pearson	MSPF Championships (2/27-28)
7:53.06		Jake Hurysz	MSPF Championships (2/27-28)
7:53.61		Ammar Moussa	MSPF Championships (2/27-28)
7:57.74		Ben Saarel	MSPF Championships (2/27-28)
7:59.73		Pierce Murphy	MSPF Championships (2/27-28)
8:01.89	AA1	Morgan Pearson	NCAA Indoors (3/14)
8:09.06	AA2	Jake Hurysz	NCAA Indoors (3/14)
8:14.40		Adam Peterman	MSPF Championships (2/27-28)
8:15.68		Paul Miller	Husky Classic (2/13-14)
8:16.33		Adam Peterman	Husky Classic (2/13-14)

## 5,000 Meters (13:38.23 cu)

13:39.29		Pierce Murphy	Husky Classic (2/13-14)
13:43.37		Morgan Pearson	Husky Classic (2/13-14)
13:48.34		Ammar Moussa	Husky Classic (2/13-14)
13:54.36	AA1	Pierce Murphy	NCAA Indoors (3/13)
13:58.19		Ben Saarel	Husky Classic (2/13-14)
14:01.22	AA2	Ammar Moussa	NCAA Indoors (3/13)
14:16.63	AA2	Morgan Pearson	NCAA Indoors (3/13)

## 60 Meter Hurdles (7.75 cu)

8.10	p	Jaron Thomas	MSPF Championships (2/27-28)
8.15		Jaron Thomas	Joe Davies Open (2/21)
8.15	p	Jaron Thomas	Air Force Invite (1/23-24)
8.16	p	Jaron Thomas	Husky Classic (2/13-14)
8.19	p	Jaron Thomas	Joe Davies Open (2/21)
8.20		Jaron Thomas	Air Force Invite (1/23-24)

8.24		Jaron Thomas	Potts Invite (1/16-17)
8.26		Jaron Thomas	Husky Classic (2/13-14)
8.26		Jaron Thomas	MSPF Championships (2/27-28)
8.39		Mark Jones	Potts Invite (1/16-17)

## Mile Relay (3:09.1h cu)

3:18.20		Gaytan/Haynes/Losty/Mars	AFA Holiday Open (12/12)
3:18.90		Gaytan/Haynes/Losty/Mars	AFA Invite (1/24)

## 4x400 Meter Relay (3:07.9h cu)

3:16.91		Gaytan/Haynes/Losty/Mars	MSPF Championships (2/27-28)
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## High Jump (7-03.50 cu)

7-1/2.16		Mark Jones	UW Invite (1/31)
7-0.25/2/14		Mark Jones	Air Force Invite (1/24)
6-11.75/2.13		Mark Jones	Husky Classic (2/13-14)
6-11/2.11		Mark Jones	Potts Invite (1/16-17)
6-10.25/2.09		Mark Jones	MSPF Championships (2/27-28)
6-9.75/2.08		Mark Jones	CSM Alumni Open/Multi (12/13)
6-8.75/2.05		Mark Jones	AFA Open (1/9)
6-6.75/2.00		Mark Jones	CSM Alumni Open/Multi (12/13)
6-4.75/1.95		Michael Egotanda	CSM Alumni Open/Multi (12/13)
6-2.75/1.90		Mason Chronowski	AFA Open (1/9)

## Pole Vault (17-02 cu)

15-9/4.80	hep	Andrew Ghizzone	MSPF Championships (2/27-28)
14-11/4.55	hep	Andrew Ghizzone	Air Force Invite (1/23)
14-7.25/4.45		Andrew Ghizzone	AFA Open (1/9)
13-3.50/4.05	hep	Andrew Ghizzone	CSM Alumni Open/Multi (12/13)

## Long Jump (25-7.50 cu)

23-6.25/7.17		Michael Egotanda	CSM Alumni Open/Multi (12/13)
23-2.75/7.08		Mark Jones	CSM Alumni Open/Multi (12/13)
22-0.25/6.71		Andrew Ghizzone	Joe Davies Open (2/20)
21-1.25/6.43	hep	Andrew Ghizzone	CSM Alumni Open/Multi (12/13)
21-1.25/6.43		Andrew Ghizzone	Potts Invite (1/16-17)
20-7.25/6.82	hep	Andrew Ghizzone	MSPF Championships (2/27-28)
20-4.25/6.20	hep	Andrew Ghizzone	Air Force Invite (1/22-23)
18-9.25/5.72		Matt Walker	AFA Open (1/9)
18-4.50/5.60		Matt Walker	Joe Davies Open (2/20)
17-11.75/5.48		Matt Walker	CSM Alumni Open/Multi (12/13)

## Triple Jump (52-10 cu)

45-6.25/13.87		Michael Egotanda	CSM Alumni Open/Multi (12/13)
40-6.75/12.36		Mason Chronowski	CSM Alumni Open/Multi (12/13)

## Shot Put (67-4.75 cu)

55-6.25/16.92		Alex Kizirian	AFA Open (1/9)
55-3.75/16.86		Alex Kizirian	MSPF Championships (2/27-28)
55-0/16.76		Alex Kizirian	Air Force Invite (1/23-24)
54-11.25/16.74		Alex Kizirian	Husky Classic (2/13-14)
52-7.50/16.04		Alex Kizirian	Potts Invite (1/16-17)
41-11.25/12.78		Matt Walker	Air Force Invite (1/23-24)
40-8.75/12.41		Matt Walker	CSM Alumni Open/Multi (12/13)
40-0.50/12.20		Matt Walker	Potts Invite (1/16-17)
31-3.25/9.53	hep	Andrew Ghizzone	Air Force Invite (1/23)
31-1.75/9.49		Andrew Ghizzone	Potts Invite (1/16-17)

## 35-pound Weight (70-8/21.54 cu)

70-8/21.54	sr	Alex Kizirian	Potts Invite (1/16-17)
69-2/21/08		Alex Kizirian	AFA Open (1/9)
69-0/21.03		Alex Kizirian	Air Force Invite (1/23-24)
68-5.25/20.86		Alex Kizirian	Husky Classic (2/13-14)
68-3.75/20.82		Alex Kizirian	MSPF Championship (2/27-28)
67-3.50/20.51	AA2	Alex Kizirian	NCAA Indoor (3/13)
59-1.25/18.01		Brady Rutt	Potts Invite (1/16-17)
57-1/17.40		Brady Rutt	Husky Classic (2/13-14)
57-1/17.40		Brady Rutt	Air Force Invite (1/23-24)
56-6.50/17.23		Brady Rutt	Wyoming Power Meet (12/12)

## Heptathlon (5,392 cu)

5,020		Andrew Ghizzone	MSPF Championships (2/27-28)
4,763		Andrew Ghizzone	Air Force Invite (1/22-23)
4,566		Andrew Ghizzone	CSM Alumni Open/Multi (12/13)

## 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

# TRACK & FIELD 2015 Women's Indoor Bests

## 60 Meters (7.34 CU record)

7.52		Ana Holland	Air Force Invite (1/23-24)
7.53	p	Ana Holland	Husky Classic (2/13-14)
7.55		Ana Holland	Joe Davies Open (2/21)
7.57		Ana Holland	Husky Classic (2/13-14)
7.58	p	Ana Holland	Air Force Invite (1/23-24)
7.62	p	Ana Holland	Joe Davies Open (2/21)
7.82	p	Tashay Brown	Air Force Invite (1/23-24)
7.84		Rajon O'Quinn	Potts Invite (1/16-17)
7.85	p	Rajon O'Quinn	Air Force Invite (1/23-24)
7.89	p	Rajon O'Quinn	Potts Invite (1/16-17)

## 200 Meters (23.81 cu)

24.18		Ana Holland	MPSF Championships (2/27-28)
24.46	p	Ana Holland	Air Force Invite (1/23-24)
24.49		Ana Holland	Husky Classic (2/13-14)
24.52		Ana Holland	AFA Open (1/9)
24.79		Tashay Brown	Air Force Invite (1/23-24)
24.87	p	Tashay Brown	Air Force Invite (1/23-24)
25.08		Tashay Brown	MPSF Championships (2/27-28)
25.23		Tashay Brown	Husky Classic (2/13-14)
25.32		Tashay Brown	AFA Open (1/9)
25.96	p	Mia Holland	Air Force Invite (1/23-24)

## 400 Meters (54.00 cu)

56.65		Lindsay Mattson	MPSF Championships (2/27-28)
56.81	p	Lindsay Mattson	Air Force Invite (1/23-24)
56.86		Lindsay Mattson	Air Force Invite (1/23-24)
56.97		Lindsay Mattson	Husky Classic (2/13-14)
57.89	p	Rajon O'Quinn	Air Force Invite (1/23-24)
58.04		Lindsay Mattson	AFA Open (1/9)

## 800 Meters (2:05.69 cu)

2:17.30	pen	Mariah Slack	MPSF Championships (2/27-28)
2:18.64		Eryn Blakely	Air Force Invite (1/23-24)
2:23.06	pen	Michaela Wenning	MPSF Championships (2/27-28)
2:25.64		Olivia Rintala	Air Force Invite (1/23-24)
2:26.27		Olivia Rintala	Potts Invite (1/16-17)
2:26.66	pen	Abrianna Torres	MPSF Championships (2/27-28)
2:26.87	pen	Mariah Slack	CSM Alumni Open/Multi (12/13)
2:27.42		Mariah Slack	AFA Open (1/9)
2:28.46	pen	Abrianna Torres	UW Invite (1/31)
2:32.22	pen	Mariah Slack	Air Force Invite (1/22)

## Mile (4:25.91 cu)

4:51.06		Valerie Constien	MPSF Championships (2/27-28)
4:52.10		Valerie Constien	Husky Classic (2/13-14)
4:57.62		Eryn Blakely	MPSF Championships (2/27-28)
5:05.55		Maddie Alm	Air Force Invite (1/23-24)
5:06.46		Erin Clark	Air Force Invite (1/23-24)
5:10.13		Eryn Blakely	Potts Invite (1/16-17)
5:21.88		Melanie Nun	Air Force Invite (1/23-24)
5:25.04		Melanie Nun	Potts Invite (1/16-17)
5:32.42		Mandy Ortiz	Potts Invite (1/16-17)

## 3,000 Meters (8:42.03 cu)

9:19.60		Erin Clark	MPSF Championships (2/27-28)
9:23.77		Erin Clark	Husky Classic (2/13-14)
9:24.20		Kaitlyn Benner	Husky Classic (2/13-14)
9:33.84		Maddie Alm	Husky Classic (2/13-14)
9:34.70		Melanie Nun	MPSF Championships (2/27-28)
9:35.18		Annie Kelly	MPSF Championships (2/27-28)
9:36.97		Melanie Nun	Husky Classic (2/13-14)
9:37.24		Eryn Blakely	Husky Classic (2/13-14)
9:40.38		Mackenzie Caldwell	MPSF Championships (2/27-28)
9:42.23		Mackenzie Caldwell	Husky Classic (2/13-14)

## 5,000 Meters (15:01.70 cu)

16:08.22		Kaitlyn Benner	MPSF Championships (2/27-28)
16:25.86		Maddie Alm	MPSF Championships (2/27-28)
16:38.27		Annie Kelly	Husky Classic (2/13-14)

## 60 Meter Hurdles (8.27 cu)

8.88	pen	Abrianna Torres	MPSF Championships (2/27-28)
8.92	pen	Abrianna Torres	Air Force Invite (1/22)
8.96	p	Abrianna Torres	Husky Classic (2/13-14)
9.00	pen	Abrianna Torres	UW Invite (1/31)
9.06		Abrianna Torres	AFA Open (1/9)
9.06		Abrianna Torres	Potts Invite (1/16-17)
9.10	pen	Abrianna Torres	CSM Alumni Open/Multi (12/13)
9.35	pen	Michaela Wenning	CSM Alumni Open/Multi (12/13)
9.55	pen	Michaela Wenning	Air Force Invite (1/22)
9.57		Michaela Wenning	Potts Invite (1/16-17)

## 4x400 Meter Relay (3:43.52 cu)

3:45.61		Mattson/Brown/O'Quinn/A.Holland	Husky Classic (2/13-14)
3:46.91		Mattson/A.Holland/Brown/O'Quinn	MPSF Championships (2/27-28)

## Mile Relay (3:45.53 cu)

3:51.80		Mattson/M.Holland/Brown/O'Quinn	AFA Invite (1/24)
3:52.98		Brown/M.Holland/Mattson/Gehring	AFA Holiday Open (12/12)

## High Jump (6-2 cu)

5-8.75/1.75		Rajon O'Quinn	Air Force Invite (1/23-24)
5-7/1.70		Rajon O'Quinn	CSM Alumni Open/Multi (12/13)
5-7/1.70		Rajon O'Quinn	AFA Open (1/9)
5-6/1.68		Rajon O'Quinn	Potts Invite (1/16-17)
5-5.25/1.66		Rajon O'Quinn	MPSF Championships (2/27-28)
5-5.75/1.67	pen	Abrianna Torres	UW Invite (1/31)
5-5/1.65	pen	Michaela Wenning	CSM Alumni Open/Multi (12/13)
5-4.50/1.64	pen	Abrianna Torres	Air Force Invite (1/22)
5-4.50/1.64	pen	Michaela Wenning	Air Force Invite (1/22)
5-4.25/1.63	pen	Abrianna Torres	MPSF Championships (2/27-28)
5-4.25/1.63		Abrianna Torres	Potts Invite (1/16-17)

## Long Jump (20-10.50 cu)

19-5.25/5.92		Abrianna Torres	Joe Davies Open (2/20)
19-4/5.89	pen	Abrianna Torres	MPSF Championships (2/27-28)
19-2.75/5.86	pen	Abrianna Torres	UW Invite (1/31)
19-1.50/5.83	pen	Abrianna Torres	Air Force Invite (1/22)
19-1.25/5.82		Abrianna Torres	AFA Open (1/9)
18-8/5.69		Abrianna Torres	Potts Invite (1/16-17)
18-5/5.61		Abrianna Torres	Husky Classic (2/13-14)
18-3/5.56	pen	Abrianna Torres	CSM Alumni Open/Multi (12/13)
17-6.25/5.34	pen	Mariah Slack	CSM Alumni Open/Multi (12/13)
17-6/5.33		Mariah Slack	Joe Davies Open (2/20)

## Triple Jump (40-07.75 cu)

38-0/11.58		Bekah Daniel	CSM Alumni Open/Multi (12/13)
37-8.50/11.49		Bekah Daniel	AFA Open (1/9)
37-6/11.43		Bekah Daniel	Potts Invite (1/16-17)

## Shot Put (54-07.25 cu)

47-6.50/14.49		Mariah Walker	Rocky Mountain Classic (2/20)
45-11.25/14.00		Mariah Walker	MPSF Championships (2/27-28)
45-1.75/13.76		Mariah Walker	AFA Open (1/9)
45-0.50/13.73		Mariah Walker	Wyoming Power Meet (12/12)
44-10.25/13.67		Mariah Walker	Potts Invite (1/16-17)
44-8/13.61	pen	Abrianna Torres	MPSF Championships (2/27-28)
44-5.25/13.54		Mariah Walker	UW Open (2/15)
44-1.25/13.44		Mariah Walker	Air Force Invite (1/23-24)
44-0.50/13.42	pen	Abrianna Torres	UW Invite (1/31)
43-11.75/13.40	pen	Abrianna Torres	Air Force Invite (1/22)

## 20-pound Weight Throw (62-08.50 cu)

55-4.75/16.88		Sophie Hallam-Eames	Potts Invite (1/16-17)
53-10.50/16.42		Sophie Hallam-Eames	Rocky Mountain Classic (2/20)
53-10.25/16.41		Sophie Hallam-Eames	Husky Classic (2/13-14)
53-8.25/16.36		Sophie Hallam-Eames	UW Open (2/15)
53-2.75/16.22		Sophie Hallam-Eames	Air Force Invite (1/23-24)
53-00/16.15		Mariah Walker	Potts Invite (1/16-17)
52-8.75/16.07		Sophie Hallam-Eames	MPSF Championships (2/27-28)
51-9.25/15.78		Sophie Hallam-Eames	Wyoming Power Meet (12/12)
51-3.75/15.64		Mariah Walker	Rocky Mountain Classic (2/20)
51-3.75/15.64		Mariah Walker	Wyoming Power Meet (12/12)

## Pentathlon (4,059 cu)

4,025		Abrianna Torres	MPSF Championships (2/27-28)
4,002		Abrianna Torres	UW Invite (1/30)
3,882		Abrianna Torres	Air Force Invite (1/22)
3,617		Abrianna Torres	CSM Alumni Open/Multi (12/13)
3,420		Mariah Slack	MPSF Championships (2/27-28)
3,318		Mariah Slack	CSM Alumni Open/Multi (12/13)
3,224		Michaela Wenning	CSM Alumni Open/Multi (12/13)
3,173		Michaela Wenning	MPSF Championships (2/27-28)
3,160		Mariah Slack	Air Force Invite (1/22)
3,149		Michaela Wenning	Air Force Invite (1/22)

## 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

# 2015 Men's Outdoor Bests

## 100 Meters (10.0 cu)

10.61	Austin Mitsch	Mt. SAC Relays (4/17)
10.61	Austin Mitsch	Beach Invite (4/18)
10.63	Austin Mitsch	Jack Christiansen Invite (4/25)
10.64	Shaw Gifford	Mt. SAC Relays (4/17)
10.71	p Austin Mitsch	Pac-12 Outdoors (5/16-17)
10.91	Shaw Gifford	Texas Relays (3/25-28)
10.91	Garrett Losty	Texas Relays (3/25-28)
10.92	p Jay Skrine	Pac-12 Outdoors (5/16-17)
10.94	Jay Skrine	Jack Christiansen Invite (4/25)

## 200 Meters (20.37 cu)

21.03	Austin Mitsch	Beach Invite (4/18)
21.25	Austin Mitsch	Mt. SAC Relays (4/17)
21.26	Austin Mitsch	Jerry Quiller (3/21)
21.33	Austin Mitsch	CU Invite (4/11)
21.40	p Austin Mitsch	NCAA West Prelims (5/28-30)
21.41	Austin Mitsch	Pac-12 Outdoors (5/16-17)
21.53	Austin Mitsch	Tom Benich Invite (4/4)
21.58	Shaw Gifford	Mt. SAC Relays (4/17)
21.84	Jaylyn Mars	CU Invite (4/11)

## 400 Meters (45.54 cu)

47.77	Jaylyn Mars	Jerry Quiller (3/21)
47.97	Jaylyn Mars	Jack Christiansen Invite (4/25)
48.18	Darrin Haynes	Tom Benich Invite (4/4)
48.32	Erik Gaytan	Jack Christiansen Invite (4/25)
48.35	Darrin Haynes	Mt. SAC Relays (4/17)
48.42	Darrin Haynes	Jack Christiansen Invite (4/25)
48.44	Jaylyn Mars	Beach Invite (4/18)
48.51	p Jaylyn Mars	Pac-12 Outdoors (5/16-17)
48.55	Erik Gaytan	Jerry Quiller (3/21)

