

COLORADO TRACK & FIELD

2
0
1
3



Shalaya Kipp



Joe Bosshard



Joe Morris



Richard Medina



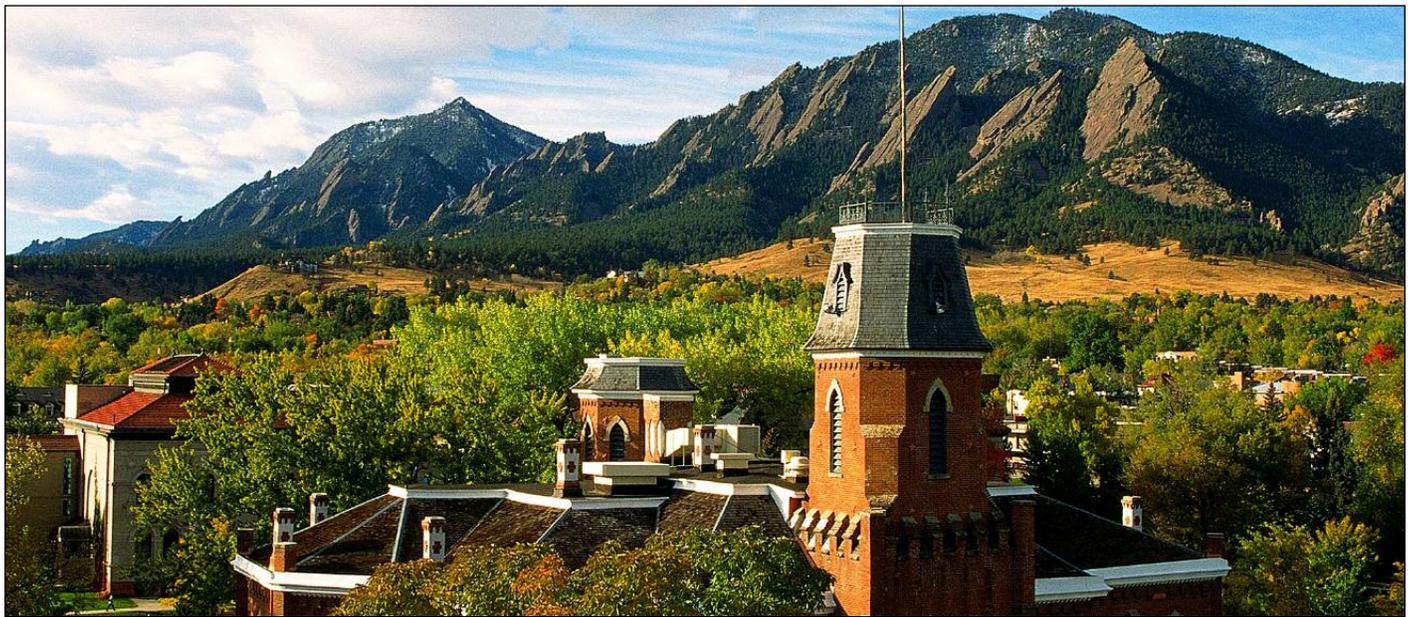
Aric Van Halen



Emma Coburn



INFORMATION GUIDE AND RECORD BOOK



INDEX (alphabetical)

2012 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.....	91-93
All-Americans.....	77-78
Athlete Biographies.....	14-44
2008 Big 12 Outdoor Championship.....	89
Boulder/Denver/Colorado Facts.....	86-87
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
2012 Cross Country Results.....	45
Facilities.....	97
NCAA History.....	74-76
NCAA Champions.....	79
Olympians.....	80
Outlook.....	10-11
Pac-12 Conference.....	95
Records.....	52-71
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.....	88
Schedule.....	9
STEPS/Read With The Bufs.....	94
Support Staff.....	8
University of Colorado.....	84-85
Walk On To All-American.....	90

BUFFS AT A GLANCE

Location: Boulder, Colo.
Enrollment: 29,884
Elevation: 5,435 Feet above Sea Level
Colors: Silver, Black and Gold
Nickname: Buffaloes
Mascot: Ralphie V
Home Facilities: Balch Fieldhouse (Indoor), Potts Field (Outdoor)
NCAA Affiliation: NCAA Division I
Conference: Pac-12 (Joined 2011)
President: Bruce Benson
Chancellor: Phil DiStefano
Athletic Director: Mike Bohn
Senior Woman Administrator: Ceal Barry
University Switchboard: 303/492-0111
Athletic Department Phone: 303/492-7931

TRACK AND FIELD

Head Coach: Mark Wetmore (Rutgers '78)
Phone: 303-492-5227
Best Time to Reach: Mornings
Assistant Coaches: Heather Burroughs (Distance and Middle Distance); Casey Malone (Throws); Lindsey Malone (Combined Events/Jumps); Drew Morano (Sprints/Hurdles)
Assistant Coach/Recruiting Coordinator: Billy Nelson (Distance and Middle Distance)
Director of Operations: Karen Lechman
Office: 303/492-5227
Fax: 303/492-1642
Email: first.last@colorado.edu except for Lindsey Malone (l.malone@colorado.edu)

ATHLETIC MEDIA RELATIONS

Assistant SID (Track Contact): Linda Sprouse
Office: 303/492-5626
Fax: 303/492-3811
Email: linda.sprouse@colorado.edu
Website: CUBuffs.com/trackandfield and Facebook.com/cubuffstrack
Twitter: @cubuffstrack

SPORTS MEDICINE

Athletic Trainer: Melisa Fazio
DWAC Office: 303/492-3266
DWAC Training Room: 303/492-3801
Fax: 303/492-4217
Email: melisa.fazio@colorado.edu

2012 IN REVIEW:

Indoors

MPSF Indoor Championships: Men 11th, Women 11th
NCAA Indoor Championships: Men NTS, Women NTS
All-Americans (1): Joe Morris (60)

Outdoor

Pac-12 Outdoor Championships: Men 9th, Women 7th
NCAA Outdoor Championships: Men NTS, Women 114th
Conference Champions (2): Shalaya Kipp (Steeplechase), Jessica Tebo (5k)
All-Americans (3): Shalaya Kipp (Steeplechase), Jessica Tebo (5k), Aric Van Halen (Steeplechase)
NCAA Champion (1): Shalaya Kipp (Steeplechase)

CREDITS

The 2013 University of Colorado Track and Field Media Guide was written and designed by the Colorado Sports Information office and assistant director Linda Sprouse.

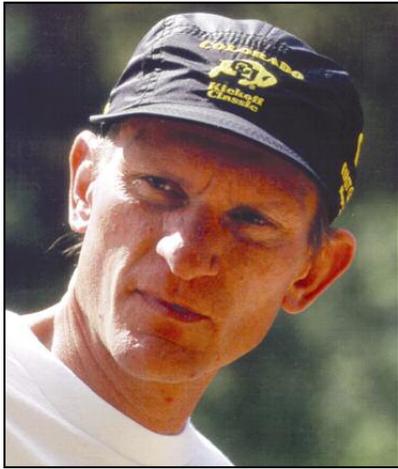
Layout and Typesetting: Linda Hall, Whirlwind Graphics

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

ON THE COVER

Returning All-Americans: Joe Bosshard, Emma Coburn, Shalaya Kipp, Richard Medina, Joe Morris and Aric Van Halen.

Student-athletes have signed waivers disclosing their academic standing.



MARK WETMORE
Head Coach
Distance/Middle Distance
19th Season

Mark Wetmore enters his 22nd season at Colorado, his 19th 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 five team titles since 2000. The women won in 2000, while the men won the following year. Both teams won the championship again in 2004 (CU became only the third school to win both championships in the same year) and in 2006 the men won again. Wetmore has coached Adam Goucher (1998), Jorge Torres (2002) and Dathan Ritzenhein (2003) to men's individual titles, while Kara Grgas-Wheeler won the 2000 women's crown.

Wetmore became CU's sixth head cross country and track and field coach on Nov. 6, 1995. He has tutored 53 individual conference champions and 11 individuals who have combined for 18 NCAA titles. Wetmore has coached 78 individuals to 228 All-American selections. He has produced 29 conference championship teams, most recently capturing the 2012 Pac-12 Men's Cross Country Championship.

Wetmore's distance runners have represented the United States at international competitions. During their collegiate careers, eight have qualified for the World Junior Cross Country Championships and seven have earned berths in the World Senior Cross Country Championships. Since 2000, nine Buffaloes have combined for 16 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-three of his athletes have earned professional running contracts and have combined for 11 USA Cross Country titles and 38 berths on U.S. teams that compete at the IAAF World Cross Country Championships. CU graduates have won 12 USATF Championships and 10 individuals have represented the U.S. at the IAAF World Track & Field Championships.

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

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



HEATHER BURROUGHS
Assistant Coach
Distance/Middle Distance
Ninth Season

Colorado's first female three-time All-American, Heather Burroughs begins her ninth season on the staff of her alma mater assisting coach Mark Wetmore with the men's and women's teams. Since joining the staff, she has coached 11 conference championship teams, three NCAA championship teams and 39 All-Americans. Burroughs was promoted to associate head coach following the 2011 season where the Buffs swept the inaugural Pac-12 Championships to win the conference's first two team championships.

In Burroughs' eight track seasons assisting the men's and women's middle and long distance runners, her athletes have had an impact at the conference, NCAA, American and world levels on the track. To date, 32 have captured individual conference titles and 44 have earned All-American accolades. Her women have won eight individual NCAA titles and have broken six collegiate records. Since 2007, CU runners have won four U.S. outdoor titles. They have earned three individual berths on U.S. outdoor world championship teams as well as three individual berths on the U.S. Olympic team.

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

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

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



CASEY MALONE
Assistant Coach
Throws
13th Season

Casey Malone, a 1998 NCAA Discus Champion and two-time Olympian, is in his 13th season as the throws coach at Colorado.

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

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

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

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

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



LINDSEY MALONE
Assistant Coach
Combined Events/Jumps
Sixth Season

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

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

In 2010 she guided Adam Salzmann, Eddie Taylor and Alex Von Hagen to finish fourth, seventh and eighth in the decathlon at the Big 12 Outdoor Championships, the first time that three decathletes scored for CU at a conference championship. Salzmann scored points in the heptathlon and decathlon at the 2011 Big 12, MPSF and Pac-12 Championships.

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

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

Malone continues to coach former CSU star Emily Pearson and Salzmann. In 2011, Pearson won her first international heptathlon title at the NACAC Championships in Kingston, Jamaica. Pearson has represented Team USA three times at the USA vs. Germany Thorpe Cup (2009-11) and in 2012 at the Pan American Championships. In 2010, Malone was appointed to coach Team USA at the Thorpe Cup Challenge.

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

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



DREW MORANO
Assistant Coach
Sprints & Hurdles
Fourth Season

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

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

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

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

Most recently in 2012, Morano coached freshman Eileen Gehring to the CU 400 record (54.21). She was also a member of the record-setting 4x400 relay (3:45.11).

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

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



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

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

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

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

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

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

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

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

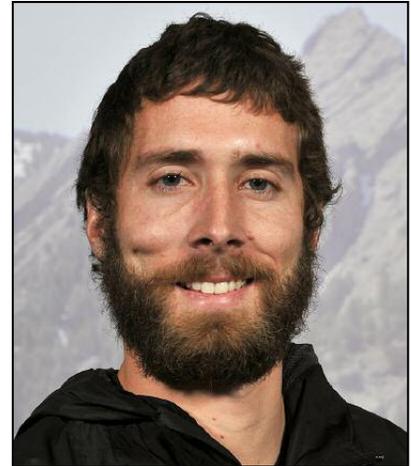


KAREN LECHMAN
Director of Operations
11th Season

Karen Lechman is in her sixth year as the director of operations, but her 11th 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.



LEX BUTLER
Volunteer Assistant Coach
Sprints/Hurdles
First Season

Lex Butler is in his first year as a volunteer assistant coach at Colorado, joining the staff in the fall of 2012.

Butler is the CU indoor 60-meter hurdle record holder. His time of 7.75 seconds was set at the 2000 Big 12 Indoor Championships when he won the conference title. A few weeks later he earned All-American status at nationals with a ninth-place finish in the preliminary rounds.

The Mansfield, Texas native remains one of the top hurdlers of all time at Colorado. He owns the top nine times in the indoor 60-hurdles and is third in the indoor 55-hurdles (7.31). Outdoors, Butler is the third best CU performer in the 110-hurdles; owning the fifth through ninth fastest times to date. While at CU, he was named the CU Athlete of the Week on two occasions, earned several all-conference honors and was a letterwinner from 1998-2002. Butler went on to coach at the U.S. Naval Academy from 2003-2007.

While at Mansfield High School, he competed in track and played football. Butler graduated with the MHS 110-hurdles record (13.70) and the regional record (13.72).

Butler graduated from CU in 2002 with a bachelor's degree in political science and earned his master's in 2008 from George Washington University. He is married to Jenna Lewis Butler, and the couple resides in Boulder.



EMILY PEARSON
Volunteer Assistant Coach
Combined Events/Jumps
Fifth Season

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

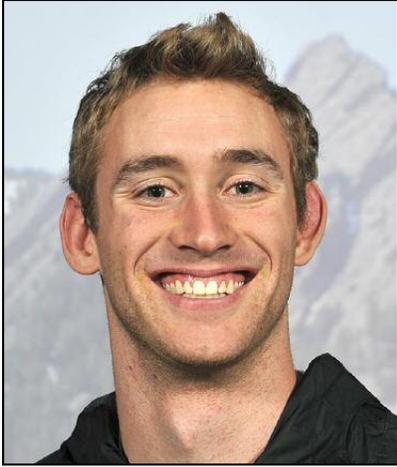
The La Junta, Colo. native has been competing professionally since graduating from Colorado State in 2008. At the USATF Indoor Championships she placed ninth in 2009, was sixth in 2011 and fifth in 2012. At the USATF Outdoor Championships she has also seen success. She was 11th in 2009, fifth in 2010, seventh in 2011. Pearson was chosen to represent the U.S. at the Thorpe Cup Team USA vs. Germany Combined Event Championships in 2009, '10 and '11, as well as the 2011 NACAC Combined Events Championships in Kingston, Jamaica, where she won the individual title. She was selected to compete at the 2012 Pan American Combined Events Championships and placed seventh overall.

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

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

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

Pearson graduated from CSU in 2008. She lettered in track, softball and basketball at La Junta High School and graduated in 2004.



ADAM SALZMANN
Volunteer Assistant Coach
Combined Events
First Season

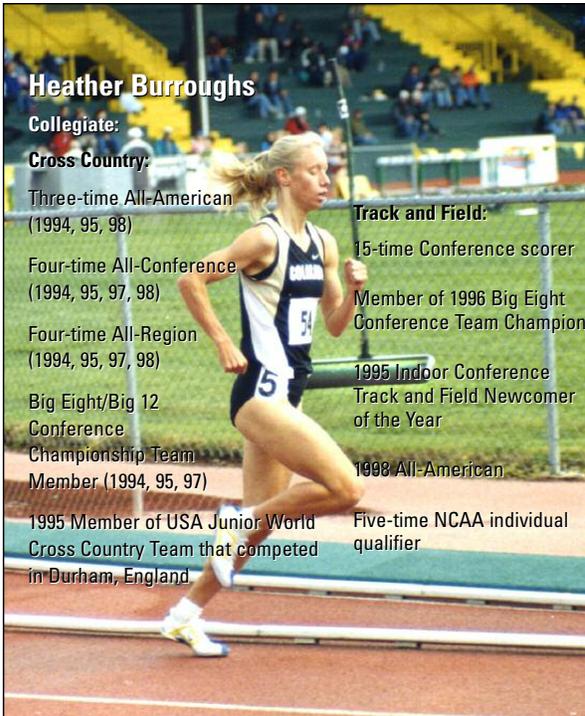
Adam Salzmann is in his first year as a member of the CU coaching staff, joining after graduating in the spring of 2012.

Salzmann put his name all over the CU Combined Events indoor and outdoor record book. He owns the second fastest indoor time in the 1,000-meter run, is third in the 60 and the 60-hurdles, fourth in the pole vault, sixth in the long jump, eighth in the high jump and ninth in the shot put. He also ranks third in the heptathlon and has the Balch Fieldhouse record in the event. In the decathlon, he has the top time in the 1,500, is third in the pole vault, fourth in the 400 and 110-meter hurdles, sixth in the shot put, eighth in the 100 and ninth in the discus. Overall his mark ranks fifth all-time and is the most for a Buff since 1977.

The Wheat Ridge, Colo. native scored for the Buffs at the Big 12 Indoor and Outdoor and Pac-12 Championships. At the 2012 Pac-12 Championship, he recorded his best finish at a conference meet, placing third in the decathlon and was also seventh in the 400-meter hurdles. During the 2012 indoor season, Salzmann competed unattached at the USATF Indoor Combined Events Championships, placing ninth.

Salzmann lettered in cross country, track & field and golf in high school. He set school records in the 300-meter hurdles, pentathlon and decathlon. Salzmann graduated from CU in 2012 with degrees in integrative physiology and psychology.

Assistant Coach Accolades



Heather Burroughs

Collegiate:

Cross Country:

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

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

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

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

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

Track and Field:

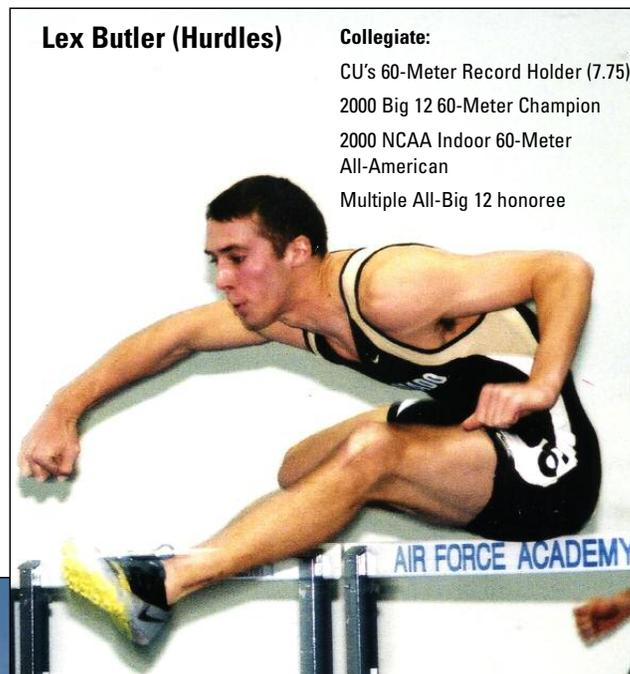
15-time Conference scorer

Member of 1996 Big Eight Conference Team Champion

1995 Indoor Conference Track and Field Newcomer of the Year

1998 All-American

Five-time NCAA individual qualifier



Lex Butler (Hurdles)

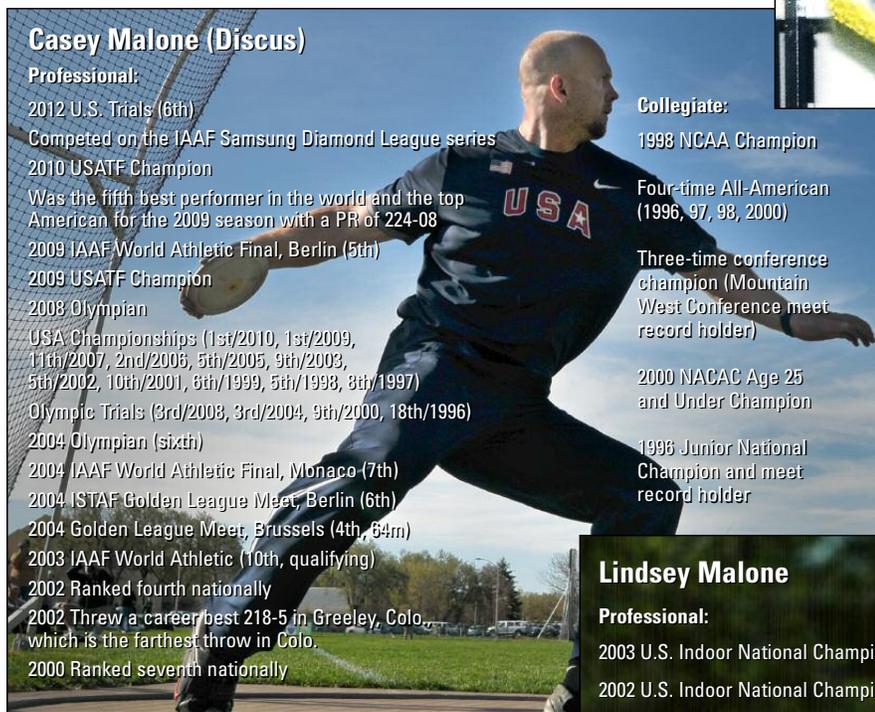
Collegiate:

CU's 60-Meter Record Holder (7.75)

2000 Big 12 60-Meter Champion

2000 NCAA Indoor 60-Meter All-American

Multiple All-Big 12 honoree



Casey Malone (Discus)

Professional:

2012 U.S. Trials (6th)

Competed on the IAAF Samsung Diamond League series

2010 USATF Champion

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

2009 IAAF World Athletic Final, Berlin (5th)

2009 USATF Champion

2008 Olympian

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

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

2004 Olympian (sixth)

2004 IAAF World Athletic Final, Monaco (7th)

2004 ISTAF Golden League Meet, Berlin (6th)

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

2003 IAAF World Athletic (10th, qualifying)

2002 Ranked fourth nationally

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

2000 Ranked seventh nationally

Collegiate:

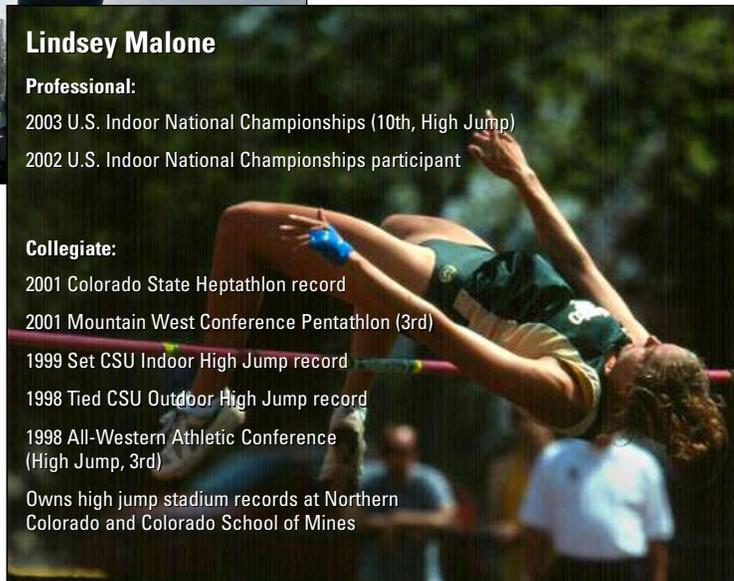
1998 NCAA Champion

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

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

2000 NACAC Age 25 and Under Champion

1996 Junior National Champion and meet record holder



Lindsey Malone

Professional:

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

2002 U.S. Indoor National Championships participant

Collegiate:

2001 Colorado State Heptathlon record

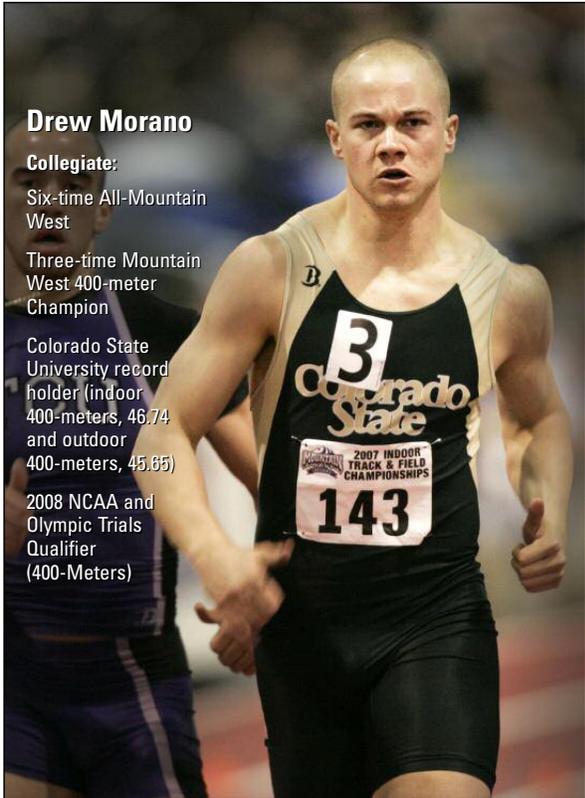
2001 Mountain West Conference Pentathlon (3rd)

1999 Set CSU Indoor High Jump record

1998 Tied CSU Outdoor High Jump record

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

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



Drew Morano

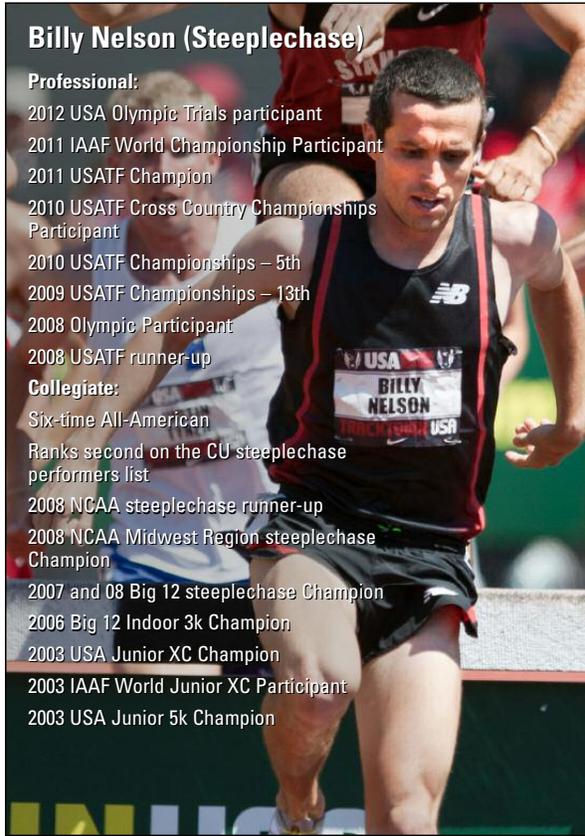
Collegiate:

Six-time All-Mountain West

Three-time Mountain West 400-meter Champion

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

2008 NCAA and Olympic Trials Qualifier (400-Meters)



Billy Nelson (Steeplechase)

Professional:

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



Emily Pearson (Combined Events)

Professional:

2012 Pan American Championships – 9th
 2012 Indoor USA Championships – 5th
 2011 NACAC Championships – 1st
 2009, 10 and 11 Thorpe Cup participant
 2011 Outdoor USA Championships – 7th
 2011 Indoor USA Championships – 6th
 2010 Outdoor USA Championships – 5th
 2009 Outdoor USA Championships – 11th
 2009 Indoor USA Championships – 9th

Collegiate:

2008 All-American (Heptathlon)
 Colorado State University record holder (Heptathlon, 5, 605; 4x100m relay, 45.29; indoor 4x400m relay)
 2007 and 2008 MWC High Points Scorer
 Two-time MWC Athlete of the Week
 Five-time NCAA Midwest Region Qualifier (Javelin, 100-meter hurdles)
 2008 NCAA Championship and Olympic Trials Qualifier (Heptathlon)



Adam Salzmann (Combined Events)

Collegiate:

Balch Fieldhouse Heptathlon Record Holder
 2012 Indoor USA Championships (9th)
 Two-Time All-Pac-12 Performer (decathlon and 400-meter hurdles)
 Three-Time All-Big 12 Performer (heptathlon and decathlon)
 CU Combined Events 1,500 meter record holder
 Ranks third all-time in the heptathlon at CU
 Ranks fifth all-time in the decathlon at CU

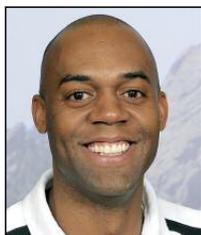
Support Staff



David Adamczyk
Equipment

David Adamczyk Assistant Equipment Manager • Third Season

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



Corey Edwards
Academics

Corey Edwards Academic Counselor • Second Season

Corey Edwards is in his second 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.



Craig Downing
Speed-Strength & Conditioning

Craig Downing Assistant Speed-Strength and Conditioning • Third Season

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



Melisa Fazio
Athletics

Melisa Fazio Assistant Athletic Trainer • Second Season

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



Linda Sprouse
Sports Information

Linda Sprouse Assistant Sports Information Director • Eighth Season

Linda Sprouse is in her eighth 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 Big 12 Outdoor Track & Field Championship Media Coordinator when the Buffs hosted the championship in 2008. Prior to joining CU, she served as the coordinator of media relations for the American Volleyball Coaches Association from 2003-05, working primarily with NCAA women's Division II and III and men's Division III volleyball programs. Sprouse served as a graduate assistant in the athletic communications office at Minnesota State University from 2001-03. She worked with several of the Mavericks' programs, including volleyball, women's ice hockey and women's basketball. Sprouse earned her bachelor's degree in mass communications from MSU in 2001 and completed her master's of science in sport administration from MSU in 2007. A native of New Ulm, Minn., she earned two letters as a member of the NUHS tennis team. The former Linda Poncin is married to Nick Sprouse.

INDOOR

December 12	Black and Gold Intra-Squad	Balch Fieldhouse	Boulder, Colo.
January 18-19	Potts Indoor Invitational	Balch Fieldhouse	Boulder, Colo.
January 24-26	Air Force Invitational	Cadet Field House	USAFA, Colo.
January 25-26	UW Invitational	Dempsey Indoor	Seattle, Wash.
February 8-9	Tyson Invitational	Randal Tyson Track Center	Fayetteville, Ark.
February 8-9	Husky Classic	Dempsey Indoor	Seattle, Wash.
February 9	Air Force Team Challenge	Cadet Field House	USAFA, Colo.
February 22-23	Mountain Pacific Sports Federation Championships	Dempsey Indoor	Seattle, Wash.
March 1-2	Last Chance Qualifiers	TBA	TBA
March 8-9	NCAA Indoor Championships	Randal Tyson Track Center	Fayetteville, Ark.

OUTDOOR

March 15-16	Jerry Quiller Classic	Potts Field	Boulder, Colo.
March 29-30	Stanford Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
March 30	Fum McGraw Quadrangular	Jack Christiansen Track	Fort Collins, Colo.
April 4-6	Air Force Relays	Cadet Outdoor Track & Field Complex	USAFA, Colo.
April 12-13	CU Invitational	Potts Field	Boulder, Colo.
April 18-20	Mt. Sac Relays	Hilmer Lodge Stadium	Walnut, Calif.
April 20	Beach Invitational	Jack Rose Stadium	Cerritos, Calif.
April 20	Bryan Clay Invitational	Cougar Athletic Stadium	Azusa, Calif.
April 25-26	Glenn Morris Combined Events	Jack Christiansen Track	Fort Collins, Colo.
April 26-27	Jack Christiansen Invitational	Jack Christiansen Track	Fort Collins, Colo.
April 28	Cardinal Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
May 3	Air Force Twilight	Cadet Outdoor Track & Field Complex	USAFA, Colo.
May 4-5	Pac-12 Combined Events Championships	Katherine B. Loker Stadium	Los Angeles, Calif.
May 11-12	Pac-12 Outdoor Championships	Katherine B. Loker Stadium	Los Angeles, Calif.
May 23-25	NCAA West Preliminary Championships	Mike A. Myers Track Stadium	Austin, Texas
June 5-8	NCAA Outdoor Championships	Hayward Field	Eugene, Ore.
June 19-23	USATF Outdoor Championships	Drake Stadium	Des Moines, Iowa

** Schedule is tentative and subject to change*

The start of the 2013 University of Colorado track and field season will once again kick off with the Buffs hosting the Potts Indoor Invitational, January 18-19, at Balch Fieldhouse. It will be CU's only home meet during the indoor season but CU will also host a pair of outdoor meets, the Jerry Quiller Classic, March 15-16, and the Colorado Invitational, April 12-13.

DISTANCE

Colorado continues to be one of the top distance programs in the country under the direction of head coach Mark Wetmore and associate head coach Heather Burroughs. The men's team is fresh off of a third-place finish at the NCAA Cross Country Championship and won its second straight Pac-12 title in 2012.

The men return two decorated athletes in seniors Joe Bosshard and Richard Medina. Bosshard redshirted the entire 2012 season, while Medina has only outdoor eligibility remaining. Bosshard is a five-time All-American, twice in cross country, twice in the 10k and once in the 5k. Medina returns for his sixth year after receiving a medical hardship last spring. He was a 2010 outdoor 5k All-American as well as a 2011 All-American in cross country. Both should make a big impact for the Buffs this season.

They aren't the only two, as the Buffs had three All-Americans on the cross country course last fall: junior Jake Hurysz, sophomore Blake Theroux and senior Aric Van Halen. Van Halen has also recorded All-American honors on the track. Last season he was 10th in the 3,000-meter steeplechase finals at NAAs.

The depth runs very deep for the men. Hugh Dowdy and Martin Medina have scored for the Buffs at the conference level. Dowdy was fourth in the steeplechase at Pac-12s, while Medina placed eighth in the 10k at the same meet. This past fall Pierce Murphy recorded All-Pac-12 honors on the cross country course and will be one to watch.

CU's women have the nation's top 1-2 punch in the steeplechase, returning a pair of Olympians in seniors Emma Coburn and Shalaya Kipp. Coburn redshirted the entire 2012 season to prepare for the Olympic Games where she would place ninth in the finals as the top American, and Kipp competed in the prelims. Coburn won the 2011 NCAA steeplechase title and Kipp took the crown in 2012. They are not just steeplechasers. Coburn is one of the nation's top milers and will be one of the best collegiate runners this season. Kipp has been very

successful in the longer distances during the indoor season, typically leaning towards the 3k or 5k.

There are several other women who will look to help CU in the team score. Senior Camille Logan has scored in the 10k, but has also shown talent in the 1,500. Redshirt freshman Rachel Baptista did well for CU during the 2011 cross country season and should add some points for the Buffs.

MIDDLE DISTANCE

Coaches Wetmore and Burroughs have a talented group of middle distance runners as well. Matthew Biegner, a senior, has been improving as his career advances. He currently ranks ninth on CU's indoor 800-meter run performers list. Bieger placed sixth for the Buffs at the MPSF Championships in the 800 last season and just missed scoring at the Pac-12 Championships with a ninth-place finish. Sophomore Connor Winter will be in the mix as well and looks to play in important part in CU's success in the middle distances. Hurysz will be able to do double-duty, running both distance and middle distances. Freshman Joe Mitchem will join the group and should be in the mix come conference meet time.

The women also look quite strong in the middle distances. Senior Elizabeth Tremblay will once again lead CU as she ranks second on CU's indoor 800-meter performers list and is third on the outdoor 800 list. Senior Staci Foster will be looking to contribute to the team; she scored for the Buffs two years ago at the indoor conference meet. Sophomore Catrina McAlister has been showing steady improvement and looks to add points to the Buffs' score this year. Colorado also has a pair of newcomers that should make an immediate impact. Freshman Carrie Verdon was a decorated miler out of high school and sophomore Jenny DeSouchet, a transfer from Columbia University, also had a solid high school background. Both won several state championships and will be valuable additions.