## 800 Meter Run (1:47.52 cu)

1:52.43	Blake Theroux	Jerry Quiller (3/21)
1:52.46	U Ben Saarel	CU Invite (4/11)
1:52.89	Morgan Pearson	CU Invite (4/11)
1:53.22	Ammar Moussa	CU Invite (4/11)
1:53.89	Zach Perrin	Jerry Quiller (3/21)
1:54.72	Panos Smyrniotis	Jack Christiansen Invite (4/25)
1:55.25	Connor Winter	Jerry Quiller (3/21)
1:55.55	U Luke Sheesley	Jerry Quiller (3/21)
1:56.00	U Luke Sheesley	CU Invite (4/11)

## 1,500 Meter Run (3:39.77 cu)

3:41.85	p Ben Saarel	Pac-12 Outdoors (5/16-17)
3:41.90	Ben Saarel	Payton Jordan Invite (5/2)
3:42.56	Jake Hurysz	Payton Jordan Invite (5/2)
3:42.68	Ammar Moussa	Payton Jordan Invite (5/2)
3:42.74	p Jake Hurysz	Pac-12 Outdoors (5/16-17)
3:43.00	p Zach Perrin	Pac-12 Outdoors (5/16-17)
3:43.21	Jake Hurysz	Bryan Clay Invite (4/17)
3:43.31	Morgan Pearson	Payton Jordan Invite (5/2)
3:43.34	Connor Winter	Stanford Invite (4/3)

## 3,000 Meters\* (7:50.39 cu)

8:39.26	Paul Miller	Jerry Quiller (3/21)
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## 5,000 Meters (13:18.46 cu)

13:36.22	Morgan Pearson	Mt. SAC Relays (4/17)
13:37.05	Pierce Murphy	Payton Jordan Invite (5/2)
13:41.87	Ammar Moussa	Mt. SAC Relays (4/17)
13:47.83	Morgan Pearson	Pac-12 Outdoors (5/16-17)
13:48.43	Pierce Murphy	Pac-12 Outdoors (5/16-17)
14:01.04	Ammar Moussa	Pac-12 Outdoors (5/16-17)

## 10,000 Meters (27:38.50 cu)

28:52.70	Pierce Murphy	Stanford Invite (4/3)
29:15.18	AA Pierce Murphy	NCAA Outdoors (6/10)
29:34.28	Ammar Moussa	Pac-12 Outdoors (5/16-17)
29:41.84	Morgan Pearson	Pac-12 Outdoors (5/16-17)
29:45.35	Pierce Murphy	NCAA West Prelims (5/28-30)
30:49.03	Ammar Moussa	NCAA West Prelims (5/28-30)

## 110 Meter Hurdles (13.3 cu)

14.22	p Jaron Thomas	NCAA West Prelims (5/28-30)
14.26	p Jaron Thomas	Pac-12 Outdoors (5/16-17)
14.32	Jaron Thomas	Pac-12 Outdoors (5/16-17)
14.40	Jaron Thomas	Jack Christiansen Invite (4/25)
14.45	Jaron Thomas	Mt. SAC Relays (4/17)
14.57	Jaron Thomas	Tom Benich Invite (4/4)
14.80	Jaron Thomas	Texas Relays (3/25-28)
14.99	Mark Jones	Fum McGraw (3/28)

## 400 Meter Hurdles (49.66 cu)

52.35	p Jaron Thomas	Pac-12 Outdoors (5/16-17)
52.35	Jaron Thomas	CU Invite (4/11)
52.47	Jaron Thomas	Pac-12 Outdoors (5/16-17)
52.48	Jaron Thomas	Texas Relays (3/25-28)
52.51	Jaron Thomas	Jack Christiansen Invite (4/25)
52.60	Jaron Thomas	Mt. SAC Relays (4/18)
53.37	Garrett Losty	CU Invite (4/11)
53.77	Garrett Losty	Jack Christiansen Invite (4/25)
53.84	Jaron Thomas	Jerry Quiller (3/21)

## 3,000 M Steeplechase (8:26.45 cu)

8:43.77	Blake Theroux	Stanford Invite (4/3)
8:48.68	Adam Peterman	Mt. SAC Relays (4/16)
8:48.93	Connor Winter	Pac-12 Outdoors (5/16-17)
8:49.00	Blake Theroux	Pac-12 Outdoors (5/16-17)
8:49.88	Connor Winter	NCAA West Prelims (5/28-30)
8:50.72	Adam Peterman	NCAA West Prelims (5/28-30)
8:54.32	Connor Winter	Mt. SAC Relays (4/16)
8:56.06	Connor Winter	Payton Jordan Invite (5/2)
8:58.04	Adam Peterman	Pac-12 Outdoors (5/16-17)

## 4x100 Meter Relay (39.47 cu)

40.52	Mars/Mitsch/Gaytan/Skrine	Jack Christiansen Invite (4/25)
40.72	Mars/Mitsch/Gaytan/Gifford	CU Invite (4/11)
40.88	Mars/Mitsch/Gaytan/Gifford	Jerry Quiller (3/21)
41.05	Mars/Mitsch/Gaytan/Skrine	Pac-12 Outdoors (5/16-17)
41.52	Mars/Mitsch/Gaytan/Gifford	Texas Relays (3/25-28)

# 2015 Men's Outdoor Bests

## 4x400 Meter Relay (3:05.16 cu)

3:13.85	Gaytan/Haynes/Losty/Gifford	Jerry Quiller (3/21)
3:13.90	Gaytan/Haynes/Mars/Losty	Pac-12 Outdoors (5/16-17)
3:15.19	Gaytan/Haynes/Losty/Gifford	Texas Relays (3/25-28)
3:15.77	Mars/haynes/Losty/Gifford	Mt. SAC Relays (4/17)
3:21.76	Winter/Mars/Perrin/Mitsch	Jerry Quiller (3/21)
3:27.30	Mars/Losty/Kaiser/Gifford	CU Invite (4/11)

## Long Jump (26-01.75 cu)

23-6.25/7.17	Michael Egotanda	Tom Benich Invite (4/4)
23-3.50/7.10	Michael Egotanda	Jerry Quiller Classic (3/21)
22-8.50/6.92	Michael Egotanda	CU Invite (4/11)
22-7.25/6.89	Michael Egotanda	Pac-12 Outdoors (5/16-17)
22-5.25/6.84	Michael Egotanda	Bryan Clay Invite (4/17)
22-5/6.83	Michael Egotanda	Fum McGraw (3/28)
22-3/6.78	Michael Egotanda	Jack Christiansen Invite (4/25)
21-11.75/6.70	Andrew Ghizzone	Tom Benich Invite (4/4)
21-9/6.63	Michael Egotanda	Beach Invite (4/18)

## Triple Jump (53-06.50 cu)

46-9/14.25	Michael Egotanda	Fum McGraw (3/28)
46-5.25/14.15	Michael Egotanda	Jack Christiansen Invite (4/25)
44-1.50/13.45	Michael Egotanda	Pac-12 Outdoors (5/16-17)
44-1.50/13.45	Michael Egotanda	Beach Invite (4/18)
43-9.25/13.34	Michael Egotanda	Tom Benich Invite (4/4)
43-3.25/13.19	Michael Egotanda	Jerry Quiller Classic (3/21)
39-1.75/11.93	Mason Chronowski	Jerry Quiller Classic (3/21)

## High Jump (7-04.00 cu)

6-11/2.11	Mark Jones	Jerry Quiller Classic (3/21)
6-10.75/2.10	Mark Jones	Tom Benich Invite (4/4)
6-9.75/2.08	Mark Jones	Fum McGraw (3/28)
6-4.25/1.94	Mason Chronowski	CU Invite (4/11)
6-3.25/1.91	Mason Chronowski	Jerry Quiller Classic (3/21)
6-2.75/1.90	Mason Chronowski	Tom Benich Invite (4/4)
6-2/1.88	Mason Chronowski	Jack Christiansen Invite (4/25)
6-2/1.88	Mason Chronowski	Fum McGraw (3/28)

## Shot Put (60-11.50 cu)

55-7.75/16.96	Alex Kizirian	Jerry Quiller Classic (3/21)
54-11.25/16.74	Alex Kizirian	Beach Invite (4/18)
54-5.50/16.60	Alex Kizirian	Jack Christiansen Invite (4/25)
54-2.75/16.53	Alex Kizirian	Fum McGraw (3/28)
54-00.50/16.47	Alex Kizirian	Pac-12 Outdoors (5/16-17))
52-9.25/16.08	Alex Kizirian	CU Invite (4/11)
49-4.50/15.05	Alex Kizirian	Air Force Twilight (5/8)
40-7.50/12.38	Matt Walker	CU Invite (4/11)
40-2.75/12.26	Matt Walker	Jerry Quiller Classic (3/21)

## Hammer Throw (212-4/64.71 cu)

212-4/64.71	sr Alex Kizirian	Jack Christiansen Invite (4/25)
211-10/64.56	Alex Kizirian	Cowpoke Open (5/1)

208-5.50/63.53	Alex Kizirian	Air Force Twilight (5/8)
202-5/61.71	Alex Kizirian	CU Invite (4/11)
202-2/61.63	Alex Kizirian	Jerry Quiller Classic (3/21)
201-6/61.42	Alex Kizirian	Tom Benich Invite (4/4)
200-5/61.09	Alex Kizirian	Pac-12 Outdoors (5/16-17)
199-6/60.80	Alex Kizirian	Mt. SAC Relays (4/17)
198-9/60.58	Alex Kizirian	NCAA West Prelims (5/28-30)

## Discus Throw (209-7 cu)

170-11/52.09	Brady Rutt	Air Force Twilight (5/8)
167-10/51.15	Brady Rutt	CU Invite (4/11)
167-7/51.08	Brady Rutt	Pac-12 Outdoors (5/16-17)
167-5/51.03	Brady Rutt	Jack Christiansen Invite (4/25)
167-0/50.91	Brady Rutt	Bryan Clay Invite (4/17)
166-6/50.75	Brady Rutt	Beach Invite (4/18)
163-11/49.97	Brady Rutt	Cowpoke Open (5/1)
163-2/49.73	Brady Rutt	Jerry Quiller Classic (3/21)
162-10/49.64	Brady Rutt	Fum McGraw (3/28)

## Javelin (241-4.5 cu)

156-3/47.62	Matt Walker	CU Invite (4/11)
154-00/46.93	Matt Walker	Jack Christiansen Invite (4/25)
153-1/46.67	Matt Walker	Jerry Quiller Classic (3/21)
151-4/46.12	Matt Walker	Fum McGraw (3/28)
150-7/45.89	Matt Walker	Bryan Clay Invite (4/17)
147-1/44.83	Andrew Ghizzone	Jerry Quiller Classic (3/21)
143-6/43.75	Andrew Ghizzone	Fum McGraw (3/28)
142-1/43.30	Andrew Ghizzone	CU Invite (4/11)
139-8/42.58	dec Andrew Ghizzone	Pac-12 Multis (5/9-10)

## Pole Vault (17-06.50 cu)

15-5/4.70	dec Andrew Ghizzone	Calif. Invite (4/16)
15-3/4.65	dec Andrew Ghizzone	USA Jr. Outdoors (6/26)
14-11.50/4.56	Andrew Ghizzone	Fum McGraw (3/28)
14-10.25/4.53	dec Andrew Ghizzonw	Pac-12 Multis (5/10)
13-5.25/4.10	Andrew Ghizzone	CU Invite (4/11)

## Decathlon (7,645 cu)

6,670	Andrew Ghizzone	Pac-12 Multis (5/9-10)
6,603	Andrew Ghizzone	Calif. Invitational 'A' (4/15-16)
6,522	Andrew Ghizzone	USA Jr. Outdoors (6/25-26)

## 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>	competing unattached/redshirting with eligibility remaining

# 2015 Women's Outdoor Bests

## 100 Meters (11.65 cu)

11.69	Ana Holland	CU Invite (4/11)
11.70	Ana Holland	Pac-12 Outdoor (5/16-17)
11.70	p Ana Holland	Pac-12 Outdoor (5/16-17)
11.73	Ana Holland	Beach Invite (4/18)
11.74	Ana Holland	Mt. SAC Relays (4/17)
11.88	Ana Holland	Texas Relays (3/25-28)
12.23	Rajon O'Quinn	Jerry Quiller (3/21)
12.47	Mia Holland	Jack Christiansen Invite (4/25)
12.65	Mia Holland	Bryan Clay Invite (4/17)

## 200 Meters (23.54 cu)

23.54	Ana Holland	Tom Benich Invite (4/4)
23.80	Ana Holland	Mt. SAC Relays (4/17)
23.81	p Ana Holland	NCAA West Prelims (5/28-30)
23.89	p Ana Holland	Pac-12 Outdoor (5/16-17)
23.99	Ana Holland	Jerry Quiller (3/21)
24.29	s Ana Holland	World University Games (7/10)
24.38	p Eileen Gehring	Pac-12 Outdoor (5/16-17)
24.38	Eileen Gehring	Beach Invite (4/18)
24.41	p Ana Holland	World University Games (7/9)

## 400 Meters (53.23 cu)

54.20	p Lindsay Mattson	Pac-12 Outdoor (5/16-17)
54.25	Lindsay Mattson	Jack Christiansen Invite (4/25)
54.65	Eileen Gehring	Tom Benich Invite (4/4)
54.68	Eileen Gehring	Jack Christiansen Invite (4/25)
54.83	p Eileen Gehring	Pac-12 Outdoor (5/16-17)
54.84	Eileen Gehring	Mt. SAC Relays (4/17)
54.89	Lindsay Mattson	Mt. SAC Relays (4/17)
55.04	p Lindsay Mattson	NCAA West Prelims (5/28-30)
55.12	Lindsay Mattson	Jerry Quiller (3/21)

## 800 Meter Run (2:02.54 cu)

2:15.19	Lucy May	Jerry Quiller (3/21)
2:17.14	Eryn Blakely	Jerry Quiller (3/21)
2:17.58	Jenny DeSouchet	CU Invite (4/11)
2:17.74	Catrina McAlister	CU Invite (4/11)
2:18.81	hep Mariah Slack	Calif. Invite (4/16)
2:19.11	Olivia Rintala	Bryan Clay Invite (4/17)
2:20.93	Catrina McAlister	Jerry Quiller (3/21)
2:23.54	Olivia Rintala	Jerry Quiller (3/21)
2:23.59	hep Abrianna Torres	Calif. Invite (4/16)

## 1,500 Meter Run (3:59.90 cu)

4:11.06	Sara Sutherland	Portland Track Festival (6/14)
4:13.48	AA Sara Sutherland	NCAA Outdoor (6/13)
4:13.56	Sara Sutherland	Pac-12 Outdoor (5/16-17)
4:13.95	Sara Sutherland	NCAA West Prelims (5/28-30)
4:16.94	p Sara Sutherland	NCAA Outdoor (6/11)
4:18.30	Sara Sutherland	Mt. SAC Relays (4/17)
4:18.34	p Maddie Alm	Pac-12 Outdoor (5/16-17)
4:20.10	Maddie Alm	Pac-12 Outdoor (5/16-17)
4:20.30	Sara Sutherland	Stanford Invite (4/3)

## 3,000 Meters\* (8:54.22 cu)

9:48.74	Kaitlyn Benner	Jerry Quiller (3/21)
10:17.30	Val Constien	Jerry Quiller (3/21)
11:02.81	Mandy Ortiz	Jerry Quiller (3/21)

## 5,000 Meters (15:05.25 cu)

15:57.54	Erin Clark	Stanford Invite (4/3)
15:59.55	Abby Levene	Mt. SAC Relays (4/17)
16:06.37	Erin Clark	Pac-12 Outdoor (5/16-17)
16:06.94	Sara Sutherland	World University Games (7/11)
16:12.36	Annie Kelly	Stanford Invite (4/3)
16:14.97	Maddie Alm	Mt. SAC Relays (4/17)
16:15.79	Kaitlyn Benner	Mt. SAC Relays (4/17)
16:24.70	Kaitlyn Benner	Pac-12 Outdoor (5/16-17)
16:27.96	Mackenzie Caldwell	Mt. SAC Relays (4/17)

## 10,000 Meters (32:50.80 cu)

34:15.20	Abby Levene	Pac-12 Outdoor (5/16-17)
34:23.60	Annie Kelly	Pac-12 Outdoor (5/16-17)
34:39.01	Mackenzie Caldwell	Pac-12 Outdoor (5/16-17)
35:34.39	Abby Levene	NCAA West Prelims (5/28-30)
35:59.16	Annie Kelly	NCAA West Prelims (5/28-30)

## 100 Meter Hurdles (12.98)

14.36	Abrianna Torres	Tom Benich Invite (4/4)
14.37	Abrianna Torres	CU Invite (4/11)
14.47	p Abrianna Torres	Pac-12 Outdoor (5/16-17)
14.56	hep Abrianna Torres	Texas Relays (3/25-28)
14.57	hep Abrianna Torres	Calif. Invite (4/15)
14.63	hep Abrianna Torres	NCAA Outdoors (6/10)
14.71	Abrianna Torres	Jerry Quiller (3/21)
15.21	Ewelina Pena	Jerry Quiller (3/21)
15.21	Ewelina Pena	Cowpoke Open (5/1)

## 400 Meter Hurdles (57.77 cu)

1:08.04	Brittany Hanrahan	Tom Benich Invite (4/4)
1:09.04	Brittany Hanrahan	CU Invite (4/11)
1:09.04	Brittany Hanrahan	Jack Christiansen Invite (4/25)
1:10.59	Brittany Hanrahan	Bryan Clay Invite (4/17)

## 3,000 M Steeplechase (9:12.50 cu)

9:59.67	Erin Clark	NCAA West Prelims (5/28-30)
10:02.16	Erin Clark	Pac-12 Outdoor (5/16-17)
10:10.62	Erin Clark	Mt. SAC Relays (4/16)
10:15.83	p Erin Clark	NCAA Outdoor (6/11)
10:28.08	Val Constien	Pac-12 Outdoor (5/16-17)
10:33.27	Erin Clark	CU Invite (4/11)
10:42.98	Eryn Blakely	Pac-12 Outdoor (5/16-17)
10:45.46	Val Constien	Mt. SAC Relays (4/16)
10:46.63	Val Constien	NCAA West Prelims (5/28-30)

## 4x100 Meter Relay (44.95 cu)

45.39	Mattson/Brown/A.Holland/Gehring	Pac-12 Outdoor (5/16-17)
45.79	M.Holland/Brown/A.Holland/Gehring	CU Invite (4/11)
45.80	M.Holland/Brown/A.Holland/Gehring	Jerry Quiller (3/21)
47.05	M.Holland/Brown/A.Holland/Gehring	Texas Relays (3/25-28)