JUMPS/COMBINED EVENTS

Assistant coach Lindsey Malone is in her sixth year at the helm of the combined events and jumps program and has a very talented and experienced group of athletes this year. The men's side has a pair of juniors to lead the way. Jason DeWitt and Brock Emory have each redshirted a season and in their fourth year at CU look to make an impact in the team scores. DeWitt was very close to scoring points for



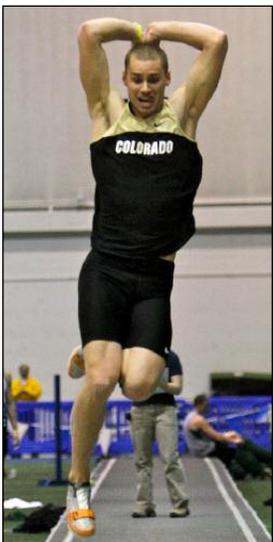
Brianne Beemer



Matthew Biegner



Emma Coburn



Jason DeWitt



Eileen Gehring

CU in 2012 as he was 11th at MSPFs and 13th at Pac-12s. Sophomore Mark Jones focused last season on the high jump and earned a spot quickly in CU's record books. Indoors, he ranks fifth all time and in the outdoor book, he is seventh.

The women's team has a great deal of depth, starting with three seniors: Brianne Beemer, Alyssa Frank and Holly Odneal. Beemer has seen a great deal of success for the Buffs; she was third at MSPFs in the pentathlon and took fourth at Pac-12s in the heptathlon. Junior Genny Mayden led CU in the heptathlon at Pac-12s last season by placing third overall and sophomore Brittany Lewis added points to the team score at MSPFs in the pentathlon with a seventh-place finish.

Frank advanced to the NCAA West Preliminary Championships last season in the high jump and tied for fourth at Pac-12s. Sophomore Kelsey English was just out of scoring for CU in the high jump at 11th and also competed at the preliminary championships.

SPRINTS/HURDLES

Assistant coach Drew Morano is in his fourth season at the helm of the Buffalo sprinters. Two-time All-American Joe Morris will enter his senior season as the top sprinter. He also owns the CU record in the 60-meter dash. Morris scored for the Buffs at MSPFs in the 60, 200 and the 4x400-meter relay and also picked up points at the Pac-12 Championships in the 100 and 200. His teammates senior Kyle MacIntosh, juniors Tyler Baker, Blake Berens, Shaw Gifford and Blake Reimer and Erik Gayton will help the event area pick up additional points for the team.

The women are young, but very talented. Sophomore Eileen Gehring made an immediate impact on the team, setting the CU outdoor 400-meter record in 54.21 second. She is right on the cusp of picking up points for CU. Joining Gehring in the sprints are fellow sophomores Lindsay Mattson and Bridget Sweeney, along with junior Lindsey Hubbard. Freshman Mia Holland will also be in the mix for the Buffs.

THROWS

Two-time Olympian and two-time U.S. Discus Champion Casey Malone will lead the Buff throwers for the 13th season. His men's team is small, but the quality of his team will speak volumes. Senior Cameron Hutchins has been making large strides and is on the verge of scoring for the Buffs in a competitive throwing conference as he took 11th in the hammer throw at Pac-12s. Junior Alex Kizirian had a breakout

season in 2012 and now ranks second all-time for the Buffs in the weight throw. He earned a sixth-place finish in the event at the MPSF Championships and also picked up points for the Buffs outdoors in the hammer throw, also sixth. Brady Rutt, a sophomore, led the Buffs last season in the discus, placing fifth for CU in the event at Pac-12s. Senior Brian Owens will rejoin the team during the outdoor season in the javelin.

The women will be led by senior Emily Hunsucker, who is the second best CU performer in the hammer throw and the fourth best CU performer in the weight throw. Juniors Kajsa Bank and Kellie Lind and sophomore Sophie Hallam-Eames will add a lot of depth to the women's side.

THE MEET SCHEDULE

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

Washington will host the 2013 Mountain Pacific Sports Federation Championships in Seattle, Wash., February 22-23. The following weekend CU will send athletes to a variety of last chance meets to qualify for the NCAA Indoor Championship, March 8-9, in Fayetteville, Ark.

As soon as the indoor season is over, the Buffs will switch gears to the outdoor campaign, hosting their first of two meets at Potts Field, CU will host the Jerry Quiller Classic, formerly known as the Potts Invitational, March 15-16. The second home meet is the Colorado Invitational, set for April 12-13.

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

USC will host the Pac-12 Outdoor Track & Field Championships. The combined events portion of the meet will be contested May 4-5, while all other event areas will compete May 11-12. Texas will host the NCAA West Preliminary Championships, May 23-25, at Mike A. Myers Stadium. The 2013 NCAA Outdoor Championship is June 5-8 in Eugene, Ore. and the U.S. Track & Field Championships will be June 19-23 in Des Moines, Iowa.



Emily Hunsucker



Cameron Hutchins



Richard Medina



Joe Morris



Elizabeth Tremblay

2013 Track And Field Rosters

MEN	Ht.	Yr.	In/Out	Event(s)	Hometown (High School/Previous College)
Tyler Baker	5-11	So./Jr.	VR/1L	Hurdles	Santa Rosa, Calif. (Maria Carrillo)
Blake Berens	5-11	So./Jr.	VR/VR	Sprints	Loveland, Colo. (Loveland)
Matthew Biegner	6-4	Sr.	VR/VR	Middle Distance	Broomfield, Colo. (Broomfield)
Joe Bosshard	6-0	Sr.	1L/2L	Distance	Crested Butte, Colo. (Crested Butte Academy)
Jason DeWitt	6-3	Jr.	VR/VR	Combined Events	Arvada, Colo. (Ralston Valley)
Hugh Dowdy	6-1	So.	VR/1L	Distance	Petaluma, Calif. (Petaluma)
Brock Emory	6-4	Jr.	RS/RS	Combined Events	Colorado Springs, Colo. (Fountain Fort Carson)
Erik Gaytan	5-8	Fr.	HS/HS	Sprints	Littleton, Colo. (Chatfield)
Shaw Gifford	6-1	Jr./So.	1L/VR	Sprints	Littleton, Colo. (Chatfield/Arizona)
Michael Goodger	5-11	So.	VR/VR	Distance	Carlsbad, Calif. (Carlsbad)
Jake Hurysz	5-10	So.	TR/TR	Middle Distance	Mebane, N.C. (Eastern Alamance/UNC)
Cameron Hutchins	6-6	Sr.	VR/VR	Throws	Centennial, Colo. (Arapahoe)
Mark Jones	6-8	So.	VR/VR	Combined Events/Jumps	Summit, N.J. (Summit)
David Kilgore	5-8	Fr.	RS/RS	Distance	Palm Bay, Fla. (Holy Trinity)
Alexandre Kizirian	6-2	Jr.	1L/1L	Throws	Thornton, Colo. (Mountain Range)
Kyle MacIntosh	6-2	Sr.	1L/2L	Sprints	Littleton, Colo. (Littleton)
Martin Medina	5-6	Sr.	VR/1L	Distance	Grand Junction, Colo. (Grand Junction)
Richard Medina	5-5	Sr.	3L/3L	Distance	Grand Junction, Colo. (Grand Junction)
Joe Mitchem	6-2	Fr.	HS/HS	Middle Distance	Broomfield, Colo. (Broomfield)
Joe Morris	5-11	Sr.	1L/1L	Sprints	Golden, Colo. (Golden/Tennessee)
Ammar Moussa	5-7	Fr.	RS/RS	Distance	Arcadia, Calif. (Arcadia)
Pierce Murphy	5-8	So./Fr.	VR/HS	Distance	Hanalei, Hawai'i (Island)
Brian Owens	6-4	Jr.	VR/1L	Javelin	Elmer, N.J. (Woodstown)
Morgan Pearson	5-11	So.	TR/TR	Distance	New Vernon, N.J. (Morristown/Duke)
Blake Reimer	6-0	Jr.	1L/1L	Sprints	Fort Collins, Colo. (Fort Collins)
Blake Reimer	6-0	Jr.	1L/VR	Sprints	Fort Collins, Colo. (Fort Collins)
Brady Rutt	6-1	So.	VR/1L	Throws	Hastings, Neb. (Hastings)
Ryan Savercool	5-11	Jr.	VR/VR	Distance	Chester, N.J. (Mendham)
Dillon Shije	5-8	Jr.	VR/VR	Distance	Zia Pueblo, N.M. (Sandia Preparatory)
Jonny Stevens	6-3	Sr.	1L/VR	Distance	Vail, Colo. (Battle Mountain)
Blake Theroux	5-8	So.	VR/VR	Distance	Chesapeake, Va. (Western Branch)
Aric Van Halen	5-11	Sr.	RS/2L	Distance	Los Angeles, Calif. (Oakwood)
Connor Winter	5-11	So./Fr.	VR/RS	Middle Distance	Centennial, Colo. (Arapahoe)

HEAD COACH: Mark Wetmore

ASSISTANT MIDDLE AND LONG DISTANCE COACH: Heather Burroughs

ASSISTANT SPRINTS COACH: Drew Morano

ASSISTANT THROWS COACH: Casey Malone

ASSISTANT COMBINED EVENTS AND JUMPS COACH: Lindsey Malone

PRONUNCIATION GUIDE

Matt BIEGNER.....big-ner	Ammar MOUSSAMOO-sah
Joe BOSSHARDboss-HARD	Blake REIMERRIE-merh
Michael GOODGERGOOD-ger	Dillon SHIJESHE-hay
Jake HURYSZ.....HERS	Blake THEROUXTHER-row
Alexandre KIZIRIANKEH-zeer-E-ian	ARIC Van Halen.....Eric

2013 Track And Field Rosters

WOMEN	Ht.	Yr.	In/Out	Event(s)	Hometown (High School/Previous College)
Madeline Alm	5-3	Fr.	HS/HS	Middle Distance	Louisville, Colo. (Monarch)
Kajsa Bank	5-8	Jr.	VR/VR	Throws	Louisville, Colo. (Monarch)
Rachel Baptista	5-4	Fr.	RS/RS	Distance	Austin, Texas (Austin)
Brianne Beemer	5-7	Jr.	2L/3L	Combined Events	Loveland, Colo. (Mountain View)
Courtney Bouchet	5-4	Jr./Sr.	VR/VR	Distance	Estes Park, Colo. (Estes Park)
Emma Coburn	5-8	Sr.	2L/3L	Distance	Crested Butte, Colo. (Crested Butte)
Sophia Cole	5-10	Fr.	HS/HS	Combined Events	Yuma, Ariz. (Gila Ridge)
Jenny DeSouchet	5-6	So.	VR/VR	Middle Distance	Alamosa, Colo. (Alamosa/Columbia)
Kelsey English	6-2	So.	VR/VR	Jumps	Colorado Springs, Colo. (Doherty)
Staci Foster	5-6	Jr.	VR/1L	Middle Distance	Anaheim Hills, Calif. (Orange Lutheran)
Alyssa Frank	5-9	Sr.	VR/VR	Combined Events	Union, Ky. (Ryle)
Eileen Gehring	5-6	So.	1L/1L	Sprints	Madison, Wis. (Edgewood)
Diana George	5-9	Jr.	VR/VR	Distance	Livermore, Calif. (Livermore)
Sophie Hallam-Eames	6-3	So./Fr.	VR/RS	Throws	Seattle, Wash. (Nathan Hale)
Mia Holland	5-4	Fr.	HS/HS	Sprints	Aurora, Colo. (Regis Jesuit)
Lindsey Hubbard	5-5	Jr./So.	VR/VR	Sprints/Hurdles	LaSalle, Colo. (Valley)
Emily Hunsucker	5-6	Sr./Jr.	VR/RS	Throws	Arvada, Colo. (Pomona)
Shalaya Kipp	5-7	Sr.	1L/3L	Distance	Salt Lake City, Utah (Skyline)
Makenzie Kline	5-11	Fr.	HS/HS	Throws	Reno, Nev. (Galena)
Margaux Krahe	5-8	So.	VR/VR	Throws	Bethel Park, Pa. (Bethel Park)
Brittany Lewis	5-8	So.	1L/RS	Combined Events	Aurora, Colo. (George Washington)
Kellie Lind	5-8	Jr.	VR/VR	Throws	Gig Harbor, Wash. (Gig Harbor)
Camille Logan	5-6	Sr.	VR/1L	Distance	Littleton, Colo. (Littleton)
Nikki Look	5-2	Sr.	VR/VR	Middle Distance	Castle Rock, Colo. (Douglas County)
Lindsay Mattson	5-9	So.	1L/1L	Sprints	Grand Rapids, Minn. (Grand Rapids)
Genny Mayden	5-9	Jr.	VR/1L	Combined Events	Nashville, Tenn. (Ensworth)
Catrina McAlister	5-3	So.	VR/VR	Distance	San Clemente, Calif. (Arcadia)
Allie McLaughlin	4-10	Jr.	VR/VR	Distance	Colorado Springs, Colo. (Air Academy)
Lainey Nash	5-8	Fr.	RS/RS	Middle Distance	Beaverton, Ore. (Southridge)
Holly Odneal	5-10	Sr.	VR/VR	Combined Events	Palisade, Calif. (Palisade)
Ewelina Pena	5-8	Fr.	HS/HS	Combined Events	Lakewood, Colo. (Lakewood)
Gwen Ricco	5-10	Sr.	VR/VR	Combined Events	Dallas, Texas (Highland Park/Wake Forest)
Jana Stolting	5-7	Jr.	VR/VR	Distance	Tallahassee, Fla. (MacClay/San Francisco)
Bridget Sweeney	5-7	So.	1L/1L	Sprints	Hopkins, Minn. (Hopkins)
Abrianna Torres	5-7	Fr.	RS/RS	Combined Events	San Luis Obispo, Calif. (San Luis Obispo)
Elizabeth Tremblay	5-7	Sr.	2L/1L	Middle Distance	Loveland, Colo. (Thompson Valley)
Carrie Verdon	5-2	Fr.	HS/HS	Middle Distance	Moraga, Calif. (Campolindo)
Rachel Viger	5-5	So.	VR/VR	Distance	Fort Collins, Colo. (Fort Collins)

PRONUNCIATION GUIDE

KAJSA Bank.....KI (like high)-sa	MARGAEX KraheMargo
Brianne BEEMERBEAM-er	GENNY MaydenJenny
Courtney BOUCHETBOO-shay	Holly ODNEALODD-kneel
Jenny DESOUCHETDE-Sioux-shay	EWELINA Pena.....EVH-alina
Eileen GEHRINGGARE-ring	Rachel VIGERVEE-jay
SHALAYA KippSHA-lay-a	

TYLER BAKER

Sprints/Hurdles
Sophomore/Junior,
VR/1L
Santa Rosa, Calif.
(Maria Carrillo)

PERSONAL BESTS*INDOOR*

400 Meters: 50.02 (2012)

600 Yards: 1:16.37 (2012)

OUTDOOR

400 Meters: 50.09 (2010)

400 Meter-Hurdles: 52.76 (2012)

PAC-12 SCORING

2012 400-Meter Hurdles, 8th (52.76)

2012: *Indoor:* Baker competed in two events during the indoor season, clocking personal records in both. He recorded a time of 1:16.37 at the Potts Invite (1/21) in the 600-yard dash and finished the 400 in 50.02 at the Air Force Team Challenge (1/28).

Outdoor: Baker focused on the 400-meter hurdles during the outdoor season, recording runner-up honors three times. He clocked a finish of 52.79 at the Jack Christiansen Invite (4/28), which was his season best at the time. Baker earned a spot on the Pac-12 Championships roster advanced to the finals in the 400 hurdles after placing eighth (53.59) in the prelims. The following day he finished eighth again with a personal best of 52.76.

2011: *Indoor:* Did not compete.

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

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

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

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

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

BLAKE BERENS

Sprints
Sophomore/Junior,
VR/VR
Loveland, Colo.
(Loveland)

PERSONAL BESTS*INDOOR*

60 Meters: 7.10 (2012)

200 Meters: 22.66 (2012)

400 Meters: 52.54 (2012)

OUTDOOR

100 Meters: 11.10 (2011)

200 Meters: 21.62 (2012)

400 Meters: 48.61 (2012)

2012: *Indoor:* Berens competed in three events during his redshirt freshman season. He raced to an eighth-place finish in the 60-meter dash at the Potts Invite (1/21) with a time of 7.10. A week later at the Air Force Team Challenge (1/28) Berens recorded season best times in the 200 (22.66) and the 400 (54.54).

Outdoor: Berens raced the 200 and 400 during his second season with the Buffs. He clocked personal bests in both events at the Jack Christiansen Invite (4/28). Berens placed second in the 200, finishing in 21.62, and was fourth in the 400, crossing the line in 48.61. Berens raced both events at the Pac-12 Championships. He was 14th in the 400 (49.48) and 19th in the 200 (21.93).

2011: *Indoor:* Did not compete

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

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

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

IN THE CLASSROOM: Berens is majoring in architectural engineering.

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

MATT BIEGNER

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

PERSONAL BESTS*INDOOR*

800-Meters: 1:53.21 (2012)

1,000-Meters: 2:27.23 (2010)

Mile: 4:04.66 (2012)

OUTDOOR

800-Meters: 1:50.60 (2012)

1,500-Meters: 3:46.45 (2012)

ACADEMIC HONORS

Academic All-Big 12 (2010, 11)

MPSF All-Academic (2012)

Pac-12 All-Academic Second Team (2012)

2012: *Indoor:* Biegner competed three times during the indoor season. He started off by recording a personal best in the 800 at the Air Force Team Challenge (1/28), clocking a time of 1:53.21 for second place. Biegner ran the mile twice during the season. His best time of 4:04.66 earned him a sixth-place finish at the Mountain Pacific Sports Federation Championships (2/25) and was also the fastest time by a Buff during the campaign.

Outdoor: Biegner focused on the 1,500, but did run the best 800-meter run time for the Buffs during the season. He recorded a time of 1:50.60 at Mt. SAC Relays (4/20), a personal best. The rest of the season was geared towards the 1,500. Biegner PR'd at the Stanford Invitation (4/14), winning his section in 3:46.45. He advanced to the Pac-12 Championship finals in the 1,500 (3:47.59), placing 10th. The following day Biegner just missed scoring for CU, placing ninth in 3:49.64. He went on to compete at the NCAA West Preliminary Championships and placed 26th (3:52.58).

2011: *Indoor:* Did not compete.

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

2010: *Indoor:* Biegner was one of CU's top middle distance runners. He won the mile at the Potts Invite (1/23) with a time of 4:26.90 and the 800 at the Don Barrett Duals (1/30) with a time of 1:54.53. Biegner earned his personal best in the mile at the Husky Classic (2/13). His time was 4:09.44 and he took 14th overall in the unseeded section. Biegner debuted in the 1,000 at the Big 12 meet. He just missed the finals as he took ninth overall with a time of 2:27.23. The time was the 16th best in CU history and placed him eighth overall on the performers list.

Outdoor: Once again Biegner hit the track hard, concentrating on the 800 and 1,500. He ran a season best of 1:51.97 in the 800 at the CU Invite (4/10). The time earned him a fourth-place finish. Biegner's top time in the 1500 was at the Mt. SAC Relays (4/16). He clocked 3:51.76

and was 41st in the university/open division. Biegner ran in both the 800 and 1500 at the Big 12 meet. He was 26th in the 800 (1:55.03) and took 14th in the 1500 (3:52.59).

2009: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Biegner ran in three races for the Buffs in his final season, starting with a 12th-place finish at the Rocky Mountain Shootout. He ran the open race at the NCAA Pre-National Invitational and placed fourth before recording a 36th-place finish at the Pac-12 Championships; helping the Buffs to their second straight team title. (2011) Biegner ran in three races for the Buffs as a junior. He was 15th overall at the Rocky Mountain Shootout. Biegner led the Buffs at the Santa Clara Bronco Invite, crossing in 17th place. His last meet of the season was the inaugural Pac-12 Championships where he took 50th overall. (2010) Biegner earned a spot on the varsity roster as a sophomore. He was 31st at the Rocky Mountain Shootout, 29th at the NCAA Pre-National Meet, 47th at the Big 12 Championship, 60th at regionals and finished the season 234th at nationals. (2009) Biegner ran in three races. He was 59th at the Rocky Mountain Shootout and took 24th at the Fort Hays Invite. Biegner ran unattached in his final race of the season and took 30th at the Rocky Mountain Athletic Conference open race. (2008) Biegner ran in two open races, unattached. He was the 32nd to finish the Rocky Mountain Shootout in 28:06. Biegner was third in the (21:05.85) 6k at the Air Force Open.

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

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

IN THE CLASSROOM: Biegner is majoring in finance and political science. He owns a GPA greater than 3.5 and was a member of the Big 12 Commissioner's Honor Roll. Biegner was named to the Academic All-Big 12 First Team in 2010 and 11. In 2012 he was named to the All-MPSF Academic Team and the Pac-12 All-Academic second team.

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

JOE BOSSHARD



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

PERSONAL BESTS

INDOOR

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

Outdoor

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

BIG 12 SCORING

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

NCAA CHAMPIONSHIP SCORING

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

HONORS

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

ACADEMIC HONORS

Academic All-Big 12 (2011)

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

2012: *Indoor:* Did not compete.

Outdoor: Did not compete.

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

Outdoor: Bosshard continued to shine, leading the Buffs in the 5k and 10k. He won the 10k at the Stanford Invite (3/25) in 29:10.85. At the Cardinal Invite (5/1), Bosshard finished the 5k with the 12th-fastest time in school history at 13:34.57. He helped the Buffs finish the Big 12 era in style, capturing both the 5k and 10k individual crowns. Bosshard

started the meet by winning the 10k title in meet and stadium record time (28:52.85). He followed that up by winning the 5k in another meet record of 13:50.62 just two days later. Bosshard qualified for the NCAA West Preliminary Championships in both events, placing third in the 5k (13:34.44) and eighth in the 10k (29:15.57). His 5k time made him the sixth fastest performer in CU history and ranked 10th overall. With those finishes, Bosshard advanced to the finals at the NCAA Championships. He raced to an eighth-place finish in the 10k with the fourth fastest time in CU history (28:41.56) while earning All-American honors. Just one day later he placed 13th in the 5k (13:55.67) and earned All-American Second Team honors. Bosshard was named CU Athlete of the Week three times during the season.

2010: *Indoor:* Did not compete.

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

2009: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Did not compete. (2011) Bosshard ran in two meets for the Buffs, but he made it count. He helped CU win the inaugural Pac-12 team title after finishing ninth (CU's third scorer). Bosshard was the alternate on the regional squad, but was back in the line-up at NAAs and earned his second All-American honor with a 24th-place finish. Bosshard was also named to the All-Pac-12 First Team. (2010) Bosshard led CU in four of its five varsity races. He won the Rocky Mountain Shootout with the sixth fastest time in course history (24:44). Bosshard earned all-conference and all-region honors by placing sixth and eighth, respectively, in those races and was named an All-American after finishing 26th at the NCAA Championship. He was named the CU Athlete of the Week for that performance. (2009) Bosshard earned his way onto the varsity roster after winning the Fort Hays State Open. He crossed the finish in 24:09.73 and was named the CU Athlete of the Week as well as the Big 12 Runner of the Week for his performance. Bosshard was 19th at the Big 12 Championship and earned his first all-region honor as he finished 24th at regionals. Bosshard was the fourth Buff to cross the finish at nationals and placed 80th overall.

HIGH SCHOOL: Bosshard won three letters in cross country and four on the track. While competing in Wisconsin, he was a two-time member of the Mississippi Valley Conference cross country first team. On the track he

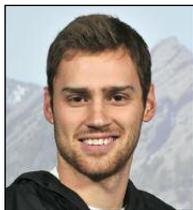
earned MVC honorable mention honors in the 3,200-meter run. Bosshard finished fourth at the 2006 Wisconsin Division III Cross Country Championships. In 2007, he placed 27th at the Foot Locker Midwest Cross Country Championship. He also placed second in the 3,200 at Mt. Sac Relays. Bosshard competed in the 2007 Nike Outdoor National Meet in the 5,000 and ran a mark of 15:12 to finish 12th overall.

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

ACADEMICS: Bosshard is majoring in finance and marketing at Colorado and has been a member of the Big 12 Commissioner's Honor Roll. He was named to the Academic All-Big 12 second team in 2011. Bosshard owns a GPA greater than 3.00.

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

JASON DeWITT



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

PERSONAL BESTS

INDOOR

Heptathlon: 5,035 (2012)
60 Meters: 7.36 (2012)
Long Jump: 22-02.25/6.77m (2011)
Shot Put: 39-02.50/11.95m (2012)
High Jump: 6-09/2.06m (2012)
60-Meter Hurdles: 8.47 (2012)
Pole Vault: 14-09/4.50m (2012)
1,000 Meters: 2:52.86 (2012)

OUTDOOR

Decathlon: 6,687 (2012)
100 Meters: 11.44 (2012)
Long Jump: 20-10.75/6.37m (2012)
Shot Put: 40-09.75/12.44m (2012)
High Jump: 6-08/2.03m (2012)
400 Meters: 52.29 (2012)
110-Meter Hurdles: 15.23 (2011)
Discus: 115-04/35.16m (2012)
Pole Vault: 14-05.25/4.40m (2012)
Javelin: 161-03/49.14m (2012)
1,500 Meters: 4:56.01 (2012)
Triple Jump: 45-01 (2009)

2012: *Indoor:* DeWitt became just the fifth Buff in CU history to record 5,000 points or more in the heptathlon when he reached 5,035 at the Mountain Pacific Sports Federation Championships, placing 11th overall. DeWitt won the high jump portion of the event with a jump of 6-08.25; the third best in CU combined events history. He ran to a personal best time of 2:52.86 in the 1,000 at the meet as well. DeWitt etched his name in other portions of the

record book during the season. He had the fifth best throw in the shot put (39-02.50) at the ISU Classic (2/9). DeWitt owns three of the top five high jumps, including the second best in Buffs' history. He jumped 6-09 at the ISU Classic, winning the event. He ranks fourth on the 60-meter hurdles list (8.47) and eighth in the pole vault (14-09).

Outdoor: DeWitt had a breakout redshirt sophomore season, totaling a season best mark of 6,671 points at the Jim Click Shootout (3/30-31) for seventh place. He also placed 13th at the Pac-12 Championships (6,588). DeWitt recorded personal bests in five of the 10 events, four of those happened at the conference meet. He recorded the fourth best throw in CU decathlon history (40-09.75), jumped the fourth best mark in school history in the high jump (6-08), recorded a jump of 20-10.75 in the long jump and ran 4:56.01 in the 1,500. DeWitt also cleared the 10th best mark in the pole vault at 14-05.25 at the Jim Click Shootout.

2011: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

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

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

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

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

IN THE CLASSROOM: DeWitt is majoring in Spanish for the professions.

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

HUGH DOWDY



**Distance
Junior/Sophomore,
VR/1L
Petaluma, Calif.
(Petaluma)**

PERSONAL BESTS

INDOOR

Mile: 4:06.57 (2012)
3,000 Meters: 9:02.52 (2011)

OUTDOOR

Steeplechase: 8:56.19 (2012)
1,500 Meters: 3:47.89 (2012)

PAC-12 SCORING

2012 Steeplechase, 4th (8:56.19)

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

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

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

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Dowdy earned a spot on the varsity roster as a redshirt sophomore. He started the year out with a sixth-place finish at the Rocky Mountain Shootout, crossing as CU's No. 5 runner. At NCAA Pre-Nationals, Dowdy placed 12th overall as the third CU harrier. Once again he was CU's No. 3 at the Pac-12 Championships, crossing the finish line ninth. He did not score in the final two meets, but was 53rd at regionals and 205th at nationals. He was named to the All-Pac-12 Second Team and helped the Buffs win their second straight team conference title. (2011) Dowdy ran in two meets for CU. He placed 20th at the Rocky Mountain Shootout and was 100th at the Santa Clara Bronco Invite.

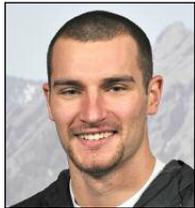
HIGH SCHOOL: Dowdy helped his cross country team to the Sonoma County League Championships in his sophomore, junior and senior years, and the North Coast Championships in his sophomore and senior years. He also helped his team to a second-place finish his sophomore year and a third-place finish his junior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

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

IN THE CLASSROOM: Dowdy is majoring in engineering physics and physics.

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

BROCK EMORY



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

PERSONAL BESTS

INDOOR

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

OUTDOOR

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

2012: *Indoor:* Emory's indoor season was cut short due to injury. At the Potts Invite (1/19-20) he finished seventh in the heptathlon with a score of 3,692 points despite not recording a mark in the long jump.

Outdoor: Did not compete.

2011: *Indoor:* Emory competed in three heptathlons during his sophomore year. His best outing came at the Big 12 Indoor Championships when he totaled a personal best score of 4,736 points and placed 16th. Emory's had PR's in six of the seven events. He ran a time of 7.48 in the 60-meter dash, a time of 8.56 in the 60-hurdles, which is seventh on CU's all-time combined event list, and a time of 2:57.02 in the 1,000. Emory also had PR's in the long jump (19-11), shot put (38-05) and pole vault (12-09.50). His toss in the shot put ranks eighth in CU history. Emory did PR during the season in the high jump. He cleared a height of 6-06.25 to place first in the event at the Potts Invite (1/22). *Outdoor:* Emory participated in three decathlons for the Buffs and once again he had his best outing at the Big 12 Championships, placing 13th with 6,179 points. Emory had personal bests in five of the 10 events. He ran the 400 in 51.86 and the 1,500 in 4:56.56 while recording marks of 22-06.50 in the long jump, 38-07.75 in the shot put and 13-02.50 in the pole vault. At the Jim Click Invite he jumped 6-05.50 in the high jump to tie for eighth in CU combined events history. He also raced to a time of 15.15 at the meet

in the 110-hurdles, which ranks eighth on the same list.

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

Outdoor: Emory competed in five different events during the outdoor season. He reached a height of 11-11.75 in the pole vault, 5-10.75 in the high jump and threw the javelin 166-07 in the field events. On the track, he ran 12.30 in the 100 and 15.93 in the 110 hurdles.

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

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

IN THE CLASSROOM: Emory is majoring in geography.

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

ERIK GAYTAN



Sprints
Freshman, HS
Littleton, Colo.
(Chatfield)

PERSONAL BESTS

100-Meters: 10.7
 200-Meters: 21.6
 400-Meters: 47.95

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

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

IN THE CLASSROOM: Gaytan is undecided on a major.

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

SHAW GIFFORD



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

PERSONAL BESTS

INDOOR

60 Meters: 6.89 (2012)
 200 Meters: 21.32 (2011)

MPSF SCORING

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

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

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

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

IN THE CLASSROOM: Gifford is majoring in political science.

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

MICHAEL GOODGER



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

PERSONAL BESTS

INDOOR

3,000 Meters: 9:03.02 (2011)

2012: *Indoor:* Did not compete.

Outdoor: Did not compete.

2011: *Indoor:* Goodger ran in one race for the Buffs. He placed fifth in the 5,000-meter run (9:03.02) at the Potts Invite (1/22).

Outdoor: Redshirt. Did not compete.

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

HIGH SCHOOL: Goodger holds the CHS record in the 1600 (4:14) and 3200-meter (9:12) runs. He recorded his 1,600 record on May 14, 2010 and the 3,200 on April 30,

2010. Goodger lettered twice in cross country and three times on the track. During his junior year he finished second team All-North County in cross country and first team All-Palomar League in track. In his senior year Goodger was named first team All-Palomar League, Scholar-Athlete of the Year, Most Valuable Player and received the Best Distance Award for Men, all in track. He lists his biggest moment of his high school career when he qualified for the California State Championships for the first time as a junior by running a 4:15.91 mile and taking the third and final spot to state.

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

IN THE CLASSROOM: Goodger is majoring in integrative physiology.

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

JAKE HURYSZ



Middle Distance
Junior, TR
Mebane, N.C.
(Eastern Alamance/UNC)

PERSONAL BESTS

OUTDOOR

1,500-Meters: 3:42.89 (2012)
 3,000-Meters: 8:01.97 (2011)
 5,000-Meters: 13:38:58 (2012)

2012: Redshirt. Did not compete.

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

CROSS COUNTRY: (2012) Hurysz quickly became the top runner on the team after winning the Rocky Mountain Shootout in 24:34; the fourth best time ever in course history. He followed up that performance with a fourth-place finish at the NCAA Pre-Nationals, helping the Buffs win their section of the race. Hurysz placed eighth at the Pac-12 Championships two weeks later; helping the Buffs win their second straight team title in as many years. It was the only race he did not lead the Buffs as he was the second Buff across the finish. Hurysz placed sixth at regionals and then recorded his first All-American honor with a 32nd-place finish as the Buffs placed third at nationals. He also earned All-Pac-12 Second Team and All-Mountain Region honors.

CROSS COUNTRY (AT UNC): Hurysz became the first UNC Tar Heel to qualify for the NCAA Cross Country Championships since 1997, finishing 62nd in 2011. He led UNC at the ACC and Southeast regionals, placing sixth and

seventh, respectively. As a freshman he was 14th at the conference meet and placed 44th at regionals.

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

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

IN THE CLASSROOM: Hurysz is a communications major and currently has a GPA greater than 3.00.

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

CAMERON HUTCHINS



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

PERSONAL BESTS

INDOOR

Weight Throw: 53-04.50/16.27m (2012)

OUTDOOR

Discus: 131-00/39.92m (2010)
 Hammer Throw: 176-07/53.83m (2012)
 Javelin: 140-01/42.70m (2012)

ACADEMIC HONORS

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

2012: *Indoor:* Hutchins continued to excel in the weight throw as a junior, recording a personal record of 53-04.50 at the Husky Classic (2/11). All four of his throws during the campaign were over 50 feet. Hutchins' top placing came at the Potts Invite (1/21) where he was third with a throw of 52-10.75.

Outdoor: Hutchins threw the hammer and javelin during the outdoor campaign and recorded personal bests in both events. His PR in the javelin came at the CU Invite (4/14) where he placed seventh overall with a mark of 140-01. Two weeks later at the Jack Christiansen Invite (4/28) he threw the hammer 176-07 for sixth. Hutchins competed at the Pac-12 Championships in the hammer and took 11th with a mark of 169-00.

2011: *Indoor:* Hutchins focused on the weight throw during the indoor season. He recorded a season best mark of 48-02 for seventh place at the Colorado School of Mines Twilight (2/18).

Outdoor: Hutchins only threw the hammer during the outdoor season. His best toss of the season was at the last meet, the Front Range Classic (5/1) where he recorded a throw of 148-11 for 14th place.

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

also taking ninth overall.

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

2009: Redshirt. Did not compete.

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

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

ACADEMICS: Hutchins is majoring in Classics at Colorado and has a GPA greater than 3.00. He was a member of the Big 12 Commissioner's Honor Roll. Hutchins was named to the All-MPSF Academic and Pac-12 All-Academic honorable mention teams in 2012.