# TRACK & FIELD 2015 Women's Outdoor Bests

## 4x400 Meter Relay (3:33.07 cu)

3:38.20	Mattson/A.Holland/Brown/Gehring	NCAA West Prelims (5/30)
3:39.03	Mattson/A.Holland/Brown/Gehring	Pac-12 Outdoor (5/16-17))
3:39.15	Mattson/A.Holland/Brown/Gehring	Mt. SAC Relays (4/17)
3:41.19	Mattson/A.Holland/Brown/Gehring	Texas Relays (3/25-28)
3:43.03	Mattson/A.Holland/Brown/Gehring	Texas Relays (3/25-28)
3:47.57	Mattson/A.Holland/Brown/Gehring	Jerry Quiller (3/21)

## Long Jump (20-08 cu)

20-1/60.12	hep Abrianna Torres	Calif. Invite (4/16)
19-9.75/6.04	Abrianna Torres	Beach Invite (4/18)
19-6.75/5.96	Abrianna Torres	Tom Benich Invite (4/4)
19-4.25/5.90	Abrianna Torres	Pac-12 Outdoor (5/16-17)
19-4.25/5.90	hep Abrianna Torres	Texas Relays (3/25-28)
19-2.50/5.85	Abrianna Torres	NCAA West Prelims (5/28-30)
19-2/5.84	hep Abrianna Torres	NCAA Outdoors (6/11)
17-1.50/5.22	hep Mariah Slack	Calif. Invite (4/16)
17-00.50/5.19	Mariah Slack	CU Invite (4/11)

## Triple Jump (40-11.5 cu)

39-1.25/11.92	Bekah Daniel	Jack Christiansen Invite (4/25)
38-6/11.73	Bekah Daniel	Beach Invite (4/18)
37-2.50/11.34	Bekah Daniel	CU Invite (4/11)
37-2.25/11.33	Bekah Daniel	Pac-12 Outdoor (5/16-17))
36-8.25/11.18	Bekah Daniel	Tom Benich Invite (4/4)
36-7/11.15	Bekah Daniel	Fum McGraw (3/28)
36-5/11.10	Bekah Daniel	Cowpoke Open (5/1)

## High Jump (6-3 cu)

5-8.75/1.75	U Kelsey English	Tom Benich Invite (4/4)
5-8.75/1.75	U Kelsey English	CU Invite (4/11)
5-8/1.73	U Kelsey English	Jerry Quiller Classic (3/21)
5-7/1.70	Rajon O'Quinn	USA Jr. Outdoors (6/27)
5-6.50/1.69	hep Abrianna Torres	NCAA Outdoors (6/10)
5-6/1.68	Rajon O'Quinn	Jerry Quiller Classic (3/21)
5-6/1.68	hep Abrianna Torres	Calif. Invite (4/15)
5-5.75/1.67	Abrianna Torres	Pac-12 Outdoor (5/16-17))
5-5.75/1.67	Rajon O'Quinn	Pac-12 Outdoor (5/16-17)
5-5.75/1.67	Abrianna Torres	CU Invite (4/11)

## Shot Put (54-6 cu)

47-10/14.58	Mariah Walker	Jack Christiansen Invite (4/25)
46-10.75/14.29	Mariah Walker	CU Invite (4/11)
46-2.75/14.09	Mariah Walker	Air Force Twilight (5/8)
46-1.50/14.06	Mariah Walker	Jerry Quiller Classic (3/21)
46-1.25/14.05	Mariah Walker	Fum McGraw (3/28)
45-10/13.97	Mariah Walker	Bryan Clay Invite (4/17)
45-6.25/13.87	Mariah Walker	Pac-12 Outdoor (5/16-17)
45-6.25/13.87	Mariah Walker	Cowpoke Open (5/1)
45-6.25/13.87	Mariah Walker	Beach Invite (4/18)

## Hammer Throw (212-11 cu)

177-9/54.18	Sophie Hallam-Eames	Cowpoke Open (5/1)
172-10/52.67	Kellie Lind	Cowpoke Open (5/1)
171-0/52.13	Sophie Hallam-Eames	Beach Invite (4/17)
169-10/51.76	Sophie Hallam-Eames	CU Invite (4/11)
169-6/51.66	Sophie Hallam-Eames	Jerry Quiller Classic (3/21)
168-6/51.35	Sophie Hallam-Eames	Fum McGraw (3/28)
168-3/51.29	Kellie Lind	CU Invite (4/11)
165-4/50.40	Sophie Hallam-Eames	Pac-12 Outdoor (5/16-17)
165-4/50.40	Kellie Lind	Fum McGraw (3/28)

## Javelin (169-5 cu)

124-2/37.85	Abrianna Torres	CU Invite (4/11)
123-8/37.69	hep Abrianna Torres	NCAA Outdoors (6/11)
120-11/36.87	hep Abrianna Torres	Calif. Invite (4/16)
116-8/35.57	Michaela Wenning	Jack Christiansen Invite (4/25)
115-9/35.29	Abrianna Torres	Jerry Quiller Classic (3/21)
110-10/33.78	hep Abrianna Torres	Texas Relays (3/25-28)
108-9/33.15	Claire Kazen	Fum McGraw (3/28)
108-9/33.14	Makenzie Kline	Jerry Quiller Classic (3/21)
107-11/32.90	Makenzie Kline	Jack Christiansen Invite (4/25)

## Discus Throw (181-7 cu)

145-10/44.44	Mariah Walker	Jack Christiansen Invite (4/25)
145-5/44.33	Mariah Walker	Cowpoke Open (5/1)
143-8/43.78	Sophie Hallam-Eames	Pac-12 Outdoor (5/16-17)
143-0/43.58	Mariah Walker	Air Force Twilight (5/8)
142-7/43.47	Sophie Hallam-Eames	Jack Christiansen Invite (4/25)
141-1/43.00	Sophie Hallam-Eames	Beach Invite (4/18)
140-1/42.69	Mariah Walker	Jerry Quiller Classic (3/21)
138-11/42.34	Sophie Hallam-Eames	Cowpoke Open (5/1)

## Heptathlon (5,863 cu)

5,545	Abrianna Torres	Calif. Invite (4/15-16)
5,483	Abrianna Torres	NCAA Outdoor (6/10-11)
5,455	Abrianna Torres	Pac-12 Combined Events (5/9-10)
5,321	Abrianna Torres	Texas Relays (3/25-28)
4,549	Michaela Wenning	Pac-12 Combined Events (5/9-10)
4,542	Michaela Wenning	Calif. Invite (4/15-16)
4,488	Ewelina Pena	Calif. Invite (4/15-16)
4,340	Mariah Slack	Calif. Invite (4/15-16)

## 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
<b>55 Meters</b>	6.00, Erik Mitchell Oklahoma City Invite, 1993	6.14, George Daniels, Colorado CU-Nebraska Dual, 1972
<b>55-meter Hurdles</b>	7.14, Marcus Walker Albuquerque Invite, 1971	7.14, Wayne Lockwood, Colorado Potts Invitational, 1973
<b>60 Meters</b>	6.57, Joe Morris Air Force All-Comers, 2013	6.63, Joe Morris, Colorado Potts Invitational, 2011
<b>60-meter Hurdles</b>	7.75 Lex Butler Big 12 Indoors, 2000	8.11, Kelby Dias, CSU Potts Invitational, 2013
<b>200 Meters</b>	20.88, Jeremy Dodson Air Force Invite, 2009	21.97, Jeremy Dodson, Colorado Potts Invitational, 2007
<b>300 Yards</b>	30.2, Cliff Branch Idaho State Invite, 1971	
<b>400 Meters</b>	46.13, James Davis Rocky Mountain Cup, 1996	48.31, Tray Taylor, Colorado State Potts Invitational, 1998
<b>600 Yards</b>	1:10.2, Mike Macinko Kansas Invite, 1987	1:11.7, Kyle Hargett, Colorado CU Triangular, 1989
<b>800 Meters</b>	1:49.37, Chris Schafer Indianapolis Open, 1998	1:49.3, Rick Musgrave, Colorado Potts Invitational, 1976
<b>1,000 Meters</b>	2:21.5, Rick Musgrave NCAA Indoors, 1976	2:25.92, Darby Hobson, Colorado CU Triangular, 1989
<b>Mile Run</b>	3:58.13, Jake Hurysz Husky Classic, 2015	4:04.9, Dave Uhlrich, Unattached CU All-Comers, 1986
<b>3,000 Meters</b>	7:46.03, Adam Goucher NCAA Indoors, 1998	8:04.2, Frank Shorter, Colorado Track Club Potts Invitational, 1977
<b>5,000 Meters</b>	13:38.23, Adam Goucher Big 12 Championships, 1998	
<b>4x400-meter Relay</b>	3:07.9, (Branch/Windle/Bennet/Daniels) USTAF, Houston, 1972	3:17.0, Colorado School of Mines Potts Invitational, 2005
<b>4x800-meter Relay</b>	7:25.55, (Reyes/Queen/Elmuccio/Schafer) Penn Relays Carnival, 1999	7:53.1, (Macinko/Dunn/Dickman/Hobson) Colorado, Potts Invitational, 1988
<b>Distance Medley Relay</b>	9:42.9, (Castaneda/Endean/Musgrave/Peterson) Idaho State Relays, 1974	
<b>High Jump</b>	7-3 ½, Jason Dudley Air Force Invite, 1989	7-6, Jeff Loescher, Nebraska Potts Invitational, 1985
<b>Long Jump</b>	25-7 ½, Kingsley Adams Big Eight Indoors, 1974	25-8 ¼, Earle Thomas, Wyoming Potts Invitational, 1965
<b>Triple Jump</b>	52-10, Don Duvall Idaho State Invite, 1975	50-9 ½, Torey Barr, Colorado Potts Invitational, 1986
<b>Shot Put</b>	61-2 ¼, Demetry Gemolas Air Force Open, 1997	69-11 ½, Brian Oldfield, Chicago Track Club Potts Invitational, 1981
<b>35-lb. Weight</b>	70-8, Alex Kizirian Potts Invitational, 2015	70-8, Alex Kizirian, Colorado Potts Invitational, 2015
<b>Pole Vault</b>	17-2, Dennis Fuller CU All-Comers, 1980	19-0 ¼, Joe Dial, Ath. West Potts Invitational, 1986
<b>Pentathlon</b>	3,982, Rob Martin CU Potts Invite, 1990	3,982, Rob Martin Potts Invitational, 1990
<b>Heptathlon</b>	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
<b>55 Meters</b>	6.92, Amaris Buchanan Colorado Invitational, 2001	6.84, Joy Jones, Kansas State Potts Invitational, 1988
<b>55-meter Hurdles</b>	7.60, Yolanda Johnson Air Force Invite, 1990	7.60, Donna Waller, Unattached Potts Invitational, 1988
<b>60-meters</b>	7.34, Amaris Buchanan Big 12 Indoors, 2001	7.67, Korey Hardiway Potts Invitational, 2014
<b>60-meter Hurdles</b>	8.27, Hannah Cooper NCAA Championships, 2002	8.25, Janay DeLoach, Nike Potts Invitational, 2012
<b>200 Meters</b>	23.81, Amaris Buchanan Big 12 Indoors, 2001	25.03, Amaris Buchanan Potts Invitational, 2001
<b>300 Yards</b>	36.68, Julie Seaberg AFA Invite, 1985	34.6, Lori Risenhoover, Adams State CU Triangular, 1984
<b>400 Meters</b>	54.00, Leona Russell Iowa State Open, 1996	55.0, Wendy Koenig, CSU Potts Invitational, 1971
<b>600 Yards</b>	1:21.60, Lee Ballenger AIAW Indoors, 1979	1:20.8, Wendy Koenig, CSU Potts Invitational, 1973
<b>800 Meters</b>	2:04.29, Mary Decker Big Eight Indoors, 1978	2:10.9, Wendy Koenig, CSU Potts Invitational, 1971
<b>1,000 Meters</b>	2:49.1, Mary Decker L.A. Times Games, 1978	
<b>Mile Run</b>	4:25.91, Jenny Barringer Big 12 Indoors, 2009	4:44.98, Shayne Culpepper, NIKE Potts Invitational, 2009
<b>3,000 Meters</b>	8:42.03, Jenny Barringer NCAA Championships, 2009	9:35.7, Wilma Van Onna, UTEP CU Triangular, 1989
<b>5,000 Meters</b>	15:01.70, Jenny Barringer Husky Classic, 2009	
<b>4x400-meter Relay</b>	3:45.11, (Mattson/Beemer/Gehring/Sweeney) MPSF Indoor Championships, 2012	3:57.34, (Jackson/Vaughn/Campbell/Outlaw) Colorado, Potts Invitational, 1988
<b>4x800-meter Relay</b>	9:04.28, (Powers/Wilson/Ballenger/Decker) Big Eight Indoors, 1979	9:15.24, (Drake/Bell/Husle/Thom) Colorado, Potts Invitational, 1981
<b>Distance Medley Relay</b>	11:22.87 (Cumming/E.Tremblay/Regan/Coburn) Big 12 Indoors, 2011	
<b>High Jump</b>	6-2, Karol Damon NCAA Indoors, 1991	6-0 ½, Tonya Mendonca, Fresno State CU Quadrangular, 1988
<b>Long Jump</b>	20-10 ½, Annette Tánander AIAW, 1982	21-3 ½, Madette Smith, UNLV Potts Invitational, 1989
<b>Triple Jump</b>	40-7 ¾, Amberly Casey Big 12 Championships, 2005	43-02 ½, Toni Smith, unattached Potts Invitational, 2012
<b>Shot Put</b>	54-7 ¼, Melisa Weis NCAA Indoors, 1993	51-3 ½, Melisa Weis, Colorado CU All-Comers Meet, 1993
<b>20-lb. Weight</b>	62-8 ½, Cortney Hutmacher Don Barrett Invite, 2006	70-05.25, Loree Smith, NYAC Potts Invitational, 2011
<b>Pentathlon</b>	#4,071, Annette Tánander Big Eight Indoors, 1983	4116, Janey DeLoach, unattached Potts Invitational, 2011
	\$4,089, Brianne Beemer USA Indoors, 2013	
<b>Pole Vault</b>	11-6 1/2, 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 Zichterman	2/26/05	Lincoln, Neb.
1:50.44	Jason Zichterman	2/26/05	Lincoln, Neb.
1:50.45	Steve Kasica	2/12/11	Seattle, Wash.
1:50.50	Steve Kasica	2/13/10	Seattle, Wash.
1:50.62	Matt Queen	3/1/02	Ames, Iowa
1:50.68	Mike Macinko	2/11/89	Japan
1:50.80	Mike Macinko	2/27/88	Lincoln, Neb.
1:50.80	Steve Kasica	2/26/10	Big 12, Ames, Iowa
1:51.20	Jason Zichterman	3/6/04	Seattle, Wash.
1:51.24	Jason Zichterman	3/5/05	South Bend, Ind.
1:51.43	Matt Queen	2/22/02	Big 12, Ames, Iowa
1:51.62	Jason Zichterman	2/12/05	Seattle, Wash.

## 800-Meter Run *Top Performers*

1:49.3	Rick Musgrave	1976	Boulder
1:49.37	Chris Schafer	3/7/98	Indianapolis, Ind.
1:50.32	Jason Zichterman	2/26/05	Lincoln, Neb.
1:50.45	Steve Kasica	2/12/11	Seattle, Wash.
1:50.62	Matt Queen	3/1/02	Ames, Iowa
1:50.68	Mike Macinko	2/11/89	Japan
1:52.04	Anthony Chiulli	2/12/05	Seattle, Wash.
1:52.46	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*

3:58.13	Jake Hurysz	2/14/15	Seattle, Wash.
3:59.55	Stephen Pifer	2/11/06	Seattle, Wash.
3:59.93	Jake Hurysz	3/13/15	NCAA, Fayetteville, Ark.
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

## Mile Run *Top Performers*

3:58.13	Jake Hurysz	2/14/15	Seattle, Wash.
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.

## 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.
7:51.93	Morgan Pearson	2/28/15	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.
7:53.06	Jake Hurysz	2/28/15	MPSF, Seattle, Wash.
7:53.61	Ammar Moussa	2/28/15	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.
7:57.74	Ben Saarel	2/28/15	MPSF, 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.
7:51.93	Morgan Pearson	2/28/15	MPSF, Seattle, Wash.
7:52.61	Ben Saarel	2/15/14	Seattle, Wash.
7:53.02	Richard Medina	2/25/12	MPSF, Seattle, Wash.
7:53.61	Ammar Moussa	2/28/15	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.

# 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.
13:39.29	Pierce Murphy	2/13/15	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.
13:43.37	Morgan Pearson	2/13/15	Seattle, Wash.
13:46.80	Billy Nelson	2/11/06	Seattle, Wash.
13:48.34	Ammar Moussa	2/13/15	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.

## 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.
13:39.29	Pierce Murphy	2/13/15	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.
13:43.37	Morgan Pearson	2/13/15	Seattle, Wash.
13:46.80	Billy Nelson	2/11/06	Seattle, Wash.
13:48.34	Ammar Moussa	2/13/15	Seattle, Wash.
13:48.52	Bret Schoolmeester	2/11/06	Seattle, Wash.

## High Jump *Top Performances*

7-03.50	Jason Dudley	2/3/89	USAFA, Colo.
7-03.25	Bill Jankunis	3/16/74	Boulder
7-02.25	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 Vaughn	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.
23-06.25	Michael Egotanda	12/13/14	Golden, Colo.
23-06	Devlon Dunn	1/24/86	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	2/4/79	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	3/3/79	Boulder
15-09	Andrew Ghizzone	2/28/15	MPSF, Seattle, Wash.
15-07.50	Don Jurries	2/1/86	Pocatello, Idaho

## 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.
15-09	Andrew Ghizzone	2/28/15	MPSF, Seattle, Wash.
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

# Men's All-Time Indoor Bests

## Weight Throw *Top Performances*

70-08	Alex Kizirian	1/17/15	Boulder
69-02	Alex Kizirian	1/9/15	USAFA, Colo.
69-00	Alex Kizirian	1/23/15	USAFA, Colo.
68-05.25	Alex Kizirian	2/13/15	Seattle, Wash.
68-04.50	Alex Kizirian	1/24/14	USAFA, Colo.
68-03.75	Alex Kizirian	2/27/15	MPSF, Seattle, Wash.
67-4.75	Alex Kizirian	2/22/14	USA, Albuquerque, N.M.
67-4.75	Alex Kizirian	2/14/14	Seattle, Wash.
67-03.50	Alex Kizirian	3/13/15	NCAA, Fayetteville, Ark.
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.

## Weight Throw *Top Performers*

70-8	Alex Kizirian	1/17/15	Boulder
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.
5,020	Andrew Ghizzone	2/28/15	MPSF, Seattle, Wash.
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.

## 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.
5,020	Andrew Ghizzone	2/28/15	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.