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

MARK JONES



Combined
Events/Jumps
Sophomore, VR/VR
Summit, N.J.
(Summit)

PERSONAL BESTS

INDOOR

High Jump: 7-00.50/2.15m (2012)

OUTDOOR

High Jump: 6-11.00/2.11 (2012)

CAREER UPDATE: Jones ranks fifth overall on the all-time indoor high jump CU performers list after his first season of competition. His personal best of 7-00.50 is also the seventh best overall jump by a Buff. Jones added his list to the outdoor list as well, becoming the seventh best high jump performer after clearing 6-11 twice.

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

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

HIGH SCHOOL: Jones is a two-time national champion in the high jump. He won the 2010 indoor high jump title at the New Balance nationals after clearing a height of 6-11.75. Jones followed up that title by capturing the 2011 indoor crown with a personal best of 7-00.25. He earned seven letters on the high jump, long jump and hurdles at SHS.

Jones was the New Jersey State indoor and outdoor high jump champion in 2010 and 2011 and also won the state long jump title in 2011. He was a four-time first team All-New Jersey selection and led SHS to the 2010 NJ Sectional State Team Championships by winning four individual events (high jump, long jump, triple jump and high hurdles). Jones was recruited by Virginia, Michigan and Cornell before deciding on CU.

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

IN THE CLASSROOM: Jones is an open major.

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

DAVID KILGORE



Distance
Freshman, RS/RS
Palm Bay, Fla.
(Holy Trinity)

PERSONAL BESTS

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

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

CROSS COUNTRY: (2012) Kilgore ran in a pair of races for the Buffs as a redshirt freshman. He started the year by placing 23rd at the Rocky Mountain Shootout. Kilgore ended his season leading CU with a 10th-place finish at the Santa Clara Bronco Invite.

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

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

IN THE CLASSROOM: Kilgore is majoring in integrative physiology.

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

ALEXANDRE KIZIRIAN



Throws
Junior, 1L/1L
Westminster, Colo.
(Mountain Range)

PERSONAL BESTS

- INDOOR**
- Shot Put: 50-11/15.52m (2012)
- Weight Throw: 62-01/18.92m (2012)
- OUTDOOR**
- Discus: 159-00/48.52m (2012)
- Shot Put: 50-09.25/15.47m (2012)
- Hammer Throw: 196-11/60.03m (2012)

MPSF SCORING

2012 Weight Throw, 6th (60-10.50)

PAC-12 SCORING

2012 Hammer Throw, 6th (191-03)

CAREER UPDATE: Kizirian is the second-best weight thrower in CU history after recording a mark of 62-01. He has the fourth best (62-01) and ninth best throws all-time (61-10.50) and became just the third Buffalo to crack the 60-foot mark. Kizirian had success outdoors in the hammer throw. He is the second best performer in school history with a throw of 196-11, which is also the fifth best toss in CU history.

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

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

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

Outdoor: Kizirian participated in the shot put, discus and hammer throws during his first outdoor campaign and

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

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

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

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

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

KYLE MACINTOSH



Sprints
Senior, 1L/2L
Littleton, Colo.
(Littleton)

PERSONAL BESTS

- INDOOR**
- 60-Meters: 7.21 (2010)
- 200-Meters: 21.92 (2012)
- 400-Meters: 48.59 (2012)
- 60-Meter Hurdles: 8.39 (2012)
- OUTDOOR**
- 200-Meters: 21.74
- 400-Meters: 48.06
- 400-Meter Hurdles: 52.20 (2012)
- BIG 12 SCORING**
- 2010 (0) 4x100-Meter Relay, 5th (40.46)
- MPSF SCORING**
- 2012 4x400-Meter Relay, 7th (3:15.50)
- PAC-12 SCORING**
- 2012 4x400-Meter Relay, 4th (3:09.64)
- 2012 400-Meter Hurdles, 6th (52.38)

2012: Indoor: MacIntosh led CU in the 400 during the indoor season, notching the top two times. He placed second at the Air Force Team Challenge (1/28), crossing in 48.59. MacIntosh was fifth at the Husky Classic (2/11) two weeks later with a time of 48.70. At the indoor league championships, he was 21st in the 400 (49.40) and helped the 4x400-meter relay to a seventh place finish (3:15.50).

Outdoor: MacIntosh ran the 400-meter hurdles and the

4x400-meter relay for the Buffs. He ran a personal best time of 52.20 at Mt. SAC Relays, placing eighth in his section. At the Pac-12 Championships he advanced to the finals in the 400-hurdles after placing seventh in 52.60. MacIntosh picked up a sixth-place finish in the finals, crossing in 52.38. He also ran the event at the NCAA West Prelims, placing 37th (53.20). MacIntosh helped the Buffs to a fourth-place and season best finish in the 4x400-relay at the Pac-12 Championships (3:09.64). At the west prelims, the relay took 18th overall (3:10.95).

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

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

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

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

HIGH SCHOOL: MacIntosh owns the LHS record in the 300-meter hurdles at 37.58. In 2009 the Lions won the state 5A team championship and he won the 300-hurdle championship. MacIntosh earned gold in the 400, 60 hurdles and 4x400 relay at the Simplot Games. During the 2009 indoor season, he recorded three top-10 U.S. marks in the 60 hurdles, the 200 and 400. MacIntosh was an all-state honoree as a junior and senior. He was a member of the all-state academic team and honor roll at LHS.

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

IN THE CLASSROOM: MacIntosh is majoring in communications.

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

MARTIN MEDINA



Distance
Senior, VR/1L
Grand Junction, Colo.
(Grand Junction)

PERSONAL BESTS

Indoor

Mile: 4:34.84 (2010)
3,000-Meters: 8:23.04 (2012)
5,000-Meters: 14:33.38 (2012)

Outdoor

1,500-Meters: 4:01.71 (2012)
5,000-Meters: 14:14.51 (2012)
10,000-Meters: 29:21.57 (2012)

PAC-12 SCORING

2012 (0) 10,000-Meters, 8th (30:12.72)

2012: *Indoor:* Medina ran three times during the indoor campaign. He started off by winning the 3,000-meter run at the Air Force Team Challenge (1/28), crossing the finish in a then-personal best of 8:53.95. At the Mountain Pacific Sports Federation Championships Medina smashed his PR by 30 seconds, finishing in 8:23.04 for 26th overall. He also ran one 5k, recording a PR of 14:33.38 at the Husky Classic (2/10).

Outdoor: Medina excelled in the 10k during his junior season. He raced to a PR of 29:21.57 at the Stanford Invite (4/6), becoming the 17th best CU performer in the event. At the Pac-12 Championships, he placed eighth for the Buffs, finishing in 30:12.72, earning his first points for CU's team score. Medina went onto the NCAA West Prelims and placed 37th overall (31:45.31). Medina also PR'd in the 1,500 and 5k during the season. He ran 4:01.71 in the 1,500 at the Fum McGraw Quadrangular (3/31) and 14:14.51 in the 5k at the Mt. SAC Relays (4/20).

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

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

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

Outdoor: Did not compete.

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

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

CROSS COUNTRY: (2012) Medina had a great final season for the Buffs, helping them to their second straight Pac-12 team title and a third-place finish at nationals. He started the season with a third-place finish at the Rocky Mountain Shootout; his best finish ever at the meet. Medina followed

that up by taking 23rd at pre-nationals. He earned All-Pac-12 Second Team honors by placing 13th at the conference meet, scoring the final points to secure the Buffs second team title. Medina went on to place seventh at regionals, earning all-region honors and then placed 228th at NCAAs due to an injury he suffered during the race. (2011) Medina had a breakout season for CU as a junior. He was fourth overall and the fourth Buff to finish the Rocky Mountain Shootout to start the season. At pre-nationals he took 58th and then moved up to 22nd at the inaugural Pac-12 Championships, helping CU to the team title. Medina earned his first all-region honor after placing 13th and ended the year with a 173rd-place finish at nationals. (2010) Medina ran in two races for the Buffs. He placed 28th at the Rocky Mountain Shootout and finished 56th overall at the Big 12 Championship, both times as CU's No. 9 runner. (2009) Medina competed at the 2009 USA Cross Country Junior Championship and placed 27th overall. He started his collegiate season that fall with a 12th-place finish at the Rocky Mountain Shootout (CU's No. 8 runner). He ran in the open race at pre-nats to earn another 12th-place finish. Medina's final race of the season was the Big 12 Championship where he placed 54th. (2008) Medina finished the course in 25:49. (2008) Did not compete.

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

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

IN THE CLASSROOM: Medina is majoring in psychology and ethnic studies.

PERSONAL: Martin Medina was born on April 27, 1990 in Torrance, Calif. to Martin and Rose Medina of Grand Junction, Colo. He is the second oldest of four. His older brother Richard was an All-American on the CU cross country team and is a sixth-year senior on the track & field team. His younger siblings are Stephanie and Charlie.

RICHARD MEDINA



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

PERSONAL BESTS

INDOOR

3,000-Meters: 7:53.02 (2012)

5,000-Meters: 13:57.20 (2011)

OUTDOOR

1,500-Meters: 3:48.50

5,000-Meters: 13:44.34 (2011)

10,000-Meters: 29:14.91 (2011)

BIG 12 SCORING

2008 (I) 5,000-Meters, 4th (14:18.64)

2008 (O) 5,000-Meters, 4th (14:40.92)

2008 (O) 10,000-Meters, 5th (30:44.46)

2010 (O) 5,000-Meters, 2nd (14:07.23)

2010 (O) 10,000-Meters, 5th (29:28.18)

2011 (I) 5,000-Meters, 6th (14:03.32)

2011 (O) 10,000-Meters, 4th (29:16.42)

MPSF SCORING

2012 (I) 3,000-Meters, 3rd (7:52.03)

HONORS

Seven-time All-Big 12 Performer

2010 All-American (Outdoor 5k)

ACADEMIC HONORS

Academic All-Big 12 (2010, 11)

CAREER UPDATE: Richard Medina became the second fastest CU performer in the indoor 3k in 2012. He also ranks 13th on the indoor 5,000-meter top performers CU record book, 13th in the outdoor 5k and 12th in the 10k. He has earned seven all-conference honors (two indoor, five outdoor) and qualified for the NCAA Outdoor Championships twice in the 5k, earning his first All-America honor in 2010 when he finished ninth.

2012: *Indoor:* Medina only raced once during the indoor campaign, but he made it count as he became the second fastest 3,000-meter runner in CU history. Medina raced the 3k at the Mountain Pacific Sports Federation Championships, finishing in 7:52.03 for third place. It was the fastest time by a Buff since 1998, only behind Olympian Adam Goucher. Medina improved his PR by almost 30 seconds as his previous best was 8:23.74.

Outdoor: Did not compete.

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

Outdoor: Medina started the season at the Stanford Invite, running a personal best 29:14.91. Medina placed third in the second section and the time was the 12th best on the CU performers list. He recorded a personal record of 13:44.34 in the 5k two weeks later at the Mt SAC Relays (4/15), placing sixth in the Olympic Developmental section. The time made his the 13th fastest performer in school history. Medina scored once again for the Buffs at the

conference championships, this time placing fourth in the 10k (29:16.42). He advanced to the NCAA West Preliminary Championships in the 5k but didn't advance to nationals after placing 31st overall (14:13.13).

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

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

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

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

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

CROSS COUNTRY: (2011) Medina returned to the line-up after missing a season and had the best season of his career. He started off by winning the Rocky Mountain Shootout and then placed fourth at pre-nationals. Medina led CU at Pac-12s with a third-place finish while the team captured the team title. He was sixth overall at regionals and earned All-American status by placing eighth at NCAAs while helping the Buffs to a third-place team finish. (2010) Redshirt. Did not compete. (2009) Medina was consistently the second or third Buff to finish the race. He started the season at the Rocky Mountain Shootout with a fourth-place finish. At pre-nats, he took 17th. Medina was named all-conference after finishing 12th at the Big 12 Championship and earned his third all-region title with a sixth-place finish. He finished the season with a 57th-place finish at nationals. (2008) Medina had a few setbacks, but was able to help the Buffs when needed. He came out strong at the Big 12 Championship by placing 15th to earn his first all-conference honor. Two weeks later, he moved up to eighth at regionals to take his second all-region honor. At the NCAA Championship, Medina placed 64th, an improvement of 114 places from last season. (2007) Medina quickly earned a spot on the varsity roster by placing seventh overall at his collegiate debut, the Rocky Mountain Shootout. He was the fourth Buff to cross the finish. Medina also scored for the Buffs at pre-nats (81st/fifth score). He would be the sixth racer for CU in the next two meets. He just missed all-conference honors by placing

17th overall at the Big 12 meet, but earned all-region honors by placing 22nd. In his first nationals, Medina was 178th and was CU's seventh man.

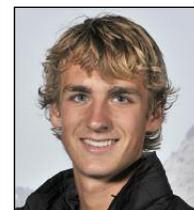
HIGH SCHOOL: Medina did not start competing in athletics until his sophomore season. He is a four-time 5A state champion on the track and in cross country. Medina won his first title during his junior year in the 3,200-meter run. He finished in 9 minutes and 13 seconds setting a GJHS record, which he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

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

ACADEMICS: Medina is majoring in Spanish and economics. He is a member of the Big 12 Commissioner's Honor Roll and has a greater than 3.00 GPA. Medina was a member of the 2010 and '11 Academic All-Big 12 Second Team.

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

JOE MITCHEM



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

PERSONAL BESTS

800-meters: 1:55

1,600-meters: 4:19

5,000-meters: 16:25

HIGH SCHOOL: Mitchem was a member of the Broomfield High School cross country and track and field teams. He earned a pair of letters in cross country and four letters as a member of the track team. Mitchem ran the middle distance events (800, 1,600) during the track season.

HIGH SCHOOL BESTS: 800-meters: 1:55; 1,600-meters: 4:19; 5,000-meters: 16:25.

IN THE CLASSROOM: Mitchem intends to major in engineering.

PERSONAL: Joseph William Mitchem was born on April 25, 1994 in Boulder, Colo. He is the son of Jeff and Randi Mitchem of Broomfield, Colo. Mitchem has three younger siblings, Jacob, Emily and Katelyn.

JOE MORRIS

Sprints
Senior, 1L/1L
Golden, Colo.
(Golden/ Tennessee)

PERSONAL BESTS**INDOOR**

60-Meters: 6.63 (2011, school record)

200-Meters: 21.09 (2009)

OUTDOOR

100-Meters: 10.31 (2012)

200-Meters: 20.77 (2012)

400-Meters: 47.17 (2012)

MPSF SCORING

2012 60 Meters, 4th (6.80)

2012 200 Meters, 6th (21.53)

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

PAC-12 SCORING

2012 100 Meters, 8th (10.47)

2012 200 Meters, 6th (20.92)

2012 4x400-Meter Relay, 4th (3:09.64)

HONORS

2011 60-Meter Dash Honorable Mention All-American

2012 60-Meter Dash All-American Second Team

CAREER UPDATE: Morris stormed onto the scene at CU, breaking the 60-meter dash record in his first meet for the black and gold (6.63). He has the top five 60 times in school history. Morris is also the third fastest performer in school history in the indoor 200 (21.09). He is fifth in the 100 (10.31) and is sixth in the 200 (20.77).

2012: *Indoor:* Morris continued to win on the track, only finishing out of the top four once in the 60-meter dash. He started off the season winning the Air Force Team Challenge (1/28) with a time of 6.77. Two weeks later at the Husky Classic (2/11), Morris again placed first (6.76). At the Mountain Pacific Sports Federation Championships, he scored in three events for the Buffs. He was fourth in the 60, sixth in the 200 and helped the 4x400-meter relay team to seventh-place. The following week Morris competed at the Arkansas Final Qualifier, looking for a chance advance to nationals. He raced to a season best time of 6.64, his fastest non-elevation time and the second best time in CU history, earning himself a spot at NCAAs. At the NCAA Championships, Morris finished the preliminary round 15th overall (6.66), earning USTFCCCA All-American Second Team honors.

Outdoor: Morris continued to lead CU during his junior outdoor campaign. He became the fifth fastest CU performer in the 100 and the sixth fastest in the 200. Morris clocked his PR in the 100 (10.31) in the prelims of the NCAA West Prelims, placing 13th. The following day he finished the race in 10.44 for 20th overall. Morris raced the 200 at the meet as well, finishing the prelims in 20.82 (20th) and the following round in 21.04 (20th). He was an important contributor to CU's team score at the inaugural Pac-12 Championships. Morris was sixth in the 200 (20.92) and eighth in the 100 (20.40). He added points as part of the 4x400-meter relay with placed fourth (3:09.64). Morris' time in the 100 (10.31) is the seventh best by at Buffalo and his top 200 time (20.77) ranks 18th all-time.

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

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

2010: Redshirt. Did not compete.

2009 (at Tennessee): Morris had a successful season for the Tennessee Volunteers and ranks 10th in school history in the 60-meter dash with a time of 6.71 seconds, which he ran during the prelims of the SEC Indoor Championship. Morris just missed scoring for UT at the meet by taking ninth in the 60 finals (6.83). He also was 19th in the 200 (21.52). During the outdoor season, he qualified for the regional meet in the 100, 200 and the 4x100-meter relay. Morris placed 15th in the 100 (10.62) and 19th in the 200 (21.32). The 4x100 relay team recorded a season best time of 38.90 and placed seventh.

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

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

IN THE CLASSROOM: Morris is majoring in sociology.

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

AMMAR MOUSSA

Distance
Freshman, RS/RS
Arcadia, Calif.
(Arcadia)

PERSONAL BESTS

800-meters: 1:53.21

1,600-meters: 4:10.27

3,200-meters: 8:49.59

5,000-meters: 14:05.79

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

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Redshirt. Did not compete.

(2011) Moussa had a breakout freshman year, earning a spot on the Buff's varsity roster. He raced unattached at the Rocky Mountain Shootout, but finished sixth overall. Moussa's first meet in a black and gold jersey was pre-nationals where he placed 19th as CU's No. 3 finisher. Moussa helped the Buffs win the inaugural Pac-12 team championship by finishing 15th and went on to take 17th at the regional meet. Moussa ended the season with an 88th-place finish at the national championship which helped CU take third overall. He earned all-region honors during the season.

HIGH SCHOOL: Moussa was a two-time California State cross country champion, winning the title as a junior and senior. Both years he was named the Gatorade Cross Country Player of the Year. Moussa was sixth at the 2011 USA Junior Cross Country Championship and went on to place 32nd at the IAAF World Championships. He placed fourth at the Nike Cross Nationals in 2009 and 2010 while helping his team to the title in 2010. On the track he owns school records in every event from 800-meters to 5,000-meters. Moussa capped off his senior year by winning the two-mile run at the New Balance Outdoor Championship, running a personal-record of 8:51.80. He also won the 3k title at the meet in 8:16.03. Moussa was also recruited by Oregon, UNC, Cal, Arizona State, Wisconsin and Oklahoma State.

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

IN THE CLASSROOM: Moussa is majoring in integrative physiology.

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

PIERCE MURPHY



Distance
Freshman, VR/RS
Hanalei, Hawai'i
(Island)

PERSONAL BESTS

INDOOR
 Mile: 4:30.92
OUTDOOR
 800-meters: 2:00.67
 1,600-meters: 4:29.53
 3,200-meters: 9:14.09
 5,000-meters: 16:26.00

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: (2012) Murphy had an outstanding redshirt freshman season and was CU's No. 4 runner in four of the five varsity meets. He started the season with a fourth-place finish at the Rocky Mountain Shootout. Two weeks later at pre-nats, he placed 22nd overall. Murphy helped the Buffs win their second straight Pac-12 team title, placing 14th overall. It was the only meet he did not score for the Buffs as he was the sixth harrier to finish the race. Two weeks later he scored again for the Buffs, this time with a 19th-place finish at regionals. Murphy ended the season at nationals placing 45th. The Buffs were third overall as a team. He earned All-Pac-12 Second Team and all-region honors during the season.

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

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

IN THE CLASSROOM: Murphy is majoring in integrative physiology.

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

BRIAN OWENS



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

PERSONAL BESTS

Javelin: 221-00/67.36 (2011)

BIG 12 SCORING

2011 (0) Javelin, 6th (206-00)

HONORS

CU Athletes Choice Award (2010)
 CU Athlete of the Week (4/13/11)

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

2012: Did not compete.

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

2010: Redshirt. Did not compete.

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

HIGH SCHOOL BESTS: Javelin: 191-00.

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

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

MORGAN PEARSON



Distance
Sophomore, TR/TR
New Vernon, N.J.
(Morristown/Duke)

PERSONAL BESTS

Indoor
 3,000-Meters: 8:06.44
Outdoor
 1,500-Meters: 3:55.19
 5,000-Meters: 14:03.53

CROSS COUNTRY: (2012) Pearson became a member of the varsity team in his first season at CU. He ran unattached at the Rocky Mountain Shootout and took 10th overall. At the NCAA Pre-National Invitational, he ran in the open race and was 11th. Pearson did well at the Pac-12 Championships, finishing 18th as CU's seventh runner to help the Buffs take the Pac-12 team title for the second straight year. He raced to a 34th-place finish at regionals and was the alternate at nationals.

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

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

IN THE CLASSROOM: Pearson is undecided on a major.

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.

MICHAEL REESE



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

PERSONAL BESTS

1,600-Meters: 4:46
 3,200-Meters: 10:27

HIGH SCHOOL: Reese ran two seasons for the Monarch High School cross country program. As a senior he placed ninth at the state high school championships to earn all-state recognition. In the process, Reese helped his team to a third-place finish. He also competed on the swim team for the Coyotes. Academically he did quite well and earned several awards which included AP Scholar with Distinction, National Honors Society, Spanish Honors Society and he graduated magna cum laude.

HIGH SCHOOL BESTS: 1,600-Meters: 4:46; 3,200-Meters: 10:27.

IN THE CLASSROOM: Reese intends to major in molecular, cellular and developmental biology. He is also interested in math and physics.

PERSONAL: Michael David Reese was born on November 6, 1993 in Denver, Colo. He is the son of Dan and Sharon Reese of Louisville, Colo. and has two younger siblings. Reese comes from a family of Buffs as his father and uncles were members of the CU cross country and track and field teams in the 1980's.

BLAKE REIMER



Sprints
Junior, 1L/1L
Fort Collins, Colo.
(Fort Collins)

PERSONAL BESTS

INDOOR
 200 Meters: 22.45 (2012)
 400 Meters: 49.02 (2011)
 600 Yards: 1:14.31 (2011)

OUTDOOR
 200 Meters: 21.74 (2011)
 400 Meters: 47.83 (2011)

MPSF SCORING

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

PAC-12 SCORING

2012 4x400-Meter Relay, 4th (3:09.64)

2012: Indoor: Reimer focused on the 400 during the indoor season. He ran his best time of the season at the Mountain Pacific Sports Federation Championships, placing 14th in the prelims. Reimer helped the 4x400-meter relay team pick up a seventh-place finish at the championship as the relay finished in 3:15.50. Earlier in the season, Reimer won the 400 at Potts Invite (1/21) with a time of 50.52.

Outdoor: Reimer raced the 200, 400 and was a member of the 4x400-meter relay. He ran a season best time of 21.99 in the 200 at the Fum McGraw Quadrangular (3/31). Reimer clocked his season best in the 400 at the Mt. SAC Relays (4/20), finishing in 48.49. At the Pac-12 Championships, he placed 13th in the prelims of the 400 (48.54). Reimer did help CU score at the conference meet in the 4x400 relay, which placed fourth in 3:09.64. The relay went on to compete at the NCAA West Prelim and took 18th overall (3:10.95).

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

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

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

HIGH SCHOOL BESTS: 200 Meters: 22.44; 400 Meters: 48.46.

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

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

BRADY RUTT



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

PERSONAL BESTS

INDOOR
 Shot Put: 47-06.25 (2012)
 Weight Throw: 53-05 (2012)

OUTDOOR
 Discus: 168-04/51.31m (2012)
 Shot put: 46-10.25/14.28m (2012)
 Hammer Throw: 156-07/47.72m (2012)

PAC-12 SCORING

2012 Discus, 5th (168-04)

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 psychology.

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.

RYAN SAVERCOOL



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

PERSONAL BESTS

INDOOR
 Mile: 4:28.63 (2012)
 3,000-Meters: 8:57.65 (2012)
 5,000-Meters: 14:48.57 (2012)

OUTDOOR
 1,500-Meters: 4:08.91 (2011)
 3,000-Meters: 8:58.80 (2012)
 5,000-Meters: 15:10.43 (2011)
 10,000-Meters: 31:59.64 (2012)

ACADEMIC HONORS

Academic All-Big 12 (2011)
 MPSF All-Academic (2012)

2012: Indoor: Savercool competed three times for CU and each time he ran personal records. He started off with a PR in the mile run (4:28.63) at the Potts Invite (1/21). Just one week later at the Air Force Team Challenge (1/28), Savercool took second in the 3k (8:57.65). He finished his season by running the 5k at the Husky Classic (2/10), clocking a time of 14:55.47.

Outdoor: Savercool recorded a personal record in the 3k at the CU Invite (4/14), finishing in 14:10.23. The following week Savercool finished the 10k in 31:59.64 at Mt. SAC Relays (4/19).

2011: Indoor: Savercool ran three times during the indoor season. He started off by running the 3k at the Potts Invite (1/22), finishing in 9:24.72 while placing 10th. The following

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

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

2010: Did not compete.

CROSS COUNTRY: (2012) Savercool raced twice for the Buffs, starting with a 35th-place finish at the Rocky Mountain Shootout. He also ran at the Santa Clara Bronco Invite and placed 77th overall. (2011) Savercool ran in a pair of meets for the Buffs. He finished 38th overall at the Rocky Mountain Shootout and was 87th at the Santa Clara Bronco Invitational. (2010) Savercool raced in the black and gold in one meet, the Fort Hays State Open. He placed 34th overall and was CU's fifth runner.

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

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

IN THE CLASSROOM: Savercool is an integrative physiology and philosophy major. He owns a GPA greater than 3.00 and was a member of the Big 12 Commissioner's Honor Roll. Savercool earned All-MPSF Academic honors in 2012.

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

DILLON SHIJE



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

PERSONAL BESTS

INDOOR

Mile: 4:35.81 (2012)
3,000-Meters: 9:03.42 (2012)
5,000-Meters: 14:48.57 (2012)

OUTDOOR

1,500-Meters: 4:10.23 (2012)
3,000-Meters: 8:46.24 (2012)
5,000-Meters: 14:41.77 (2012)

2012: *Indoor:* Shije started the season at the Potts Invite (1/21), finishing the mile in 4:35.81 for ninth place. He ran the following week at the Air Force Team Challenge, this time in the 3k where he placed third overall (9:03.42). Shije's final meet of the season was the Husky Classic (2/10). He ran the 5k in 14:48.57.

Outdoor: Shije participated in three meets for the Buffs; recording personal bests in all three. He started off the season at the Potts Invite (3/17), running the 3k in 8:46.24 for second place. Shije followed up that performance at the CU Invite (4/14), placing 19th in the 3k (8:46.24). His final race of the season was the 5k at the Azusa Pacific Bryan Clay Invite. He was the runner-up with a time of 14:41.77.

2011: *Indoor:* Did not compete.

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

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

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Shije raced twice for the Buffs, starting with a 24th-place finish at the Rocky Mountain Shootout. He finished the season at the Santa Clara Bronco Invite with a 25th-place finish. (2011) Shije ran in three meets for the Buffs as a sophomore. He was the seventh Buff to cross the finish at the Rocky Mountain Shootout, finishing 12th. Shije was the second CU harrier to cross the finish at the Santa Clara Bronco Invitational, placing 30th. His final meet of the season was the inaugural Pac-12 Championships. He finished 49th overall as the Buffs won the team title. (2010) Shije competed at the 2010 USA Junior Cross Country Championships and took 20th overall with a time of 25:40. In the fall, he ran in three meets for CU. Shije was 19th overall at the Rocky Mountain Shootout, 185th at pre-nats and 51st at the Big 12 Championship. (2009) Did not compete.

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

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

IN THE CLASSROOM: Shije is majoring in integrative physiology.

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

JONATHAN STEVENS



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

PERSONAL BESTS

Indoor

Mile: 4:17.21 (2009)
3,000-Meters: 8:21.46 (2012)

Outdoor

1,500-Meters: 3:56.54 (2012)
Steeplechase: 9:07.86 (2012)

BIG 12 SCORING

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

2012: *Indoor:* Stevens ran a pair of races for the Buffs. He started the season running the mile at the Air Force Team Challenge (1/28), clocking a time of 4:25.21. Two weeks later at the Husky Classic (2/11), Stevens recorded a time of 8:21.46 in the 3,000.

Outdoor: Stevens focused on the steeplechase during his junior campaign, but raced the 1,500 once for a PR of 3:56.54 at the CU Invite (4/14). He won the steeplechase at the Fum McGraw Quadrangular (3/31), clocking a time of 9:36.91. Stevens took second in the steeplechase at the Potts Invite (3/17), finishing in 9:42.42. His PR came at Mt. SAC Relays where he finished in 9:07.86.

2011: *Indoor:* Did not compete.

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

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

Outdoor: Did not compete.

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

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

CROSS COUNTRY: (2012) Stevens ran in three meets during his final season. He was 14th overall at the Rocky Mountain Shootout, crossing as the ninth Buffalo. Stevens raced in the open section at pre-nats and came away with a 14th-place finish. He ran his final meet at the Pac-12 Championships, taking 41st as the Buffs captured their second straight team title. (2011) Stevens earned a spot on the varsity roster, racing in four meets for CU. He started

the season with an eighth-place finish at the Rocky Mountain Shootout. Two weeks later at pre-nationals, Stevens finished 68th overall. Stevens raced in the first Pac-12 Championships and placed 36th while the men's team won the title. His final race of the season was regionals where he took 54th overall. (2010) Stevens raced in two meets for the Buffs. He was 38th at the Rocky Mountain Shootout and placed 74th in the open section of the NCAA Pre-National meet.

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

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

ACADEMICS: Stevens is majoring in marketing and English.

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

BLAKE THEROUX



Distance
Junior/Sophomore,
VR/VR
Chesapeake, Va.
(Western Branch)

PERSONAL BESTS

INDOOR

Mile: 4:30.15 (2012)
3,000 Meters: 8:11.43 (2012)

OUTDOOR

1,500-Meters: 3:45.33 (2012)
5,000-Meters: 14:55.21 (2012)
3,000-Meter Steeplechase: 9:06.76 (2012)

ACADEMIC HONORS

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

2012: *Indoor:* Theroux raced in the mile and 3k runs during his second season with the Buffs. He started the year running the mile in 4:30.15 at the Air Force Team Challenge

(1/28) before switching to the 5k for a pair of races. Theroux ran his first 3k at the Husky Classic (2/11), finishing in 8:18.07 for 14th place in the open section. Two weeks later on the same track, he recorded a season best time of 8:11.43 at the Mountain Pacific Sports Federation Championships.

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

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

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Theroux had a great season, finishing in the top three for CU in all five varsity meets. He started by placing second at the Rocky Mountain Shootout behind teammate Jake Huryz. At pre-nats, he finished 11th again as CU's No. 2 runner. Theroux's best performance of the season came at the Pac-12 Championships where he led the Buffs to their second straight team title with a seventh-place finish. He went on to take 14th at regionals and then helped CU place third at nationals with a 39th-place performance; both as CU's No. 3 scorer. Theroux earned All-Pac-12 First Team honors as well as all-region and All-American status during the year. (2011) Theroux earned a spot on the varsity as a redshirt freshman and competed in five varsity meets. He started the season with a 10th-place finish at the Rocky Mountain Shootout and followed up that performance with a 36th-place finish at pre-nationals. Theroux finished 28th at the inaugural Pac-12 Championship, helping the Buffs to the team title. He just missed all-region honors at the region championships with a 26th-place finish. Theroux finished the season strong, placing 183rd at the NCAA Championships. (2010) Redshirt. Did not compete.

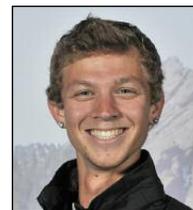
HIGH SCHOOL: Theroux earned All-American honors as a member of the 2010 Nike Indoor Nationals sprint relay team championship team. His indoor track team won the 2007, 08 and 10 AAA state titles and his outdoor team won the 2008 and 09 state titles. Theroux owns WBHS records in the 5k (15:09), 3,200 (9:13),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

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

IN THE CLASSROOM: Theroux is majoring in history.

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

ARIC VAN HALEN



Distance
Senior, VR/2L
Los Angeles, Calif.
(Oakwood)

PERSONAL BESTS

INDOOR

Mile: 4:19.93 (2010)
3,000-Meters: 8:18.07 (2010)

OUTDOOR

1,500-Meters: 3:48.74 (2012)
Steeplechase: 8:37.45 (2012)
5,000-Meters: 14:01.91 (2012)

BIG 12 SCORING

2011 (0) Steeplechase, 4th (8:57.16)

PAC-12 SCORING

2012 Steeplechase, 2nd (8:50.09)

HONORS

2012 Steeplechase All-American Second Team

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

Outdoor: Van Halen led CU in the steeplechase during the outdoor campaign, although he recorded personal bests in the 1,500 (3:48.74) and 5,000-meter runs (14:01.91). Van Halen started the season in the steeplechase with a then-personal best of 8:42.79 at Mt. SAC Relays (4/20), placing third in the Olympic Development section. At the Pac-12 Championships, he placed was the runner-up, finishing the race in 8:50.09. Van Halen went on to win his section of the steeplechase at the NCAA West Prelims and had the third best time overall at 8:53.94. He improved his best time of the season during the semis at the NCAA Championships, finishing 13th overall in 8:42.55. The time made him the sixth-fastest CU performer of all-time. Two days later in the finals, Van Halen placed 10th (8:50.64) to earn second team All-America honors.

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

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

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

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

he recorded a time of 3:59.16 in the 1,500 for third place at the Fum McGraw Open (5/8).

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

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Van Halen earned his spot back on the varsity roster during his final season, starting with a ninth-place finish at the Rocky Mountain Shootout. He followed up that performance with a 27th-place finish at pre-nats. Van Halen scored in his first meet of the season at the Pac-12 Championships, helping CU take its second straight team title with a 12th-place finish. He was 23rd at regionals and finished the year with a 36th-place finish as CU's No. 2 runner at NCAAs; helping CU to a third-place team finish. Van Halen was named to the All-Pac-12 Second Team, all-region team and notched his first cross country All-American honor during the season. (2011) Van Halen raced twice during the fall for CU. He was 17th at the Rocky Mountain Shootout and placed 34th at the Santa Clara Bronco Invite. (2010) Van Halen continued to show improvement on the cross country course as a sophomore, starting with a 17-place finish at the Rocky Mountain Shootout. He placed 22nd at the pre-nats meet and then earned his first All-Big 12 honor by taking 10th at the Big 12 Championship. Van Halen followed that up with his first all-region honor after running to a 14th-place finish at regionals. He finished the season with a 177th-place finish at nationals. (2009) Van Halen earned a spot on the varsity roster as a redshirt freshman. He started the season at the Rocky Mountain Shootout and placed 18th as the eighth Buff to finish the race. Van Halen raced at pre-nats in the open race and was the eighth runner to finish in 25:20.7. At the Big 12 Championship, he was 21st overall and followed that performance up with a 42nd overall placing at regionals. Van Halen finished the season with a 130th finish at NCAAs. (2008) Did not compete.

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

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

IN THE CLASSROOM: Van Halen is a film major.

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

CONNOR WINTER



Middle Distance
Sophomore/Freshman,
VR/RS
Centennial, Colo.
(Arapahoe)

PERSONAL BESTS
INDOOR
 800 Meters: 1:56.49 (2012)
 Mile: 4:10.33 (2012)
OUTDOOR
 800-meters: 1:52.56
 1,600-meters: 4:22.40
 3,200-meters: 9:09.04
 5,000-meters: 15:21.60

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: (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. Winter was also recruited by Georgetown, Arizona State and Oklahoma State.

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

IN THE CLASSROOM: Winter is majoring in engineering.

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



Middle Distance
Freshman, HS/HS
Louisville, Colo.
(Arapahoe)

PERSONAL BESTS
 800-meters: 2:18
 5,000-meters: 18:08

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. 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.

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.

KAJSA BANK



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

PERSONAL BESTS
INDOOR
 Shot Put: 37-04.50/11.39m (2011)
 Weight Throw: 42-04/12.91m (2011)
OUTDOOR
 Hammer Throw: 135-07/41.32m (2012)
 Javelin: 89.17/27.30m (2011)
 Shot Put: 36-02.75/11.04m (2012)

2012: Indoor: Bank competed in both the shot put and weight throw as a sophomore. She recorded her season best shot put mark at the Air Force Invite (2/11) with a toss of 37-02.25. Banks' best throw for the year in the weight throw came at the following meet, the CSM Twilight (2/17); there she recorded a toss of 41-03.75.

Outdoor: Bank threw personal bests in both the hammer throw and shot put during the outdoor campaign. She started the season with a PR in the hammer, launching the

implement 135-07 to place 10th overall at the Potts Invite (3/17). Her best throw in the shot put was 36-02.75, which she recorded at the Jack Christiansen Invite (4/28)

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

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

2010: Redshirt. Did not compete.

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

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

IN THE CLASSROOM: Bank is majoring in psychology and sociology.

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

RACHEL BAPTISTA



Distance
Freshman, RS
Austin, Texas
(Austin)

PERSONAL BESTS

1,600-meters: 4:55
3,200-meters: 10:40.44
5,000-meters: 15:21.60

HONORS

2012 CU Female Freshman of the Year

2012: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Redshirt. Did not compete. (2011) Baptista quickly earned a spot on the varsity roster for CU after finishing fourth overall at the Rocky Mountain Shootout. She wore the black and gold at the NCAA Pre-National Invitational and crossed the finish 63rd overall. Two weeks later at the Pac-12 Championships she recorded a 14th-place finish and helped the Buffs win the inaugural Pac-12 Championships. Baptista raced to a 37th-place finish at regionals and finished the season 170th overall at nationals. Baptista was named to the All-Pac-12 Second Team.

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

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

IN THE CLASSROOM: Baptista is an open major but is interested in medicine. She owns a GPA greater than 3.20.

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

BRIANNE BEEMER



Combined Events
Senior, 2L/3L
Loveland, Colo.
(Mountain View)

PERSONAL BESTS

Indoor

Pentathlon: 3,960 (2012)
60-Meter Hurdles: 8.96 (2012)
High Jump: 5-07/1.70m (2012)
Shot Put: 36-09.75/11.22m (2012)
Long Jump: 17-09/5.41m (2012)
800-Meters: 2:11.71 (2012)
400-Meters: 56.92 (2010)

Outdoor

Heptathlon: 5,339 (2012)
100-Meter Hurdles: 14.38 (2012)
High Jump: 5-05.25/1.66m (2012)
Shot Put: 33-07.50/10.25m (2012)
200-Meters: 25.10 (2012)
Long Jump: 17-11.75/5.48m (2012)
Javelin: 113-02/34.49m (2012)
800-Meters: 2:09.24 (2012)
400-Meter Hurdles: 59.90 (2012)

BIG 12 SCORING

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

MPSF SCORING

2012 Pentathlon, 3rd (3,771)
2012 4x400-Meter Relay, 6th (3:45.11 – school record)

PAC-12 SCORING

2012 Heptathlon, 4th (4,680)

HONORS

Four-time All-Big 12 honoree
CU Athlete of the Week

ACADEMIC HONORS

Academic All-Big 12 (2010)
MPSF All-Academic (2012)
Pac-12 All-Academic honorable mention (2012)

CAREER UPDATE: Beemer has become one of the best combined events athletes at CU. After her junior season, she ranks second on the all-time pentathlon list and is fifth in the heptathlon. In the pentathlon, she ranks fourth in the 60-meter hurdles (8.96) and 11th in the high jump (5-07). Her premiere event has been the 800 as she owns the best time in CU history. Beemer clocked a time of 2:11.71 at the 2012 USA Indoor Combined Events Championships and also owns the next four best times in CU combined events history. As a junior, Beemer raced the top two times in the 800 (2:09.24 and 2:12.36). Her time of 2:09.24 put her sixth all-time on the CU performers list.

2012: Indoor: Beemer saved the best for last during her redshirt junior season, recording a lifetime best performance of 3,960 points to place sixth at the USA Indoor Combined Events Championships which ranks second on CU's pentathlon list since 1985. Beemer recorded four personal bests at USAs. She clocked a time of 8.96,

the fourth best by a pentathlete, in the 60-meter hurdles, threw the shot put 36-09.75, jumped 17-09 in the long jump and raced the best 800 time in the event at 2:11.71, taking first overall. Beemer's 800 time also made her the third best performer in CU overall history. Earlier in the season Beemer tied for ninth in Buffs' history in the high jump, clearing 5-7. She also picked up six points for Colorado at the Mountain Pacific Sports Federation Indoor Championships with a third-place finish (3,771 points). She added to CU's team score as a member of the 4x400-meter relay team which placed sixth in school record time 3:45.11.

Outdoor: Beemer competed in two heptathlons during the outdoor season. Her best performance came at the Pac-12 Championships where she registered 5,339 points to rank 14th overall (fifth on the performers list) in CU history. Beemer recorded four personal bests at the meet in the 100-meter hurdles (14.38), shot put (33-07.50), javelin (113-02) and 800 (2:09.24). The 2:09.24 is the top time ever by a CU heptathlete and is sixth on CU's all-time performers list. Beemer placed fourth at the Pac-12 Championships and also competed in the 400-hurdles where she was 10th in the prelims with a PR of 59.90. Beemer went on to compete in the 400-hurdles at the NCAA West Prelims and placed 32nd overall (1:00.79).

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

Outdoor: Redshirt. Did not compete.

2010: Indoor: Beemer continues to impress in the combined events area, as well as single events. She recorded her season best pentathlon performance with 3,635 points at the New Mexico Classic (2/5). Beemer recorded four season bests at the meet. She ran the 60-meter hurdles in 9.21, reached a height of 5-05.25 in the high jump, threw the shot put 33-04.50 and jumped 17-00 in the long jump. Beemer had also been working on her short distances and ran the fastest 400-meter time (56.92) for CU in eight years after placing fourth in the finals of the event at the Air Force Invite (2/13). Two weeks later at the Big 12 Championship, Beemer earned two All-Big 12 honors. Her first came after she placed seventh overall in the pentathlon (3,611). Beemer had a strong performance in the final event, the 800-meter run, as she set the CU pentathlon 800 record with a time of 2:13.99. The second honor came after she helped the distance medley relay team to a fifth-place finish with the second-fastest time in school history at 11:34.32.

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

1:01.60 to finish 37th overall.

2009: Indoor: Beemer competed in three pentathlons during the indoor season and her best performance came at the Air Force Duals where she finished third overall with a score of 3,209. Beemer recorded a season best in the 60-hurdles (9.44 seconds) and shot put (29-2). She had a good showing for CU at the indoor conference championship in the pentathlon. Beemer took 12th, but finished strong in the final event, the 800, after running a time of 2:15.39.

Outdoor: Beemer shone in the heptathlon as well as the 400-hurdles. At the Big 12 Championship, she earned her first letter for the Buffs by taking eighth in the 400-meter hurdles (63.79). Beemer just missed scoring in the heptathlon at the meet with 4,415 points for 10th place. She recorded season bests in the 100-hurdles (15.43) and 200 (26.31). Beemer qualified for the USA Junior Championships and bettered her then-PR by 292 points. She scored 4,707 points and placed sixth overall with five season bests in the high jump (5-03.00), shot put (31-04), long jump (16-10.50), javelin (99-10) and 800 (2:14.81).

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

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

ACADEMICS: Beemer is a double major in business and linguistics and hearing sciences, and owns a GPA better than a 3.20. She was a member of the Big 12 Commissioner's Honor Roll and was named to the Academic All-Big 12 Second Team in 2010. Beemer was a 2012 MPSF All-Academic and Pac-12 All-Academic honorable mention selection as well.

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

COURTNEY BOUCHET



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

PERSONAL BESTS

INDOOR

Mile: 5:15.21 (2012)
 3,000-Meters: 9:45.04 (2012)

OUTDOOR

800-Meters: 2:26.26 (2010)
 1,500-Meters: 4:38.44 (2012)
 Steeplechase: 10:30.06 (2012)

HONORS

Academic All-Big 12 (2011)
 MPSF All-Academic (2012)
 Pac-12 All-Academic honorable mention (2012)

2012: Indoor: Bouchet competed in the mile and 3,000, recording personal bests in both. She raced to a fifth-place finish in the mile at the Air Force Team Challenge (1/28), clocking a time of 5:15.21. Bouchet's best time in the 3k came at the Husky Classic (2/11). She was sixth in the open section with a time of 9:45.04. She also competed at the Mountain Pacific Sports Federation Indoor Championships in the 5k; placing 29th with a time of 9:56.01.

Outdoor: Bouchet focused on the steeplechase in the spring and won a pair of local meets. She took top honors in the Potts Invite (3/17) as well as the Jack Christiansen Invite (4/28). Bouchet was also second at the Fum McGraw Quadrangular (3/31). She broke the 11 minute mark for the first time in her career at the Mt. SAC Relays, finishing fourth in the 'C' section in 10:42.32. Bouchet came close to scoring for the Buffs at the Pac-12 Championships, crossing the finish 10th overall with her personal best of 10:30.06. She went on to compete at the NCAA West Prelims and placed 25th in 10:43.23 to finish her season.

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

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

2010: Indoor: Did not compete.

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

CROSS COUNTRY: (2012) Bouchet earned a spot on the varsity roster as a junior. She started the season placing 11th at the Rocky Mountain Shootout and then was 94th at

pre-nationals. Bouchet recorded a 64th-place finish at the Pac-12 Championships and then improved to 40th overall at regionals. She finished the year 194th at nationals. (2011) Bouchet ran in three meets for CU. She started the season off by placing 18th at the Rocky Mountain Shootout. Bouchet followed it up with a 28th-place performance at the Santa Clara Bronco Invite. She finished the season at the Pac-12 Championships, placing 70th overall. (2010) Bouchet ran at the Fort Hays State Open and placed 12th overall.

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

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

IN THE CLASSROOM: Bouchet is majoring in molecular, cellular and developmental biology. She owns a GPA greater than 3.40 and was a member of the Big 12 Commissioner's Honor Roll. She was named to the Academic All-Big 12 first team in 2011 and in 2012 she was named MPSF All-Academic and Pac-12 All-Academic honorable mention.

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

EMMA COBURN



**Middle Distance/
Steeplechase
Senior, 21/31
Crested Butte, Colo.
(Crested Butte)**

PERSONAL BESTS

INDOOR

800-Meters: 2:19.98 (2009)

1,000-Meters: 2:52.43 (2009)

Mile: 4:36.08 (2011)

3,000-Meters: 9:17.46 (2011)

OUTDOOR

800-Meters: 2:09.81 (2010)

1,500-Meters: 4:09.42 (2012)

Steeplechase: 9:23.56 (2012)

BIG 12 SCORING

2009 (O) Steeplechase, 4th (10:33.49)

2010 (I) Mile, 6th (4:43.87)

2010 (I) Distance Medley Relay, 5th (11:34.32)

2010 (O) 800-Meter Run, 6th (2:12.44)

2010 (O) Steeplechase, 1st (9:56.53, meet record)

2011 (I) 3,000-Meter Run, 1st (9:17.46)

2011 (I) Distance Medley Relay, 4th (11:22.87)

2011 (O) Steeplechase, 1st (9:57.39)

NCAA CHAMPIONSHIP SCORING

2010 (O) Steeplechase, 2nd (9:51.86)

2011 (I) Mile, 8th (4:36.08)

2011 (O) Steeplechase, 1st (9:41.14)

HONORS

Eight-time All-Big 12 honoree

Three-time All-American

2010, 11 Big 12 Steeplechase Champion

2010 Outdoor All-American (Steeplechase, 2nd)

2011 Indoor All-American (Mile, 8th)

2011 Outdoor All-American (Steeplechase, 1st)

CU Co-Female Athlete of the Year (2009-10, 2010-11)

CU Athlete of the Week (3/9/10, 4/22/10, 5/3/10,

4/19/11, 5/3/11, 5/18/11, 6/16/11)

Big 12 Athlete of the Week (4/20/11)

USATF Athlete of the Week (5/3/11)

2011 USATF Steeplechase Champion (9:44.11)

2011 IAAF World Championships participant

2011 Mile High Sports Magazine Collegiate Athlete of the Year

2012 U.S. Olympic Trials Steeplechase Champion

2012 Olympian (steeplechase)

ACADEMIC HONORS

Academic All-Big 12 (2010, 11)

CAREER UPDATE: Coburn became just the third student-athlete with eligibility remaining to qualify for the Olympic Summer Games in 2012 after winning the U.S. Olympic Team Trials in the steeplechase (her teammate Shalaya Kipp is the fourth as she also qualified in the steeplechase). Coburn ran the fastest American time on U.S. soil at the Nike Prefontaine Classic in June of 2012, finishing fifth (9:25.28). The Crested Butte, Colo. native is leaving her mark on CU's record book. Indoors, she currently is the second-best CU performer in the mile (4:36.08) and sixth in

the 3,000 (9:17.46). Coburn ran the anchor leg in the CU record-setting distance medley relay than placed fourth at the 2011 Big 12 Championship with a time of 11:22.87. On the outdoor track, she is the second fastest performer in the steeplechase (9:23:54), fourth in the 1,500 (4:09.42) and sixth fastest in the 800 (2:09.81). Coburn was an eight-time All-Big 12 honoree which includes three individual championships (two in the steeplechase and one in the indoor 3k), as well as a three-time All-American (twice in the steeplechase and one in the mile).

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

Outdoor: Redshirt. Did not compete for the Buffs. Coburn competed unattached in preparation for the 2012 U.S. Olympic Team Trials. Her first race of the season was on May 18 at the Occidental College High Performance meet. She raced the 1,500 and finished with a PR of 4:09.42. Coburn switched gears to her main event, the steeplechase, and placed fifth at the prestigious Nike Prefontaine Classic on June 3. Her time of 9:25.28 was the fastest ever ran by an American on U.S. soil and if she wasn't redshirting it would have been the collegiate record. Coburn entered the trials as the favorite and easily won in 9:32.78 to become the third current CU student-athlete with eligibility remaining to compete at an Olympic Summer Games. At the Games, she advanced to the finals by placing third in the second section (9:27.51). Coburn ended her year with a ninth-place finish and was the highest placing American in the finals with a personal best time of 9:23.54.

2011: *Indoor:* Coburn had another season to remember, focusing mainly in the mile run. She started the season off by running the mile in 4:43.58 at the UW Invite (1/29), finishing fifth overall. Two weeks later Coburn she raced to the fourth best time in school history and became the second fastest performer in the event with a time of 4:37.44 at the Husky Classic (2/12). Coburn shifted gears at the Big 12 Championship, competing in the 3,000 and distance medley relay. She captured the indoor 3k title with the ninth-best time in CU history (9:17.46), running in the unseeded section. Coburn also ran the anchor leg for the DMR, leading the Buffs to a fourth-place finish with a school record time (11:22.87), breaking a 12-year-old record of 11:23.87. Coburn went back to the mile, competing at the NCAA Championships. She advanced to the finals after running the third best time in CU history (4:36.99), which was fifth overall. She saved the best time for last, running the second best time of 4:36.08 to place eighth overall and earn her first indoor All-American honor.

Outdoor: Coburn continued to shine during the outdoor season, focusing mainly on the steeplechase. During the course of the season she improved her personal record by 14.24 seconds. Coburn's first steeplechase race of the season was at the Cardinal Invite (5/1). She won the race with the-then fastest time in the world (9:40.51), defeating several professionals in the process while earning the Olympic 'A' standard. Two weeks later Coburn won her second Big 12 Steeplechase crown in 9:57.39. She advanced to the NCAA West Preliminary Championships and won the meet in 9:55.03. At the NCAA Championships, she won her preliminary section in 10:00.43, which was second overall. Two days later Coburn won her first NCAA Individual Championship and second All-American honor in the steeplechase. She crossed the finish in 9:41.14, 6.15 seconds ahead of the runner-up (Virginia's Stephanie Garcia). Coburn kept her season going, competing at the USATF Outdoor Championships two weeks later. She

advanced to the finals after finishing ninth overall in the prelims (9:59.75). Coburn had an exciting final and just edged the 2010 NCAA Champion, Bridget Franek, by 0.79 seconds to win the USA title (9:44.11). The win earned her a spot on the U.S. World Championships team, extending her season. She competed twice before the world championships, first in 1,500. Coburn became the fourth fastest Buff in the 1,500 after finishing her Belgium race in 4:12.97. She then ran a personal best and the 13th fastest time in school history of 9:37.16 at the London Grand Prix. At the world championships she was the only American to advance to the finals, finishing in 9:38.42, 14th overall. Coburn ended the season with a 13th-place finish (9:51.40) and after the disqualification of a competitor, moved up to 12th overall. Over the course of the season Coburn earned several honors including the USATF Athlete of the Week, Big 12 Athlete of the Week and the CU co-Female Athlete of the Year.

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

Outdoor: Coburn continued to lead the Buffs during the outdoor season. She started the season by running the 800 at the CU Invite (4/10). Coburn finished first and in the process became the seventh fastest CU female in the event. She followed up that performance when she debuted in the steeplechase at the prestigious Mt. SAC Relays (4/16). Coburn clocked the then-fastest time in the world at 9:56.29 to win the race and become just the second Buffalo to finish the race in less than 10 minutes. Her next race was a 1500, where she knocked off six seconds from her pr (4:27.69) when she ran 4:21.37 to finish fifth in the second section to become the seventh fastest performer in the event at Colorado. Coburn was the high points scorer for the Buff once again at the Big 12 Championship when she recorded 13 points. She qualified for the finals in the 800 after running the 12th best time in CU history (2:09.81). Coburn came back in the finals to run 2:12.44 and secure a sixth-place finish. It also made her the fourth fastest performer ever in the event. Just prior to scoring for the Buffs in the 800, Coburn won her first Big 12 title, setting a conference record of 9:56.53. She focused on the steeplechase for nationals and easily made it through the NCAA West Prelims in the event after running the second fastest time (10:08.35). The semis were also a breeze for the sophomore as she finished second overall (9:59.69). Coburn had a strong finish to her season when she placed second in the finals. Penn State's Bridget Franek won the race in 9:38.86, but Coburn crossed the finish in 9:51.86, the 18th fastest time at CU. She had the second fastest time in all of the NCAA Division I for the season and improved on her 2009 season best by 14.35 seconds.

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

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

CROSS COUNTRY: (2011) Coburn had a great final cross country season for the Buffs, earning All-Pac-12 First Team, all-region and All-America honors. She was CU's No. 2 finisher in all three races she competed in, including a pair of fifth-place finishes at the Pac-12 and regional championships. Coburn earned her first All-American honor when she crossed the finish 20th overall at nationals. She helped the Buffs win the inaugural Pac-12 title, tie for first in the regional championship and place 11th at NCAAs. (2010) Coburn stepped into a leadership role her junior year. She started the season by taking second place at the Rocky Mountain Shootout, finishing just one second behind teammate Laura Tremblay. Two weeks later she placed 14th overall at pre-nats. Coburn added to her list of accomplishments after earning all-conference and all-region honors. She placed fifth at the Big 12 Championship and was 11th at the regional meet. Coburn ended the year by taking 53rd overall at nationals. (2009) Coburn continued as part of the varsity roster. She started strong with a third-place finish at the Rocky Mountain Shootout behind teammates Jenny Barringer and Allie McLaughlin. At pre-nats, she was 32nd overall and scored for the Buffs as the No. 5 racer. Coburn once again finished as the fifth scorer for CU at the Big 12 Championships and was 22nd overall. Regionals was the best personal performance for Coburn as she took 16th overall to earn her first all-region honor. At the NCAA championship, Coburn placed 115th. (2008) Coburn made an immediate impact for the Buffs as a freshman, earning a spot on the varsity roster. She took 25th overall and was the No. 6 harrier for CU in her debut at the ISU Open. Coburn followed it up by taking eighth at the Rocky Mountain Shootout. A few weeks later at Pre-Nationals, she was CU's No. 5 (139th). Coburn moved up to the Buffs third racer at the conference (27th) and regional (30th) meets.

HIGH SCHOOL: Coburn was an all-state performer for four years for the Titans; including two fourth place finishes at the state cross country meet in 2006 and 2007. She placed 29th at the 2007 Foot Locker Midwest Championship. On the track Coburn is an eight-time 2A state champion. She owns five CBHS records: 400m (1:02), 800m (2:16), 1,600m (5:11), 3,200m (11:32), the 4x800-meter relay and in the high jump (5 feet, 1 inch). She ran the 2,000-meter steeplechase at Nike Outdoor Nationals and placed second in 2008 and was fourth in 2007, earning a pair of All-American honors. Her time in 2008 was the fifth fastest time in high school history. Coburn was a member of the basketball and volleyball in high school.

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

ACADEMICS: Coburn is majoring in marketing at Colorado and was a member of the Big 12 Commissioner's Honor Roll. She owns a greater than 3.20 GPA and was named to the Academic All-Big 12 Second Team in 2010 and 11.

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

SOPHIA COLE



Combined Events
Freshman, HS
Yuma, Ariz.
(Gila Ridge)

PERSONAL BESTS

100-Meter Hurdles: 14.8
300-Meter Hurdles: 45.8
High Jump: 5-06

HIGH SCHOOL: Cole owns three records at Gila Ridge High School. She recorded a time of 14.8 seconds in the 100-meter hurdles, 45.8 in the 300-meter hurdles and jumped 5-06 in the high jump. As just a freshman she was the region hurdle champions, a title she would win every year until graduation. Cole was nominated for the GRHS Athlete of the Year as a senior. She also earned two letters as a member of the soccer team. Cole also recorded academic honors her freshman through senior years.

HIGH SCHOOL BESTS: 100-Meter Hurdles: 14.8; 300-Meter Hurdles: 45.8; High Jump: 5-06.

IN THE CLASSROOM: Cole intends to major in international affairs and is also interested in French.

PERSONAL: Sophia Caroline Cole was born on October 24, 1994 in Boulder. She is the daughter of Brian and Maria Cole of Yuma, Ariz. Cole enjoys reading and dancing.

JENNY DeSOUCHE



Middle Distance
Sophomore, TR/TR
Alamosa, Colo.
(Alamosa/Columbia)

PERSONAL BESTS

800-meters: 2:12.98

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

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

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

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

IN THE CLASSROOM: DeSouchet is majoring in English and is also interested in biology.

PERSONAL: Jennifer Rose DeSouchet was born on Sept. 8, 1993 in San Diego, Calif. She is the daughter of William and Janis DeSouchet of Alamosa, Colo. She has a twin sister, Nicki, as well as three older siblings, Aimee DeSouchet, Jason Bartlett and Chris Bartlett.

KELSEY ENGLISH



Jumps
Sophomore, VR
Colorado Springs,
Colo.
(Doherty)

PERSONAL BESTS

INDOOR

High Jump: 5-07/1.70m (2012)

OUTDOOR

High Jump: 5-10/1.78m (2012)

2012: Indoor: English only competed in three meets for the Buffs, but found success in her limited 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: (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 6-2 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 is 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: 5-09.

IN THE CLASSROOM: English is majoring in integrative physiology and owns a GPA greater than 3.00. She was named to the Pac-12 Volleyball All-Academic honorable mention team in 2012.

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.

STACI FOSTER



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

PERSONAL BESTS

INDOOR

1000-Meters: 2:55.36 (2011)

Mile: 4:50.49 (2011)

OUTDOOR

800-Meters: 2:17.52 (2011)

1,500-Meters: 4:27.88 (2011)

BIG 12 SCORING

2011 (I) Mile, 7th (4:55.70)

2012: Indoor: Redshirt. Did not compete.

Outdoor: Foster raced three times during the outdoor campaign. She ran 2:20.67 in the 800 at the CU Invite (4/14) and days later she ran a season best of 4:33.99 in the 1,500 at the Mt. SAC Relays. Foster's third race was in the 1,500 at the Jack Christiansen Invite (4/28).

2011: Indoor: Foster focused on the middle distances and

found success. She won the 1,000 at the Potts Invite (1/22), crossing the finish line in 3:06.15. Foster recorded her 800 PR at the Husker Invite (2/5), finishing sixth overall in 2:55.36. Her greatest strength proved to be the mile run. Foster advanced to the finals at the Big 12 Championships after placing fifth in a personal best time of 4:50.49. She placed seventh in the finals crossing the finish in 4:55.70.

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

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

Outdoor: Did not compete.

CROSS COUNTRY: (2012) Foster raced twice for the Buffs. She was 17th at the Rocky Mountain Shootout and placed 26th overall at the Santa Clara Bronco Invite. (2011) Foster competed in a pair of races. She was 14th overall at the Rocky Mountain Shootout and then placed 85th at the Santa Clara Bronco Invite. (2010) Foster ran in a pair of races for the Buffs. She recorded a 28th-place finish at the Rocky Mountain Shootout and then placed 85th overall at the NCAA Pre-National Invitational.

HIGH SCHOOL: Foster owns the Lancer's record in the 1,600-meter run (4:49) and the 3,200 (10:37) and is a member of the school record relay 4x400, 4x800, 4x1600 and DMR teams. Foster had an outstanding senior season. She also owns four OLHS cross country course records (Mt. Sac – 17:56, state – 18:10, Orange County – 17:32, league – 18:04). She was named the OLHS and Trinity League Athlete of the Year as well as the league's athlete of the year for cross country and track. Foster was all-state in cross country and track and won the CIF, Orange County and Trinity League 1600 as well as the Trinity League 3200. She finished sixth in the 5k open division at Nike Nationals. As a junior, she was All-Trinity League (cross country, 1,600) and All-CIF SS and all-state in cross country. Foster was named the Trinity League MVP and earned the Outstanding Sophomore Award (cross country) her sophomore year. She was the Trinity League Champion in the 800, 1,600, 3,200 and 4x400 meter relay.

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

IN THE CLASSROOM: Foster is majoring in psychology.

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

ALYSSA FRANK



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

PERSONAL BESTS

INDOOR

Pentathlon: 3,547 (2012)
60-Meter Hurdles: 9.25 (2012)
High Jump: 5-07/1.70m (2010)
Shot Put: 35-04.50/10.78m (2012)
Long Jump: 16-10/5.13m (2010)
800-Meters: 2:27.90 (2012)
60-Meters: 8.39 (2012)
400-Meters: 1:04.29 (2009)

OUTDOOR

Heptathlon: 4,925 (2012)
100-Meter Hurdles: 14.97 (2012)
High Jump: 5-08.50/1.74m (2012)
Shot Put: 36-02.75/11.04m (2012)
200-Meters: 26.78 (2012)
Long Jump: 17-02.75/5.25m (2012)
Javelin: 105-10/32.26m (2012)
800-Meters: 2:23.41 (2012)

ACADEMIC HONORS

MPSF All-Academic (2012)
Pac-12 All-Academic second team (2012)

2012: *Indoor:* Frank became the eighth best pentathlete in CU history when she recorded 3,547 points at the ISU Classic (2/9). She placed eighth overall at the meet and had all five season best there; three of which were lifetime bests. Frank raced to a PR of 9.25 in the 60-meter hurdles, 2:27.90 in the 800 and threw the shot put 35-04.50. She did well in the other two pentathlons. Frank placed sixth at the Potts Invite (1/20) with 3,327 points and was 16th at the Mountain Pacific Sports Federation Indoor Championships with 3,468 points. Frank also competed in the high jump at the MPSF Championships; tying for 16th overall (5-04.25). *Outdoor:* Frank has a successful junior outing in the heptathlon as she became the ninth best performer in CU history at the Pac-12 Championships with 4,925 points to place 10th at the meet. Frank recorded a then-PR of 5-07.25 in the high jump, as well as three more PRs in the shot put (36-02.75), long jump (17-02.75) and the 800 (2:23.41). Frank came back a week later to compete in the high jump and jumped a life-time best of 5-08.50, tying for fourth overall at the Pac-12 Championship. The mark put her ninth on CU's performers list in the high jump and was the second best by a Buff during the 2012 season. She went on to compete in the high jump at the NCAA West Prelims and tied for 30th (5-07.25).

2011: *Indoor:* Redshirt. Did not compete. *Outdoor:* Redshirt. Did not compete. **2010:** *Indoor:* Frank competed in three pentathlons during the indoor season. She recorded a personal record 3,468 points at the New Mexico Classic (2/5), the third best total in 2010 for a Buff. She had four PRs at the meet in the 60-hurdles (9.36), high jump (5-7), shot put (33-01) and long jump (16-10). Frank's PR in the high jump was 10th best

jump in combined events history and tied her for eighth on the CU all-time performers list. Frank participated in the high jump and pentathlon for the Buffs at the conference championship. She was 10th in the pentathlon (3,344) and tied for 14th in the high jump (5-03.25).

Outdoor: Frank participated in two heptathlons as a sophomore and recorded a personal best 4,510 points at the Big 12 Championship, placing 10th overall. She tallied personal bests in the 100-hurdles (15.68), high jump (5-06.50), shot put (34-04.75), 200 (27.62) and 800 (2:32.80).

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

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

HIGH SCHOOL: Frank was a three-year letterwinner on the Larry A. Ryle High School track and field team. She was named to Kentucky's First Team for Track and Field and the LARHS Most Valuable Player for track and field twice. Frank was named the Northern Kentucky Female Athlete of the Year and the 2007-08 LARHS Female Athlete of the Year. She owns school records in the long jump (17-07.25), triple jump (36-11.25) and 100-meter hurdles (15.75). Frank won the state championship in the triple jump and was second in the high jump and 100m hurdles as a senior. She also placed third in the long jump that season. As a junior, she earned a pair of runner-up finishes in the high and triple jumps and was also second in the high jump as a sophomore. Frank was a member of the honor roll in high school and graduated in the top 10 percent of her class. Frank was a member of the National, Math and Hispanic Honor Societies.

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

ACADEMICS: Frank is a mechanical engineering major and has earned a 3.700 GPA as well as a spot on the Big 12 Commissioner's Honor Roll. She was named to the Academic All-Big 12 First Team in 2010 and in 2012 she was named MPSF All-Academic and Pac-12 All-Academic second team.

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

EILEEN GEHRING



Sprints
Sophomore, 1L/1L
Madison, Wis.
(Edgewood)

PERSONAL BESTS

INDOOR

60 Meters: 7.80 (2012)
200 Meters: 24.65 (2012)
400 Meters: 55.31 (2012)

OUTDOOR

100-meters: 12.11
200-meters: 24.21 (2012)
400-meters: 54.21 (2012 – school record)

MPSF SCORING

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

PAC-12 CONFERENCE SCORING

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

CAREER UPDATE: Gehring quickly became one of the top sprinters in CU history as a freshman, setting the school's outdoor 400-meter record at 54.21. Gehring also ranks sixth on the outdoor 200 performers list (24.21). She became the fifth best performer in the indoor 200 and the third in the indoor 400. Gehring was a member of the school record setting 4x400-meter relay team which ran 3:45.11 for sixth place at the Mountain Pacific Sports Federation Indoor 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 in up with an 11th-place finish in the 400, crossing the line in 55.31. Her 400 time made her the third best CU performer all-time. Gehring also helped the Buffs to a sixth-place finish in the 4x400-meter relay at MPSFs (3:45.11), which broke the CU record.

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

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

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

IN THE CLASSROOM: Gehring is majoring in business.
PERSONAL: Eileen Elizabeth Gering 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.

DIANA GEORGE



Distance
Junior, VR
Livermore, Calif.
(Livermore)

PERSONAL BESTS

INDOOR

Mile: 5:18.89 (2012)
 3,000 Meters: 9:58.12 (2012)

OUTDOOR

1,500 Meters: 4:54.49 (2012)
 Steeplechase: 10:41.04 (2012)

ACADEMIC HONORS

MPSF All-Academic (2012)
 Pac-12 All-Academic second team (2012)

2012: *Indoor:* George raced three times during the indoor season. Her first race was the 3k at the Potts Invite (1/21), where she finished third overall in 10:55.89. The following week, George competed in the mile at the Air Force Team Challenge (1/28) and was ninth overall in 5:18.89. She ended the season running the 3k at the Husky Classic. George finished with a season best time of 9:58.12.

Outdoor: George focused on the steeplechase during the outdoor season. She won the Fum McGraw Quadrangular in 11:08.99. In the next race, George ran at sea-level and improved her PR by over 25 seconds, finishing in 10:42.79 at the Mt. SAC Relays (4/20). Her final race of the year was at the Pac-12 Championships where she was 14th overall with another PR of 10:41.04.

2011: Did not compete.

2010: Redshirt. Did not compete.

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

HIGH SCHOOL BESTS: 800-Meters: 2:15.09; 1,600-

Meters: 4:52; 3,200-Meters: 10:35.

CROSS COUNTRY: (2012) George ran in a pair of races. She led CU at the Santa Clara Bronco Invite placing 13th overall. George also ran at the Pac-12 Championships, finishing 63rd. (2011) George started off the season by placing 11th overall at the Rocky Mountain Shootout, CU's No. 5 runner. She followed it up with a 115th-place finish at pre-nationals, this time as CU's No. 7 runner. George ended the season with a 69th-place finish at the Pac-12 Championships. (2010) George ran in three varsity meets for the Buffs. She started the year by taking 62nd at the Rocky Mountain Shootout. George was the 10th competitor to cross the finish in the open section of the NCAA Pre-National Invitational. Her final race of the season was the Big 12 Championship where she placed 55th overall. (2009) Did not compete.

IN THE CLASSROOM: George is majoring in mechanical engineering. George owns an impressive 3.794 GPA and was a member of the Big 12 Commissioner's Honor Roll. George was named MPSF All-Academic and Pac-12 All-Academic second team.

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

SOPHIE HALLAM-EAMES



Throws
Sophomore/Freshman,
VR/RS
Seattle, Wash.
(Nathan Hale)

PERSONAL BESTS

INDOOR

Weight Throw: 47-09/14.40m (2012)

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

Outdoor: Redshirt. Did not compete.