## 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.
3:18.20	Gaytan/Haynes/Losty/Mars	12/12/14	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.

## 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.
7.52	Ana Holland	1/24/15	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
24.18	Ana Holland	2/27/15	MPSF, Seattle, Wash.
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.
24.46	Ana Holland	1/23/15	USAFA, Colo.
24.49	Ana Holland	2/13/15	Seattle, Wash.
24.49	Eileen Gehring	1/25/13	USAFA, Colo.
24.52	Eileen Gehring	1/25/14	USAFA, Colo.
24.52	Ana Holland	1/9/15	USAFA, Colo.
24.52	Cynthia Newsome	2/14/98	USAFA, Colo.

## 200-Meters Top Performers

23.81	Amaris Buchanan	2/24/01	Big 12, Lincoln, Neb.
24.18	Ana Holland	2/27/15	MPSF, Seattle, Wash.
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.
9:19.60	Erin Clark	2/17/15	MPSF, Seattle, Wash.
9:23.31	Allie McLaughlin	1/30/10	Seattle, Wash.

## 5,000-Meter Run *Top Performances*

11:50:17.0	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.
16:08:22	Kaitlyn Benner	2/27/15	MPSF, Seattle, Wash.
16:08:61	Jodie Hughes	3/9/01	NCAA, Fayetteville, Ark.

# Women's All-Time Indoor Bests

16:08.72	Renee Metivier	3/11/05	NCAA, Fayetteville, Ark.
16:10.99	Natalie Florence	3/14/03	NCAA, Fayetteville, Ark.
16:12.60	Christine Bolf	2/24/06	Big 12, Lincoln, Neb.
16:13.82	Jodie Hughes	3/8/02	NCAA, Fayetteville, Ark.
16:14.00	Jodie Hughes	2/22/02	Big 12, Lincoln, Neb.

## 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.
16:08.22	Kaitlyn Benner	2/27/15	MPSF, 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.

## High Jump *Top Performances*

6-02	Karol Damon	3/9/91	NCAA, Indianapolis, Ind.
6-01.50	Karol Damon	2/15/92	USAFA, Colo.
6-01.00	Karol Damon	1991	USAFA, Colo.
6-00.75	Karol Damon	2/28/92	Big Eight, Lawrence, Kan.
6-00.00	Lisa Greenfield	3/12/83	Pontiac, Mich.
6-00.00	Karol Damon	1991	Big Eight
6-00.00	Pam Owen	3/6/93	Boulder
6-00.00	Karol Damon	2/24/90	Big Eight, Lincoln, Neb.
5-11.50	Karol Damon	3/1/90	NCAA, Indianapolis, Ind.
5-11.50	Karol Damon	2/8/92	Lincoln, Neb.
5-11.50	Sarrah Goodwin	2/1/97	USAFA, Colo.
5-11.25	Karol Damon	2/3/90	USAFA, Colo.

## High Jump *Top Performers*

6-02.00	Karol Damon	3/9/91	NCAA, Indianapolis, Ind.
6-00.00	Lisa Greenfield	3/12/83	Pontiac, Mich.
6-00.00	Pam Owen	3/6/93	Boulder
5-11.50	Sarrah Goodwin	2/1/97	USAFA, Colo.
5-11.00	Annette Tannander	2/18/79	Big Eight, Lincoln, Neb.
5-10.75	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.
5-08.75	Rajon O'Quinn	1/24/15	USAFA, Colo.
5-08.00	Katie Dreher	2/3/12	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.
19-08.00	Abrianna Torres	1/18/14	Boulder
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.
19-05.25	Abrianna Torres	2/20/15	Golden, Colo.
19-04.75	Amberly Casey	2/4/06	USAFA, Colo.
19-04.25	Heather Sterlin	2/9/96	Lincoln, Neb.
19-04.00	Abrianna Torres	2/27/15	MPSF, Seattle, Wash.

## 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.
38-00	Bekah Daniel	12/13/15	Golden, 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

## 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
47-06.50	Mariah Walker	2/28/15	Laramie, Wyoming
47-06.25	Janet Visosky	2/8/97	Lincoln, Neb.
47-05.75	Carly Newlands	2/18/05	USAFA, Colo.

# 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	IAAW, Pocatello, Iowa
47-06.50	Mariah Walker	2/28/15	MPSF, Seattle, Wash.
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.

## 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
55-04.75	Sophie Hallam-Eames	1/17/15	Boulder
53-00	Mariah Walker	1/17/15	Boulder
50-11.50	Kaity Kark	1/23/10	Boulder
50-10.75	Chynna McCall	2/26/10	Big 12, Ames, Iowa
50-05.50	Kellie Lind	1/9/15	USAFA, Colo.
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
4,025	Abrianna Torres	2/27/15	MPSF, Seattle, Wash.
4,002	Abrianna Torres	1/31/15	Seattle, Wash.
3,960	Brianne Beemer	3/4/12	USA, Bloomington, Ind.
3,950	Brianne Beemer	2/9/12	Ames, Iowa
3,882	Abrianna Torres	1/22/15	USAFA, Colo.
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.

## Pentathlon *Top Performers*

4,059	Brianne Beemer	3/1/13	USA, Albuquerque, N.M.
4,046	Pam Owen	2/27/93	Ames, Iowa
4,025	Abrianna Torres	2/27/15	MPSF, Seattle, Wash.
3,840	Carol Hood	1991	Big Eight
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.
3:49.50	no order listed	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.
3:50.98	Simmons/Fox/Ballenger/Decker	2/19/78	Lincoln, Neb.
3:51.24	no order listed	2/13/99	USAFA, Colo.
3:51.80	Mattson/M.Holland/Brown/O'Quinn	1/24/15	USAFA, Colo.
3:52.98	Brown/M.Holland/Mattson/Gehring	12/12/14	USAFA, Colo.
3:53.62	Ward/Sterlin/Waldman/Cathy	2/5/95	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.
3:54.82	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.
3:58.00	T.Windham/Lyons/Grandi/Garbowski	1/30/10	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.
3:45.61	Mattson/Brown/O'Quinn/A.Holland	2/14/15	Seattle, Wash.
3:46.40	Sweeney/Haskell/Lewis/Gehring	3/1/14	MPSF, Seattle, Wash.
3:46.91	Mattson/A.Holland/Brown/O'Quinn	2/28/15	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
<b>100 Meters</b>	10.0, Cliff Branch NCAA Outdoors, 1972	10.03, Gerald Phiri, Texas A&M Big 12 Outdoors, 2008
<b>110-meter Hurdles</b>	13.3, Marcus Walker USA-France Dual, 1970	13.46, Brendan Ames, unattached CU Invitational, 2013
<b>200 Meters</b>	20.37, Jeremy Dodson Big 12 Outdoors, 2008	20.29, Gerald Phiri, Texas A&M Big 12 Outdoors, 2008
<b>400 Meters</b>	45.54, James Davis Big Three, 1996	44.45, Todd Long, Oklahoma Big Eight Outdoors, 1983
<b>400-meter Hurdles</b>	49.66, Maurice Mitchell Big Eight Outdoors, 1993	48.80, Danny Harris, Iowa State Big Eight Outdoors, 1986
<b>800 Meters</b>	1:47.52, Mike Macinko World Cup, 1989	1:48.28, Jacob Hernandez, Texas Big 12 Outdoors, 2008
<b>1,500 Meters</b>	3:39.77, Alan Culpepper Big Eight Championships, 1996	3:41.80, Leo Manzano, Texas Big 12 Outdoors, 2008
<b>3,000 Meters</b>	7:50.39, Dathan Ritzenhein Adidas Invitational, 2004	8:08.04, Brent Vaughn, Nike CU Invitational, 2010
<b>3,000-meter Steeplechase</b>	8:26.45, Steve Slattery USATF Championships, 2001	8:53.84, Billy Nelson, Colorado Big 12 Outdoors, 2008
<b>5,000 Meters</b>	13:18.46, Brent Vaughn Payton Jordan, 2008	14:13.99, Brent Vaughn, Colorado Big 12 Outdoors, 2008
<b>10,000 Meters</b>	27:38.50, Dathan Ritzenhein Cardinal Invitational, 2004	30:02.3, Charlie Vigil, Colorado Track Club, CU Relays, 1978
<b>4x100-meter Relay</b>	39.47, (Charles/Campbell/Terry/ Dodson), Big 12 Outdoors, 2008	38.85, Texas A&M, Big 12 Outdoors, 2008
<b>4x400-meter Relay</b>	3:05.16, (Johnson/Carruth/Warren/ Mitchell), George Mason, 1994	3:03.82, Baylor Big 12 Outdoors, 2008
<b>4x800-meter Relay</b>	7:25.55 (Reese/Quenn/Elmuccio/ Schafer) Drake Relays, 1999	
<b>High Jump</b>	7-4, Bill Jankunis Big Eight Outdoors, 1975	7-4 <sup>1</sup> / <sub>4</sub> , Jim Howard, Mazda Track Club Colorado Relays, 1989
<b>Long Jump</b>	26-1 <sup>3</sup> / <sub>4</sub> , Kingsley Adams Drake Relays, 1974	26-6 <sup>1</sup> / <sub>2</sub> , Kenny Harrison Kan. St., Big Eight Outdoors, 1986
<b>Triple Jump</b>	53-6 <sup>1</sup> / <sub>2</sub> , James Nyumutei Drake Relays, 1974	55-4 <sup>1</sup> / <sub>4</sub> , Kenny Harrison, Kansas State Big Eight Outdoors, 1986
<b>Discus</b>	209-7, Art Burns CU-Air Force Dual, 1977	209-7, Art Burns, Colorado CU-Air Force Dual, 1977
<b>Shot Put</b>	60-11 <sup>1</sup> / <sub>2</sub> , Chris Volgenau Big Eight Outdoors, 1992	64-7 <sup>1</sup> / <sub>2</sub> , C.J.Hunter Colorado Relays, 1992
<b>Javelin</b>	241-4.50, Dick Clark, Big Eight, 1962	245-0, Mike Brennan, Iowa State Big Eight Outdoors, 1986
<b>Pole Vault</b>	17-6 <sup>1</sup> / <sub>2</sub> , Dennis Fuller Big Eight Outdoors, 1981	18-0 <sup>3</sup> / <sub>8</sub> , Scott Huffman, Kansas Big Eight Outdoors, 1986
<b>Decathlon</b>	7,645, Mike Hill NCAA Outdoors, 1974	7,675, Donovan Kilmartin, Texas Big 12 Outdoors, 2008
<b>Hammer Throw</b>	212-4, Alex Kizirian Jack Christiansen, 2015	242-07, Drew Loftin, unattached CU Invitational, 2013

# TRACK & FIELD Women's Outdoor Records

Event	CU Record	Potts Field Record
<b>100 Meters</b>	11.65, Yolanda Johnson Colorado Relays, 1990	10.95, Simone Facey, Texas A&M Big 12 Final, 2008
<b>100-meter Hurdles</b>	12.98, Yvonne Scott NCAA Outdoors, 1996	13.11, Janay DeLoach, Nike CU Invitational, 2013
<b>200 Meters</b>	23.54, Ana Holland Tom Benich Invite, 2015	22.05, Angela Thacker, Nebraska Big Eight Outdoors, 1986
<b>400 Meters</b>	53.23, Eileen Gehring Mt. SAC Relays, 2013	51.09, Jessica Beard, Texas A&M Big 12 Outdoors, 2008
<b>400-meter Hurdles</b>	57.77, Leona Russell NCAA Championships, 1996	56.88, Leisha Knowles Okla. St., Big Eight Outdoors, 1986
<b>800-meter Run</b>	2:02.54, Jenny Barringer Cottbus, Germany, 2009	2:05.32, Lauren Hagans, Baylor. Big 12 Outdoors, 2008
<b>1,500 Meters</b>	3:59.90, Jenny Barringer Prefontaine Classic, 2009	4:25.00, Sally Kipyego, Texas Tech Big 12 Outdoors, 2008
<b>3,000 Meters</b>	8:54.22, Kara Grgas-Wheeler Stanford Invitational, 2000	9:31.40, Christine McMiken Okla. St., Big Eight Outdoors, 1986
<b>3,000 Meter Steeplechase</b>	9:12.50, Jenny Barringer IAAF Championship, Berlin, 2009	10:15.43, Irene Kimaiyo, Texas Tech Big 12 Outdoors, 2008
<b>5,000 Meters</b>	15:05.25, Jenny Barringer DN Galan Grand Prix, Stockholm, 2009	16:34.7, Meeumi Fujiwara, Wacura (Japan), CU Relays, 1992
<b>10,000 Meters</b>	32:50.80, Jodie Hughes Mt. SAC Relays, 2002	34:50.16, Kristen Zaitz, unattached Jerry Quiller Classic, 2015
<b>4x100-meter Relay</b>	44.95 (Cooper, Buchanan, Schuler, Joy) Cowtown Classic, 2001	42.88, Texas A&M Big 12 Outdoors, 2008
<b>4x400-meter Relay</b>	3:33.07 (Ward/Ards/Sterlin/Russell) NCAA Championships, 1996	3:32.28, Baylor Big 12 Outdoors, 2008
<b>Mile Relay</b>	3:49.1, (Ballenger/Chambers/McClendon/Dolas) Big Eight Outdoors, 1980	
<b>4x1,500-meter Relay</b>	17:36.60, (Messner/Raveling/Wille/Smith) Penn Relays, 1996	
<b>Distance Medley Relay</b>	11:03.82, (Higgins/Schuler/Zografos/Wheeler) Penn Relays, 2000	
<b>High Jump</b>	6-3, Karol Damon New Mexico Invite, 1991	6-2 <sup>1</sup> / <sub>4</sub> , Barbara Szabo, Western State CU Invitational, 2013
<b>Long Jump</b>	20-8, Annette Tannander NCAA Outdoors, 1983	21-9 <sup>3</sup> / <sub>4</sub> , Angela Thacker, Nebraska Big Eight Outdoors, 1993
<b>Triple Jump</b>	40-11.5, Liza Negriff, Colorado Invitational, 2005	45-3 <sup>1</sup> / <sub>4</sub> , Yasmine Reys, Texas A&M Big 12 Outdoors, 2008
<b>Discus</b>	181-7, Melisa Weis Modesto Relays, 1994	181-10, Liz Podominick, unattached Colorado Invitational, 2012
<b>Shot Put</b>	54-6, Melisa Weis USATF Championships, 1993	56-02 <sup>1</sup> / <sub>2</sub> , Patience Knight, Texas Tech Big 12 Outdoors, 2008
<b>Javelin</b>	169-5, Liz Lampros NCAA Outdoors, 1986	186-10, Dana Pounds, AFA Colorado Invitational, 2006
<b>Heptathlon</b>	5,893, Annette Tannander NCAA Outdoors, 1983	5,643, Megan Wheatley, Nebraska Big 12 Outdoors, 2008
<b>Hammer Throw</b>	212-11, Emily Hunsucker Jerry Quiller Classic, 2014	212-11, Emily Hunsucker, Colorado Jerry Quiller Classic, 2014
<b>Pole Vault</b>	12-4, Megan Buttner Jack Christensen Invitational, 2003	13-05 <sup>1</sup> / <sub>4</sub> Kate Sultanova, Kansas Big 12 Outdoors, 2008

# Men's All-Time Outdoor Bests

## 100 Meters *Top Performances*

10.0	Cliff Branch	6/1/72	Eugene, Ore.
10.1	Cliff Branch	6/2/72	Eugene, Ore.
10.10	Devlon Dunn	5/14/88	Big Eight
10.12	Devlon Dunn	4/17/88	El Paso, Texas
10.24	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	Stanford, Calif.
3:40.63	Jake Hurysz	4/28/13	Stanford, 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
3:41.85	Ben Saarel	5/16/15	Pac-12, L.A.
3:41.90	Ben Saarel	5/2/15	Stanford, Calif.
3:41.96	Adam Goucher	5/21/96	Big Eight, Lincoln, Neb.
3:42.09	Jorge Torres	5/10/02	Stanford, 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
8:39.26	Paul Miller	3/21/15	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.

## 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
8:39.26	Paul Miller	3/21/15	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	Stanford, Calif.
8:43.77	Blake Theroux	4/3/15	Stanford, Calif.
8:46.04	Adam Goucher	4/27/95	Penn Relays

## 5000 Meters *Top Performances*

11:38.46	Brent Vaughn	5/4/08	Stanford, Calif.
13:24.56	Jorge Torres	5/3/03	Stanford, Calif.
13:26.00	Jorge Torres	5/3/02	Stanford, Calif.
13:27.77	Dathan Ritzenhein	5/3/02	Stanford, Calif.
13:30.12	Brent Vaughn	4/29/07	Stanford, 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	Stanford, Calif.
13:35.4	Ted Castaneda	1974	Westwood, Calif.
13:36.22	Morgan Pearson	4/17/15	Walnut, Calif.
13:37.05	Pierce Murphy	5/2/15	Stanford, Calif.

## 5000-Meters *Top Performers*

13:18.46	Brent Vaughn	5/4/08	Stanford, Calif.
13:24.56	Jorge Torres	5/3/03	Stanford, Calif.
13:27.77	Dathan Ritzenhein	5/3/02	Stanford, 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.
13:36.22	Morgan Pearson	4/17/15	Walnut, Calif.
13:37.05	Pierce Murphy	5/2/15	Stanford, Calif.
13:38.58*	Jake Hurysz	4/29/12	Stanford, Calif.

\* Time ran while competing unattached with eligibility remaining

## 10,000 Meters *Top Performances*

27:38.50	Dathan Ritzenhein	4/30/04	Stanford, 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	Stanford, Calif.
28:43.28	Ed Torres	5/3/02	Stanford, 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	Stanford, Calif.
28:51.0	Mark Scrutton	5/83	Boulder (Bolder Boulder)
28:52.20	Mike Friedberg	3/25/00	Stanford, Calif.
28:52.29	Jordan Kyle	5/2/09	Stanford, Calif.
28:52.70	Pierce Murphy	4/3/15	Stanford, Calif.
28:52.85	Joe Bosshard	5/13/11	Big 12, Norman, Okla.