HIGH SCHOOL: Hallam-Eames earned four letters as a member of the track & field team at Nathan Hale High School. She owns school records in the hammer (149-1) and the discus (132-2); both were set during the 2011 season. Hallam-Eames cites winning the hammer state title as the biggest moment of her high school career. Hallam-Eames won the Marine Corps Athletic Award and was a Washington Scholar.

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

IN THE CLASSROOM: Hallam-Eames is a civil engineering major.

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.

MIA HOLLAND



Sprints
Freshman, HS
Centennial, Colo.
(Regis Jesuit)

PERSONAL BESTS

60-Meters: 8.17
 100-Meters: 12.22
 200-Meters: 25.23

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.

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

IN THE CLASSROOM: Holland intends to major in integrative physiology and is also interested in psychology. She was an honor student her junior and senior years at RJHS.

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.

LINDSEY HUBBARD



Sprints/Hurdles
Junior/Sophomore,
VR/VR
Gilcrest, Colo.
(Valley)

PERSONAL BESTS

INDOOR

200 Meters: 26.48 (2011)

400 Meters: 59.74 (2011)

600 Yards: 1:27.44 (2011)

OUTDOOR

400-Meter Hurdles: 1:03.45 (2012)

2012: *Indoor:* Hubbard raced twice for the Buffs as a sophomore. She recorded a season best finish in the 400 with a time of 1:01.88 at the Air Force Team Challenge (1/28). Hubbard placed second at the Potts Invite (1/21) in the 400, crossing the finish in 1:02.08.

Outdoor: Hubbard solely competed in the 400-meter hurdles. She clocked a personal best of 1:03.45, which was good for third-place, at the Fum McGraw Quadrangular (3/31). Hubbard placed 22nd in the prelims of the Pac-12 Championships (1:05.01).

2011: *Indoor:* Hubbard competed in the 200 and 400-meter dashes and the 600-yard dash in her first season at CU. She clocked a season best time of 1:27.44 in the 600 at the Husker Invite (2/5), which was 14th overall. Hubbard also set season bests on the 200 and 400 at the Air Force Invite (2/11). She crossed the finish of the 200 in 26.48 to place 30th overall and finished the 400 in 59.74 for 14th.

Outdoor: Did not compete.

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

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

IN THE CLASSROOM: Hubbard is majoring in mechanical engineering and has a greater than 3.00 GPA.

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

EMILY HUNSUCKER



Throws
Senior/Junior, VR/RS
Arvada, Colo.
(Pomona)

PERSONAL BESTS

INDOOR

Shot Put: 49-11/15.23m (2011)

Weight Throw: 55-01/16.79m (2012)

OUTDOOR

Shot Put: 41-05.25/12.63m (2010)

Discus: 131-10/40.19m (2011)

Hammer Throw: 176-08/53.85m (2011)

HONORS

Academic All-Big 12 (2011)

Speed-Strength & Conditioning Female Lifter of the Year (2011)

Academic All-MPSF (2012)

2012: *Indoor:* Hunsucker got the season off to a great start at the Potts Invite (1/21), placing first in the weight throw and second in the shot put. She became just the fourth Buff to throw over 55 feet in the weight throw with a toss of 55-01. In the shot put, she notched a mark of 41-08. Hunsucker was the top Buff in both events all season. Her recorded a season best throw of 44-09 at the Air Force Team Challenge (1/28) to finish seventh. At the Mountain Pacific Sports Federation Indoor Championships, Hunsucker took 11th in the weight throw (52-10) and was 16th in the shot put (41-08.50).

Outdoor: Redshirt. Did not compete.

2011: *Indoor:* Hunsucker earned her way into the CU record book as a sophomore, becoming the fourth best performer in the weight throw when she launched a throw of 54-00 at the first meet of the season, the Potts Invite (1/22). Hunsucker recorded a throw of 52-00.50 at the Big 12 Championships, placing 20th overall. Those marks were the top two by a Buff during the 2011 season. She also did well in the shot put, recording a PR of 49-11 at the Colorado School of Mines Twilight (2/18). Hunsucker placed third overall as she became the third best CU performer in the shot put.

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

2010: *Indoor:* Hunsucker has a successful start to her CU career, throwing both the shot put and weight in the winter. She recorded a season best of 44-03.25 in the weight throw

at the Air Force Invite (2/12). Hunsucker competed in the shot put at six different meets. She had the sixth best throw of the season for a Buff with a toss of 41-05. Hunsucker recorded that mark twice, first at the Potts Invite (1/23) and then at the New Mexico Classic (2/6).

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

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

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

IN THE CLASSROOM: Hunsucker is majoring in finance. She owns a GPA greater than 3.0 and was a member of the Big 12 Commissioner's Honor Roll. She earned MPSF All-Academic honors in 2012.

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

SHALAYA KIPP



Distance
Senior, 1L/3L
Salt Lake City, Utah
(Skyline)

PERSONAL BESTS*INDOOR*

Mile: 5:13.93 (2010)
 3,000-Meters: 9:18.03 (2012)
 5,000-Meters: 16:28.56 (2011)

OUTDOOR

1,500-Meters: 4:27.35 (2012)
 5,000-Meters: 16:00.50 (2012)
 Steeplechase: 9:35.73 (2012)

BIG 12 SCORING

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

PAC-12 SCORING

2012 (O) Steeplechase, 1st (9:57.39)
 2012 (O) 5,000-Meters, 5th (16:23.32)

NCAA CHAMPIONSHIP SCORING

2010 (O) Steeplechase, 5th (9:59.37)
 2011 (O) Steeplechase, 3rd (9:56.37)
 2012 (O) Steeplechase, 1st (9:49.02)

HONORS

2010, 11, 12 Steeplechase All-American
 2012 NCAA Steeplechase Champion
 Three-time All-Big 12 honoree
 Pac-12 Steeplechase Champion (2012)
 Placed ninth at the 2011 USATF Championships in the steeplechase
 USTFCCA Mountain Region Female Track Athlete of the Year (2012)
 Placed third at the 2012 U.S. Olympic Team Trials (9:35.73)
 2012 Olympian (steeplechase)

CAREER UPDATE: Kipp made a name for herself, becoming the third CU female to win an NCAA Steeplechase Crown in 2012. Prior to the NCAA title, she became the first CU athlete, male or female, to win an individual Pac-12 title as she captured the steeplechase crown on May 12, 2012. Kipp added Olympian to her list as she qualified for the 2012 Olympic Summer Games in London by finishing third at the U.S. Olympic Team Trials in June. Kipp ranks third on CU's performer list (9:35.73), 18th overall. She also ranks 10th on CU's 5,000-meter run performers list (16:00.50).

2012: *Indoor:* Kipp raced the 3,000-meter run twice during the indoor season. She first ran at the Husky Classic (2/11), finishing 11th in the elite section with a then-personal-record of 9:18.28. Two weeks later, Kipp improved her time in the 3k to 9:18.03 at the Mountain Pacific Sports Federation Indoor Championships. The time was ninth overall, but made her the seventh best CU performer in the event.

Outdoor: Kipp had a season to remember in 2012, winning a conference title and going on to compete on the world stage. Kipp's primary focus was the steeplechase and she

wouldn't lose a single collegiate race all season. She started the year off by running the fastest collegiate time (9:43.09) as she won the elite section at the Payton Jordan Cardinal Invite (4/29). Kipp became the first CU athlete to win an individual Pac-12 title on May 12 as she took home the steeplechase crown in 9:57.39. She came back the following day to score points for the Buffs in the 5k, finishing fifth in 16:23.32. Kipp went on to win the NCAA West Prelims (9:58.38) to advance to the NCAA Championships and was named the USTFCCA Mountain Region Track Athlete of the Year. There she easily made it past the semis and won a very close race against Florida's Genevieve LaCaze, crossing the finish in 9:49.02 to become the third Buff in seven years to win the event. (CU won five of those seven titles.) Her season didn't end there as she went on to compete at the U.S. Olympic Team Trials, advancing to the finals and placing third overall with the Olympic Games 'A' Standard and lifetime best of 9:35.73. Her teammate, Emma Coburn, won the event and the pair became just the third and fourth CU student-athletes to participate in a summer Olympic Games with eligibility remaining. Kipp ran the semis in 9:48.33 at the Games to finish her season.

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

Outdoor: Kipp's main focus was once again the steeplechase; however she did compete in the 1,500 and the 5k. Her first race of the season was the 1,500 at the CU Invite where she placed second with a time of 4:29.63. The following week at Mt. SAC Relays (4/15) she won the 'B' section in the 5k in 16:01.26. Kipp competed in the 5k at the Big 12 Championships, placing fifth (16:23.01). After the conference meet she was able to shift her focus back to the steeplechase. She had run a time of 10:03.37 at the Cardinal Invite (ninth overall), which qualified her for the NCAA West Preliminary Championships where she was second overall with a time of 10:00.03 to advance to the NCAA Championships. Kipp finished the prelims third (10:02.09) and placed third in the finals with a season best (9:56.37) to earn her second straight All-American honor on the track. Kipp extended her season as she went on to compete at the USATF Outdoor Championships and placed ninth (10:00.3).

2010: *Indoor:* Kipp ran in four meets during her first season with CU. She started off by running the mile at the Potts Indoor Invite (1/23), winning the race in 5:13.93. She followed that up by running a 3k at the Don Barrett Duals (1/30). Kipp also won that event with an elevated time of 10:29.15. Kipp ran one 5k (17:03.27) during the season which came at the Husky Classic (2/12). She ended the season by recording a season best time in the 3k (9:45.2) at the Big 12 Championship, placing 16th.

Outdoor: Kipp started the season by running the 1,500 and 5,000-meter runs before turning her focus to the 3,000-meter steeplechase. She ran a personal record of 16:29.38 in the 5k to win the university/open section at the Mt. SAC Relays (4/16). Kipp recorded a season best time of 4:29.69 in the 1,500 at the Payton Jordan Cardinal Invite (5/1). At this time, Kipp started to focus on the steeplechase,

winning her debut at the Fum McGraw Open (5/8) in 10:53.14. She improved her time in the event to 10:10.48 the following week at the Big 12 Championship. Kipp took fourth overall to earn her first All-Big 12 honor and moved up to fourth on the all-time performers list. She advanced to the NCAA West Preliminaries in the steeplechase and placed third with a time of 10:10.04. Kipp then advanced to the semifinals at the NCAA Championship and clocked a time of 9:59.93 to place second and earned a spot in the finals. She became just the third Buff to ever finish the event in less than 10 minutes with the performance. Kipp capped off her season in the finals by placing fifth overall to earn her first All-American honor. She ran the 25th-best time for a Buff as she finished the race in 9:59.37.

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

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

CROSS COUNTRY: (2012) Kipp once again led the Buffs but sat out the Rocky Mountain Shootout to recover from her long track season which included competing at the Olympics. She debuted at pre-nationals, finishing 21st overall. Kipp recorded an 11th-place finish two weeks later at the Pac-12 Championships before earning a runner-up finish at regionals. She ended the year with an 18th-place finish to record her third straight All-American cross country honor. Kipp also was named to all-region and All-Pac-12 Second Team during the season. (2011) Kipp had another great season, earning All-Pac-12 First Team, all-region and All-American honors. She led CU in every race the entire season. Kipp started off by winning the Rocky Mountain Shootout. Two weeks later she finished ninth overall at pre-nats. Kipp led the Buffs with a fifth-place finish at the Pac-12 Championships, helping the Buffs win the inaugural Pac-12 team title. She led the Buffs at regionals, once again placing fifth overall. Kipp finished the season with a 19th-place finish, earning her second straight All-American honor. Kipp was named the CU Female Athlete of the Year for her season. (2010) Kipp earned a spot on the varsity roster from the very first team race of the season, finishing as CU's No. 3 racer and third overall at the Rocky Mountain Shootout. She followed that performance up with a 12th-place finish at pre-nationals, this time as CU's No. 2 runner. Kipp recorded her first All-Big 12 honor when she placed eighth overall at the conference meet. She went on to earn all-region recognition by placing 10th at regionals. Kipp capped off the season by placing 40th overall at nationals, earning All-American status in her first season. (2009) Redshirt. Did not compete.

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

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

MAKENZIE KLINE



Throws
Freshman, HS
Reno, Nev.
(Galena)

PERSONAL BESTS

Discus: 109-09
 Shot Put: 31-01

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 intends to major 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.

MARGAUX KRAHE



Throws
Sophomore, VR
Bethel Park, Pa.
(Bethel Park)

PERSONAL BESTS

INDOOR
 Shot Put: 39-07.75 (2012)
OUTDOOR
 Shot Put: 38-01.25/11.61m (2012)
 Javelin: 103-05/31.52m (2012)

2012: Indoor: Krahe focused on the shot put during her first season. She had a good start to her CU career at the Potts Invite (1/21), throwing 39-03 while placing third. Krahe's season best mark came in the last meet of the season, the CSM Twilight (2/18). She was second overall with a mark of 39-07.75.

Outdoor: Krahe threw the shot put and javelin. She had season bests in both events at the Fum McGraw Quadrangular (3/31). Krahe placed fourth in the javelin (103-05) and was eighth in the shot put (38-01.25).

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

2010. Krahe was the secretary and eventually the president of her high school class. She won a number of awards throughout her high school career, including the Wendy's High School Heisman Award and Rotary Student of the Month.

HIGH SCHOOL BESTS: Discus: 107-5; Shot Put: 40-1.

IN THE CLASSROOM: Krahe is physics major.

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

BRITTANY LEWIS



Combined Events/
Jumps
Sophomore, 1L/VR
Aurora, Colo.
(George Washington)

PERSONAL BESTS

INDOOR
 Pentathlon: 3,644 (2012)
 60-Meter Hurdles: 9.20 (2012)
 High Jump: 5-04/1.62m (2012)
 Shot Put: 36-04.25/11.08m (2012)
 Long Jump: 18-10/5.74m (2012)
 800-Meters: 2:21.63 (2012)
 60-Meters: 9.32
 200-Meters: 27.13
 400-Meters: 59.01
OUTDOOR
 Heptathlon: 4,977 (2012)
 100-Meter Hurdles: 15.10 (2012)
 High Jump: 5-05 (2012)
 Shot put: 34-03.5
 200-Meters: 25.5
 Long Jump: 19-07 (2012)
 Javelin: 113-11 (2012)
 100-Meters: 15.10 (2012)
 800-Meters: 2:20.55 (2012)
 400-Meters: 57.04
 400-Meter Hurdles: 1:03.26 (2012)
MPSF SCORING
 2012 Pentathlon, 7th (3,644)

2012: Indoor: Lewis became the sixth best pentathlete in CU history as a freshman when she recorded a score of 3,644 points at the Mountain Pacific Sports Federation Indoor Championships. Lewis also placed seventh for the Buffs, picking up two points for the team score. She had two season bests at the meet, finishing the 60-meter hurdles in 9.20 and jumping 18-09 in the long jump. Her mark of 18-09 ranks third on CU's pentathlon record list and was the second best jump at the MPSF meet.

Outdoor: Lewis had a great spring, winning the heptathlon at the Glenn Morris meet (4/26-27) to become the eighth-best heptathlete in CU history (4,977 points). At the meet she registered three personal bests. She jumped 5-05 in the high jump and ran 25.66 in the 200 and 2:20.55 in the 800. Lewis also did well in the long jump, winning the Beach

Invitational (4/21) with a leap of 19-07, which put her fourth on CU's all-time performers list. She ran the 400-meter hurdles at the Pac-12 Championships and placed 20th in the prelims (1:03.96). At the NCAA West Prelims, Lewis switched over to the long jump and placed 33rd with a jump of 19-01.25.

HIGH SCHOOL: Lewis was a standout athlete at George Washington High School. She earned four letters as a member of the track and field team. Lewis was a two-time Colorado State 5A Long Jump Champion, winning in 2009 with a time of 18-00.50 and in 2010 with a leap of 18-05.5. Lewis competed on the national level in the long jump as well. She was fifth at the 2009 AAU Championships (18-04.25) and placed fifth in 2010 at the USATF Junior Championships (18-09.75). Lewis did well in the sprints at the state 5A championships too. She was fourth in the 400 in 2008 and took fifth in the 300-hurdles in 2010. Lewis was named the most valuable athlete for the GWHS Patriots in 2010 and was the team captain in 2011. She recorded a personal best in the heptathlon at the 2010 Great Southwest, scoring 4,810 points. Lewis placed 12th at the 2011 USATF Junior Championships, recording 4,648 points. She was a member of the honor roll from 2007-10.

HIGH SCHOOL BESTS: INDOOR: 60-Meters: 9.32; 200-Meters: 27.13; 400-Meters: 59.01; 800-Meters: 2:29.05; 60-Meter Hurdles: 9.43; Long Jump: 18-10; High Jump: 5-04; Shot Put: 34-04.

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

IN THE CLASSROOM: Lewis is majoring in integrative physiology.

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

KELLIE LIND



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

PERSONAL BESTS

INDOOR
 Weight Throw: 50-08/15.44m (2011)
OUTDOOR
 Hammer Throw: 157-02/47-90m (2012)

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

Outdoor: Lind competed in seven meets for the Buffs. She launched a personal best of 157-02 at the Potts Invite

(3/17), which was good for eighth. She also competed at the Pac-12 Championships, throwing 144-01 to place 15th. **2011: Indoor:** Lind focused on the weight throw during the indoor season. She had the third-best throw by a Buffalo at the Potts Invite (1/22), tossing the weight throw 55-08 for sixth-place.

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

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

HIGH SCHOOL BESTS: Hammer: 136-11.

IN THE CLASSROOM: Lind is majoring in integrative physiology.

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

CAMILLE LOGAN



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

PERSONAL BESTS

INDOOR

Mile: 5:21.07 (2010)
3,000-Meters: 9:33.85 (2011)
5,000-Meters: 16:38.18 (2011)

OUTDOOR

1,500-Meters: 4:21.55 (2012)
3,000-Meters: 9:54.77 (2012)
5,000-Meters: 16:14.24 (2012)
10,000-Meters: 34:16.11 (2011)

BIG 12 SCORING

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

HONORS

Academic All-Big 12 (2011)

2012: Indoor: Redshirt. Did not compete.

Outdoor: Logan competed in a wide range of events during the outdoor season, ranging from the 1,500 to the 10k. She became the 13th best performer in CU history in the 5k after running 16:14.24 at the Mt. SAC Relays (4/20), which placed 12th in the 'A' section. A week later at the Payton Jordan Cardinal Invite, Logan recorded a personal best of 4:21.55 in the 1,500 to place second in the second section. The time placed her 11th on the performers list. Logan raced the 10k twice, once at the Stanford Invite (34:30.66) and at the Pac-12 Championships, clocking a time of 34:46.80, which was 12th overall. She switched gears again two weeks later at the NCAA West Prelims, running

the 1,500 again. Logan placed 32nd with a time of 4:34.58. **2011: Indoor:** Logan raced to a personal record in the 5,000 at the Husky Classic (2/11), finishing in 16:38.18. At the Big 12 Championships, she just missed scoring for the Buffs in the 5k, placing ninth in 16:42.18. Logan also raced in the 3k, finishing 14th overall in 9:33.85.

Outdoor: Logan ran in 1,500, 5k and 10k races. She recorded a season best time of 4:23.66 at the Cardinal Invite (5/1), finishing 10th in the third section. Logan won the 1,500 at the CU Invite (4/9), finishing 4:25.96. Her main focus during the outdoor season was the distance events. She ran a season best in the 5k, becoming the 13th best performer in the event with a time of 16:15.19 at Mt. SAC Relays (4/15). Logan raced in the 10k at the Stanford Invite (3/25), crossing the finish in 34:33.24 for third overall in the second section. She participated in both the 5k and 10k at the Big 12 Championships. She placed sixth in the 10k (34:27.12) and was 12th in the 5k (16:41.17). Logan went on to compete in the same two events at the NCAA West Preliminary Championships. She was 21st in the 10k, finishing with a 10k best of 34:16.11, which made her the ninth fastest CU performer in the event. Logan was 18th overall in the 5k (16:27.96).

2010: Indoor: Logan ran the mile and 3,000-meter runs during her first season with the Buffs. She debuted in the mile, running a time of 5:21.07 at the Potts Invite (1/23). Logan ran a pair of 3k's after that. Her best time was 10:19.77, which she did at the Husky Classic (2/13).

Outdoor: Logan ran in several different events during the outdoor campaign, including the 1,500, 3k, 5k and 10k runs. She ran her first race of the season at the CU Invite (4/11), clocking a time of 10:33.85 for fifth place. Logan ran a time of 17:21.38 at the Mt. SAC Relays just six days later, finishing fifth in her division. At the Big 12 Championships, Logan competed in the 5 and 10k runs. She started out with a 13th-place finish in the 10k (36:24.92) and two days later she was 24th in the 5k (17:25.12).

CROSS COUNTRY: (2012) Logan started the season with a 12th-place finish at the Rocky Mountain Shootout, finishing as CU's final scorer. Logan placed 113th two weeks later at pre-nats. She was the 42nd finisher at the Pac-12 Championships and then placed 45th at regionals. Logan finished her season with a 190th-place finish at nationals. (2011) Logan had a good sophomore campaign, scoring for CU in four of its five varsity meets. She started off with a sixth-place finish at the Rocky Mountain Shootout and followed it up with a 40th-place finish at pre-nationals. Logan was 26th at the inaugural Pac-12 Championships, crossing the finish sixth for the Buffs. She was the 19th overall finisher at regionals, helping CU tie for first as the No. 3 runner. Logan ended the year at nationals with a 165th-place finish. The Buffs placed 11th overall. (2010) Logan made her way onto the varsity roster as a redshirt freshman. She placed 13th at the Rocky Mountain Shootout and was 97th at the NCAA Pre-National Invitational. Logan finished her only Big 12 Championship with a 25th-place finish and followed that up with a 43rd-place finish at regionals. She finished the season by placing 227th at nationals. (2009) Did not compete.

HIGH SCHOOL: Logan set three school records while a member of the LHS cross country and track and field team. She ran a school 5k Liberty Course record of 18:14 in 2008 and took fourth in the meet. On the track, Logan recorded school records in the 1,600 and 3,200-meter runs. She ran a time of 5:03 to place third in the 1,600 and 11:03 in the

3,200 to finish 12th. Both were at the Arcadia Invitational in April of 2008. On the track she was named all-league first team her sophomore through senior years and was named All-Colorado honorable mention as a junior. She was a member of the honor roll and was named to the highest honor roll in high school.

HIGH SCHOOL BESTS: 1,600-Meters: 5:03; 3,200-Meters: 11:03.

IN THE CLASSROOM: Logan is majoring in integrative physiology.

PERSONAL: Camille Catherine Logan was born on August 10, 1991 in Denver, Colo. She is the daughter of Karl and Mary Logan and has two siblings, James and Jordan. Logan lists hiking and dancing as her hobbies. She used to compete in Irish step dancing and has volunteered for Habitat for Humanity.

NIKKI LOOK



Middle Distance
Junior, VR
Castle Rock, Colo.
(Douglas County)

PERSONAL BESTS

INDOOR

800-Meters: 2:24.34 (2012)

OUTDOOR

800-Meters: 2:20.70 (2012)
1,500-Meters: 4:38.82 (2012)

HONORS

Academic All-Big 12 (2011)
CoSIDA Academic All-District second team (2012)
MPSF All-Academic (2012)
Pac-12 All-Academic first team (2012)

2012: Indoor: Look competed in a pair of 800-meter runs for the Buffs during the indoor season. She earned a sixth-place finish at the Air Force Team Challenge (1/28), finishing in 2:25.68. Two weeks later at the Air Force Invite, Look bettered her time, this time finishing in 2:24.34 for 10th place.

Outdoor: Look ran the 800 and 1,500 and recorded personal bests in both events. She clocked a PR of 2:20.70 in the 800 at the Potts Invite (3/17), which placed third overall. In the 1,500, Look clocked a time of 4:38.82 at the Mt. SAC Relays (4/19).

2011: Indoor: Did not compete.

Outdoor: Look raced twice for the Buffs in the 1,500. She recorded a season best at the CU Invite (4/9), finishing the meet in 5:08.04.

2010: Did not compete.

CROSS COUNTRY: (2012) Look raced two times in her final season. She was 16th at the Rocky Mountain Shootout and took 32nd at the Santa Clara Bronco Invite. (2011) Did not compete. (2010) Look ran in two meets for CU. She placed 36th overall at the Rocky Mountain Shootout and was 13th at the Fort Hays State Open.

HIGH SCHOOL: Look was a four-sport athlete at DCHS. She received the National Girls and Women in Sports Day Recognition Award as a junior and earned one letter as a

member of the cross country team and four on the track team. Look earned the Female Sprinter Award twice, was the 2008 most valuable athlete, a two-time captain and a member of the school record setting 800-meter sprint medley (1:48.01), 4x200 (1:45.16) and 4x100 (50.20) relay on the track team. She owns the Zoom Track Club Team records in the 100 and 200. Look was a member of the 800 sprint medley relay that placed second at the state meet in 2008. Look was named the Outstanding Female Student Athlete of the Year as a senior at DCHS and was awarded the Boettcher Scholarship, which grants a full-ride scholarship to any Colorado college. She was an academic all-state selection in basketball and swimming.

IN THE CLASSROOM: Look is majoring in applied mathematics. She has recorded a 4.00 and was named to the Dean's List and Big 12 Commissioner's Honor Roll. In 2012 she was named MPSF All-Academic, Pac-12 All-Academic first team and CoSIDA Academic All-District first team.

PERSONAL: Nicole Look was born on October 28, 1990, in San Mateo, Calif. She is the daughter of Douglas and Lois Look of Castle Rock, Colo. She has one younger sister, Danielle. Look lists developing healthy baking habits, scrapbooking, photography, swimming, yoga and golfing as her hobbies. She started Tae Kwon Do at the age of three and earned a black belt by the time she was eight. Look co-founded Nourish Peace which raises money to support Global Education Fund's effort in building schools around the world. She has worked as a rehabilitation aide at a physical therapy clinic, a six-year-old track coach and a ballot judge for the 2008 Presidential Election.

LINDSY MATTSON



Sprints
Sophomore, 1L/1L
Grand Rapids, Minn.
(Grand Rapids)

PERSONAL BESTS

INDOOR

200 Meters: 25.37 (2012)
 400 Meters: 56.76 (2012)

OUTDOOR

200-meters: 24.90 (2012)
 400-meters: 55.18

MPSF SCORING

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

PAC-12 CONFERENCE SCORING

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

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

Outdoor: Mattson focused on the 200 and 400 during the

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

HIGH SCHOOL: Mattson owns three GRHS records, the 200, 400 and the 4x200-meter relay. She ran a time of 25.29 in the 200 and helped the relay to a mark of 1:42.40. Mattson's fastest time in the 400 is 55.18. She has broken her school record in the 400 seven times and her current mark ranks seventh in Minnesota state history. Mattson has qualified for the state meet in 11 races and has earned six all-state honors. She was a member of the National Honor Society.

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

IN THE CLASSROOM: Mattson is a communications major and has recorded a greater than 3.60 GPA.

PERSONAL: Lindsay Caitlin Mattson was born on February 1, 1993 in Grand Rapids, Minn. She is the daughter of Jeff and Tara Mattson and has a sister, Sidney, and a brother, Mitchell.

GENNY MAYDEN



Combined Events
Junior, VR/1L
Nashville, Tenn.
(Ensworth)

PERSONAL BESTS

INDOOR

Pentathlon: 3,545 (2012)
 60-Meter Hurdles: 9.20 (2011)
 High Jump: 5-03.25/1.61m (2012)
 Shot Put: 38-07/11.76m (2012)
 Long Jump: 17-08.75/5.39m (2011)
 800-Meters: 2:30.90 (2012)

OUTDOOR

Heptathlon: 5,362 (2012)
 100-Meter Hurdles: 14.97 (2012)
 High Jump: 5-06.50/1.69m (2012)
 Shot Put: 38-07/11.76m (2012)
 200 Meters: 25.42 (2012)
 Long Jump: 18-07.25/5.67m (2012)
 Javelin: 140-03/42.76m (2012)
 800 Meters: 2:22.50 (2012)

PAC-12 CONFERENCE SCORING

2012 Heptathlon, 3rd (5,362)

2012: *Indoor:* Mayden participated in a pair of pentathlons during her sophomore season and recorded a personal best total of 3,545 points at the Mountain Pacific Sports Federation Indoor Championships. The total made her the ninth best CU performer in the event. Mayden placed 13th overall at the MPSF Championships and had season best marks in four of the five events. She finished the 60-meter hurdles in 9.23 and the 800 in 2:30.90, while jumping 5-

03.25 in the high jump and throwing the shot put 38-07. Her shot put mark tied for eighth in CU's pentathlon record book. Mayden recorded a personal best in the long jump at the Air Force Team Challenge (1/28) with a leap of 17-08.

Outdoor: Mayden led CU in the heptathlon, registering a third-place finish at the Pac-12 Championships with 5,362 points, which ranks 12th all-time and is the fourth best by a CU athlete. At the conference meet, she recorded four personal bests in the 200 (25.42), long jump (18-07.25), javelin (140-03) and the 800 (2:22.50). Her throw in the javelin ranks second all-time for a CU heptathlete. Mayden also competed in the high jump and javelin throws at the Pac-12 Championships. She placed 16th in the javelin (119-11) and 17th in the high jump (5-04.50). Earlier in the year Mayden notched PR's in the high jump (5-06.50), shot put (38-07) and 100-meter hurdles (14.97). Her throw in the shot put ranks sixth on CU's heptathlete list.

2011: *Indoor:* Mayden competed in three pentathlons during her first season. She started the season sixth at the Potts Invite (1/22) with 3,167 points and was seventh at the New Mexico Classic (2/4) with 3,273 points. Her season high of 3,364 points came at the Big 12 Championships where she tied for 11th overall. Mayden recorded a pair of season bests at the Colorado School of Mines Twilight (2/18). She jumped 17-08.75 in the long jump, placing sixth, and finished the 60-hurdles in 9.20 for fifth overall.

Outdoor: During the outdoor season Mayden continued to have a great freshman campaign. She competed in four meets, recording more than 4,900 points in her final two meets. Mayden notched 4,939 points at the Big 12 Championships, which placed 10th overall. Mayden's best performance came at the USATF Junior Championships. She put together a score of 4,950 points, which was fourth at the meet. The score made her the sixth best performer at CU. At the championships, Mayden recorded four season bests. She cleared a height of 5-04.25 in the high jump, threw the shot put 37-06.75 (which was second at the championships), had a throw of 121-06 in the javelin (third) and ran the 800 in 2:27.80. Mayden's javelin toss ranked fifth in school history and her shot put throw was 10th.

HIGH SCHOOL: As a member of the track and field team at Ensworth High School, Mayden earned four letters. During her junior year, she took first place in the triple jump at the Nashville City Meet. She holds school records for the pentathlon (2942) and triple jump (35-7). She earned two letters for basketball and was a member of the team when the Tigers won the state title in 2008.

IN THE CLASSROOM: Mayden is a studio art major with interest in photography and art history. She would like to be a photographer after college.

PERSONAL: Genny Emanuelle Mayden was born on January 27, 1992 in New York and is the daughter of Ted and Barbara Mayden. She has two sisters, Samantha and Talia. Samantha is the member of the cross country and track and field team at Muhlenberg College. She lists her hobbies as drawing, crossword puzzles, board games, hiking, traveling and music. Mayden also volunteers frequently at Nashville Animal Shelter.

CATRINA McALISTER

Distance
Sophomore, VR
San Clemente, Calif.
(Arcadia)

PERSONAL BESTS**INDOOR**

Mile: 5:10.15 (2012)
 3,000 Meters: 9:40.95 (2012)

OUTDOOR

800-meters: 2:18.99 (2012)
 1,500-meters: 4:30.31 (2012)
 5,000-meters: 17:59.90 (2012)

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

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

CROSS COUNTRY: (2012) McAlister earned a spot on the varsity roster as a redshirt freshman. Her first meet of the season was the Santa Clara Bronco Invite where she placed 41st overall. McAlister followed up that performance with a 70th-place finish at the Pac-12 Championships. She was the alternate at regionals and nationals.

HIGH SCHOOL: McAlister ran most of her high school career at Arcadia High School. While attending AHS she was very successful on the cross country course and on the track. McAlister was an all-state selection in cross country as a junior and senior. She was ninth in 2009 and 10th in 2010 at the state championship. McAlister was the Pacific League Champion in 2010 as well. She went on to compete at the FootLocker meets where she was seventh in the west and finished 25th in the finals. On the track McAlister was the Pacific League Champion her sophomore and junior seasons in the 1,600 and 3,200-meter runs. McAlister placed 10th at the state championship in the 3,200 as a junior.

HIGH SCHOOL BESTS: 1,600-meters: 4:50.78; 3,200-meters: 10:24.85.

IN THE CLASSROOM: McAlister is an open major.

PERSONAL: Catrina Jean McAlister was born on August 21, 1993 in Los Angeles, Calif. She is the daughter of Claron and Carla McAlister and has two younger siblings, Cocean and Caiya, twins. McAlister enjoys writing, surfing, photography, gardening and playing the guitar.

ALLIE McLAUGHLIN

Distance
Junior, VR
Colorado Springs,
Colo.
(Air Academy)

PERSONAL BESTS**INDOOR**

3,000-Meters: 9:23.31 (2010)

2012: *Indoor:* Did not compete.

Outdoor: Did not compete.

2011: *Indoor:* Did not compete.

Outdoor: Did not compete.

2010: *Indoor:* McLaughlin recorded an NCAA provisional time in the 3,000-meter run at the UW Invitational (1/30), her only race of the season. McLaughlin made her collegiate track debut in quick fashion as she clocked a time of 9:23.31. She placed third overall and was the top collegiate finisher in the race. Amy Hastings won the 3k with a time of 8:58.45 and Jen Rhines was second (8:58.47); both were running unattached. McLaughlin's time was the 18th fastest ever recorded by a Buff and is the second fastest freshman debut. Sara (Gorton) Slattery recorded the fastest mark of 2:11.59 on Feb. 3, 2001 in Lincoln, Neb.

Outdoor: Did not compete.

CROSS COUNTRY: McLaughlin had quite possibly the best freshman season in CU history during the 2009 season. She started off the season by finishing second at the Rocky Mountain Shootout in 20:22, the eighth best time in course history. It was also the second fastest time by a freshman. McLaughlin showed it wasn't beginner's luck as she raced to a 10th-place finish at pre-nats. Two weeks later she became the first Buff since 2005 to be named the Big 12 Newcomer of the Year after she raced to a runner-up finish at the conference championship. The regional meet saw McLaughlin finish third overall, another impressive race for the frosh. But most notably McLaughlin led the Buffs at the NCAA Championships, as a freshman. She finished fifth overall to earn her first All-American honor and was the top freshman in the race. It was the second best finish for a freshman ever at the meet (Shalane Flanagan was fourth in 2000). McLaughlin did not compete in 2010.

HIGH SCHOOL: McLaughlin ran one year of track and two seasons of cross country while at Air Academy. As a junior, the only season she ran track, McLaughlin also had a lot of success. She won the 2008 state 3,200-meter run title and was the regional champion. McLaughlin was named all-first team in track and cross country by the *Colorado Springs Gazette*. The *Rocky Mountain News* named her the Distance Runner of the Year in 2008. She won the Colorado State 5A Cross Country championship by more than a minute as a senior with a PR of 17:04, which doubles as the AAHS and meet record. McLaughlin was undefeated her senior season and set three course records as well as four meet records. Besides winning the state title, she was the conference and regional champion. McLaughlin was named the cross country runner of the year by the *Rocky Mountain News*, *The Denver Post* and the *Colorado Springs Gazette*. In addition to those honors, she was named the AAHS Female Athlete of the Year, Sportswomen of Colorado honoree for cross country, Rotary Champions nominee and

the Gatorade Colorado Runner of the Year. McLaughlin qualified for the IAAF World Championships after placing fourth at the USA Junior Championships in 2008 and earned All-American honors by placing fifth at the Foot Locker National Championships. She also served as the captain for the cross country and lacrosse teams her senior year. She also earned four letters as a member of the lacrosse team that won four conference championships and the state title in 2009. McLaughlin played hockey until her sophomore year of high school. While in high school, she was a member of the National Honor Society, the Principal's Honor Roll and was named to the Colorado High School Activities Association Academic All-State First Team.

HIGH SCHOOL BESTS: 1,600-Meters: 5:13; 3,200-Meters: 10:49.

IN THE CLASSROOM: McLaughlin is majoring in communications and psychology and owns a greater than 3.20 GPA.

PERSONAL: Allison Jordan McLaughlin was born on Oct. 30, 1990 in Dayton, Ohio. She is the daughter of Thomas, who played lacrosse at Michigan State, and Carol McLaughlin of Colorado Springs, Colo. She has one older brother, Andrew. McLaughlin lists snowboarding, wakeboarding, swimming, downhill mountain biking, weightlifting, photography and running with her dogs as her hobbies. She has also volunteered her time baking food in a soup kitchen while in high school.

LAINY NASH

Middle Distance
Freshman, RS
Beaverton, Ore.
(Southridge)

PERSONAL BESTS

100-meters: 12.70
 200-meters: 25.51
 400-meters: 56.52
 100-meter hurdles: 15.32
 300-meter hurdles: 44.34

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

Outdoor: Redshirt. Did not compete.

HIGH SCHOOL: Nash won the 2010 Oregon State 400-meter title to earn Southridge High School's Athlete of the Year award. She was a member of the state champion 4x400-meter relay as a freshman and sophomore, and the Skyhawks women's team won the overall state title in 2009. Nash was all-state her freshman, sophomore and junior years. She was also recruited by Nevada-Reno, Cornell, Northern Arizona, Brown and San Francisco.

HIGH SCHOOL BESTS: 100-meters: 12.70; 200-meters: 25.51; 400-meters: 56.52; 100-meter hurdles: 15.32; 300-meter hurdles: 44.34.

IN THE CLASSROOM: Nash is majoring in evolutionary biology.

PERSONAL: Lainey Sarah Nash was born on August 3, 1993 in Portland, Ore. She is the daughter of David and Aviva Nash of Beaverton, Ore. She has two brothers, Daniel and Aaron.

HOLLY ODNEAL



Combined Events
Senior, VR/VR
Palisade, Colo.
(Palisade)

PERSONAL BESTS

INDOOR

Pentathlon: 3,380 (2011)
60-Meter Hurdles: 9.16 (2011)
High Jump: 5-07/1.70m (2010)
Shot Put: 38-11/11.86m (2012)
Long Jump: 16-04.25/4.98m (2010)
800-Meters: 2:33.88 (2011)
60-Meters: 8.59 (2010)

OUTDOOR

Heptathlon: 4,699 (2011)
100-Meters Hurdles: 14.70 (2011)
High Jump: 5-05.25/1.66m (2011)
Shot Put: 37-11.50/11.57m (2012)
200-Meters: 27.32 (2012)
Long Jump: 17-02.00/5.23m (2011)
Javelin: 113-03/34.53m (2010)
800-Meters: 2:34.30 (2011)

ACADEMIC HONORS

Academic All-Big 12 (2011)
MPSF All-Academic (2012)
Pac-12 All-Academic honorable mention (2012)

2012: *Indoor:* Odneal competed in one pentathlon for the Buffs, finishing seventh overall at the Potts Invite (3/20) with 3,297 points. At the meet, she recorded the sixth-best shot put mark in CU pentathlon history (38-11), which took first at the meet. Odneal participated at the Mountain Pacific Sports Federation Indoor Championships in the high jump, clearing 5-02.25.

Outdoor: Odneal recorded 3,672 points in the heptathlon at the Jim Click Shootout (3/27), her only heptathlon of the season (she did not record a height in the high jump). She recorded a toss of 37-11.50 in the shot put, which ranks 11th on CU's combined events chart and placed sixth at the meet. At the CU Invite (4/14), Odneal set a PR of 27.32 in the 200, which placed 14th overall.

2011: *Indoor:* Odneal continued to improve for the Buffs, competing in three pentathlons during the indoor season. Her best meet was the Potts Invite (1/22), where she recorded a personal best and fourth-place finish with 3,380 points to rank eighth on the CU performers list. She was sixth at the New Mexico Classic (2/4) with 3,342 points and placed 11th at the Big 12 Championships with 3,364 points, tying for 11th overall. Odneal recorded the fifth and sixth fastest CU times for the pentathlon in the 60-meter hurdles. She finished the conference meet in 9.16 and clocked a time of 9.19 at the Potts Invite. Odneal also ranks in CU's combined events shot put chart with the seventh and eighth best throws. She tossed the shot put 38-02.75 at the Big 12 meet, which was third, and recorded a throw of 38-00.75 at the Potts Invite.

Outdoor: Odneal took part in three heptathlons for the Buffs, competing at the Jim Click (3/31-4/1), Glenn Morris

(4/22-23) and Big 12 (5/13-14) meets. Odneal earned her personal best at the conference championships, picking up a score of 4,699 points for 11th place with six personal bests. She ran to PR's in the 100-meter hurdles (14.70) and 800 (2:34.30) and recorded season best marks of 5-05.25 in the high jump, 36-10.25 in the shot put, 17-02 in the long jump and 27.55 in the 200.

2010: *Indoor:* Odneal competed in three pentathlons for the Buffs in her first season. She recorded a season-high (3,258 points) at the New Mexico Classic (2/5). Odneal also set season bests in the shot put (35-07.75) and long jump (16-04.25). Her mark in the shot put was the 10th best in CU combined events history at the time. Odneal also competed at the Big 12 Championship, placing 13th overall (3,223). Odneal also spent time focusing on the high jump. She reached a height of 5-7 at the Don Barrett Duals (1/30).

Outdoor: Odneal participated in two heptathlons during the outdoor season and saved the best for last since she recorded a season-high of 4,277 points at the Big 12 Championship (placing 13th overall). Odneal totaled three season bests at the meet, running the 200 in 27.84, the 800 in 2:34.30 and threw the javelin 113-03. Her mark in the javelin ranked eighth on the CU combined events chart and was the fifth best throw for a Buff in the 2010 season. Odneal recorded a season best in the shot put (35-07.75) at the Glenn Morris Multi-Events meet (4/22-23).

HIGH SCHOOL: Odneal earned four letters in track and field at PHS. She was a two-time regional champion in the high jump and won the region champion in the 100-meter hurdles once. Odneal owns the PHS records in both events. She recorded a jump of 5-4 high jump and a time of 15.2 in the 100-meter hurdles. Odneal was an all-conference selection all four years and was all-state as a sophomore. She also competed at a meet in Brisbane, Australia and took first in the high jump, clearing the bar at 5-04.50. Odneal was also a four-year letterwinner for the basketball team and was all-conference her senior year.

HIGH SCHOOL BESTS: High Jump: 5-04.50; 100-Meter Hurdles: 15.2; Heptathlon: 3,800.

IN THE CLASSROOM: Odneal is majoring in finance. She earned a 4.0 GPA her first semester and was named to the Dean's List and the Big 12 Commissioner's Honor Roll. She was named MSPF All-Academic and Pac-12 All-Academic honorable mention in 2012. Odneal currently owns a GPA greater than 3.60. She earned first team academic honors as a junior and senior in high school.

PERSONAL: Holly Rae Odneal was born on December 22, 1990 in Palisade, Colo. and is the daughter of Wes and Linda Odneal. Linda played basketball at Otero Junior College and Wes was on the rodeo team at Sterling Junior College and then rode bare-back broncos professionally. She has one sister, Hannah, and one brother, Joey. Odneal lists her hobbies as snowboarding, shopping and playing solitaire. She volunteered at the YMCA for a service learning class through AmeriCorps in 2008.

EWELINA PENA



Combined Events
Freshman, HS
Lakewood, Colo.
(Lakewood)

PERSONAL BESTS

High Jump: 5-06

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

HIGH SCHOOL BESTS: High Jump: 5-06.

IN THE CLASSROOM: Pena is undecided on a major.

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

GWEN RICCO



Combined Events
Senior, VR/VR
Dallas, Texas
(Highland Park/Wake Forest)

PERSONAL BESTS

INDOOR

Pentathlon: 3,341
60-Meter Hurdles: 8.93 (2010)
200-Meter Dash: 25.05 (2010)
300-Meter Dash: 39.08 (2010)
600-Meter Run: 1:35.97 (2010)
Shot Put: 35-05.75/10.81m (2011)
Long Jump: 18-04.25

OUTDOOR

Heptathlon: 4,954
100-Meter Hurdles: 14.41 (2010)
200-Meters: 24.52/5.72m
Long Jump: 18-09.25
Shot Put: 35-05/11.10m (2010)
Javelin: 110-04/33.64m (2012)
800-Meter: 2:18.89 (2010)

2012: *Indoor:* Ricco competed in the pentathlon at the Potts Invite (1/20) and recorded season best marks in the high jump (4-9.50), shot put (34-10.25) and 800 (2:40.15). Her season best in the long jump came the following week at the Air Force Team Challenge (1/28) where she jumped 16-05.75.

Outdoor: Ricco placed 20th at the Jim Click Shootout (3/27) in the heptathlon with 4,493 points. At the Potts Invite (3/17), Ricco recorded a personal best mark of 110-04 in the javelin, seventh overall.

AT WAKE FOREST: As a sophomore in 2011 Ricco placed eighth in the heptathlon at the ACC Outdoor Championships, recording a personal best 4,831 points in

the process. She also placed 18th at the championship in the long jump, recording a mark of 16-11.25. In 2010 Ricco was a member of the outdoor 4x200-meter relay team that set the school record of 1:38.97. During the indoor season she raced on the 4x400 team that set the school record at 3:43.66, placing sixth at the ACC Indoor Championships.

HIGH SCHOOL: Ricco was a four-time letterwinner on the track team for HPHS. While in high school she recorded a personal record of 4,622 points in the heptathlon. She was a member of the school record setting 4x100 and 4x200-meter relay teams. In high school she was a member of the national honor society.

IN THE CLASSROOM: Ricco is majoring in anthropology and owns a greater than 3.30 GPA. She was a member of the ACC Academic Honor Roll (2010-11).

PERSONAL: Gwendolyn Maria Ricco was born on October 31, 1990 in Dallas Texas. She is the daughter of Vince Ricco and Pamela Huntress and has a twin sister, Maddy.

JANA STOLTING



Distance
Junior, VR
Tallahassee, Fla.
(Maclay/
San Francisco)

PERSONAL BESTS

INDOOR

3,000 Meters: 10:27.53 (2012)

5,000 Meters: 16:51.21 (2011)

OUTDOOR

1,500 Meters: 4:35.27 (2011)

5,000-Meters: 16:38.54 (2012)

10,000 Meters: 34:03.16 (2012)

2012: *Indoor:* Stolting raced twice for the Buffs. She debuted at the Air Force Team Challenge (1/28) and won the 3,000-meter run in 10:27.53. Stolting's second race was the 5k at the Mountain Pacific Sports Federation Indoor Championships. There she was 10th overall in 17:00.74.

Outdoor: Stolting raced three times during the outdoor season, one 5,000 and a pair of 10,000's. Her first race was a 10k at the Stanford Invite (4/6) and she finished in 34:03.16, which put her ninth on the CU performers list. Stolting switched gears to the 5k at the Mt. SAC Relays (4/20) and finished second in the 'C' section in 16:38.54. Her final 10k of the season was at the Pac-12 Championships. She just missed scoring for the Buffs as she was the ninth racer to cross the finish (35:16.35).

SAN FRANCISCO: Stolting ran one season at San Francisco. She led USF at the NCAA West Region Cross Country Championship, placing 15th overall and just missed an at-large bid to the national championships. Stolting finished fourth at the West Coast Conference Championship to earn first team all-conference honors and WCC Freshman of the Year status. USF won the WCC team title and was seventh at the west regional. Stolting was also a member of the track and field team. She qualified for the 10k in the NCAA West Preliminaries and placed 29th overall. Stolting set the USF 10k record at Mt. SAC Relays, finishing in 34:29.08.

CROSS COUNTRY: (2012) Stolting ran in all five varsity meets and scored in four. She started out by placing seventh at the Rocky Mountain Shootout before placing 55th at pre-nationals. Stolting was the No. 5 runner at the Pac-12 Championships, finishing 41st. She ended the season with a 55th-place finish at regionals and was 151st at nationals.

HIGH SCHOOL: Stolting earned a trio of third place finishes at the Florida State Championship her senior year. She was third at the cross country meet as well as the 1,600 and 3,200-meter runs. She was an All-Bend first team selection in track her sophomore, junior and senior seasons and was All-Bend for cross country as a junior and senior. She was also a National Merit Scholar in 2009 and 2010.

HIGH SCHOOL BESTS: 1,600-meters: 4:57.64; 3,200-meters: 10:41.54.

IN THE CLASSROOM: Stolting is majoring in philosophy and owns a greater than 3.40 GPA.

PERSONAL: Jana Elizabeth Stolting was born on December 8, 1991 in Tallahassee, Fla. She is the daughter of Steven and Karen Stolting and has three sisters, Lauren, Alana and Nicole. Stolting enjoys hiking, camping and traveling.

BRIDGET SWEENEY



Sprints
Sophomore, 1L/1L
Hopkins, Minn.
(Hopkins)

PERSONAL BESTS

INDOOR

200-meters: 25.42 (2012)

400-meters: 57.53 (2012)

OUTDOOR

200-meters: 25.06 (2012)

400-meters: 55.14

MPSF SCORING

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

PAC-12 CONFERENCE SCORING

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

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

Outdoor: Sweeney ran the 200 and 400 again in the outdoor season. She won the 200 at the CU Invite (4/14), finishing in a season best time of 25.06. She also had a second-place finish at the Potts Invite (3/17) in the 200, finishing in a then-PR of 25.28. Sweeney raced a season best time of 55.6 (hand-time) at the CSU-Pueblo Open (3/24), which was fourth overall. Her second-best time of the season came at

the prelims at the Pac-12 Championships. Sweeney finished in 56.02; 19th overall. She was also a member of the 4x400-meter relay which placed fifth at Pac-12s (3:40.30).

HIGH SCHOOL: Sweeney is the school record holder in the 400-meter dash (55.14) and was a part of the school and state record setting 4x200 (1:40.62) and 4x400 (3:51.28) relays. She placed second individually at the state championship in the 400 and both relays placed first as she helped the HHS Royals to the state title in 2010. Sweeney was an all-conference and all-state selection in track from eighth-grade to her junior season. Sweeney is a member of the National Honor Society.

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

IN THE CLASSROOM: Sweeney is an open major. She recorded a 3.844 GPA in her first year.

PERSONAL: Bridget Ruth Sweeney was born on January 31, 1993 in Minneapolis, Minn. She is the daughter of Terry and Barb Sweeney and has one sister, Meghan.

ABRIANNA TORRES



Combined
Events/Jumps
Sophomore/Freshman,
VR/RS
San Luis Obispo, Calif.
(San Luis Obispo)

PERSONAL BESTS

INDOOR

Pentathlon: 3,406 (2012)

60-Meter Hurdles: 9.19 (2012)

High Jump: 5-02.25 (2012)

Shot Put: 38-07 (2012)

Long Jump: 18-09.75 (2012)

800 Meters: 2:48.30 (2012)

OUTDOOR

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

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

Outdoor: Redshirt. Did not compete.

HIGH SCHOOL: Torres earned four letters at SLOHS and owns school records in the long jump (19-11.50), triple jump (39-06.50), 100-meter hurdles (14.45), heptathlon (4,826)

and the 4x100-meter relay (48.12). She also owns Pac 7 League records in the 300-hurdles, 100-hurdles, long and triple jumps. Torres helped the Tigers with the Pac 7 League Championship in 2008, 09, 10 and 11, as well as the CIF DIII Championships in 2008 and 09. As an individual she won the 2011 DIF long jump and triple jump. Torres earned a runner-up finish in the long jump at the 2009 USATF Junior Championships and was 10th overall at the 2011 USATF Junior Championships in the heptathlon with 4,707 points. She was a scholar athlete all throughout high school.

HIGH SCHOOL BESTS: 100-Meters: 12.32; 200-Meters: 25.65; 800-Meters: 2:31; 100-Meter Hurdles: 14.45; 300-Meter Hurdles: 44.23; Long Jump: 19-11.5; Triple Jump: 39-06.5; High Jump: 5-3.75; Shot Put: 33-05; Javelin: 91-06; Heptathlon: 4,826.

IN THE CLASSROOM: Torres is majoring in sociology.

PERSONAL: Abrianna Nicole Torres was born on Jan. 3, 1993 in San Luis Obispo, Calif. She is the daughter of Victor Sr. and Zona (Cece Chandler) Torres. She has two sisters, Katrina and Grace, and two brothers, Victor Jr. and Chandler. Both of her parents were school record holders at Col Poly in the jumps and hurdles. She enjoys outdoor adventuring, watching the news and hanging out with family and friends. She was named the SLOHS Homecoming Princess as a junior and the Homecoming Queen as a senior.

ELIZABETH (LIZ) TREMBLAY



**Middle Distance
Senior, 2L/1L
Loveland, Colo.
(Thompson Valley)**

PERSONAL BESTS

INDOOR

600-Yards: 1:24.07 (2011)
800-Meters: 2:09.23 (2011)

OUTDOOR

400-Meters: 55.1 (2009)
800-Meters: 2:06.59 (2011)

BIG 12 SCORING

2010 (I) Distance Medley Relay, 5th (11:34.32)
2011 (I) Distance Medley Relay, 4th (11:22.87 – school record)
2011 (I) 800-Meter Run, 2nd (2:10.23)
2011 (O) 800-Meter Run, 3rd (2:06.59)

ACADEMIC HONORS

Academic All-Big 12 (2011)
Academic All-MPSF (2012)
Pac-12 All-Academic honorable mention (2012)

CAREER UPDATE: It didn't take long for Tremblay to make her way into the CU record book. She is the second best performer in the indoor 800-meter run (2:09.23) and is third in the 600-yard dash (1:24.07). Tremblay is also a member of the CU record setting distance medley relay team which broke a 12-year-old CU record when they finished in 11:22.87, placing fourth at the 2011 Big 12 Championships. Her name is also in the outdoor record book as she is the

third-fastest 800 performer (2:06.59) for the Buffs.

2012: Indoor: Tremblay raced just once during the indoor season. At the Husky Classic (2/11), she finished seventh in the open section (2:10.45).

Outdoor: Tremblay led the Buffs in the 800, running the top four times of the season. She ran her season best time of 2:07.94 at the Mt. SAC Relays (4/20). Tremblay placed 24th in the prelims of the Pac-12 Championships (2:15:67). She went on to compete at the NCAA West Prelims and advanced to the second round after running 2:08.75. Tremblay finished the prelims 27th overall.

2011: Indoor: Tremblay became the second fastest CU performer in the 800. She clocked a time of 2:09.51 at the UW Invite (1/29), finishing seventh overall. At the Big 12 Championships she clocked a time of 2:09.23, the second-best in school history, in the prelims. During the finals, Tremblay earned a second-place finish with a time of 2:10.23. Tremblay picked up more points for CU as a member of the school record setting distance medley relay team. The DMR placed fourth overall, crossing the finish in 11:22.87 to break a 12-year-old record.

Outdoor: Tremblay's main focus was again the 800. During the season she recorded seven of the top 15 times in CU history while becoming the second fastest performer. She started the season off with a second-place finish of 2:09.26 at the CU Invite (4/9) and improved the following week at Mt. SAC Relays (4/15) with a time of 2:08.58. Tremblay recorded her season best (2:06.59) at the Oregon Twilight (5/6), placing fifth. She found more success at the conference championships. Tremblay was third in the prelims (2:08.83) and was third in the finals with the eighth fastest time in school history (2:07.07). She qualified for the NCAA West Preliminary Championships and advanced to the finals after placing 22nd in the prelims (2:08.10). Tremblay finished the season 18th at the championships with a time of 2:07.76.

2010: Indoor: Tremblay competed in the 600-yard and 800-meter runs during her first indoor season. She recorded her season best time of 2:13.96 in the 800 at the Husky Classic (2/12) to become the fifth fastest performer for CU in the event. Tremblay also stamped a spot in the CU record book in the 600. At the Big 12 Championship she clocked a time of 1:25.74 which was the ninth-best ever in CU history and made her the seventh fastest performer in the event for the Buffs. Tremblay was also a member of the distance medley relay team that placed fifth at the conference championship. The quartet of Katie Cumming, Tremblay, Brianne Beemer and Emma Coburn ran the fourth fastest time in school history with a mark of 11:34.32 to earn All-Big 12 honors. Tremblay also ran a pair of mile relays that rank fifth (3:54.82) and eighth (3:58.00) in Buffalo history, as well as a 4x400 relay that ran a mark of 3:49.49 for the second-best time in school history.

Outdoor: Tremblay continued to focus on the 800, running the event at four meets during the outdoor campaign. Her fastest time of the season was 2:11.25, which she ran at the Mt. SAC Relays (4/16). Tremblay competed in the 800 at the Big 12 Championship. She placed 15th overall in the preliminaries (2:11.99). She ran in the fastest two 4x400-meter relay teams for the 2010 season. She ran the anchor leg of the ninth-place team (3:53.25) at the Big 12 meet and was the third leg on the team that ran a time of 3:53.43 at

the CU Invite (4/10).

CROSS COUNTRY: (2012) Tremblay had an outstanding year and proved to be an important member of the team as a junior. She started the season by placing 14th at the Rocky Mountain Shootout and two weeks later she finished 16th in the open race at pre-nationals. At the Pac-12 Championships, Tremblay recorded a 31st-place finish and was CU's No. 4 harrier. She improved two weeks later at regionals, finished 27th as the Buffs third finisher. Tremblay ended the season 237th at nationals. (2011) Tremblay earned another letter as a member of the varsity squad as a sophomore. She placed 19th in the first meet of the season, the Rocky Mountain Shootout and led CU at the Santa Clara Bronco Invite with a 14th-place finish. Tremblay raced to a 51st-place finish at the inaugural Pac-12 Championships, helping CU to the team title. She served as the alternate at regionals and nationals. (2010) Tremblay competed in three meets for CU, starting at the Rocky Mountain Shootout where she placed 45th overall. Tremblay led the Buffs at the Fort Hays State Open with a 10th-place finish. She ended the season at the conference championship, placing 109th overall. (2009) Did not compete.

HIGH SCHOOL: Tremblay won the state title in the 400-meter run in a meet and school record of 55.1 seconds to cap off an undefeated season in the event. She was also a member of three meet and school records in the 800-medley (1:47.2), 4x400 (3:47.4) and 4x800 (8:58.6). Tremblay also has TVHS records in the 100 (12.1), 200 (25.1) and 400 (55.1). Her high school track and field team was the 2008 and 09 state champions. On the cross country course, Tremblay recorded a 20th-place finish at the state championship her senior year en route to her high school winning the team title. The Eagles won the state championship in 2006. She was all-conference, all-region and all-state her senior year and was named the Most Improved Athlete for TVHS. Tremblay's team also finished fourth at Nike regional cross country meet. Tremblay was a member of the honor roll while at TVHS, as well as an academic all-state selection her junior and senior years.

HIGH SCHOOL BESTS: 100-Meters: 12.1; 200-Meters: 25.1; 400-Meters: 55.1; 800-Meters: 2:15.

IN THE CLASSROOM: Tremblay is majoring in integrative physiology. She owns a GPA greater than 3.30 and was named to the Big 12 Commissioner's Honor Roll.

PERSONAL: Elizabeth Tremblay was born on March 28, 1991 in Loveland, Colo. She is the daughter of Michael and Olivia Tremblay. She has two older siblings, Anne and Joe, and a twin sister Laura. Tremblay lists her hobbies as reading, playing sports, outdoor activities and hanging out with friends. She has volunteered with the Hearts and Horses program, Local House for Humanity, House of Neighborly Service and Immanuel Lutheran School.

CARRIE VERDON

Middle Distance
Freshman, HS
Morago, Calif.
(Morago)

PERSONAL BESTS

1,600-meters: 4:51
 3,200-meters: 10:22

CROSS COUNTRY: (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.

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 intends to major 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.

RACHEL VIGER

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

PERSONAL BESTS

INDOOR
 3,000 Meters: 10:41.57 (2012)
 5,000 Meters: 17:23.31 (2012)
OUTDOOR
 1,500 Meters: 4:51.58 (2012)
 5,000 Meters: 16:56.05 (2012)
 10,000 Meters: 35:06.26 (2012)

ACADEMIC HONORS

Academic All-MPSF (2012)
 Pac-12 All-Academic first team (2012)

2012: Indoor: Viger raced twice for the Buffs. She started the season at the Air Force Team Challenge (1/28), finishing third overall in 10:41.57. Her second race was the 5k at the Husky Classic (2/10); Viger finished in 17:23.31.

Outdoor: Viger focused on the 10,000 during her first outdoor campaign and clocked a personal best of 35:06.26 at the Stanford Invite (4/6). Viger went on to race at the Pac-12 Championships and placed 15th in the 10k (36:24.08). She qualified for the NCAA West Prelims in the 10k and finished 22nd overall with a time of 35:49.79.

2011: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Viger had a great season, starting right off the bat with a fifth-place finish at the Rocky Mountain Shootout as CU's No. 3 harrier. She raced to a 66th-place finish at pre-nationals and followed that up by placing 27th at the Pac-12 Championships. She was the Buffs' No. 4 harrier in the final two meets of the season. Viger placed 31st at regionals and was 174th at nationals. (2011) Viger competed in four varsity meets for the Buffs. She started the season at pre-nationals, placing 59th overall as CU's No. 5 scorer. At the Pac-12 Championships, Viger finished 35th overall. She went on to take 41st at regionals and finished the season with a 169th-place finish at nationals. (2010) Viger earned a spot on the varsity roster in her first season with the Buffs. Her first race was pre-nationals where she finished 125th overall. She improved to 50th overall at the Big 12 Championship two weeks later. Viger came in 69th at the regionals and was 225th at the NCAA Championships.

HIGH SCHOOL: Viger was an All-Front Range Conference selection her sophomore, junior and senior years at FCHS. She was named all-state her senior year in cross country and was all-state on the track as a junior and senior. Viger's team placed third at the 2009 Nike Cross Nationals and was seventh in 2007 and 2008.

HIGH SCHOOL BESTS: 1,600-meters: 5:15; 3,200-meters: 11:05.

IN THE CLASSROOM: Viger is majoring in chemical engineering. She has earned a 4.00 GPA and is a member of the Dean's List and Big 12 Commissioner's Honor Roll.

Viger also earned Academic All-MPSF and Pac-12 All-Academic honors in 2012.

PERSONAL: Rachel Elizabeth Viger was born on October 14, 1991 in Fort Collins, Colo. She is the daughter of Charles and Sharron Viger. She enjoys hiking, swimming, camping and reading in her free time.

2012 Colorado Cross Country Results

COLORADO WOMEN

Sept. 1 ALUMNI/OPEN/VARSITY TIME TRIAL NTS
Sept. 29 ROCKY MOUNTAIN SHOOTOUT (Boulder) 1/4
1. Colorado, 19; 2. Wyoming, 58; 3. Northern Colorado, 66; 4. Nebraska-Omaha, 93

Oct. 13 at Pre-National Invitational (Louisville, Ky.) t7/39
 1. Florida State, 72; 2. Oregon, 87; 3. Michigan, 141; 4. Georgetown, 163; 5. Texas, 184; 6. William & Mary, 266; **7. Colorado, 273;** 7. Villanova, 273; 9. Florida, 308; 10. UC Davis, 320.

Oct. 27 at Pac-12 Championships (Santa Clarita, Calif.) 5/12
 1. Oregon, 47; 2. Arizona, 69; 3. Stanford, 82; 4. Washington, 92; **5. Colorado, 124;** 6. UCLA, 172; 7. Utah, 200; 8. California, 209; 9. Arizona State, 210; 10. USC, 295; 11. Oregon State, 305; 12. Washington State, 308.

Nov. 9 at NCAA Mountain Region Championships (Fort Collins, Colo.) 3/20
 1. Weber State, 63; 2. New Mexico, 95; **3. Colorado, 107;** 4. Southern Utah, 132; 5. Colorado State, 173; 6. Utah, 198; 7. BYU, 210; 8. Northern Arizona, 225; 9. Utah Valley, 230; 10. Utah State, 326; 11. Air Force, 328; 12. Idaho State, 343; 13. Nevada, 361; 14. Wyoming, 364; 15. Montana State, 382; 16. New Mexico State, 382; 17. UTEP, 433; 18. Northern Colorado, 456; 19. Montana, 555; 20. Texas Tech, 561.

Nov. 17 at NCAA Championships (Louisville, Ky.) 24/31
 1. Oregon, 114; 2. Providence, 183; 3. Stanford, 198; 4. Florida State, 202; 5. Michigan, 247; 6. Arizona, 263; 7. Duke, 300; 8. Connecticut, 304; 9. Washington, 334; 10. New Mexico, 341... **24. Colorado, 519.**

COLORADO MEN

Sept. 1 ALUMNI/OPEN/VARSITY TIME TRIAL NTS
Sept. 29 ROCKY MOUNTAIN SHOOTOUT (Boulder) 1/4
1. Colorado, 15; 2. Wyoming, 52; 3. Air Force, 76; 4. Northern Colorado, 114.

Oct. 13 at Pre-National Invitational (Louisville, Ky.) 1/40
1. Colorado, 79; 2. BYU, 127; 3. Oregon, 152; 4. Florida State, 275; 5. Duke, 287; 6. Virginia Tech, 288; 7. Tulsa, 292; 8. Villanova, 338; 9. Georgetown, 351; 10. Florida, 369; 10. Eastern Michigan, 369.

Oct. 27 at Pac-12 Championships (Santa Clarita, Calif.) 1/9
1. Colorado, 49; 2. Stanford, 82; 3. Oregon, 105; 4. Arizona State, 109; 5. UCLA, 113; 6. Washington, 119; 7. Arizona, 166; 8. Washington State, 200; 9. California, 234.

Nov. 9 at NCAA Mountain Region Championships (Fort Collins, Colo.) 3/18
 1. Northern Arizona, 56; 2. BYU, 68; **3. Colorado, 69;** 4. New Mexico, 108; 5. Weber State, 196; 6. Air Force, 231; 7. Utah Valley, 235; 8. Southern Utah, 257; 9. Colorado State, 265; 10. UTEP, 267; 11. Texas Tech, 275; 12. Montana State, 280; 13. Wyoming, 283; 14. Utah State, 315; 15. New Mexico State, 389; 16. Idaho, 434; 17. Montana, 513; 18. Northern Colorado, 570.

Nov. 17 at NCAA Championships (Louisville, Ky.) 3/31
 1. Oklahoma State, 72; 2. Wisconsin, 135; **3. Colorado, 158;** 4. Northern Arizona, 191; 5. Florida State, 238; 6. BYU, 245; 7. Tulsa, 247; 8. Oklahoma, 262; 9. Texas, 291; 10. Arkansas, 327.