## 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.
55-07.75	Alex Kizirian	3/21/15	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*

212-4	Alex Kizirian	4/25/15	Fort Collins, Colo.
210-11	Zach Hazen	5/12/07	Big 12, Lincoln, Neb.
204-10	Zach Hazen	5/26/07	Des Moines, Iowa
202-5	Alex Kizirian	4/10/15	Boulder
202-02	Alex Kizirian	3/21/15	Boulder
201-6	Alex Kizirian	4/4/15	Greeley, Colo.
201-02	Zach Hazen	6/6/07	NCAA, Sacramento, Calif.
200-09	Zach Hazen	3/30/07	Ft. Collins, Colo.
200-05	Alex Kizirian	5/16/15	Pac-12, L.A.
199-6	Alex Kizirian	4/17/15	Walnut, Calif.
198-9	Alex Kizirian	5/29/15	NCAA Prelims, Austin, Texas
198-11	Alex Kizirian	4/26/14	Ft. Collins, Colo.
197-08	Alex Kizirian	3/28/15	Ft. Collins, Colo.
196-11	Alex Kizirian	4/7/12	USAFA, Colo.
196-09	Jeff Singleton	3/22/97	Boulder

## Hammer Throw *Top Performers*

212-4	Alex Kizirian	4/25/15	Fort Collins, Colo.
210-11	Zach Hazen	5/12/07	Big 12, Lincoln, Neb.
196-09	Jeff Singleton	3/22/97	Boulder
196-07	Chase Mullen	4/5/03	Greeley, Colo.
193-00	Brady Rutt	4/4/15	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.r

## 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.
23-06.25	Michael Egotanda	4/4/15	Greeley, Colo.
23-00.75	Brent VanSickle	5/20/96	Big Eight, Lincoln, 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 Portner	1994	Big Eight
16-00.75	Kevin Cash	5/21/90	Big Eight
15-09.75	Jordan Hudgens	5/18/97	Big 12
15-09.00	Chris Olsen	4/18/98	Eugene, Ore.

## 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
7214	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	Big 12, Columbia, Mo.
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
11.69	Ana Holland	4/11/15	Boulder
11.70	Amaris Buchanan	3/31/01	San Diego, Calif.
11.70	Ana Holland	5/16/15	Pac-12, L.A.
11.70	Ana Holland	5/17/15	Pac-12, L.A.
11.73	Ana Holland	4/18/15	Cerritos, Calif.
11.74	Ana Holland	4/17/15	Walnut, 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.

## 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
11.69	Ana Holland	4/11/15	Boulder
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.

## 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

23.54	Ana Holland	4/4/15	Greeley, Colo.
23.80	Eileen Gehring	4/19/13	Walnut, Calif.
23.80	Ana Holland	4/17/15	Walnut, Calif.
23.81	Ana Holland	5/29/15	NCAA Prelims, Austin, Texas
23.86	Tanisha Johns	5/18/93	Big Eight, Boulder
23.89	Ana Holland	5/16/15	Pac-12, L.A.
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.
23.99	Ana Holland	3/21/15	Boulder
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.

## 200-Meters Top Performers

23.54	Ana Holland	4/4/15	Greeley, Colo.
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

## 400 Meters Top Performances

53.23	Eileen Gehring	4/20/13	Walnut, Calif.
53.38	Eileen Gehring	4/6/13	Tempe, Ariz.
54.20	Lindsay Mattson	5/16/15	Pac-12, L.A.
54.21	Eileen Gehring	4/20/12	Walnut, Calif.
54.22	Tamara Ards	5/21/94	Lawrence, Kan.
54.25	Lindsay Mattson	4/25/15	Ft. Collins, Colo.
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.
54.65	Eileen Gehring	4/4/15	Greeley, Colo.

## 400-Meters Top Performers

53.23	Eileen Gehring	4/20/13	Walnut, Calif.
54.20	Lindsay Mattson	5/16/15	Pac-12, L.A.
54.22	Tamara Ards	5/21/94	Lawrence, Kan.
54.82	Tasha Ward	5/21/96	Lincoln, Neb.
54.92	Evelyn Miller	5/19/01	Big 12, College Station, Texas
55.00	Micki Brown	4/22/90	Walnut, Calif.
55.18	Lee Ballenger	5/13/78	Eugene, Ore.
55.39	Cynthia Newsome	4/18/98	Eugene, Ore.
55.47	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.
4:11.06	Sara Sutherland	6/14/15	Portland, Ore.
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
4:13.48	Sara Sutherland	6/13/15	NCAA, Eugene, Ore.
4:13.56	Sara Sutherland	5/16/15	Pac-12, L.A.
4:13.88	Kelly Smith	6/6/97	Bloomington, Ind.
4:13.95	Sara Sutherland	5/30/15	NCAA Prelims, Austin, Texas

## 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.
4:11.06	Sara Sutherland	6/14/15	Portland, Ore.
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	Stanford, Calif.
4:18.34	Maddie Alm	5/16/15	Pac-12, L.A.
4:19.70	Sara Ensrud	4/29/07	Stanford, 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.
9:59.67	Erin Clark	5/29/15	NCAA Prelims, Austin, Texas
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.
10:18.86	Melanie Nun	5/30/14	NCAA Prelims, Fayetteville, Ark.
10:20.51	Diane George	5/24/13	NCAA Prelims, Austin, Texas
10:28.08	Val Constien	5/16/15	Pac-12, L.A.

\* 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.
5545	Abrianna Torres	4/16/15	Azusa, Calif.
5483	Heather Sterlin	5/17/97	Waco, Texas
5455	Abrianna Torres	5/10/15	Pac-12, L.A.
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.

## Heptathlon *Top Performers*

5863	Annette Tannander	1983	Houston, Texas
5688	Heather Sterlin	1997	New Orleans, La.
5,545	Abrianna Torres	4/16/15	Azusa, Calif.
5375	Carol Hood	5/20/97	
5362	Genny Mayden	5/6/12	Pac-12, Eugene, Ore.
5362	Brianne Beemer	4/5/13	Tucson, Ariz.
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	Abrianna Torres	4/16/15	Azusa, 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.

## 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.
47-10.00	Mariah Walker	4/25/15	Ft. Collins, 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.

## 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.
47-10	Mariah Walker	4/25/15	Fort Collins, Colo.
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	4/15/10	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
196-10	Janet Visosky	5/15/98	Columbia, Mo.
177-09	Sophie Hallam-Eames	5/1/15	Laramie, Wyo.
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.
45.39	Mattson/Brown/A.Holland/Gehring	5/17/15	Pac-12, L.A.
45.75	no order listed	5/18/01	Big 12, College Station, Texas
45.76	Scott/Ards/Farquhar/Johns	4/6/96	Boise, Idaho
45.79	M.Holland/Brown/A.Holland/Gehring	4/11/15	Boulder
45.80	M.Holland/Brown/A.Holland/Gehring	3/21/15	Boulder
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.
3:38.20	Mattson/A.Holland/Brown/Gehring	5/30/15	NCAA Prelims, Austin, Texas
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.
3:39.03	Mattson/A.Holland/Brown/Gehring	5/17/15	Pac-12, L.A.
3:39.15	Mattson/A.Holland/Brown/Gehring	4/17/15	Walnut, Calif.
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.

## 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	Burrroughs/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
2015	11th	7th

## INDOOR CHAMPIONS

### 60-yard/55-meter Dash

Augie Raso	1951	:6.03
Clifford Branch	1971	:6.1
Clifford Branch	1972	:6.0

### 60-yard Low Hurdles

Merwin Hodel	1950	:7.0
Jim Miller	1964	:6.8
Marcus Walker	1971	:6.1
Ohene Karikari	1973	:6.7
Ohene Karikari	1974	:6.7

### 60-yard/55-meter High Hurdles

Ray Magsamen	1950	:7.7
Fritz Hageboeck	1956	:7.6
Fritz Hageboeck	1956	:7.5

### 60-meter Hurdles

Lex Butler	2000	:7.75
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### 60-meter Dash

Joe Morris	2013	6.72
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### 200-meter Dash

Joe Morris	2013	21.06
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### 440-yard/400-meter Dash

Chuck Carlson	1958	:50.5
Ted Woods	1960	:49.8
George Daniels	1972	:49.4
Tony Page	1987	:48.31
Kyle Hargett	1988	:47.02

### 600-yard Dash

Jim Heath	1961	1:12.1
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### 880-yard/800-meter Run

Mike Macinko	1988	1:50.80
Mike Macinko	1990	1:50.36

### 1000-meter Run

Anthony Chiulli	2007	2:21.82
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## OUTDOOR CHAMPIONS

### 100-yard/meter Dash

Don Campbell	1949	:09.6
Chuck Smith	1957	:10.0
George Daniels	1971	:09.3
George Daniels	1972	:09.6

### 220-yard/200-meter Dash

Don Campbell	1949	:22.6
Chuck Smith	1957	:21.9
Orlando Hazley	1959	:20.9
George Daniels	1971	:20.4
James Davis	1996	:20.73

### 440-yard/400-meter Dash

Chuck Carlson	1959	:46.5
Ted Woods	1960	:47.7
Jim Heath	1961	:46.5
Ted Woods	1962	:46.1
Dean Greenaway	1979	:46.04
James Davis	1996	:45.67

### 880-yard/800-meter Run

Mike Peake	1958	1:50.0
Rick Musgrave	1976	1:49.22
Mike Macinko	1989	1:47.89

### Mile/1500-meter Run

Rick Musgrave	1976	3:47.46
Tom Smith	1980	3:47.55
Adam Goucher	1998	3:43.27
Jorge Torres	2002	3:42.91
Jared Scott	2004	3:49.46
Stephen Pifer	2006	3:40.70

### 2-mile Run

Bernie Frakes	1958	9:16.5
Bob Griffith	1962	9:11.1

### 5000-meter Run

Mark Spilsbury	1978	14:10.14
Mark Spilsbury	1979	14:03.75
Mark Scrutton	1980	14:15.41
Mark Scrutton	1981	14:33.53
Mark Scrutton	1982	13:57.55
Mark Scrutton	1983	13:54.97
Adam Goucher	1995	14:00.30
Adam Goucher	1997	14:19.38
Adam Goucher	1998	14:07.51

### Mile Run

Tom Reese	1998	4:04.77
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### 2-mile/3000-meter Run

Bernie Frakes	1958	9:15.3
Dave Wighton	1965	9:08.4
Craig Runyan	1969	8:51.0
Mark Spilsbury	1978	8:47.8
Mark Spilsbury	1979	8:48.2
Mark Scrutton	1981	8:41.3
Mark Scrutton	1982	8:50.95
Mark Scrutton	1983	8:30.10
Adam Goucher	1995	8:10.48
Adam Goucher	1997	8:01.23
Adam Goucher	1998	7:55.57
Dathan Ritzenhein	2002	8:01.72
Dathan Ritzenhein	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 Ritzenhein	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

Ron Roybal	1999	14:23.13
Dathan Ritzenhein	2002	13:56.21
Jorge Torres	2003	14:16.37
Dathan Ritzenhein	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
Ammar Moussa	2015	29:34.28

### 110-meter High Hurdles

Maurice Mitchell	1994	14.09
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### 120-yard High Hurdles

Pat Hindman	1954	:14.2
Jim Miller	1964	:14.0
Marcus Walker	1970	:13.7

### 330-yard Intermediate Hurdles

Jim Miller	1963	:36.5
Jim Miller	1964	:36.4
Jim Miller	1965	:36.4

### 3000-meter Steeplechase

Terry Johnson	1979	8:58.9
Dan Reese	1987	8:51.71
Steve Slattery	2001	8:47.16
Steve Slattery	2002	8:51.25
Pete Janson	2006	8:44.76
Billy Nelson	2007	8:47.89
Billy Nelson	2008	8:53.84
Aric Van Halen	2013	8:41.73
Connor Winter	2015	8:48.93

### Mile Relay

No Order Listed	1962	3:12.5
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### 440-yard/400-meter Relay

No Order Listed	1964	:40.5
No Order Listed	1972	:40.6

### High Jump

Leander Durlley	1963	6-10 1/4
Jason Dudley	1989	7-1 1/2

### Long Jump

Don Meyers	1960	23-10 1/2
Don Meyers	1961	24-1
Kingsley Adams	1973	25-5
Kingsley Adams	1974	25-7 1/2

### Pole Vault

Dennis Plooster		
and Stew Walker	1954	13-6 1/2
Stew Walker	1955	13-7 3/4
Bill Curnow	1975	16-8

### Shot Put

Wally Tanner	1951	50-11
Wally Tanner	1952	50-4
Barry King	1967	55-8 1/2
Clint Moore	1995	58-11 1/4

### Triple Jump

Don Duvall	1975	52-8 1/4
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### Distance Medley Relay

Zach Hancock/Charles Johnson/Brett Larsen/ Alan Culpepper	1994	9:50.92
John Reyes/Jason Cisneros/ Matt Napier/ Alan Culpepper	1996	9:50.02
Clint Wells/Carter Piper/John Reyes/ Adam Goucher	1997	9:50.22

### 400-meter Hurdles

Maurice Mitchell	1993	49.66
Maurice Mitchell	1994	50.27

### High Jump

Joe Gold	1949	6-1 7/8
Bill Jankunis	1975	7-4
Jason Dudley	1988	6-11 1/2
Jason Dudley	1990	7-1 3/4

### Long Jump

Don Meyers and Bill Toomey	1960	23-5 1/2
Don Meyers	1961	24-6
Lynn Baker	1965	24-6
Kingsley Adams	1972	25-1
Kingsley Adams	1972	25-10 1/4

### Triple Jump

James Nyumutei	1974	52-0 3/4
Don Duvall	1976	50-11 3/4

### Pole Vault

Warren Bateman	1948	13-7
Chuck Rogers	1967	15-8
Chuck Rogers	1968	16-8
Dave Bussabarger	1969	15-7 1/4
Bill Curnow	1975	17-0

### Javelin

Jack Todd	1948	198-7 3/4
Jack Todd	1949	194-8 3/4
George Holley	1950	204-2
George Holley	1951	201-9
Ken Yob	1956	222-10
Ken Yob	1957	213-3
Dick Clark	1961	228 1/2
Dick Clark	1962	241-4 1/2
Brandin Williams	2009	222-01

### Shot Put

Jim Allen	1950	53-10 1/4
Wally Tanner	1952	49-7

### Discus

Doug Fuchs	1954	155-4 1/4
Matt Lepsis	1996	182-3
Jeff Singleton	1998	181-7
James Begley	2008	173-01

# TRACK & FIELD Women's Conference History

## TEAM FINISHES

	Indoor	Outdoor
<b>Big Eight Conference</b>		
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
2015	9th	8th

## 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
Kaitlyn Benner	2015	16:08.22

### 55-meter Hurdles

Donna Waller	1986	7.87
Donna Waller	1987	7.73
Yolanda Johnson	1991	7.66
Mandi Farquhar	1995	7.87
Yvonne Scott	1996	7.71
Mandi Farquhar	1997	7.64

### 4x400-meter Relay

No Order Listed	1978	3:50.98
Tasha Ward/Tamara Ards/Heather Sterlin/Leona Russell	1996	:45.15

### Distance Medley Relay

Jennifer Smith/Cynthia Newsome/Lindsay Bredfield/Kelly Smith	1998	11:32.81
Carrie Messner/Cynthia Newsome/Lesley Higgins/Kara Grgas-Wheeler	1999	11:34.35

### High Jump

Lori West	1976	5-5
Annette Tannander	1979	5-11

### Shot Put

Rosario Ramos	1980	47-2
Melisa Weis	1993	53-11 1/4

### Long Jump

Annette Tannander	1979	18-11 1/4
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### 4x800-meter Relay

No Order Listed	1979	6.88
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### Pentathlon

Annette Tannander	1983	4071
Pam Owen	1991	3725
Pam Owen	1993	4046
Abrianna Torres	2015	4025

## 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
Erin Clark	2015	10:02.16

### Heptathlon

Annette Tannander	1982	5671
Annette Tannander	1983	5638
Carol Hood	1991	5375
Pam Owen	1993	5279
Heather Sterlin	1994	5045
Heather Sterlin	1995	5360
Heather Sterlin	1996	5391
Heather Sterlin	1997	5483

### Javelin

Liz Lampros	1987	157-8
Hannah Warfield-Ruffatto	2007	161-01

### Long Jump

Annette Tannander	1979	19-2
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### Discus

Brenda Denny	1979	164-0
Nicole Roberts	1990	165-5
Nicole Roberts	1992	163-11
Melisa Weis	1993	171-8
Melisa Weis	1994	179-5

### High Jump

Annette Tannander	1979	5-10
Karol Damon	1991	5-11 1/2
Anna Magle	2005	5-8 3/4

### Shot Put

Rosario Ramos	1979	45-1 3/4
Melisa Weis	1994	54-0

### 4x400-meter Relay

Tasha Ward/Tamara Ards/Heather Sterlin/Leona Russell	1996	3:34.47
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1996 Big Eight Champions

# Men's NCAA 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
2015	t28th	t51st

## 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
1995	Alan Culpepper	3,000 Meter Run	5th
	Adam Goucher	5,000 Meter Run	3rd
	Clint Moore	Shot Put	11th

Year	Name	Event	Finish
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
2015	Jake Hurysz	Mile Run	10th
		3,000 Meter Run	14th
	Alex Kizirian	Weight Throw	12th
	Ammar Moussa	5,000 Meter Run	10th
	Pierce Murphy	5,000 Meter Run	6th
	Morgan Pearson	3,000 Meter Run	5th
		5,000 Meter Run	14th