INDIVIDUAL RESULTS (Overall/CU)

Runner	RMS 5.8k	SCBI 5k	PRE-NC 6k	P12 6k	MTR 6k	NCAA 6k
C. Bouchet	11/4 21:57		94/5 21:31.5	64/8 22:11	40/5 21:40.6	194/6 21:29.2
L. Darco			105/6 21:37.3			
S. Foster	17/8 22:24	26/2 17:46.8				
D. George		13/1 17:29.6		63/7 22:10		
S. Kipp			21/1 20:28	11/1 20:36	2/1 20:18.1	18/1 20:02.4
C. Logan	12/5 21:58		113/7 21:41.9	42/6 21:39	45/6 21:43.5	190/5 21:28.0
N. Look	16/7 22:16	32/3 17:52.1				
C. McAlister		41/4 17:59.8		70/9 22:23	Alt.	Alt.
B. Popiel	78/9 25:08	145/5 19:56.4				
J. Stolting	7/3 21:21		55/3 21:07.4	41/5 21:38	55/7 21:57.7	151/3 21:05.6
L. Tremblay	14/6 22:07		+16 21:49.7	31/4 21:16	27/3 21:21.1	237/7 21:57.2
C. Verdon	3/1 21:03		37/2 20:53.7	16/2 20:41	7/2 20:42.1	136/2 21:02.0
R. Viger	5/2 21:10		66/4 21:13.9	27/3 21:05	31/4 21:29.3	174/4 21:19.2

INDIVIDUAL RESULTS (Overall/CU)

Runner	RMS 8k	SCBI 8k	PRE-NC 8k	P12 8k	MTR 10k	NCAA 10k
M. Biegner	12/8 25:48		+4 24:21.4	36/9 24:26		
H. Dowdy	6/5 25:24		12/3 23:39.2	9/3 23:42	53/7 31:46.6	205/6 31:48.4
J. Hurysz	1/1 24:34		4/1 23:19.5	8/2 23:41	6/1 30:13.2	32/1 29:55.3
D. Kilgore	23/11 26:34	10/1 24:18.0				
M. Medina	3/3 25:01		23/5 23:49.5	13/5 23:49	7/2 30:14.0	228/7 32:18.5
A. Moussa	+13 25:49					
P. Murphy	4/4 25:19		22/4 23:49.5	14/6 23:50	19/4 30:36.6	45/4 30:11.8
M. Pearson	+10 25:42		+11 24:35.1	18/7 24:04	34/6 31:05.1	Alt.
J. Perkins	17/10 25:56	15/2 24:24.6				
R. Savercool	35/13 27:13	77/4 25:17.9				
D. Shije	24/12 26:42	25/3 24:35.7				
J. Stevens	14/9 25:56		+14 24:40.9	41/10 24:33		
B. Theroux	2/2 25:01		11/2 23:38.8	7/1 23:40	14/3 30:30.3	39/3 29:59.9
A. Van Halen	9/7 25:39		27/6 23:52.2	12/4 23:46	23/5 30:50.7	36/2 29:58.1
J. Warren	49/14 27:32	111/5 25:34.0				
C. Winter	7/6 25:26		35/7 23:55.7	21/8 24:11	Alt.	65/5 30:28.7

+ open/unattached

2012 Men's Indoor Bests

60 Meters (6.60 auto, 6.63 CU record)

6.64		Joe Morris	Arkansas Last Chance (3/2)
6.66	p	Joe Morris	NCAA Championships (3/9)
6.66	p	Joe Morris	Arkansas Last Chance (3/2)
6.71	p	Joe Morris	MPSF Championships (2/24-25)
6.76		Joe Morris	Husky Classic (2/11)
6.77		Joe Morris	Air Force Team Challenge (1/28)
6.80		Joe Morris	MPSF Championships (2/24-25)
6.85	p	Joe Morris	Husky Classic (2/11)

200 Meters (20.73 auto, 20.88 cu)

21.09		Joe Morris	Arkansas Last Chance (3/2)
21.41		Joe Morris	Air Force Team Challenge (1/28)
21.67		Joe Morris	MPSF Championships (2/24-25)
21.79		Shaw Gifford	Air Force Team Challenge (1/28)
21.84		Shaw Gifford	MPSF Championships (2/24-25)
21.92		Kyle MacIntosh	Air Force Team Challenge (1/28)
21.95		Joe Morris	Husky Classic (2/10)
22.00		Shaw Gifford	Husky Classic (2/10)

400 Meters (46.00 auto, 46.13 cu)

48.59		Kyle MacIntosh	Air Force Team Challenge (1/28)
48.70		Kyle MacIntosh	Husky Classic (2/11)
48.91		Matt Butcher	Husky Classic (2/11)
49.07		Blake Reimer	MPSF Championships (2/24-25)
49.25		Matt Butcher	MPSF Championships (2/24-25)
49.40		Kyle MacIntosh	MPSF Championships (2/24-25)
49.97		Matt Butcher	Air Force Team Challenge (1/28)
50.00		Blake Reimer	Husky Classic (2/11)

600 Yards* (1:10.2 cu)

1:14.41		Steve Kasica	Potts Invite (1/21)
1:16.37		Tyler Baker	Potts Invite (1/21)

800 Meters (1:47.30 auto, 1:49.37 cu)

1:52.29		Steve Kasica	Husky Classic (2/11)
1:52.85		Steve Kasica	MPSF Championships (2/24-25)
1:53.21		Matthew Biegner	Air Force Team Challenge (1/28)
1:56.49		Connor Winter	Air Force Team Challenge (1/28)
1:57.93		Steve Kasica	Air Force Team Challenge (1/28)

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

2:50.99	hep	Eddie Taylor	ISU Classic (2/10)
2:52.73	hep	Eddie Taylor	Potts Invite (1/20)
2:58.54	hep	Jason DeWitt	Potts Invite (1/20)
2:58.70	hep	Jason DeWitt	ISU Classic (2/10)

Mile (3:57.90 auto, 3:59.55 cu)

4:04.66		Matt Biegner	MPSF Championships (2/24-25)
4:06.57		Hugh Dowdy	MPSF Championships (2/24-25)
4:06.92		Matt Biegner	Husky Classic (2/11)
4:10.33		Connor Winter	MPSF Championships (2/24-25)
4:12.99		Hugh Dowdy	Husky Classic (2/11)
4:13.47		Connor Winter	Husky Classic (2/11)
4:22.81		Hugh Dowdy	Air Force Team Challenge (1/28)
4:22.92		Hugh Dowdy	Potts Invite (1/21)

3,000 Meters (7:52.30 auto, 7:46.03 cu)

7:53.02		Richard Medina	MPSF Championships (2/24-25)
8:11.43		Blake Theroux	MPSF Championships (2/24-25)
8:18.07		Blake Theroux	Husky Classic (2/11)
8:21.46		Jonny Stevens	Husky Classic (2/11)
8:23.04		Martin Medina	MPSF Championships (2/24-25)
8:53.95		Martin Medina	Air Force Team Challenge (1/28)
8:57.65		Ryan Savercool	Air Force Team Challenge (1/28)
9:03.42		Dillon Shiye	Air Force Team Challenge (1/28)

5,000 Meters (13:44.60 auto, 13:38.23 cu)

13:59.20		Andy Wacker	MPSF Championships (2/24-25)
14:33.38		Martin Medina	Husky Classic (2/10)
14:48.57		Dillon Shiye	Husky Classic (2/10)
14:55.47		Ryan Savercool	Husky Classic (2/10)
14:55.90		Garrett Ward	Husky Classic (2/10)
16:03.73		Jerome Perkins	Husky Classic (2/10)

60 Meter Hurdles (7.70 auto, 7.75 cu)

8.39		Kyle MacIntosh	Potts Invite (1/21)
8.47	hep	Jason DeWitt	Potts Invite (1/20)
8.58	hep	Jason DeWitt	ISU Classic (2/10)
8.84	hep	Brock Emory	Potts Invite (1/20)
9.04	hep	Eddie Taylor	ISU Classic (2/10)
9.08	hep	Eddie Taylor	Potts Invite (1/20)

Mile Relay (3:07.70 auto, 3:09.1h cu)

3:20.31	Butcher/Morris/Gifford/Reimer	Air Force Team Challenge (1/28)
---------	-------------------------------	---------------------------------

4x400 Meter Relay (3:06.50 auto, 3:07.9h cu)

3:14.93	MacIntosh/Morris/Butcher/Gifford	Husky Classic (2/11)
3:15.50	MacIntosh/Morris/Reimer/Gifford	MPSF Championships (2/24-25)

High Jump (2.24/7-04.25 auto, 7-03.50 cu)

7-00.50/2.15		Mark Jones	Air Force Team Challenge (1/28)
6-11/2.11		Mark Jones	Potts Invite (1/21)
6-10.75/2.10		Mark Jones	Air Force Invite (2/10)
6-10.25/2.09		Mark Jones	New Mexico Classic (2/3)
6-09/2.06	hep	Jason DeWitt	ISU Classic (2/9)
6-07.50/2.02		Mark Jones	MPSF Championships (2/24-25)
6-07/2.01		Jake Timmons	CSM Twilight (2/17)
6-06.25/1.99	hep	Jason DeWitt	Potts Invite (1/19)
6-06.25/1.99		Jason DeWitt	New Mexico Classic (2/3)

Pole Vault (5.50/18-00.50 auto, 17-02 cu)

14-09/4.50	hep	Jason DeWitt	ISU Classic (2/9)
14-04.50/4.38	hep	Eddie Taylor	Potts Invite (1/20)
14-01.25/4.30		Jason DeWitt	Air Force Team Challenge (1/28)

Long Jump (8.00/26-03 auto, 25-7.50 cu)

20-07.75/6.29	hep	Jason DeWitt	Potts Invite (1/19)
20-04.25/6.20	hep	Eddie Taylor	Potts Invite (1/19)
19-08.25/6.00		Jason DeWitt	Air Force Team Challenge (1/28)
19-02.75/5.86		Eddie Taylor	Air Force Team Challenge (1/28)

Shot Put (19.35/63-06 auto, 61-2.25 cu)

50-11/15.52		Alex Kizirian	MPSF Championships (2/24-25)
49-00.75/14.95		Alex Kizirian	Potts Invite (1/21)
48-02.75/14.70		Alex Kizirian	Air Force Team Challenge (1/28)
47-06.25/14.48		Brady Rutt	MPSF Championships (2/24-25)
46-04.75/14.14		Brady Rutt	Potts Invite (1/21)
45-09/13.94		Brady Rutt	Husky Classic (2/11)
45-05/13.84		Brady Rutt	Air Force Team Challenge (1/28)

35-pound Weight (21.50/70-06.50 auto, 63-00.75 cu)

62-01/18.92		Alex Kizirian	Husky Classic (2/11)
60-10.50/18.55		Alex Kizirian	MPSF Championships (2/24-25)
57-06.25/17.53		Alex Kizirian	Potts Invite (1/21)
53-05/16.28		Brady Rutt	Air Force Team Challenge (1/28)
53-04.50/16.27		Cameron Hutchins	Husky Classic (2/11)
52-10.75/16.12		Cameron Hutchins	Potts Invite (1/21)
52-04.50/15.96		Cameron Hutchins	MPSF Championships (2/24-25)
52-00/15.85		Brady Rutt	Potts Invite (1/21)

Heptathlon (5,750 auto, 5,392 cu)

5035		Jason DeWitt	MPSF Championships (2/24-25)
4984		Jason DeWitt	ISU Classic (2/9-10)
4896		Eddie Taylor	Potts Invite (1/19-20)
4837		Eddie Taylor	ISU Classic (2/9-10)
4823		Eddie Taylor	MPSF Championships (2/24-25)
4348		Jason DeWitt	Potts Invite (1/19-20)
3692		Brock Emory	Potts Invite (1/19-20)

TRACK & FIELD 2012 Women's Indoor Bests

60 Meters (7.26 auto, 7.34 CU record)

7.80		Eileen Gehring	Potts Invite (1/21)
7.90	p	Eileen Gehring	Potts Invite (1/21)
8.28	p	Kara Hyde	Potts Invite (1/21)
8.28		Genny Mayden	Air Force Team Challenge (1/28)
8.39		Alyssa Frank	Air Force Team Challenge (1/28)
8.43		Kara Hyde	Potts Invite (1/21)

200 Meters (23.20 auto, 23.81 cu)

24.65		Eileen Gehring	MSPF Championships (2/24-25)
24.89		Eileen Gehring	Husky Classic (2/10)
25.37		Lindsay Mattson	Husky Classic (2/10)
25.42		Bridget Sweeney	Husky Classic (2/10)
25.97		Bridget Sweeney	Potts Invite (1/21)
26.38		Gwen Ricco	Air Force Invite (2/11)
26.50		Lindsay Mattson	Potts Invite (1/21)
26.53		Genny Mayden	Air Force Invite (2/11)

400 Meters (52.60 auto, 55.10 cu)

55.31		Eileen Gehring	MSPF Championships (2/24-25)
55.54		Eileen Gehring	Husky Classic (2/11)
56.17		Eileen Gehring	Air Force Team Challenge (1/28)
56.76		Lindsay Mattson	Husky Classic (2/11)
57.12		Brianne Beemer	Air Force Team Challenge (1/28)
57.20		Lindsay Mattson	MSPF Championships (2/24-25)
57.37		Lindsay Mattson	Air Force Team Challenge (1/28)
57.53		Bridget Sweeney	Husky Classic (2/11)

800 Meters (2:05.00 auto, 2:04.69 cu)

2:10.45		Liz Tremblay	Husky Classic (2/11)
2:11.71	pen	Brianne Beemer	USA Indoors (3/4)
2:15.04	pen	Brianne Beemer	MSPF Championships (2/24)
2:15.55	pen	Brianne Beemer	ISU Classic (2/9)
2:20.47	pen	Katie Dreher	ISU Classic (2/9)
2:21.10	pen	Brianne Beemer	Potts Invite (1/20)
2:21.63	pen	Brittany Lewis	ISU Classic (2/9)
2:24.34		Nikki Look	Air Force Invite (2/11)

Mile (4:37.00 auto, 4:25.91 cu)

4:48.95		Lara Darco	Husky Classic (2/11)
4:50.84		Lara Darco	MSPF Championships (2/24-25)
5:10.15		Catrina McAlister	Air Force Team Challenge (1/28)
5:15.21		Courtney Bouchet	Air Force Team Challenge (1/28)
5:18.89		Diana George	Air Force Team Challenge (1/28)

3,000 Meters (9:13.00 auto, 8:42.03 cu)

9:18.03		Shalaya Kipp	MSPF Championships (2/24-25)
9:18.28		Shalaya Kipp	Husky Classic (2/11)
9:40.95		Catrina McAlister	MSPF Championships (2/24-25)
9:45.04		Courtney Bouchet	Husky Classic (2/11)
9:53.79		Catrina McAlister	Husky Classic (2/11)
9:56.01		Courtney Bouchet	MSPF Championships (2/24-25)
9:58.12		Diana George	Husky Classic (2/11)

5,000 Meters (16:07.50 auto, 15:01.70 cu)

17:00.74		Jana Stolting	MSPF Championships (2/24-25)
17:23.31		Rachel Viger	Husky Classic (2/10)

60 Meter Hurdles (8.14 auto, 8.27 cu)

8.96	pen	Brianne Beemer	USA Indoors (3/4)
9.01	pen	Brianne Beemer	ISU Classic (2/9)
9.02	pen	Brianne Beemer	MSPF Championships (2/24)
9.05	pen	Brianne Beemer	Potts Invite (1/20)
9.07		Brianne Beemer	Air Force Team Challenge (1/28)
9.13		Kara Hyde	Potts Invite (1/21)
9.19	pen	Abrianna Torres	Potts Invite (1/20)
9.20	pen	Brittany Lewis	MSPF Championships (2/24)

4x400 Meter Relay (3:34.00 auto, 3:45.15 cu)

3:45.11		Mattson/Beemer/Gehring/Sweeney	MSPF Championships (2/25)
3:49.46		Mattson/Elliott/Gehring/Sweeney	Husky Classic (6th)

Mile Relay (3:34.20 auto, 3:45.53ccu)

3:50.00		Mattson/Elliott/Gehring/Sweeney	Air Force Team Challenge (1/28)
---------	--	---------------------------------	---------------------------------

High Jump (1.85/6-0.75 auto, 6-2 cu)

5-08/1.73		Katie Dreher	New Mexico Classic (2/3)
5-07.25/1.71	pen	Katie Dreher	ISU Classic (2/9)
5-07/1.70	pen	Katie Dreher	Potts Invite (1/20)
5-07/1.70	pen	Brianne Beemer	Potts Invite (1/20)
5-07/1.70		Katie Dreher	Air Force Team Challenge (1/28)
5-07/1.70		Holly Odneal	Air Force Invite (2/11)
5-07/1.70		Kelsey English	CSM Twilight (2/17)
5-06/1.68		Brianne Beemer	MSPF Championships (2/25)
5-06/1.68		Kelsey English	MSPF Championships (2/25)
5-06/1.68	pen	Alyssa Frank	ISU Classic (2/9)

Long Jump (6.45/21-02 auto, 20-10.50 cu)

18-09.75/5.73		Abrianna Torres	Air Force Team Challenge (1/28)
18-09/5.71		Brittany Lewis	MSPF Championships (2/24)
18-01.75/5.53	pen	Brittany Lewis	Potts Invite (1/20)
18-01.75/5.53		Brittany Lewis	Air Force Team Challenge (1/28)
18-00.25/5.49	pen	Abrianna Torres	Potts Invite (1/20)
17-09/5.41	pen	Brianne Beemer	USA Indoors (3/4)
17-08/5.38		Genny Mayden	Air Force Team Challenge (1/28)
17-07.50/5.37	pen	Brittany Lewis	ISU Classic (2/9)

Shot Put (17.20/56-05.25 auto, 50-4.75 cu)

44-09/13.64		Emily Hunsucker	Air Force Team Challenge (1/28)
41-11.25/12.78		Emily Hunsucker	Husky Classic (2/11)
41-08.50/12.71		Emily Hunsucker	MSPF Championships (2/24-25)
41-08/12.70		Emily Hunsucker	Potts Invite (1/21)
39-07.75/12.08		Margaux Krahe	CSM Twilight (2/17)
39-03/11.96		Margaux Krahe	Potts Invite (1/21)
38-11.75/11.88		Margaux Krahe	Air Force Invite (2/11)
38-11/11.86		Holly Odneal	Potts Invite (1/20)

20-pound Weight Throw (21.00/68-10.75 auto, 18.81/62-08.50 cu)

55-01/16.79		Emily Hunsucker	Potts Invite (1/21)
52-10/16.10		Emily Hunsucker	MSPF Championships (2/24-25)
51-10/15.80		Emily Hunsucker	Husky Classic (2/11)
47-09.75/14.57		Kirsten Wicks	MSPF Championships (2/24-25)
47-07.75/14.52		Kirsten Wicks	Air Force Invite (2/11)
47-03/14.40		Sophie Hallem-Eames	Air Force Team Challenge (1/28)
46-11.50/14.31		Kirsten Wicks	Potts Invite (1/21)
46-02/14.07		Kellie Lind	Potts Invite (1/21)

Pentathlon (4,150 auto, 4,046 cu)

3960		Brianne Beemer	USA Indoors (3/4)
3771		Brianne Beemer	MSPF Championships (2/24)
3769		Brianne Beemer	Potts Invite (1/20)
3644		Brittany Lewis	MSPF Championships (2/24)
3637		Brittany Lewis	ISU Classic (2/9)
3633		Brittany Lewis	Potts Invite (1/20)
3547		Alyssa Frank	ISU Classic (2/9)
3545		Genny Mayden	MSPF Championships (2/24)

2012 Men's Outdoor Bests

100 Meters (10.0 cu)

10.31	p/pr	Joe Morris	NCAA West Prelims (5/24-26)
10.40	p	Joe Morris	Pac-12 Championships (5/12-13)
10.42		Joe Morris	Sun Angel Classic (4/7)
10.42		Joe Morris	Colorado Invitational (4/14)
10.44		Joe Morris	NCAA West Prelims (5/24-26)
10.47		Joe Morris	Pac-12 Championships (5/12-13)
10.63	p	Joe Morris	US Olympic Trials (6/23)
11.09		Adam Salzmann	Colorado Invitational (4/14)

200 Meters (20.37 cu)

20.77		Joe Morris	Jack Christiansen Invite (4/29)
20.77		Joe Morris	Beach Invite (4/21)
20.82	p	Joe Morris	NCAA West Prelims (5/24-26)
20.82	p	Joe Morris	U.S. Olympic Trials (6/29)
20.91		Joe Morris	Mt. SAC Relays (4/20)
20.92		Joe Morris	Pac-12 Championships (5/12-13)
20.94	p	Joe Morris	Pac-12 Championships (5/12-13)
20.97		Joe Morris	Colorado Invitational (4/14)

400 Meters (45.54 cu)

47.17		Joe Morris	Jack Christiansen Invite (4/29)
48.40		Blake Reimer	Beach Invite (4/21)
48.49		Blake Reimer	Mt. SAC Relays (4/20)
48.52		Blake Reimer	Jack Christiansen Invite (4/29)
48.54	p	Blake Reimer	Pac-12 Championships (5/12-13)
48.57	dec	Adam Salzmann	Jim Click Shootout (3/29)
48.59	dec	Adam Salzmann	Pac-12 Championships (5/5)
48.61		Blake Berens	Jack Christiansen Invite (4/29)

800 Meter Run (1:47.52 cu)

1:50.60		Matthew Biegner	Mt. SAC Relays (4/20)
1:53.43		Steve Kasica	Mt. SAC Relays (4/20)
1:55.35		Steve Kasica	Fum McGraw Quadrangular (3/31)
1:58.25		Steve Kasica	Jack Christiansen Invite (4/29)
1:58.89		Garrett Carmichael	Colorado Invitational (4/14)
1:58.99		Hugh Dowdy	Fum McGraw Quadrangular (3/31)

1,500 Meter Run (3:39.77 cu)

3:45.33		Blake Theroux	Payton Jordan Cardinal Invite (4/29)
3:46.45		Matthew Biegner	Stanford Invitational (4/6)
3:47.59	p	Matthew Biegner	Pac-12 Championships (5/12-13)
3:47.89		Hugh Dowdy	Payton Jordan Cardinal Invite (4/29)
3:48.31		Matthew Biegner	Payton Jordan Cardinal Invite (4/29)
3:48.40		Andy Wacker	Mt. SAC Relays (4/19)
3:48.74		Aric Van Halen	Payton Jordan Cardinal Invite (4/29)
3:49.64		Matthew Biegner	Pac-12 Championships (5/12-13)

3,000 Meters* (7:50.39 cu)

8:46.24		Dillon Shije	Potts Invite (3/17)
8:50.97		Garrett Ward	Potts Invite (3/17)
8:58.80		Ryan Savercool	Colorado Invitational (4/14)

5,000 Meters (13:18.46 cu)

13:59.23		Christian Thompson	Payton Jordan Cardinal Invite (4/29)
14:01.91		Aric VanHalén	Stanford Invitational (4/6)
14:14.51		Martin Medina	Mt. SAC Relays (4/20)
14:16.48		Andy Wacker	Pac-12 Championships (5/12-13)
14:30.91		Aric Van Halen	Pac-12 Championships (5/12-13)
14:41.77		Dillon Shije	APU Bryan Clay Invite (4/20)
14:55.21		Blake Theroux	Pac-12 Championships (5/12-13)
15:02.23		Jerome Perkins	APU Bryan Clay Invite (4/20)

10,000 Meters (27:38.50 cu)

29:13.59		Christian Thompson	Stanford Invitational (4/6)
29:19.95		Andy Wacker	Stanford Invitational (4/6)
29:21.57		Martin Medina	Stanford Invitational (4/6)
29:46.76		Christian Thompson	Pac-12 Championships (5/12-13)
30:12.72		Martin Medina	Pac-12 Championships (5/12-13)
30:51.62		Andy Wacker	NCAA West Prelims (5/24-26)
31:00.93		Christian Thompson	NCAA West Prelims (5/24-26)
31:45.31		Martin Medina	NCAA West Prelims (5/24-26)

110 Meter Hurdles (13.3 cu)

14.79	p	Adam Salzmann	Pac-12 Championships (5/12-13)
14.82	dec	Adam Salzmann	Pac-12 Championships (5/5)
14.97		Adam Salzmann	Potts Invite (3/17)
15.48	dec	Jason DeWitt	Pac-12 Championships (5/5)
15.52	dec	Jason DeWitt	Jim Click Shootout (3/30)
15.96	dec	Adam Salzmann	Jim Click Shootout (3/30)
16.37	dec	Eddie Taylor	Jim Click Shootout (3/30)

400 Meter Hurdles (49.66 cu)

52.08	p	Adam Salzmann	Pac-12 Championships (5/12-13)
52.20		Kyle MacIntosh	Mt. SAC Relays (4/20)
52.34		Kyle MacIntosh	Jack Christiansen Invite (4/29)
52.33	p	Adam Salzmann	NCAA West Prelims (5/24-26)
52.38		Kyle MacIntosh	Pac-12 Championships (5/12-13)
52.43		Kyle MacIntosh	CSU Pueblo Open (3/24)
52.48		Adam Salzmann	Pac-12 Championships (5/12-13)
52.51		Adam Salzmann	NCAA West Prelims (5/24-26)
52.60	p	Kyle MacIntosh	Pac-12 Championships (5/12-13)

2012 Men's Outdoor Bests

3,000 M Steeplechase (8:26.45 cu)

8:42.55	p	Aric Van Halen	NCAA Outdoors (6/7)
8:42.79		Aric Van Halen	Mt. SAC Relays (4/19)
8:50.09		Aric Van Halen	Pac-12 Championships (5/12-13)
8:50.64	AA2nd	Aric Van Halen	NCAA Outdoors (6/9)
8:53.94		Aric Van Halen	NCAA West Prelims (5/24-26)
8:56.19		Hugh Dowdy	Pac-12 Championships (5/12-13)
8:57.62		Hugh Dowdy	Mt. SAC Relays (4/19)
9:06.76		Blake Theroux	APU Bryan Clay Invite (4/20)

4x400 Meter Relay (3:05.16 cu)

3:09.64		Reimer/Morris/Salzmann/MacIntosh	Pac-12 Championships (5/12-13)
3:10.34		Baker/MacIntosh/Morris/Reimer	Mt. SAC Relays (4/20)
3:10.95		Reimer/Morris/Salzmann/MacIntosh	NCAA West Prelims (5/24-26)
3:18.12		Baker/MacIntosh/Berens/Reimer	Potts Invite (3/17)
3:42.47		NOT LISTED	Colorado Invitational (4/14)

Long Jump (26-01.75 cu)

21-00.50/6.41		Adam Salzmann	Beach Invite (4/21)
20-07.00/6.27	dec	Adam Salzmann	Jim Click Shootout (3/29)
20-04.50/6.21	dec	Jason DeWitt	Jim Click Shootout (3/29)
19-01.25/5.82	dec	Eddie Taylor	Jim Click Shootout (3/29)

High Jump (7-04.00 cu)

6-11.00/2.11		Mark Jones	Jack Christiansen Invite (4/29)
6-11.00/2.11		Mark Jones	Colorado Invitational (4/14)
6-09.00/2.06		Mark Jones	Pac-12 Championships (5/12-13)
6-09.00/2.06		Mark Jones	Beach Invite (4/21)
6-09.00/2.06		Mark Jones	Mt. SAC Relays (4/20)
6-09.00/2.06		Mark Jones	Potts Invite (3/17)
6-09.00/2.06		Mark Jones	Fum McGraw Quadrangular (3/31)
6-08.00/2.03		Mark Jones	NCAA West Prelims (5/24-26)
6-08.00/2.03	dec	Jason DeWitt	Pac-12 Championships (5/5)

Shot Put (60-11.50 cu)

50-09.25/15.47		Alex Kizirian	Air Force Relays (4/7)
50-00.50/15.25		Alex Kizirian	Fum McGraw Quadrangular (3/31)
49-07.75/15.13		Alex Kizirian	Jack Christiansen Invite (4/29)
48-10.00/14.88		Alex Kizirian	Beach Invite (4/21)
48-03.25/14.71		Alex Kizirian	Colorado Invitational (4/14)
46-10.25/14.28		Brady Rutt	Fum McGraw Quadrangular (3/31)
46-09.00/14.25		Brady Rutt	Potts Invite (3/17)
40-06.00/12.34	dec	Adam Salzmann	Jim Click Shootout (3/29)

Hammer Throw (210-11 cu)

196-11/60.03		Alex Kizirian	Air Force Relays (4/7)
191-03/58.03		Alex Kizirian	Pac-12 Championships (5/12-13)
189-03/57.68		Alex Kizirian	Potts Invite (3/17)
187-08/57.20		Alex Kizirian	Beach Invite (4/21)
187-05/57.12		Alex Kizirian	NCAA West Prelims (5/24-26)
187-02/57.04		Alex Kizirian	Colorado Invitational (4/14)
176-07/53.83		Cameron Hutchins	Jack Christiansen Invite (4/29)
172-05/52.56		Cameron Hutchins	Fum McGraw Quadrangular (3/31)

Discus Throw (209-7 cu)

168-04/51.31		Brady Rutt	Pac-12 Championships (5/12-13)
168-00/51.20		Brady Rutt	Jack Christiansen Invite (4/29)
167-11/51.18		Brady Rutt	Colorado Invitational (4/14)
167-01/50.93		Brady Rutt	Fum McGraw Quadrangular (3/31)
162-11/49.66		Brady Rutt	Beach Invite (4/21)
162-02/49.43		Brady Rutt	Air Force Relays (4/7)
159-02/48.52		Alex Kizirian	Colorado Invitational (4/14)

Javelin (241-4.5 cu)

161-03/49.14		Jason DeWitt	Colorado Invitational (4/14)
159-04/48.58		Adam Salzmann	Colorado Invitational (4/14)
152-05/46.46		Jason DeWitt	Potts Invite (3/17)
150-02/45.77	dec	Adam Salzmann	Pac-12 Championships (5/6)
148-02/45.16	dec	Jason Dewitt	Jim Click Shootout (3/30)
146-06/44.65	dec	Jason DeWitt	Pac-12 Championships (5/5-6)
144-04/44.00		Adam Salzmann	Potts Invite (3/17)
140-01/42.70		Cameron Hutchins	Colorado Invitational (4/14)

Pole Vault (17-06.50 cu)

15-05.00/4.70	dec	Adam Salzmann	Pac-12 Championships (5/6)
14-09.50/4.51		Adam Salzmann	Jack Christiansen Invite (4/29)
14-09.00/4.50	dec	Eddie Taylor	Pac-12 Championships (5/6)
14-05.25/4.40	dec	Jason DeWitt	Jim Click Shootout (3/30)
13-09.75/4.21		Eddie Taylor	Jack Christiansen Invite (4/29)
13-09.75/4.21		Jason DeWitt	Jack Christiansen Invite (4/29)
13-09.25/4.20	dec	Jason DeWitt	Pac-12 Championships (5/6)
13-05.25/4.10	dec	Eddie Taylor	Jim Click Shootout (3/30)

Decathlon (7,500 auto/6,900 provisional; 7,645 cu)

7,214		Adam Salzmann	Pac-12 Championships (5/5-6)
6,671		Jason DeWitt	Jim Click Shootout (3/29-30)
6,588		Jason DeWitt	Pac-12 Championships (5/5-6)
6,407		Eddie Taylor	Pac-12 Championships (5/5-6)
6,200		Eddie Taylor	Jim Click Shootout (3/29-30)

2012 Women's Outdoor Bests

100 Meters (11.65 cu)

12.17	Eileen Gehring	Potts Invite (3/17)
12.60	Genny Mayden	APU Bryan Clay Invite (4/20)

200 Meters (23.86 cu)

24.21	Eileen Gehring	Jack Christiansen Invite (4/29)
24.24	Eileen Gehring	Sun Angel Classic (4/7)
24.25	Eileen Gehring	Beach Invite (4/21)
24.29	Eileen Gehring	Fum McGraw Quadrangular (3/31)
24.40	Eileen Gehring	Potts Invite (3/17)
24.90	Lindsay Mattson	Beach Invite (4/21)
25.06	Bridget Sweeney	Colorado Invitational (4/14)
25.09	Lindsay Mattson	Colorado Invitational (4/14)

400 Meters (54.21 cu)

54.21	sr Eileen Gehring	Mt. SAC Relays (4/20)
54.41	Eileen Gehring	Sun Angel Classic (4/7)
55.2h	Eileen Gehring	CSU Pueblo Open (3/24)
55.28	Eileen Gehring	Fum McGraw Quadrangular (3/31)
55.37	p Eileen Gehring	Pac-12 Championships (5/12-13)
55.47	Bridget Sweeney	Colorado Invitational (4/14)
55.6h	Bridget Sweeney	CSU Pueblo Open (3/24)
55.67	Lindsay Mattson	Jack Christiansen Invite (4/29)

800 Meter Run (2:02.54 cu)

2:07.94	Liz Tremblay	Mt. SAC Relays (4/20)
2:08.03	Liz Tremblay	Payton Jordan Cardinal Invite (4/29)
2:08.33	Liz Tremblay	Stanford Invite (4/7)
2:08.75	p Liz Tremblay	NCAA West Prelims (5/24-26)
2:09.24	hep Brienne Beemer	Pac-12 Championships (5/5-6)
2:12.36	hep Brienne Beemer	Jim Click Shootout (3/30)
2:12.99	Katie Cumming	Colorado Invitational (4/14)
2:15.67	p Liz Tremblay	Pac-12 Championships (5/12-13)

1,500 Meter Run (3:59.90 cu)

4:15.06	Jessica Tebo	Pac-12 Championships (5/12-13)
4:15.15	Jessica Tebo	Mt. SAC Relays (4/20)
4:21.55	Camille Logan	Payton Jordan Cardinal Invite (4/29)
4:21.25	p Jessica Tebo	Pac-12 Championships (5/12-13)
4:25.61	p Katie Cumming	Pac-12 Championships (5/12-13)
4:25.72	Katie Cumming	Payton Jordan Cardinal Invite (4/29)
4:26.00	Katie Cumming	NCAA West Prelims (5/24-26)
4:26.09	Katie Cumming	Mt. SAC Relays (4/19)

3,000 Meters* (8:54.22 cu)

9:54.77	Camille Logan	Potts Invite (3/17)
11:59.66	Becky Popiel	Colorado Invitational (4/14)

5,000 Meters (15:05.25 cu)

15:19.43	Jessica Tebo	Payton Jordan Cardinal Invite (4/29)
15:54.13	Jessica Tebo	NCAA West Prelims (5/24-26)
16:00.50	Shalaya Kipp	Mt. SAC Relays (4/20)
16:03.70	Jessica Tebo	Pac-12 Championships (5/12-13)
16:14.24	Camille Logan	Mt. SAC Relays (4/20)
16:14.32	Jessica Tebo	NCAA Outdoors (6/9)
16:23.32	Shalaya Kipp	Pac-12 Championships (5/12-13)
16:38.54	Jana Stolting	Mt. SAC Relays (4/20)

10,000 Meters (32:50.80 cu)

34:03.16	Jana Stolting	Stanford Invitational (4/6)
34:20.66	Camille Logan	Stanford Invitational (4/6)
35:06.26	Rachel Viger	Stanford Invitational (4/6)
35:16.35	Jana Stolting	Pac-12 Championships (5/12-13)
35:46.80	Camille Logan	Pac-12 Championships (5/12-13)
35:49.79	Rachel Viger	NCAA West Prelims (5/24-26)
36:24.08	Rachel Viger	Pac-12 Championships (5/12-13)

100 Meter Hurdles (12.98)

14.38	hep Brienne Beemer	Pac-12 Championships (5/5-6)
14.38	Brienne Beemer	Jack Christiansen Invite (4/29)
14.42	hep Brienne Beemer	Jim Click Shootout (3/29)
14.42	Brienne Beemer	Potts Invite (3/17)
14.49	Brienne Beemer	Colorado Invitational (4/14)
14.97	Genny Mayden	Jack Christiansen Invite (4/29)
15.06	hep Genny Mayden	Pac-12 Championships (5/5-6)
15.10	hep Alyssa Frank	Pac-12 Championships (5/5-6)
15.10	hep Brittany Lewis	Jim Click Shootout (3/29)

400 Meter Hurdles (57.77 cu)

59.09	p Brienne Beemer	Pac-12 Championships (5/12-13)
1:00.09	Brienne Beemer	Mt. SAC Relays (4/20)
1:00.12	Brienne Beemer	Potts Invite (3/17)
1:00.79	p Brienne Beemer	NCAA West Prelims (5/24-26)
1:03.26	Brittany Lewis	APU Bryan Clay Invite (4/20)
1:03.45	Lindsey Hubbard	Fum McGraw Quadrangular (3/31)
1:03.61	Brittany Lewis	Colorado Invitational (4/14)
1:03.96	Brittany Lewis	Pac-12 Championships (5/12-13)

3,000 M Steeplechase (9:12.50 cu)

9:35.73	Shalaya Kipp	U.S. Olympic Trials (6/29)
9:43.09	Shalaya Kipp	Payton Jordan Cardinal Invite (4/29)
9:46.17	p Shalaya Kipp	U.S. Olympic Trials (6/25)
9:48.33	p Shalaya Kipp	Olympic Games (8/4)
9:49.02	AA1st Shalaya Kipp	NCAA Outdoors (6/8)
9:57.39	Shalaya Kipp	Pac-12 Championships (5/12-13)
9:58.38	Shalaya Kipp	NCAA West Prelims (5/24-26)
9:59.18	p Shalaya Kipp	NCAA Outdoors (6/6)

4x100 Meter Relay (44.95 cu)

46.62 Mattson/Sweeney/Gehring/Beeme Jack Christiansen Invite (4/28)

4x400 Meter Relay (3:33.07 cu)

3:40.30 Mattson/Gehring/Beemer/Sweeney Pac-12 Championships (5/12-13)
 3:40.40 Mattson/Gehring/Beemer/Sweeney Mr. SAC Relays (4/20)
 3:42.21 Mattson/Gehring/Beemer/Sweeney NCAA West Prelims (5/24-26)
 3:45.11 Mattson/Gehring/Hubbard/Sweeney Potts Invite (3/17)
 4:07.70 Mattson/Sweeney/Gehring/Hubbard Colorado Invitational (4/14)