## OUTDOOR PARTICIPANTS

Year	Name	Event	Finish	Year	Name	Event	Finish	Year	Name	Event	Finish
1954	Stewart Walker	Pole Vault	*NAAU Prelims	1972	John Gregorio	3 mile run	3rd	2001	Aaron Blondeau	5,000 Meter Run	14th
	Pat Hindman	120 Yd H. Hurdles	15th		Mike Wedman	Pole Vault	no result		Steve Slattery	3,000 Meter Steeplechase	3rd
	Doug Fuchs	Discus	17th		George Daniels/Larry Brunson/Charlie Bennett/ Cliff Branch	440-yard relay	3rd (semis)		Ed Torres	10,000 Meter Run	13th
1955	Eddie Dove, Bob Spykstra, Jack Dessire, Chuck Smith	880 Yd Relay	5th	1973	Mike Peterson	3 mile run	no result		Jorge Torres	5,000 Meter Run	5th
1957	Eddie Dove	220 Yd L. Hurdles	3rd		Ted Castaneda	3 mile run	2nd	2002	Reggie DePass	400 Meter Hurdles	8th
	Ken Yob	Javelin	5th	1974	Bruce Lundy	1,500 Meter Run	12th		Dathan Ritzenhein	5,000 Meter Run	3rd
	Eddie Dove, Bob Spykstra, Jack Dessire, Chuck Smith	Mile Relay	5th		Steve Brittenham	Decathlon	no result		Steve Slattery	3,000 Meter Steeplechase	2nd
	Eddie Dove, Bob Spykstra, Jack Dessire, Chuck Smith	440 Yd Relay	7th		Kingsley Adams	Long Jump	no result		Ed Torres	10,000 Meter Run	9th
1958		200 Meter	* NAAU Prelims		Ted Castaneda	Triple Jump	no result		Jorge Torres	5,000 Meter Run	2nd
	Chuck Carlson	440 Yd Dash	6th		Bill Jankunis	6 mile run	1st	2003	Billy Nelson	5,000 Meter Run	7th
	Mike Peake	880 Yd Run	9th		Dick Moritz	3 mile run	no result		Ed Torres	10,000 Meter Run	9th
1959	Bob Greenfield	880 Yd Run	no result		Bill Jankunis	High Jump	no result		Jorge Torres	1,500 Meter Run	9th
	Bill Toomey	Broad Jump	* NAAU prelims		Dick Moritz	3000 Meter Steeplechase	no result	2004	Dathan Ritzenhein	5,000 Meter Run	2nd
	Mike Peake	800 Meter run	* NAAU Prelims		Rick Musgrave	1 mile run	no result		Bret Schoolmeester	3,000 Meter Run	13th
	Chuck Carlson	400 Meter	* NAAU Prelims		James Nyumutei	880 Yd run	no result	2005	Bret Schoolmeester	10,000 Meter Run	5th
1959	Ted Woods	440 Yd Dash	1st		Tony Krzyzosiak	Triple Jump	no result		Brent Vaughn	5,000 Meter Run	4th
	Mike Peake	1 Mile Run	no result		Ray Pryor	440 Yd Dash	no result		Billy Nelson	Steeplechase	17th (Prelims)
		880 Yd Run	no result	1980	Mark Scrutton	440 Yd Dash	no result	2006	Anthony Chiulli	1,500 Meter Run	22nd (Prelims)
	Chuck Carlson	440 Yd Dash	no result		Dennis Fuller	440 Yd Dash	no result		Pete Janson	3,000 Meter Steeplechase	15th (Prelims)
		220 Yd Dash	no result		Tom Smith	5,000 Meter Run	10th (Prelims)		Stephen Pifer	1,500 Meter Run	23rd (Prelims)
	Eddie Dove	120 Yd H. Hurdles	no result		Kirk Pfeffer	1,500 Meter Run	11th		Bret Schoolmeester	10,000 Meter Run	14th
		220 Yd L. Hurdles	no result		Kirk Pfeffer	1,000 Meter Run	11th (Prelims)		Brent Vaughn	5,000 Meter Run	9th
	Boyd Dowler	120 Yd H. Hurdles	no result	1986	Mark Anderson	1,000 Meter Run	24th (Prelims)	2007	Payton Batliner	10,000 Meter Run	17th
	Berrie Frakes	3 Mile Run	no result	1987	Chuck Trujillo	10,000 Meter Run	9th		Ryan Campbell	200 Meter Dash	16th (semis)
	Bill Toomey	Broad Jump	no result		Dan Reese	3,000 Meter Steeplechase	4th (Prelims) DQ Final		Jeremy Dodson	200 Meter Dash	21st (prelims)
1960	Robert Crumacker	Shot Put	13th	1988	Devlon Dunn	100 Meter Dash	4th		Jeremy Dodson/George Pincock/Chris Abuan/ Ryan Campbell	4x100 meter relay	6th
	Don Meyers	Broad Jump	5th	1989	Jason Dudley	200 Meter Dash	6th		Zach Hazen	Hammer Throw	20th (prelims)
1961		3,000 Meter Steeplechase	no result		Kyle Hargett	High Jump	NH (Finals)		Billy Nelson	3,000 Meter Steeplechase	4th
	Jim Heath	440 Yd Dash	7th		Mike Macinko	400 Meter Dash	8th		Kenyon Neuman	5,000 Meter Run	24th (prelims)
	William Toomey	440 Int. Hurdles	7th		Chuck Trujillo	1,500 Meter Run	10th		Stephen Pifer	1,500 Meter Run	11th
	Don Meyers	Pole Vault	Prelim	1990	Jason Dudley	10,000 Meter Run	10th		Brent Vaughn	5,000 Meter Run	15th
		Broad Jump	1st		Mike Macinko	High Jump	11th	2008	Jeremy Dodson	200 Meter Run	13th (semis)
1962	Roger Olander	Pole Vault	5th (Prelims)		Maurice Mitchell	800 Meter Run	7th (Prelims)		Pete Janson	Steeplechase	24th
	Don Meyers	Pole Vault	10th	1992	Shawn Found	400 Meter Hurdles	DQ		Richard Medina	5,000 Meter Run	24th
		Broad Jump	no result		Maurice Mitchell	400 Meter Hurdles	7th (Semifinals)		Billy Nelson	Steeplechase	2nd
		High Jump	no result		Chris Volgenau	Shot Put	12th		Kenyon Neuman	5,000 Meter Run	7th
	Ted Woods	220 Yd Dash	8th	1993	Charles Johnson	400 Meter Hurdles	4th (Prelims)		Chris Pannone	10,000 Meter Run	18th
		440 Yd Dash	t-2nd		Maurice Mitchell	400 Meter Hurdles	3rd		Stephen Pifer	5,000 Meter Run	2nd
	Jim Heath	440 Yd Dash	no result	1994	Alan Culpepper	400 Meter Hurdles	13th (Semifinals)		Brent Vaughn	5,000 Meter Run	3rd
	Richard Clark	Javelin	6th		Matt Lepsis	1,500 Meter Run	13th (Semifinals)		Hugh Charles/Ryan Campbell/Nate Terry/ Jeremy Dodson	4x100 Meter Relay	DNF
	Robert Griffith	1 mile run	no result		Maurice Mitchell	Discus	14th (Prelims)	2009	Jordan Kyle	10,000 Meter Run	12th
1963	Mel Chesnik, David Wrighton, Dick Burns, Jim Miller	880 Yd Relay	4th		Maurice Mitchell	400 Meter Hurdles	6th (Prelims)		Matt Tebo	5,000 Meter Run	24th (prelims)
	Bob Griffith	1 mile run	6th	1995	Fritz Rogers	5,000 Meter Run	13th (Prelims)		Christian Thompson	3,000 Meter Steeplechase	20th (prelims)
	Dick Burns	100 Yd Dash	5th		James Davis	400 Meter Dash	17th (Prelims)		Brandin Williams	Javelin	23rd (prelims)
		220 Yd Dash	5th		Adam Goucher	5,000 Meter Run	6th		Jeremy Dodson	200 Meter Dash	5th
	Jim Miller	120 High Hurdles	6th (Prelims)		Matt Lepsis	Discus	7th	2010	Richard Medina	5,000 Meter Run	9th
		440 Yd Int.Hurdles	4th	1996	Clint Wells	3,000 Meter Steeplechase	7th		Joe Bosshard	10,000 Meter Run	6th
	Leander Durlay	High Jump	5th		Alan Culpepper	5,000 Meter Run	1st		A.J. Whitaker/Quinton Dodson/Kyle MacIntosh/ Jeremy Dodson	4x100-Meter Relay	17th
1965	Robert Bauers	Broad Jump	12th		James Davis	400 Meter Dash	12th (Prelims)	2011	Joe Bosshard	3,000 Meter Run	8th
	Jim Miller	220 Yd Dash	3rd		Adam Goucher	5,000 Meter Run	4th			5,000 Meter Run	13th
		High Hurdles	8th (Prelims)		Matt Lepsis	Discus	14th	2012	Aric Van Halen	3,000 Meter Steeplechase	10th
		400 Meter hurdles	Prelim		Clint Wells	3,000 Meter Steeplechase	5th		Joe Morris	High Jump	t21st
	Dick Burns	200 Meter dash	no result	1997	Adam Goucher	5,000 Meter Run	3rd		Joe Morris	100 Meter Dash	15th (Semis)
	David Wighton	1,500 Meter Run	no result		Tom Reese	3,000 Meter Steeplechase	17th (Semifinals)			200 Meters Dash	22nd (Prelims)
	Mel Chesnik	200 Meter dash	no result		Zeke Tiernan	10,000 Meter Run	11th	2013	Aric Van Halen	3,000 Meter Steeplechase	8th
	Mel Chesnik, Dick Burns, Chuck Morton, Jim Miller	440 Yd Relay	6th	1998	Adam Batliner	3,000 Meter Steeplechase	3rd		Joe Bosshard	10,000 Meter Run	7th
1966	Charles Rogers	Pole Vault	7th		James Davis	400 Meter Dash	5th (Prelims)	2014	Jake Hurysz	1,500 Meter Run	20th (semis)
	Charles Rogers	Pole Vault	1st		Adam Goucher	5,000 Meter Run	1st		Ben Saarel	1,500 Meter Run	16th (semis)
1967	Bill Aeschlimann	Long Jump	Prelim		Clint Wells	3,000 Meter Steeplechase	11th		Blake Theroux	3,000 Meter Steeplechase	17th (semis)
	Craig Runyan	6 mile run	10th	1999	Adam Batliner	3,000 Meter Steeplechase	3rd				
1969	Marcus Walker	120 Yd Hurdles	2nd		Aaron Blondeau	5,000 Meter Run	17th	2015	Pierce Murphy	10,000 Meter Run	5th
1970		100 Yd Dash	6th		James Davis	400 Meter Dash	18th (Semifinals)		Morgan Pearson	5,000 Meter Run	17th
	Rory Kenward	Decathlon	Finals- DNF		Reggie DePass	110 Meter Hurdles	20th (Prelims)		Ben Saarel	1,500 Meter Run	19th (semis)
	Mike Wedman	Decathlon	3rd		Tom Reese	3,000 Meter Steeplechase	4th		Connor Winter	3,000 Meter Steeplechase	23rd (semis)
	Dave Bussabarger	Pole Vault	Prelim		Ron Roybal	5,000 Meter Run	19th				
1971	Cliff Branch	100 Meter	1st		Steve Slattery	3,000 Meter Steeplechase	19th (Prelims)				
	George Daniels	220 Yd Dash	2nd	2000	Ron Roybal	5,000 Meter Run	DNF				
					Jorge Torres	5,000 Meter Run	8th				
					Steve Slattery	3,000 Meter Steeplechase	7th				

# 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
2015	NTS	t35th

## \*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
	Natalie Florence	5,000 Meter Run	9th
2003	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
2015	Erin Clark	3,000 Meter	
		Steeplechase	15th (semis)
	Sara Sutherland	1,500 Meter Run	3rd
	Abrianna Torres	Heptathlon	20th

# Men's All-Americans

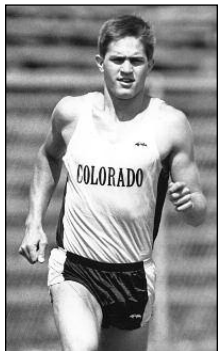
Chris Abuan	4x100 Meter Relay	2007
Kingsley Adams	Long Jump*	1974
Bryant Amador	Distance Medley Relay	1994
Mark Anderson	Cross Country	1979
	10,000-meter run	1980
Warren Bateman	Pole Vault	1948
Adam Batliner	Cross Country	1997
	Steeplechase	1998
Dave Bolen	440-yard Dash*	1947
Joe Bosshard	5,000-meter run	2010, 11, 14
	5,000-meter run	2011
	Cross Country	2010, 11
Cliff Branch	440-yard Dash	1971



**David Bolen**



**Bill Toomey**



**Mike Macinko**



**Maurice Mitchell**



**Tom Reese**



**Jeff Singleton**



**Stephen Pifer**



**Ted Woods**

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
John Dressel	Cross Country	2015
Brown Eindle	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, 15
	Mile Run	2015
Erik Johnson	Discus	1993
Ohene Karikari	60-yard Dash	1974
Dick Kearns	High Hurdles	1938
Ben Kelly	4x400-meter relay (I)	1999
Alex Kizirian	Weight Throw	2015
Jordan Kyle	Cross Country	2008
	10,000 Meter Run	2009
Brett Larson	Distance Medley Relay	1994
Scott Larson	Cross Country	1993
Gordon Learned	Low Hurdles	1942
Matt Lepsis	Discus (O)	1996
John Lunn	Cross Country	1968
Mike Macinko	1,500-meter Run	1989
	800-meter Run	1990
Richard Medina	5,000-meter Run (O)	2010
	Cross Country	2011
Don Meyers	Long Jump*	1961
	Pole Vault*	1962
Jim Miller	220-yard Dash	1965
	Pentathlon	1965
Maurice Mitchell	400-meter Hurdles	1993
Joe Morris	60-meter dash	2011, 12, 13
	100-meter dash	2013
Ammar Moussa	Cross Country	2014
	3,000 Meter Run (I)	2015
Pierce Murphy	Cross Country	2013, 14, 15
	5,000-Meter Run (I)	2015
	10,000 Meter Run	2015
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, 15
	5,000 Meter Run (I)	2014, 15
	3,000 Meter Run (I)	2015
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, 15
	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 Spilsbury	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, 15
Ted Woods	440-yard Dash*	1960
Ken Yob	Javelin	1957

\* indicates national champion

# Women's All-Americans

# & FIELD



**Tamara Ards**



**Renee Metivier**



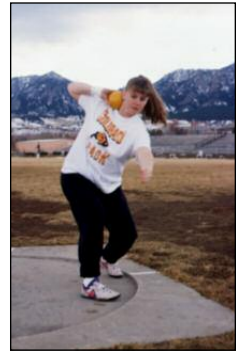
**Yvonne Scott**



**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
Kaitlyn Benner	Cross Country	2015
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, 15
	Steeplechase	2015
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

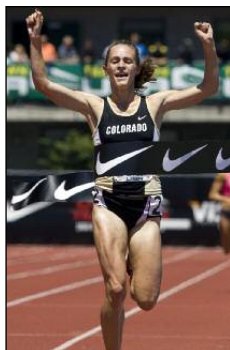
	10,000-meter Run (O)	2005*
Lisa Greenfield	High Jump	1983
Kara Grgas-Wheeler	3,000-meter Run (I)	1999
	3,000-meter Run (O)	1999, 00*
	Cross Country	1999, 00
	5,000-meter Run (O)	2000*, 01
Jen Gruia	5,000-meter Run (I)	1998
	10,000-meter Run (O)	2000
Lesley Higgins	3,000-meter Run (O)	2000
	Mile (I)	2001
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
Sara Sutherland	1,500 Meter Run	2015
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



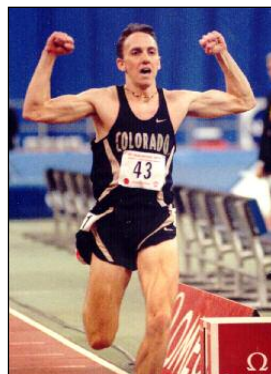
**Jenny Barringer**



**Alan Culpepper**



**Renee Metivier**



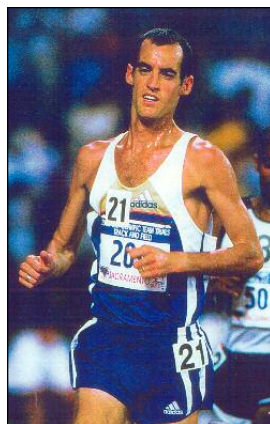
**Adam Goucher**



**Don Meyers**

# Olympians

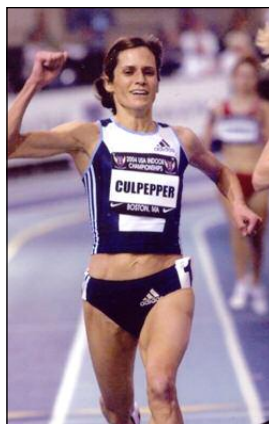
Since 1948, the University of Colorado track and field program has produced 30 Olympians (through the 2012 Summer Games). Since 2000, the Buffs have earned 17 berths, nine women's and eight men's, for the United States in the middle and long distance events, more than any other collegiate program. The next closest program to CU's is Stanford and North Carolina with eight.



Alan Culpepper



Emma Coburn



Shayne (Wille) Culpepper



Adam Goucher



Jenny Barringer



Kara (Grgas-Wheeler) Goucher



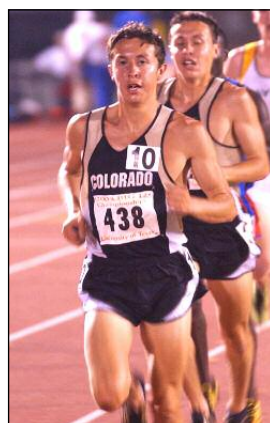
Shalaya Kipp



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 XXVth Olympiad, Atlanta, United States

Yvonne Kanazawa Scott (Japan) .....100-m Hurdles

## 2000, The XXVIIth Olympiad, Sydney, Australia

Hannah Cooper (Liberia) .....100-m Hurdles

Alan Culpepper (USA) .....10,000-m

Shayne (Wille) Culpepper (USA) .....1,500-m

Adam Goucher (USA) .....13th-5,000-m

Karol (Damon) Rovelto (USA) .....High Jump

Yvonne Kanazawa Scott (Japan) .....100-m Hurdles

## 2004, The XXVIIIth Olympiad, Athens, Greece

Alan Culpepper (USA) .....12th-Marathon

Shayne (Wille) Culpepper (USA) .....5,000-m

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

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  
Club .....Mizuno**

- 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 Boulder Boulder Team USA Member (6th)
- 2012 Chicago Marathon, 1st American, 7th overall (2:27.17)
- 2015 Boulder Boulder Elite Race participant

**EMMA COBURN ('13).....Mid Distance/Steeplechase  
Club .....New 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**
- **2015 USA Steeplechase Champion**
- 2015 IAAF World Championship (5th)

\*run while still in college

**KARA GOUCHER ('01).....Distance  
Club .....NIKE**

- 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)

**SHALAYA KIPP ('14).....Steeple/Distance  
Club .....Oiselle**

- 2012 USA Olympic Trials (3rd, steeplechase)
- 2012 Olympic Games participant
- 2013 USA Outdoor Championships (3rd)
- 2014 IAAF World Championships qualifier
- 2014 USA Outdoor Championships finalist
- 2015 USA Outdoor Championships finalist
- 2015 Pan-American Games (2nd, steeplechase)

\*run while still in college

**CASEY MALONE .....Discus  
Club .....unattached**

- 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)



**Renee Metivier Baillie**



**Emma Coburn**



**Kara Goucher**



**Shalaya Kipp**



**Casey Malone**

- 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)

**DATHAN RITZENHEIN** .....Distance  
**Club**.....NIKE

- 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  
**Club**.....New 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**
  - **2015 USA 1,500 Champion**
  - 2015 IAAF World Championship finalist
- \*run while still in college

**BRENT VAUGHN ('08)**.....Distance  
**Club**.....NIKE

- 2008 USA Olympic Trials finalist (5k)
- 2009 USA Outdoor Championships (9th, 5k)
- 2010 Boulder 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)
- **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**



Dathan Ritzenhein



Jenny Simpson



Brent Vaughn



Heather Sterlin Biglow



Alan Culpepper

- 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)

**BILLY NELSON ('08).....Steeple Club .....unattached**

- 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

**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



Billy Nelson



Steve Slattery



Jorge Torres

# THE UNIVERSITY OF COLORADO

Founded in 1876 at the foot of the Flatirons, 139 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 this 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 seventh 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 Christopher 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.

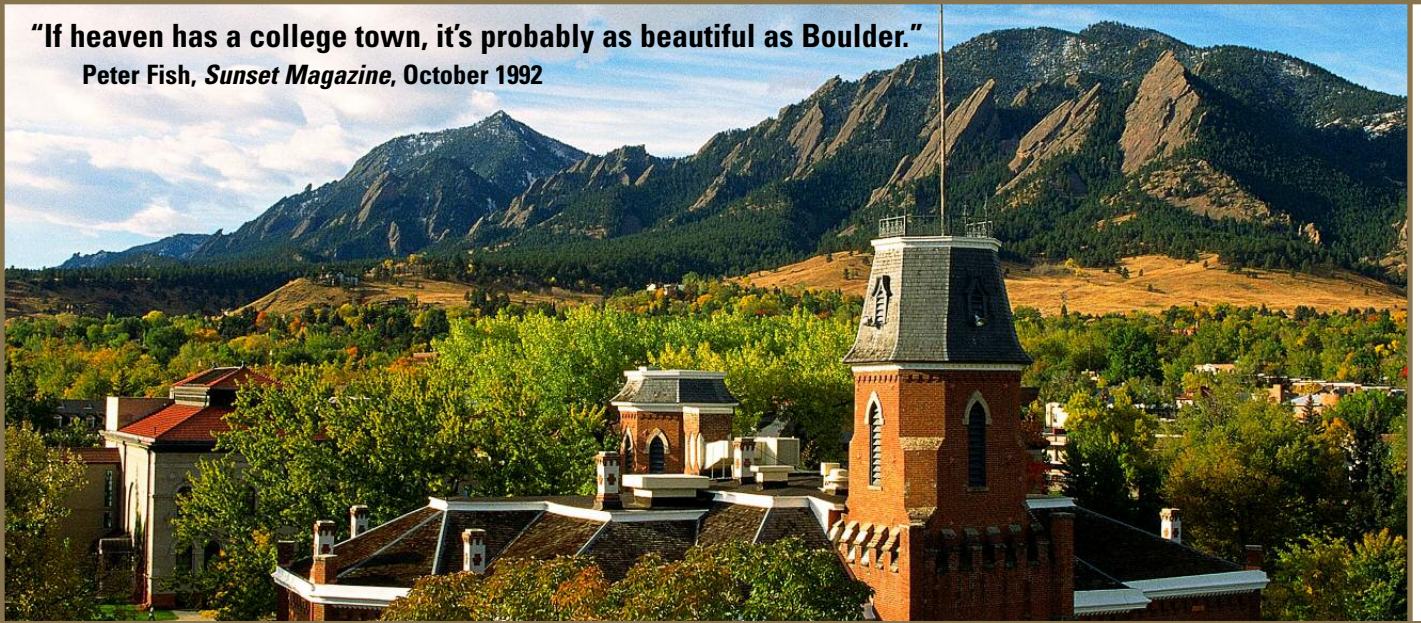
Visitors may be so taken in by the scenery, the mall, Tudors and Victorians they may forget the University that put it all together. From Pearl, Broadway leads directly onto campus where the University of Colorado Museum and the CU Heritage Center, in the original Old Main building, which introduces 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
Kalpna Chawla .....	Astronaut	Ellison Onizuka .....	Astronaut (Challenger)
Lynn Cheney .....	Former U.S. Vice President's Wife	Trey Parker .....	South Park Creator
Kevin Corke .....	NBC News	Robert Redford .....	Actor
Chris Fowler .....	ESPN	Matt Stone .....	South Park Creator
Jim Gray .....	NBC Sports	Jack Swigert .....	Astronaut (Apollo 13)
Hale Irwin .....	Professional Golfer	Bill Toomey .....	1968 Gold Medalist – Decathlon
Larry Linville .....	Actor (M*A*S*H)	Byron White .....	Supreme Court Justice
Doug Looney .....	Sports Illustrated	Steve Wozniak .....	Inventor (Apple)
Bill Marolt .....	U.S. Skiing President		



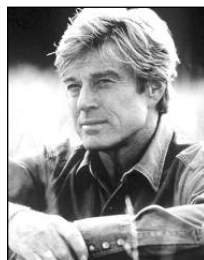
**Chris Fowler**



**Kalpna Chawla**



**Kevin Corke**



**Robert Redford**



**Byron White**



## RANKINGS

- CU-Boulder was one of only 14 public institutions ranked as a “Best Buy” in the 2009 edition of *The Fiske Guide to Colleges* and annually ranks in its top four most outstanding universities in the United States based on academics, social life and quality of life.
- The *U.S. News & World Report* ranked CU-Boulder 42nd among the nation’s Top 50 Public National Universities in its 2011 Best Colleges issue. The rankings were based on factors such as academic reputation, retention, faculty resources, student selectivity and financial resources.
- Sixteen CU-Boulder graduate school specialty programs were ranked in the top 50 in the nation, including three in the top 10 in the *U.S. News and World Report’s* 2011 America’s Best Graduate Schools issue.
- The University of Colorado at Boulder ranks first in the nation for the number of graduates currently serving as Peace Corps volunteers (2011).
- Four faculty members have received Nobel Prizes, including three since 2001: Thomas Cech of chemistry and biochemistry in 1989 Nobel Prize in chemistry, Carl Wieman and Eric Cornell of JILA and physics won the 2001 Nobel Prize in physics and John Hall of JILA and physics won the 2005 Nobel Prize in physics. The CU-Boulder research faculty shared the 2007 Nobel Peace Prize with former Vice-President Al Gore for their contributions to the international report of the intergovernmental Panel on Climate Change.



- The Boulder campus was ranked fourth in a review of the 50 “most architecturally successful campuses in the country in *The Campus as a Work of Art* by Thomas Gaines.
- Colorado has held company with Brown, Stanford and Virginia as one of the four most outstanding universities in the United States based on academics and quality of life.
- One of only 34 U.S. public research universities in the prestigious Association of American Universities.
- Ranks in the top five universities in the nation, excluding military academies, for astronaut alumni who have flown in space with 17.

## THE UNIVERSITY OF COLORADO

“The University of Colorado, and Boulder, is a town which stops where the Rocky Mountains begin. Normally in America such a superb site would be occupied by a golf course, but somebody goofed and instead they built what may be the most beautifully situated campus in the world... if anyone asks you to Boulder, I have one word of advice: ‘Go.’”

*From the London (England) Observer Magazine article, “Us and Them,” by Simon Hoggart (April 23, 1989)*



# BOULDER/DENVER/COLORADO FACTS

Boulder and Denver are known for lots of things. But some things even surprise the lifelong resident, a recent transplant (nearly two-thirds of the state's residents were born outside of Colorado), or first-time visitor to the Mile High City.

- In 2011 Colorado had four of the nation's top 15 fittest cities according to a Time Magazine interpretation of data from the Centers for Disease Control. Boulder was No. 1, Arvada was No. 6, Denver ranked No. 11 and Aurora was No. 15.
- The Denver metro area was ranked fifth in the 2011 American Fitness Index report.
- Boulder was named the "happiest city in America" by Gallup-Heathways Well-Being Index in 2011.
- Denver is called the "Mile High City" because it is exactly 5,280 feet above sea level. In fact, there is a spot on the west steps of the State Capitol building that is exactly 5,280 feet above sea level and there is a row of seats at Coors Field with the same bragging rights.
- Denver is the most educated city in the U.S. It has the greatest percentage of high school and college graduates of any major metropolitan area in the U.S.
- The Denver/Boulder metropolitan area is the 20th largest in the United States. Boulder is not classified as a suburb of Denver; it's nestled in its own valley at the foothills of the Rocky Mountains. Contrary to popular belief, Denver is not in the mountains; it is near them. The "Foothills" start to rise 15 miles west of the city. Slightly beyond that is the Continental Divide and a series of peaks rising to 14,000 feet, known locally as the "Front Range".
- Denver is also the "thinnest" city in America while Boulder is the second "fittest" city in America according to *Shape* Magazine and

the state of Colorado is tied as the "thinnest" state with Hawai'i. *Health* Magazine named Boulder one of America's 10 Fittest Cities. *Self* Magazine proclaimed Boulder one of the 10 healthiest places for women to live, with a perfect 100 in water quality.

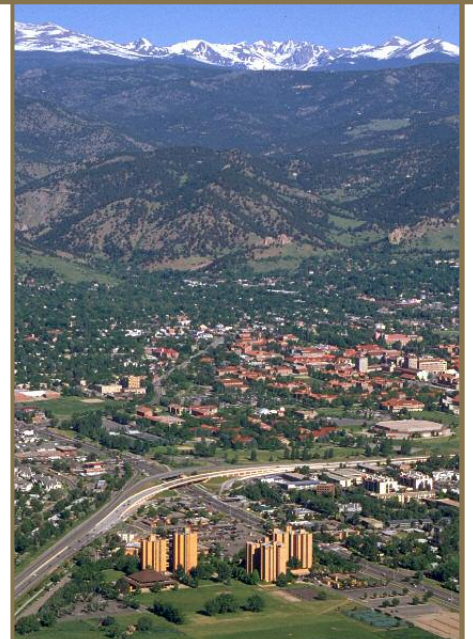
- In 2007 and '08 Boulder was called the "smartest city in America" by Forbes
- Boulder has 200 miles of public hiking and biking trails, approximately 30,000 acres of open space and a 16-mile Boulder Creek Path which runs through the middle of town. The city of Denver offers over 450 miles of paved, designated bike paths, over 70 public golf courses and 143 free tennis courts. Denver also has the largest city park system in the nation with 205 within the city limits.
- As the largest city in a 600-mile radius, Denver is the shopping capital of the Rocky Mountain West. It features the largest sporting goods store in the world and the largest independent book store in America with over 400,000 volumes. The 16th Street Mall is a mile-long pedestrian promenade, not to be outdone by its counterpart in Boulder, the Pearl Street Mall. Boulder is also known for having more used book stores per capita than any other city in the country according to a *Money* magazine count in 1998.
- Among 14 comparable cities, Boulder ranks No. 1 in people who walk to work, work at home and drive with more than one person in the car. It ranks second among those who bike.
- Bicycling is so highly regarded in Boulder that sometimes the city plows the Boulder Creek bike path before it plows the streets.
- The exterior of the house located at 1619 Pine Street was used as the characters' home in the well-known "Mork & Mindy" television show. It is now a private residence.



**Boulder's Pearl Street Mall**



**Downtown Denver**



**Rocky Mountain Front Range**



*Indian Peaks National Forest*

- Boulder's Third Flatiron towers 1,400 feet high, a few hundred feet higher than the Empire State Building, and has been climbed by people without using their hands, on roller skates, naked and in eight minutes (by separate climbers).
- A 1992 survey by the Centers for Disease Control found that Colorado had fewer overweight people per capita and more people who exercise than any other state.
- A Colorado Daily poll found that seven out of ten Boulderites own bicycles. Another guide book states that Boulder's bicycle count is approximately 93,000- almost equal to the total population.
- Every year Boulder Mountain Parks core area receives 1.8 million visits. If that many people made a human chain, it would stretch from Boulder to New York City.

### **Top 10 Cheap Things To Do In Boulder**

1. Go walking, biking or skating on the Boulder Creek Path.
2. Catch a Program Council, Cinema Saver, or International Film Series movie.
3. Play frisbee in Norlin Quad.
4. Enjoy the free Wednesday night jazz concerts offered by the College of Music.
5. People-watch on the Pearl Street Mall or on the Hill.
6. Picnic or hike at Chautauqua Park or Mt. Sanitas.
7. Buy a student season football or basketball ticket to watch the Buffs play at home.
8. Join a class at the Rec Center (anything from Aerobics to Yoga).
9. Stargaze at the top of Flagstaff Mountain.
10. Check out the coffeehouse scene.

### **COLORADO BY THE NUMBERS**

	<b>2</b>
National Parks in Colorado	
	<b>8</b>
National Monuments and Recreation Areas in Colorado	
	<b>15</b>
National Forests and National Grasslands in Colorado	
	<b>21</b>
Scenic and Historic Byways in Colorado	
	<b>40</b>
State Parks in Colorado	
	<b>54</b>
Colorado peaks over 14,000 feet in elevation	
	<b>325</b>
Days of sunshine the Front Range sees each year	
	<b>450</b>
Square miles of bodies of water in Colorado	
	<b>469</b>
Length in miles of the Colorado Trail	
	<b>786</b>
Acres on the main campus in Boulder	
	<b>1,450</b>
Length in miles of the Colorado River and the Rio Grande	
	<b>3,350</b>
Lowest elevation in Colorado (Arkansas River)	
	<b>6,800</b>
Average elevation in Colorado	
	<b>14,443</b>
Highest elevation in Colorado (Mt. Elbert)	
	<b>104,247</b>
Size of Colorado in square miles	
	<b>3.8 million</b>
Colorado population in 1998	
	<b>126 million</b>
Years geologists estimate it will take for the Rocky Mountains to erode away	
	<b>1.7 billion years</b>
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, Shalaya Kipp and Dathan Ritzenhein.

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 returned to Boulder in 2014 and '15 for the the USA Cross Country Championships, which again were two of the best attended meets.

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 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**

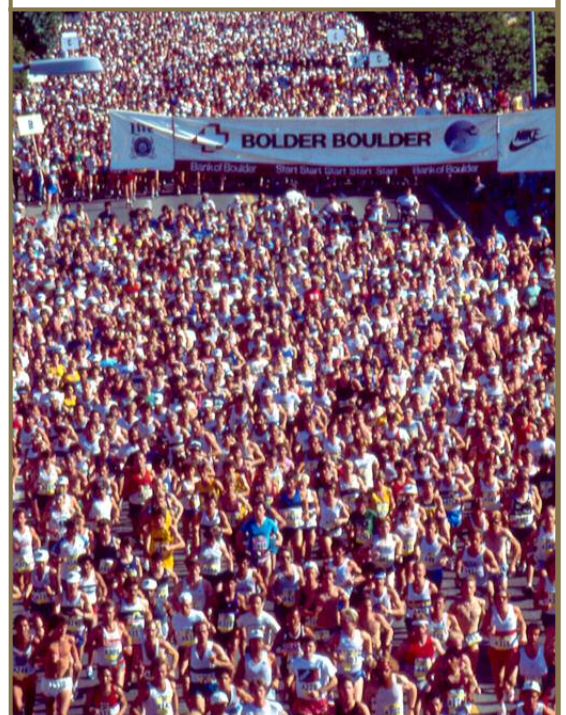
**5k Turkey Trot**

**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.

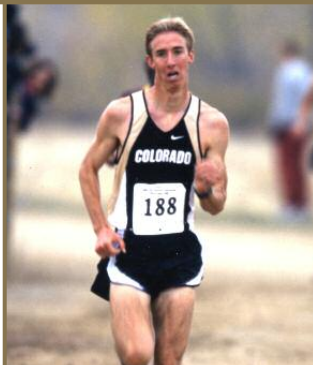


The top-ranked CU men's cross country team captured their third straight Pac-12 Championship in front of a home crowd of over 5,000 at the Coal Creek Golf Course in Louisville, Colo. The Buffs soundly defeated runner-up No. 4 Oregon 28-54. No. 13 Stanford was third with 79 points. CU impressed by placing 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.

### **PIERCE MURPHY • 2011 Walk-on – 2013, 14, 15 Cross Country All-American/ 2015 Indoor 5,000m All-American/ 2015 10k All-American**

In his first collegiate season, 2011, Murphy redshirted but raced unattached at the Rocky Mountain Shootout. In 2012, he placed fourth overall at the Rocky Mountain Shootout as CU's No. 4 runner. Murphy also placed 14th at Pac-12s, was 19th at regionals and placed 45th at NCAAs. He earned his first All-American honor in 2013, placing 39th at NCAAs to help CU win the team title. Murphy also placed seventh at Pac-12s and led the Buffs with a fifth place finish at regionals. As a junior, he had another great season. Murphy was seventh at Pac-12s, 12th at regionals and took 35th at NCAAs while the Buffs won the team title again. Later that year on the track, he placed sixth in the 5k at indoor nationals and was fifth at outdoor nationals in the 10k. Murphy finished his cross country career strong that following fall, placing third overall at NCAAs. He led the Buffs at all five varsity meets, which included winning the Rocky Mountain Shootout.

### **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 spring '15 semester was 2.930 and 10 of the 15 programs boasted 3.00 overall grade point averages.

3.575	Women's Skiing
3.413	Women's Cross Country
3.309	Women's Golf
3.288	Women's Soccer
3.272	Men's Skiing
3.186	Women's Track and Field
3.185	Women's Tennis
3.055	Men's Cross Country
3.051	Women's Lacrosse
3.004	Women's Basketball

10 CU student-athletes earned 4.00 GPA's during the spring '15 semester and 82 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
Lindsay Mattson.....	2015
Jerome Perkins.....	2012
Adam Peterman.....	2015
Ben Saarel.....	2015
Panos Smyrnios.....	2015
Jessica Tebo.....	2012
Rachel Viger.....	2012
Andy Wacker.....	2012

## SECOND TEAM

Matt Biegner.....	2012
Alyssa Frank.....	2012
Diana George.....	2012, 13
Joe Holvey.....	2015
Lindsay Mattson.....	2014
Morgan Pearson.....	2014, 15
Mariah Slack.....	2015
Bridget Sweeney.....	2013, 14

## HONORABLE MENTION

Maddie Alm.....	2015
Brianne Beemer.....	2012, 13
Eryn Blakely.....	2015
Courtney Bouchet.....	2012, 14
Erin Clark.....	2015
Emma Coburn.....	2013
Katie Cumming.....	2012
Katie Dreher.....	2012
Kelsey English.....	2013, 14
Paden Gatlin.....	2015
Erik Gaytan.....	2015
Eileen Gehring.....	2015
Sophie Hallam-Eames.....	2015
Emily Hunsucker.....	2013, 14
Cameron Hutchins.....	2012, 13
Mark Jones.....	2013
Shalaya Kipp.....	2014
Alex Kizirian.....	2015
Abby Levene.....	2014, 15
Garrett Losty.....	21-5
Lindsay Mattson.....	2013
Catrina McAlister.....	2015
Allie McLaughlin.....	2013
Holly Odneal.....	2012, 13
Ewelina Pena.....	2014, 15
Gwen Ricco.....	2013
Jana Stolting.....	2013
Blake Theroux.....	2012, 13, 15
Jake Timmons.....	2012
Abrianna Torres.....	2015
Elizabeth Tremblay.....	2012, 14
Kirsten Wicks.....	2012

## MPSF ALL-ACADEMIC

Maddie Alm.....	2014, 15
Brianne Beemer.....	2012, 13
Matt Biegner.....	2012, 13
Joe Bosshard.....	2014
Courtney Bouchet.....	2013, 14
Emma Coburn.....	2013
Lara Darco.....	2012
Jenny DeSouchet.....	2014, 15
Katie Dreher.....	2012
Kelsey English.....	2013, 14
Alyssa Frank.....	2012
Erik Gaytan.....	2015

Diana George.....	2012, 13
Sophie Hallam-Eames.....	2105
Joe Holvey.....	2015
Lindsey Hubbard.....	2013
Emily Hunsucker.....	2012, 14
Cameron Hutchins.....	2012, 13
Mark Jones.....	2013
Stephen Kasica.....	2012
Shalaya Kipp.....	2014
Alex Kizirian.....	2015
Nikki Look.....	2012, 13
Garrett Losty.....	2015
Lindsay Mattson.....	2013, 14, 15
Lucy May.....	2015
Holly Odneal.....	2012, 13
Morgan Pearson.....	2014, 15
Ewelina Pena.....	2014, 15
Jerome Perkins.....	2012
Adam Peterman.....	2015
Gwen Ricco.....	2013
Ben Saarel.....	2015
Ryan Savercool.....	2012, 13
Mariah Slack.....	2015
Jana Stolting.....	2013
Bridget Sweeney.....	2013, 14
Blake Theroux.....	2012, 13, 14
Jake Timmons.....	2012
Abrianna Torres.....	2015
Elizabeth Tremblay.....	2012, 13
Rachel Viger.....	2012, 13
Kirsten Wicks.....	2012

## USTFCCCA ALL-ACADEMIC

Maddie Alm.....	2015
Jenny Barringer.....	2008, 09
Kaitlyn Benner.....	2015
Matt Biegner.....	2012, 13
Courtney Bouchet.....	2012, 13
Mackenzie Caldwell.....	2015
Erin Clark.....	2015
Emma Coburn.....	2013
Katie Cumming.....	2012
Chase Dukes.....	2009
Alyssa Frank.....	2012
Diana George.....	2013
Emily Hanenburg.....	2009
Brad Harkrader.....	2008
Abby Levene.....	2014, 15
Lindsay Mattson.....	2012, 13, 15
Richard Medina.....	2008
Melanie Nun.....	2014
Morgan Pearson.....	2014, 15
Adam Peterman.....	2015
Ben Saarel.....	2014, 15
Jana Stolting.....	2012
Sara Sutherland.....	2015
Bridget Sweeney.....	2012, 13
Jessica Tebo.....	2012
Laura Thweatt.....	2010
Liz Tremblay.....	2010, 12, 14
Sara Vaughn.....	2008
Rachel Viger.....	2012
Andy Wacker.....	2009

## Conference 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
Sarra 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 Hulsmann.....	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

# ACADEMIC ALL-CONFERENCE

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 Negriff	2003, 04, 05
Kenyon Neuman	2007
James Nixon	2010
Jeff Nock	1987
Holly Odneal	2011
Hao Pan	2003
Jerome Perkins	2010
Jodi Pilcher	1996
George Pincock	2007
Sara Price	2008
Matt Queen	1999, 02
Mikaela Raddatz	2005, 06, 07
Lindsay Raham	1998, 99, 2000
Danielle Reagin	2010
Tom Reese	1996
Brooke Regan	2011
Michelle Reynolds	1991
Deb Rieck	1998, 2000
Dathan Ritzenhein	2003
Nicole Roberts	1990
Jamie Rosenquist	2001, 02
Patty Roberts	1994
Dani Rodriguez	2008
Leona Russell	1993, 94, 95
Liz Sabochik	1999, 2000, 01, 02
Andy Samuelson	1992
Ryan Savercool	2011
Chris Schafer	1997, 98, 01
Bret Schoolmeester	2005, 06
Jared Scott	2003, 04
Yvonne Scott	1996
Chris Severy	1995, 96, 97
Jon Severy	2003, 04, 05
Jeff Singleton	1996, 97, 98
Sara (Gorton) Slattery	2002, 03, 05
Amber Smith	2008
Jennifer Smith	1998
Kelly Smith	1995, 96, 97, 98
Sean Smith	2001
Heather Sterlin	1995
Briana Stott-Messick	1998, 99
Jaclyn Strum	2005, 06, 07
Kyle Swartz	1998, 2001
Sara Tarkington	2001
Brock Tessman	1999
Laura Thweatt	2009, 10, 11
Zeke Tiernan	1996
Kalin Toedebusch	2006

Elizabeth Tremblay	2011
Laura Tremblay	2011
Max Van Dyke	2010, 11
Blake Vanier	2005
Brent VanSickle	1996
Brent Vaughan	1991
Brent Vaughn	2005, 06, 07, 08
Sara (Ensrud) Vaughn	2007, 08
Chris Volgeneau	1991
Andy Wacker	2009, 10
Melisa Weis	1993
Heather West	2009
Ian White	2002
Kirsten Wicks	2011
Ryan Willis	2005
Joi Windham	2009, 10, 11
Anna Wright	2001, 02
Catherine Wright	2000, 01, 02
Shannon Yessak	2003

## SECOND TEAM

Sasha Abuan	2007
Patrick Backmann	2009
Megan Baker	2005
Brianne Beemer	2010
James Begley	2007
Joe Bosshard	2011
Amaris Buchanan	2001, 02
Amberly Casey	2005, 06
Greg Castro	2007
Niklas Cederstrom	2009
Anthony Chiulli	2005
Emma Coburn	2010
Mac Crawford	2009
Katie Dreher	2010, 11
Vince Echavaria	2001
Dan Edwards	2008, 09
Kelly Fields	2000
Kali Gajewski	2010
Kendal Grgas-Wheeler	2005
Ashley Jackson	2002
Pete Janson	2005
Rachel Joy	2001, 02
Bradley Harkrader	2007
Chelsea Haverty	2008
Matt Herzl	2008
Lesley Higgins	2000, 02
Cassie Hirschfeld	2009
Emily Hunsucker	2011
Cortney Hutmacher	2007
Andy Knutsen	2003
Jordan Kyle	2010
Eric Lee-O'Brien	2005
Camille Logan	2011
Anna Magle	2003, 05
Chynna McCall	2008, 09, 10
Richard Medina	2010, 11
Chase Mullen	2003, 05
Kenyon Neuman	2008, 09, 10
Sunny Nordmarken	2000
Chelsea Peterson	2005
George Pincock	2005
Allison Sawyer	2009
Kyle Swartz	2000
Geo Tam	2011
Matt Tebo	2010, 11
Christian Thompson	2009, 10
Jake Timmons	2010, 11
Andy Wacker	2011
Hannah Warfield-Ruffato	2005
A.J. Whitaker	2010
Ryan Willis	2007

## HONORABLE MENTION

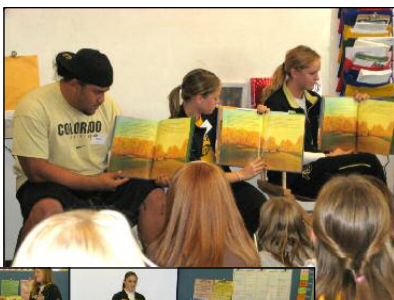
Starla Ahu	1992
Brian Aiken	1996
Adrien Armolel	1994
David Barbieri	1991
Steven Barbieri	1993
Adam Batliner	1995
Randy Berkheim	1993
Michelle Bews	1986, 87
Sean Buckley	1992
Shannon Busch	1991
Jessica Cade	2004
Dayna Canener	1992
Tracy Carrington	1996
Jenny Cathey	1998
Dayna Cavener	1991
Jessica Civelli	1995
Jay Cleckler	1993, 94
Megan Clute	1999
Jon Cooper	1994
Kristina Dahlberg	1994
Jason Drake	1993, 94
Nick Duresky	1997
Natalie Florence	2004
Judy Foster	1993
Mike Friedberg	1999
Monte Fry	1994, 1996
Sarrah Goodwin	1994, 95
Adam Goucher	1998
Colleen Gylden	1997
Mark Haggerty	1991
Jill Hassebrock	1994
Jay Johnson	1995
Steve Joiner	1988
Jennifer Jones	1991
Michelle Kantor	1990, 91
Derek Knostman	1992
Brett Larsen	1992
Christa Loyd	1994, 95
Alison Lusby	1994
Allison Lusby	1995
Anna Magle	2004
Simon Marsh	1991
Chris McDonald	1989
James McDonald	1991
Christine McNamara	1988
Amy Metern	1991
Micah Moore	1992
Brad Moser	1993
Melinda Mounsey	1996
Matt Napier	1996
Ewen Nichol	1996
Alex Olsen	1998
Sarah Pauley	1996
Anthony Pierangeli	1996
Jodi Pilcher	1994
Steve Proversano	1989
Tom Reese	1995
Katy Richards	1990, 91
Dathan Ritzenhein	2004
Andy Samuelson	1991
Heidi Scarlett	1995
Bret Schoolmeester	2004
Tim Schurman	1994
Sarah Scott	1989
Wendy Smith	1991
Michael Sobolik	1993
Holly Stanish	1995
Brian Steele	1995
Shawn Stone	1994
Kyle Swartz	1999
Zeke Tiernan	1995, 97
Brent VanSickle	1995

# COLORADO ACADEMIC PROGRAMS

## STEPS

STEPS is a program designed to assist graduating student-athletes as they transition to life after the university setting. The program will have Department of Athletics staff and university faculty assist them in the following areas:

- **“Learn to Earn” with Alice Swanson, veteran of The Boulder Chamber of Commerce and currently of Leeds School of Business**
  - Interview Skills
  - Job Placement
  - Contract Negotiation
- **Personal Financial Planning with Susan Morley of Leeds School of Business**
  - *Playbook for Life*, the Student-Athlete’s Guide to Understanding and Planning Your Financial Future
- **Exit Interview with the Department of Athletics**
  - Student-Athletes discuss their CU experience with a senior level administrator in the Department of Athletics. (One-on-one interview and survey)
- **Career Services**
  - Resume / Folio 21
  - CSO On-line
  - Letters of Recommendation (4-6)
  - Job Fairs
  - Post-Graduation Test Preparation
- **Exit Physical**
  - Athlete completes final medical physical, reviews medical history with Office of Sports Medicine and discusses lingering injuries with Sports Medicine on coverage
- **Counseling and Psychological Services**
  - CU psychologist, Dr. Jan Johnson, offers one-on-one counseling sessions to athletes earning to cope with the impending life changes once their careers have ended.
- **Graduation Checklist**
- **Alumni C-Club**
  - Student-Athletes stay connected to CU through membership in the Alumni C-Club.
- **Post-Graduate Scholarships**
- **Professional Sports Counseling Panel**



## READ WITH THE BUFFS

1. The University of Colorado and IBM work together to promote literacy in local elementary schools through the “Read With the Buffs” program.
2. Focus of the program is to:
  - a. Have CU student-athletes promote reading as the basis for success in school.
  - b. Promote the importance of school and doing your personal best.
3. Designated school districts are Boulder Valley and St. Vrain school districts.
4. Teacher’s Responsibilities:
  - a. Decisions:
    - i. It is suggested for students to compete against themselves, not others.
    - ii. Encourage students to read over the holidays.
    - iii. At the end of the program send into the athletic department a list of all students who have participated in “Read With the Buffs” successfully.
5. Student-athletes will visit the classroom for a 45-minute presentation.
  - a. Pencils, stickers and/or bookmarks will be given out to students who are able to answer the comprehension questions correctly after the book is read.
6. Student-athletes will deliver the message: do well in school, work hard, do your personal best, and importance of reading.
7. No more than two classrooms should be combined with one group of student-athletes.
8. One adult volunteer is assigned to two to three student-athletes.
9. CU pencils and bookmarks or stickers will be left for all students.
10. In addition, a T-shirt (autographed) will be left with each classroom teacher to hang up in the classroom as a continual reminder about “Read With the Buffs.”
  - a. The T-shirt will be for the classroom teacher to keep as a thank you for participating in “Read With the Buffs.”
11. Students who participate in the program and successfully meet the criteria, set by the teacher, will receive a ticket to attend either a men’s or women’s basketball game.
12. A special section will be set aside for all “Read With the Buffs” participants.
13. Two students will be on the court during halftime representing their classroom.

# PAC-12 CONFERENCE

## CONFERENCE 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.

That same year, the Pac-12 also launched its Globalization Initiative to proactively promote the Conference and member institutions through student-athlete exchanges and sport. In the first four years, Pac-12 student-athletes have enjoyed unique cultural and athletic experiences in China, fielding full university and Pac-12 all-star teams in women's volleyball and men's basketball, with the first-ever men's basketball regular season game schedule to be played in China between WASHINGTON and Texas to tip off the 2015-16 campaign. The Conference and its member schools have gained significant brand exposure for the future and set a foundation for growth.

On the field, the Pac-12 rises above the rest, upholding its tradition as the "Conference of Champions®," claiming an incredible 140 NCAA team titles since 1999-2000, including nine in 2014-15, 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 49 of the last 55 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 10th-consecutive year, the Pac-12 had the most or tied for the most NCAA titles 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 478 NCAA Championships (291 men's, 158 women's, 29 combined).

Pac-12 members have won 291 NCAA team championships on the men's side, 77 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, 47 outdoor track & field crowns, and 28 baseball titles. Pac-12 members have won 25 of 46 NCAA titles in volleyball, 41 of 46 in water polo, 29 in skiing, and 24 in swimming & diving national championships.

Individually, the Conference has produced an impressive number of NCAA individual champions. Over 2,000 (2,208) individual crowns have been won by Pac-12 student-athletes over the years with 1,333 by male student-athletes. Student-athletes have also captured 174 individual titles at combined championships (i.e., skiing and fencing).

On the women's side, the story is much the same. Since the NCAA began conducting women's championships 34 years ago, Pac-12 members have claimed at least four national titles in a single season on 25 occasions, including 15-consecutive years from 2000-2015. Overall, the Pac-12 has captured 158 NCAA women's titles, easily outdistancing the SEC, which is second with 97. Pac-12 members have dominated a number of sports, winning 23 softball titles, 21 tennis crowns, 14 volleyball titles, 16 of the last 26 trophies in golf, and 14 in swimming & diving.

Pac-12 women student-athletes shine nationally on an individual basis, as well, having captured an unmatched 701 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 nearly 100 years to December 2, 1915, when the Pacific Coast Conference (PCC) was founded at a meeting at the Imperial 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 Agricultural 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.

It was during that 2010-11 academic year that Scott helped deliver monumental changes that transformed the Conference into a modern 12-team

# PAC-12 CONFERENCE

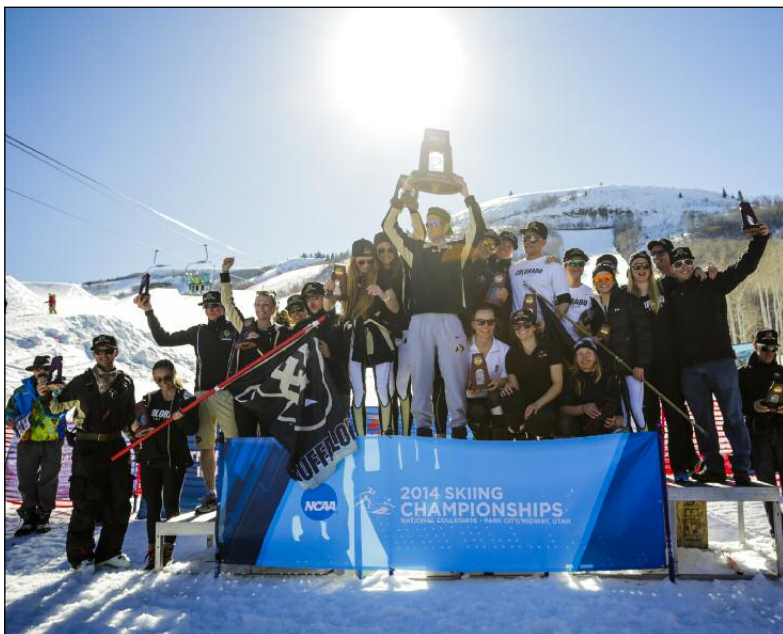
league. In addition to expanding to 12 teams, member institutions agreed to equal revenue sharing for the first time in the Conference's history, created two divisions - the North and the South, for football only and established a Football Championship Game for the first time ever. He also secured a 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 12 women's sports, with beach volleyball added in 2015-16. 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.



CU claimed its second straight NCAA cross country title in November 2014



CU won its 20th national championship in skiing in March 2015

## 2014-15 QUICK REVIEW

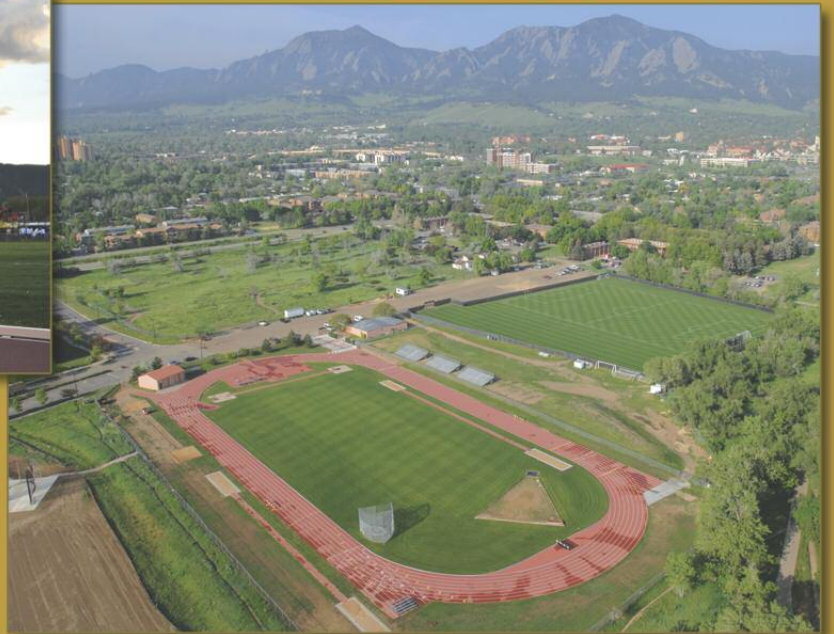
In the 2013-14 academic year, the Pac-12's nine NCAA titles came in the form of four men's and four women's and one coed team title. Five different league schools claimed NCAA titles and, of the seven NCAA institutions to have won multiples titles, three were from the Pac-12. No other conference in the country had more than one team win multiple NCAA titles.

Oregon was one of only two programs in the country to win three NCAA titles in 2014-15. The Ducks successfully defended its indoor and outdoor NCAA Track & Field titles, and also won the women's outdoor crown for the first time in 30 years. **Colorado** and Stanford claimed a pair of titles, as well. The Buffaloes claimed the academic year's first NCAA title, taking home its second straight men's cross country crown in dominating fashion, posting a 33-point margin of victory. Colorado then grabbed the hardware in skiing, its third in five years and 20th in the history of the program.

Participation in the postseason was a common occurrence for the Pac-12 in 2014-15. Of the 22 sports sponsored, 20 witnessed at least half its teams participating in NCAA or other postseason action. The men sent 67 of a possible 97 teams into the postseason (69.1 percent), while the women sent 79 of a possible 115 teams (68.7 percent).



Volleyball senior Taylor Simpson was the state of Colorado's Female Athlete of the Year



# BUFF FACILITIES