Long Jump (20-08 cu)

19-07.00/5.97 Brittany Lewis Beach Invite (4/21)
 19-01.25/5.82 Brittany Lewis NCAA West Prelims (5/24-26)
 18-10.75/5.76 Brittany Lewis Pac-12 Championships (5/12-13)
 18-08.50/5.70 Brittany Lewis APU Bryan Clay Invite (4/20)
 18-08.00/5.69 Brittany Lewis Glenn Morris Combined Events (4/27)
 18-07.25/5.67 Genny Mayden Pac-12 Championships (5/12-13)
 18-04.50/5.60 Genny Mayden Pac-12 Championships (5/5-6)
 18-04.50/5.60 Genny Mayden Jim Click Shootout (3/30)

High Jump (6-3 cu)

5-10.00/1.78 Kelsey English Fum McGraw Quadrangular (3/31)
 5-08.50/1.74 Alyssa Frank Pac-12 Championships (5/12-13)
 5-07.25/1.71 Alyssa Frank Pac-12 Championships (5/5-6)
 5-07.25/1.71 Kelsey English NCAA West Prelims (5/24-26)
 5-07.25/1.71 Alyssa Frank NCAA West Prelims (5/24-26)
 5-07.00/1.70 Katie Dreher Colorado Invitational (4/14)
 5-07.00/1.70 Alyssa Frank Colorado Invitational (4/14)
 5-07.00/1.70 Alyssa Frank APU Bryan Clay Invite (4/20)

Shot Put (54-6 cu)

38-07.00/11.76 Genny Mayden Jim Click Shootout (3/29)
 38-06.75/11.75 Genny Mayden Pac-12 Championships (5/5-6)
 38-01.25/11.61 Margaux Krahe Fum McGraw Quadrangular (3/31)
 37-11.50/11.57 Holly Odneal Jim Click Shootout (3/29)
 37-10.00/11.53 Margaux Krahe Potts Invite (3/17)
 37-02.25/11.33 Margaux Krahe Air Force Relays (4/7)
 36-02.75/11.04 Kajsa Bank Jack Christiansen Invite (4/29)
 36-02.75/11.04 Alyssa Frank Pac-12 Championships (5/5-6)

Hammer Throw (196-10 cu)

157-02/47.90 Kellie Lind Potts Invite (3/17)
 155-11/47.52 Kellie Lind Jack Christiansen Invite (4/29)
 155-10/47.50 Kellie Lind Fum McGraw Quadrangular (3/31)
 151-10/46.29 Kellie Lind Colorado Invitational (4/14)
 149-00/45.42 Kirsten Wicks Potts Invite (3/17)
 149-00/45.41 Kellie Lind Beach Invite (4/21)
 146-04/44.61 Kirsten Wicks Colorado Invitational (4/14)
 144-03/43.96 Kellie Lind Air Force Relays (4/7)

Javelin (169-5 cu)

140-03/42.76 Genny Mayden Pac-12 Championships (5/5-6)
 128-01/39.04 Genny Mayden Colorado Invitational (4/14)
 127-01/38.75 Genny Mayden Jim Click Shootout (3/30)
 119-11/36.55 Genny Mayden Pac-12 Championships (5/12-13)
 117-08/35.88 Genny Mayden Potts Invite (3/17)
 113-11/34.73 Brittany Lewis Potts Invite (3/17)
 113-02/34.49 Brianne Beemer Pac-12 Championships (5/5-6)
 112-00/34.14 Brianne Beemer Potts Invite (3/17)

Heptathlon (5,863 cu)

5,362 Genny Mayden Pac-12 Championships (5/5-6)
 5,339 Brianne Geemer Pac-12 Championships (5/5-6)
 5,171 Genny Mayden Jim Click Shootout (3/29-30)
 5,158 Brianne Beemer Jim Click Shootout (3/29-30)
 4,983 Katie Dreher Jim Click Shootout (3/29-30)
 4,977 Brittany Lewis Glenn Morris Combined Events (4/26-27)
 4,925 Alyssa Frank Pac-12 Championships (5/5-6)
 4,919 Brittany Lewis Jim Click Shootout (3/29-30)

Men's Indoor Records

Event	CU Record	Balch Fieldhouse Record
55 Meters	6.00, Erik Mitchell Oklahoma City Invite, 1993	6.14, George Daniels, Colorado CU-Nebraska Dual, 1972
55-meter Hurdles	7.14, Marcus Walker Albuquerque Invite, 1971	7.14, Wayne Lockwood, Colorado Potts Invitational, 1973
60 Meters	6.63, Joe Morris Potts Invitational, 2011	
60-meter Hurdles	7.75 Lex Butler Big 12 Indoors, 2000	8.36, Robert Wasinger, CSU Potts Invitational, 2012
200 Meters	20.88, Jeremy Dodson Air Force Invite, 2009	21.97, Jeremy Dodson, Colorado Potts Invitational, 2007
300 Yards	30.2, Cliff Branch Idaho State Invite, 1971	
400 Meters	46.13, James Davis Rocky Mountain Cup, 1996	48.31, Tray Taylor, Colorado State Potts Invitational, 1998
600 Yards	1:10.2, Mike Macinko Kansas Invite, 1987	1:11.7, Kyle Hargett, Colorado CU Triangular, 1989
800 Meters	1:49.37, Chris Schafer Indianapolis Open, 1998	1:49.3, Rick Musgrave, Colorado Potts Invitational, 1976
1,000 Meters	2:21.5, Rick Musgrave NCAA Indoors, 1976	2:25.92, Darby Hobson, Colorado CU Triangular, 1989
Mile Run	3:59.55, Stephen Pifer Husky Classic, 2006	4:04.9, Dave Uhlrich, Unattached CU All-Comers, 1986
3,000 Meters	7:46.03, Adam Goucher NCAA Indoors, 1998	8:04.2, Frank Shorter, Colorado Track Club Potts Invitational, 1977
5,000 Meters	13:38.23, Adam Goucher Big 12 Championships, 1998	
4x400-meter Relay	3:07.9, (Branch/Windle/Bennet/Daniels) USTAF, Houston, 1972	3:17.0, Colorado School of Mines Potts Invitational, 2005
4x800-meter Relay	7:25.55, (Reyes/Queen/Elmuccio/Schafer) Penn Relays Carnival, 1999	7:53.1, (Macinko/Dunn/Dickman/Hobson) Colorado, Potts Invitational, 1988
Distance Medley Relay	9:42.9, (Castaneda/Endean/Musgrave/Peterson) Idaho State Relays, 1974	
High Jump	7-3 ½, Jason Dudley Air Force Invite, 1989	7-6, Jeff Loescher, Nebraska Potts Invitational, 1985
Long Jump	25-7 ½, Kingsley Adams Big Eight Indoors, 1974	25-8 ¼, Earle Thomas, Wyoming Potts Invitational, 1965
Triple Jump	52-10, Don Duvall Idaho State Invite, 1975	50-9 ½, Torey Barr, Colorado Potts Invitational, 1986
Shot Put	61-2 ¼, Demetry Gemolas Air Force Open, 1997	69-11 ½, Brian Oldfield, Chicago Track Club Potts Invitational, 1981
35-lb. Weight	61-7 ¾, Zach Hazen Don Barrett Invite, 2006	61-7, Mike Ostrom, Fresno State CU Quadrangular, 1988
Pole Vault	17-2, Dennis Fuller CU All-Comers, 1980	19-0 ¼, Joe Dial, Ath. West Potts Invitational, 1986
Pentathlon	3,982, Rob Martin CU Potts Invite, 1990	3,982, Rob Martin Potts Invitational, 1990
Heptathlon	5,392, Drew Hildner Big 12, 2000	5,132, Adam Salzman, Unattached Potts Invitational, 2012

TRACK & FIELD Women's Indoor Records

Event	CU Record	Balch Fieldhouse Record
55 Meters	6.92, Amaris Buchanan Colorado Invitational, 2001	6.84, Joy Jones, Kansas State Potts Invitational, 1988
55-meter Hurdles	7.60, Yolanda Johnson Air Force Invite, 1990	7.60, Donna Waller, Unattached Potts Invitational, 1988
60-meters	7.34, Amaris Buchanan Big 12 Indoors, 2001	7.78, Deneeka Torrey Potts Invitational, 2004
60-meter Hurdles	8.27, Hannah Cooper NCAA Championships, 2002	8.25, Janay DeLoach, Nike Potts Invitational, 2012
200 Meters	23.81, Amaris Buchanan Big 12 Indoors, 2001	25.03, Amaris Buchanan Potts Invitational, 2001
300 Yards	36.68, Julie Seaberg AFA Invite, 1985	34.6, Lori Risenhoover, Adams State CU Triangular, 1984
400 Meters	54.00, Leona Russell Iowa State Open, 1996	55.0, Wendy Koenig, CSU Potts Invitational, 1971
600 Yards	1:21.60, Lee Ballenger AIAW Indoors, 1979	1:20.8, Wendy Koenig, CSU Potts Invitational, 1973
800 Meters	2:04.29, Mary Decker Big Eight Indoors, 1978	2:10.9, Wendy Koenig, CSU Potts Invitational, 1971
1,000 Meters	2:49.1, Mary Decker L.A. Times Games, 1978	
Mile Run	4:25.91, Jenny Barringer Big 12 Indoors, 2009	4:44.98, Shayne Culpepper, NIKE Potts Invitational, 2009
3,000 Meters	8:42.03, Jenny Barringer NCAA Championships, 2009	9:35.7, Wilma Van Onna, UTEP CU Triangular, 1989
5,000 Meters	15:01.70, Jenny Barringer Husky Classic, 2009	
4x400-meter Relay	3:45.11, (Mattson/Beemer/Gehring/Sweeney) MPSF Indoor Championships, 2012	3:57.34, (Jackson/Vaughn/Campbell/Outlaw) Colorado, Potts Invitational, 1988
4x800-meter Relay	9:04.28, (Powers/Wilson/Ballenger/Decker) Big Eight Indoors, 1979	9:15.24, (Drake/Bell/Husle/Thom) Colorado, Potts Invitational, 1981
Distance Medley Relay	11:22.87 (Cumming/E.Tremblay/Regan/Coburn) Big 12 Indoors, 2011	
High Jump	6-2, Karol Damon NCAA Indoors, 1991	6-0 ½, Tonya Mendonca, Fresno State CU Quadrangular, 1988
Long Jump	20-10 ½, Annette Tännander AIAW, 1982	21-3 ½, Madette Smith, UNLV Potts Invitational, 1989
Triple Jump	40-7 ¾, Amberly Casey Big 12 Championships, 2005	43-02 ½, Toni Smith, unattached Potts Invitational, 2012
Shot Put	54-7 ¼, Melisa Weis NCAA Indoors, 1993	51-3 ½, Melisa Weis, Colorado CU All-Comers Meet, 1993
20-lb. Weight	62-8 ½, Cortney Hutmacher Don Barrett Invite, 2006	70-05.25, Loree Smith, NYAC Potts Invitational, 2011
Pentathlon	#4,071, Annette Tännander Big Eight Indoors, 1983	4116, Janey DeLoach, unattached Potts Invitational, 2011
	\$4,046, Pam Owen Big Eight Indoors, 1993	
Pole Vault	11-6 ½, Megan Buttner Husker Invitational, 2002	

#record prior to 1985

\$record after 1985

Men's All-Time Indoor Bests

55-Meter *Top Performances*

6.00	Erik Mitchell	1/30/93	
6.14	Cliff Branch	1972	Oklahoma City
6.18	Rico Smith	3/2/91	Boulder
6.20	Rae Carruth	1/30/93	
6.21	Erik Mitchell	3/2/91	Boulder
6.21	Jonathan Prather	2/26/99	Laramie, Wyo.
6.21	Marcus Stiggers	2/26/99	Laramie, Wyo.
6.26	Devlon Dunn	3/5/88	Boulder
6.29	Rae Carruth	1/28/95	Rocky Mountain Cup
6.3	James Kidd	1/30/93	
6.3	Erik Mitchell	1/29/94	USAFA, Colo.
6.36	Erik Mitchell	3/4/95	Boulder

55-Meters *Top Performers*

6.00	Erik Mitchell	1/30/93	
6.21	Jonathan Prather	2/26/99	Laramie, Wyo.
6.21	Marcus Stiggers	2/26/99	Laramie, Wyo.
6.26	Devlon Dunn	3/5/88	Boulder
6.3	James Kidd	1/30/93	
6.14	Cliff Branch	1972	Oklahoma City
6.18	Rico Smith	3/2/91	Boulder
6.20	Rae Carruth	1/30/93	

55-Meter Hurdles *Top Performances*

7.14	Marcus Walker	1971	Albuquerque, N.M.
7.3	Reggie DePass	1/18/02	Boulder
7.31	Lex Butler	2/14/98	USAFA, Colo.
7.34	Reggie DePass	1/19/01	Boulder
7.36	Lex Butler	1/19/01	Boulder
7.4	Brian Thomas	2/3/89	USAFA, Colo.
7.43	Lex Butler	2/14/98	USAFA, Colo.
7.44	Roberto Carmona	2/27/1993	
7.44	Lex Butler	1/18/02	Boulder
7.48	Lex Butler	1/23/98	Boulder
7.49	Lex Butler	2/27/98	Ames, Iowa

55-Meter Hurdles *Top Performers*

7.14	Marcus Walker	1971	Albuquerque, N.M.
7.3	Reggie DePass	1/18/02	Boulder
7.31	Lex Butler	2/14/98	USAFA, Colo.
7.4	Brian Thomas	2/3/89	USAFA, Colo.
7.44	Roberto Carmona	2/27/93	

60-Meter Dash *Top Performances*

6.63	Joe Morris	1/22/11	Boulder
6.64	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.
6.70	Joe Morris	1/29/11	USAFA, Colo.
6.71	Joe Morris	2/24/12	MPSF, Seattle, Wash.
6.72	Jonathan Prather	2/19/99	Manhattan, Kan.
6.72	Jeremy Dodson	2/14/09	USAFA, Colo.
6.72	A.J. Whitaker	1/22/11	Boulder
6.73	Marcus Stiggers	2/19/99	Manhattan, Kan.
6.73	Joe Morris	1/22/11	Boulder

60-Meter Dash *Top Performers*

6.63	Joe Morris	1/22/11	Boulder
6.67	Jonathan Prather	2/13/99	USAFA, Colo.
6.68	Marcus Stiggers	2/13/99	USAFA, Colo.
6.72	Jeremy Dodson	2/14/09	USAFA, Colo.
6.72	A.J. Whitaker	1/22/11	Boulder
6.76	Ryan Campbell	2/3/07	USAFA, Colo.
6.77	Hugh Charles	2/2/08	USAFA, Colo.
6.78	Ben Kelly	2/19/99	Manhattan, Kan.
6.79	Kyle Swartz	1/30/99	USAFA, Colo.
6.80	Quinton Dodson	1/22/11	Boulder

60-Meter Hurdles *Top Performances*

7.75	Lex Butler	2/26/00	Big 12, Ames, Iowa
7.82	Lex Butler	2/17/00	USAFA, Colo.
7.84	Lex Butler	3/2/01	Ames, Iowa
7.85	Lex Butler	2/25/00	Big 12, Ames, Iowa
7.87	Lex Butler	3/2/01	Ames, Iowa
7.87	Lex Butler	2/19/00	USAFA, Colo.
7.88	Lex Butler	2/17/01	USAFA, Colo.
7.89	Lex Butler	2/17/01	USAFA, Colo.
7.89	Lex Butler	2/23/01	Big 12, Lincoln, Neb.
7.9	Reggie DePass	1/26/02	USAFA, Colo.

60-Meter Hurdles *Top Performers*

7.75	Lex Butler	2/26/00	Big 12, Ames, Iowa
7.9	Reggie DePass	1/26/02	USAFA, Colo.

200-Meter Dash *Top Performances*

20.88	Jeremy Dodson	2/14/09	USAFA, Colo.
20.95	Jeremy Dodson	2/28/09	Big 12, College Station, Texas
21.02	Ryan Campbell	3/3/07	Ames, Iowa
21.07	Jeremy Dodson	2/7/09	Albuquerque, N.M.
21.09	Joe Morris	3/2/12	Fayetteville, Ark.
21.1	Jeremy Dodson	2/2/08	USAFA, Colo.
21.11	Jeremy Dodson	3/1/08	Big 12, Lincoln, Neb.
21.12	Jeremy Dodson	2/3/07	USAFA, Colo.
21.13	Jeremy Dodson	2/29/08	Big 12, Lincoln, Neb.
21.14	Jeremy Dodson	3/13/09	NCAA, College Station, Texas
21.14	Ryan Campbell	3/9/07	NCAA, Fayetteville, Ark.
21.15	Jeremy Dodson	2/27/09	Big 12, College Station, Texas
21.15	Ryan Campbell	2/3/07	USAFA, Colo.
21.18	Ryan Campbell	2/24/07	Big 12, Ames, Iowa
21.19	Jeremy Dodson	3/7/08	Fayetteville, Ark.

200-Meter Dash *Top Performers*

20.88	Jeremy Dodson	2/14/09	USAFA, Colo.
21.02	Ryan Campbell	3/3/07	Ames, Iowa
21.09	Joe Morris	3/2/12	Fayetteville, Ark.
21.34	Erik Mitchell	2/27/93	Ames, Iowa
21.42	Jonathan Prather	2/13/99	USAFA, Colo.
21.5	Rae Carruth	2/13/93	
21.53	Ben Kelly	2/23/99	Ames, Iowa
21.55	James Davis	2/3/96	USAFA, Colo.
21.56	Randy Berkheim	2/17/96	USAFA, Colo.
21.58	Marcus Askins	2/2/91	USAFA, Colo.

400-Meter Dash *Top Performances*

46.13	James Davis	1/27/96	USAFA, Colo.
46.5	James Davis	2/26/99	Ames, Iowa
46.56	James Davis	2/28/98	Ames, Iowa
46.85	James Davis	1/30/99	USAFA, Colo.
46.87	James Davis	2/13/99	USAFA, Colo.
46.96	James Davis	3/9/96	Bloomington, Ind.
46.96	James Davis	2/6/99	Indianapolis, Ind.
47.00	Kyle Hargett	2/13/88	Lincoln, Neb.
47.13	James Davis	2/27/98	Ames, Iowa
47.14	James Davis	2/14/98	USAFA, Colo.

400-Meter Dash *Top Performers*

46.13	James Davis	1/27/96	USAFA, Colo.
47.00	Kyle Hargett	2/13/88	Lincoln, Neb.
47.83	Randy Berkheim	2/3/96	USAFA, Colo.

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.
1:52.95	John Reyes	2/27/98	Ames, Iowa
1:53.21	Matt Biegner	1/28/12	USAFA, Colo.
1:53.65	Zach Hancock	2/5/97	USAFA, Colo.

1,000-Meter Run *Top Performances*

2:21.5	Rick Musgrave	1975	Indianapolis, Ind.
2:21.82	Anthony Chiulli	2/24/07	Big 12, Ames, Iowa
2:22.14	Anthony Chiulli	2/25/06	Big 12, Lincoln, Neb.
2:23.95	Anthony Chiulli	2/24/06	Big 12, Lincoln, Neb.
2:24.89	Chris Schafer	2/22/97	Big 12, Lincoln, Neb.
2:25.13	Steve Slattery	2/3/01	Lincoln, Neb.
2:25.19	Anthony Chiulli	2/26/05	Big 12, Lincoln, Neb.
2:25.45	Zach Hancock	2/22/97	Big 12, Lincoln, Neb.
2:25.67	Andy Dunn	2/26/88	Big Eight, Lincoln, Neb.
2:25.71	Darby Hobson	2/26/88	Big Eight, Lincoln, Neb.
2:26.13	Anthony Chiulli	2/23/07	Big 12, Ames, Iowa
2:26.46	Chris Schafer	2/21/97	Big 12, Lincoln, Neb.
2:26.60	Chris Schafer	2/13/99	Boston, Mass.
2:26.60	Chris Schafer	2/20/99	Big 12, Manhattan, Kan.
2:26.82	Anthony Chiulli	2/26/05	Big 12, Lincoln, Neb.

1,000-Meter Run *Top Performers*

2:21.5	Rick Musgrave	1975	Indianapolis, Ind.
2:21.82	Anthony Chiulli	2/24/07	Big 12, Ames, Iowa
2:24.89	Chris Schafer	2/22/97	Big 12, Lincoln, Neb.
2:25.13	Steve Slattery	2/3/01	Big 12, Lincoln, Neb.
2:25.45	Zach Hancock	2/22/97	Big 12, Lincoln, Neb.
2:25.67	Andy Dunn	2/26/88	Big Eight, Manhattan, Kan.
2:25.71	Darby Hobson	2/26/88	Big 12, Lincoln, Neb.
2:27.23	Matthew Biegner	2/26/10	Big 12, Ames, Iowa
2:27.54	Matt Elmuccio	2/19/99	Big Eight, Manhattan, Kan.

Mile Run *Top Performances*

3:59.55	Stephen Pifer	2/11/06	Seattle, Wash.
4:00.49	Stephen Pifer	3/9/07	NCAA, Fayetteville, Ark.
4:00.86	Stephen Pifer	2/24/07	Big 12, Ames, Iowa
4:00.93	Stephen Pifer	3/10/07	NCAA, Fayetteville, Ark.
4:01.94	Steve Slattery	2/3/01	Lincoln, Neb.
4:02.04	Stephen Pifer	2/12/05	Seattle, Wash.
4:02.52	Adam Goucher	2/6/98	USAFA, Colo.
4:02.59	Stephen Pifer	3/6/04	Madison, Wis.
4:02.68	Stephen Pifer	3/10/06	NCAA, Fayetteville, Ark.
4:02.73	Stephen Pifer	2/25/06	Big 12, Lincoln, Neb.
4:03.16	Tom Reese	2/28/97	Ames, Iowa
4:03.16	Anthony Chiulli	3/4/06	South Bend, Ind.
4:03.50	Alan Culpepper	3/1/96	Ames, Iowa
4:03.55	Anthony Chiulli	2/11/06	Seattle, Wash.
4:03.58	Alan Culpepper	2/3/96	USAFA, Colo.

Mile Run *Top Performers*

3:59.55	Stephen Pifer	2/11/06	Seattle, Wash.
4:01.94	Steve Slattery	2/3/01	Lincoln, Neb.
4:02.52	Adam Goucher	2/6/98	USAFA, Colo.
4:03.16	Anthony Chiulli	3/4/06	South Bend, Ind.
4:03.16	Tom Reese	2/28/97	Ames, Iowa
4:03.50	Alan Culpepper	3/1/96	Ames, Iowa
4:03.80	Bret Schoolmeester	2/26/05	Big 12, Lincoln, Neb.
4:04.01	Chris Schafer	2/13/99	Boston, Mass.
4:04.12	Adam Batliner	2/6/98	USAFA, Colo.
4:04.17	Mick Bannister	2/26/83	Lincoln, Neb.

3,000-Meter Run *Top Performances*

7:46.03	Adam Goucher	3/14/98	Indianapolis, Ind.
7:52.56	Adam Goucher	2/14/98	Boston, Mass.
7:53.02	Richard Medina	2/25/12	MPSF, Seattle, Wash.
7:54.20	Adam Goucher	3/8/97	NCAA, Indianapolis, Ind.
7:55.57	Adam Goucher	2/28/98	Ames, Iowa
7:57.10	Bret Schoolmeester	3/6/04	Seattle, Wash.
7:58.28	Adam Batliner	2/14/98	Boston, Mass.
7:59.11	Steve Slattery	3/1/02	Ames, Iowa
7:59.32	Stephen Pifer	2/12/06	Seattle, Wash.
7:59.42	Bret Schoolmeester	2/12/05	Seattle, Wash.
7:59.46	Steve Slattery	2/10/01	Ames, Iowa
8:00.38	Adam Goucher	3/4/95	USA Mobile Championship
8:01.18	Dathan Ritzenhein	2/27/04	Lincoln, Neb.
8:01.23	Adam Goucher	2/22/97	Lincoln, Neb.

3,000-Meter Run *Top Performers*

7:46.03	Adam Goucher	3/14/98	Indianapolis, Ind.
7:53.02	Richard Medina	2/25/12	MPSF, Seattle, Wash.
7:57.10	Bret Schoolmeester	3/6/04	Seattle, Wash.
7:58.28	Adam Batliner	2/14/98	Boston, Mass.
7:59.11	Steve Slattery	3/1/02	Ames, Iowa
7:59.32	Stephen Pifer	2/12/06	Seattle, Wash.
8:01.18	Dathan Ritzenhein	2/27/04	Big 12, Lincoln, Neb.
8:02.42	Kenyon Neuman	1/31/09	Seattle, Wash.
8:02.75	Jorge Torres	2/23/02	Big 12, Lincoln, Neb.
8:04.21	Brent Vaughn	2/10/07	Seattle, Wash.

Men's All-Time Indoor Bests

5,000-Meter Run *Top Performances*

13:38.23	Adam Goucher	2/27/98	Ames, Iowa
13:38.30	Brent Vaughn	2/12/05	Seattle, Wash.
13:41.78	Kenyon Neuman	2/14/09	Seattle, Wash.
13:42.09	Dathan Ritzenhein	3/13/04	NCAA, Fayetteville, Ark.
13:46.80	Billy Nelson	2/11/06	Seattle, Wash.
13:48.52	Bret Schoolmeester	2/11/06	Seattle, Wash.
13:48.67	Brent Vaughn	2/11/06	Seattle, Wash.
13:48.74	Brent Vaughn	2/23/07	Big 12, Ames, Iowa
13:49.59	Joe Bosshard	2/11/11	Seattle, Wash.
13:50.35	Jorge Torres	3/8/02	NCAA, Fayetteville, Ark.
13:50.51	Dathan Ritzenhein	3/8/02	NCAA, Fayetteville, Ark.
13:50.62	Brent Vaughn	3/11/05	NCAA, Fayetteville, Ark.
13:51.11	Shawn Found	1994	Indianapolis, Ind.
13:51.52	Jorge Torres	2/22/02	Big 12, Lincoln, Neb.
13:51.65	Joe Bosshard	2/25/11	Big 12, Lincoln, Neb.

5,000-Meter Run *Top Performers*

13:38.23	Adam Goucher	2/27/98	Ames, Iowa
13:38.30	Brent Vaughn	2/12/05	Seattle, Wash.
13:41.78	Kenyon Neuman	2/14/09	Seattle, Wash.
13:42.09	Dathan Ritzenhein	3/13/04	NCAA, Fayetteville, Ark.
13:46.80	Billy Nelson	2/11/06	Seattle, Wash.
13:48.52	Bret Schoolmeester	2/11/06	Seattle, Wash.
13:49.59	Joe Bosshard	2/11/11	Seattle, Wash.
13:50.35	Jorge Torres	3/8/02	NCAA, Fayetteville, Ark.
13:51.11	Shawn Found	1994	Indianapolis, Ind.
13:53.60	Matt Tebo	3/8/08	Seattle, Wash.

High Jump *Top Performances*

7-03.50	Jason Dudley	2/3/89	USAFA, Colo.
7-03.25	Bill Jankunis	3/16/74	Boulder
7-02	Jason Dudley	2/13/88	Lincoln, Neb.
7-01	Mark McDonald	3/6/93	
7-01	Bill Jankunis	1/18/75	Pocatello, Idaho
7-01	Mitch Monismith	2/16/79	Manhattan, Kan.
7-00.50	Mark Jones	1/28/12	USAFA, Colo.
7-00.25	Mitch Monismith	2/3/79	Manhattan, Kan.
7-00.00	Tim Ross	3/6/93	
7-00.00	Bill Jankunis	3/1/75	Albuquerque, N.M.
7-00.00	Mitch Monismith	2/23/79	Oklahoma City, Okla.
7-00.00	Marty Beauchamp	5/2/85	Boulder
6-11.00	Mark McDonald	3/2/91	Boulder
6-11.00	Mark Jones	1/21/12	Boulder

High Jump *Top Performers*

7-03.50	Jason Dudley	2/3/89	USAFA, Colo.
7-03.25	Bill Jankunis	3/16/74	Boulder
7-01	Mark McDonald	3/6/93	
7-01	Mitch Monismith	2/16/79	Manhattan, Kan.
7-00.50	Mark Jones	1/28/12	USAFA, Colo.
7-00.00	Marty Beauchamp	5/2/85	Boulder
7-00.00	Tim Ross	3/6/93	
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	Devlon Dunn	1/24/86	USAFA, Colo.
23-05.50	Kent Kahl	2/2/91	USAFA, Colo.

Triple Jump *Top Performances*

52-10.00	Don Duvall	1/18/75	Pocatello, Idaho
52-09.75	James Nyumutei	1973	Pocatello, Idaho
52-08.50	Don Duvall	2/15/75	Oklahoma City
52-08.25	Don Duvall	3/1/75	Albuquerque, N.M.
52-04.00	James Nyumutei	2/15/75	Oklahoma City
50-11.00	Torey Barr	2/3/89	USAFA, Colo.
50-09.00	Torey Barr	3/5/88	Boulder
49-08.25	Matt Rice	2/16/91	USAFA, Colo.
49-03.00	Dave McClellan	12/13/86	Boulder
48-11.75	Mick Hoben	2/16/85	USAFA, Colo.

Triple Jump *Top Performers*

52-10.00	Don Duvall	1/18/75	Pocatello, Idaho
52-09.75	James Nyumutei	1973	Pocatello, Idaho
50-11.00	Torey Barr	2/3/89	USAFA, Colo.
49-08.25	Matt Rice	2/16/91	USAFA, Colo.
49-03.00	Dave McClellan	12/13/86	Boulder
48-11.75	Mick Hoben	2/16/85	USAFA, Colo.
48-10.00	Brent VanSickle	1/31/98	USAFA, Colo.
48-03.50	Steve Joiner	1/30/88	Lincoln, Neb.

Pole Vault *Top Performances*

17-02	Dennis Fuller	2/2/80	Boulder
17-01.25	Mike Wedman	3/11/72	Detroit, Mich.
17-01	Jim Speer	3/17/73	Boulder
17-00	Dennis Fuller	3/1/80	Big Eight, Lincoln, Neb.
17-00	Mike Wedman	1/15/72	Albuquerque, N.M.
16-04.75	Scott Porter	2/5/95	US West Invitational
16-00.75	James Nixon	2/12/10	USAFA, Colo.
16-00.75	James Nixon	2/19/10	Golden, Colo.
16-00	Marc Fish	2/16/85	USAFA, Colo.
16-00	Dennis Fuller	2/10/79	Oklahoma City, Okla.
16-00	Dennis Fuller	2/24/79	Oklahoma City, Okla.
16-00	Dennis Fuller	2/4/79	USAFA, Colo.
16-00	Dennis Fuller	3/3/79	Boulder
15-07.50	Don Jurries	2/1/86	Pocatello, Idaho
15-06	Marc Fish	1/19/85	Lincoln, Neb.

Pole Vault *Top Performers*

17-02	Dennis Fuller	2/2/80	Boulder
17-01.25	Mike Wedman	3/11/72	Detroit, Mich.
17-01	Jim Speer	3/17/73	Boulder
16-04.75	Scott Porter	2/5/95	US West Invitational
16-00.75	James Nixon	2/12/10	USAFA, Colo.
16-00	Marc Fish	2/16/85	USAFA, Colo.
15-07.50	Don Jurries	2/1/86	Pocatello, Idaho
15-06	Anthony Garcia	1/21/84	Boulder
15-06	Jason Rippon	3/2/91	Boulder
15-06	Blake Vanier	2/18/05	Golden, Colo.
15-06	John Weigel	1/29/77	USAFA, Colo.
15-06	Brian Morrisette	2/4/1979	USAFA, Colo.
15-06	Mark Sambrillo	3/4/78	Boulder
15-03.50	Adam Salzmann	2/18/11	Golden, Colo.
15-01.75	Chris Olson	2/23/96	Big Eight, Lincoln, Neb.

Men's All-Time Indoor Bests

Weight Throw *Top Performances*

63-09.50	Zach Hazen	2/23/07	Big 12, Ames, Iowa
63-00.75	Zach Hazen	2/10/07	Seattle, Wash.
62-02.25	Zach Hazen	3/3/07	Ames, Iowa
62-01.00	Alex Kizirian	2/11/12	Seattle, Wash.
61-07.75	Zach Hazen	2/26/05	Lincoln, Neb.
61-07.75	Zach Hazen	3/3/06	USAFA, Colo.
61-07.00	Zach Hazen	2/2/07	USAFA, Colo.
60-10.50	Zach Hazen	2/4/06	USAFA, Colo.
60-10.50	Alex Kizirian	2/24/12	MPSF, Seattle, Wash.
60-05.00	Jeff Singleton	2/22/97	Lincoln, Neb.
60-04.5	Zach Hazen	1/21/06	Golden, Colo.
60-04.0	Zach Hazen	2/11/06	Seattle, Wash.
59-10.50	Jeff Singleton	2/17/96	USAFA, Colo.
59-10.25	Jeff Singleton	2/3/96	USAFA, Colo.
59-06.25	Jeff Singleton	1/24/97	Boulder

Weight Throw *Top Performers*

63-09.50	Zach Hazen	2/23/07	Big 12, Ames, Iowa
62-01.00	Alex Kizirian	2/11/12	Seattle, Wash.
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.
5,001	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
4,984	Jason DeWitt	2/10/12	Ames, Iowa
4,967	Alex Von Hagen	2/28/09	Big 12, College Station, Texas
4,927	Chris Olson	2/28/98	Ames, Iowa

Heptathlon *Top Performers*

5,392	Drew Hildner	2/26/00	Big 12, Ames, Iowa
5,337	Jordan Hudgens	2/22/97	Lincoln, Neb.
5,282	Adam Salzmann	2/26/11	Albuquerque, N.M.
5,083	Alex Von Hagen	2/27/10	Big 12, Ames, Iowa
5,035	Jason DeWitt	2/25/12	MPSF, Seattle, Wash.
4,927	Chris Olson	2/28/98	Ames, Iowa
4,896	Eddie Taylor	1/20/12	Boulder
4,856	Grant Cleghorn	2/24/96	Big Eight, Lincoln, Neb.
4,736	Brock Emory	2/26/11	Big 12, Lincoln, Neb.
4,549	Andy Miller	1/12/05	USAFA, Colo.

4x400-Meter Relay *Top Performances*

3:07.9	Branch/Windle/Bennet/Davis	1972	Houston, Texas
3:08.34	Kelly/Horton/Queen/Davis	2/26/99	Ames, Iowa
3:10.73	Procanzano/Ramsey/Dunn/Hargett	2/20/88	Greeley, Colo.
3:10.78	Horton/Kelly/Queen/Davis	3/6/99	Indianapolis, Ind.
3:12.38	no order lister	2/28/98	Ames, Iowa
3:13.47	DePass/Butler/Queen/Whisenton	2/23/02	Big 12, Lincoln, Neb.
3:13.81	no order lister	1/28/89	Pocatello, Idaho
3:14.25	Queen/Butler/Swartz/DePass	2/24/01	Big 12, Lincoln, Neb.
3:14.38	MacIntosh/McCathran/Morris/Reimer	2/5/11	Lincoln, Neb.
3:14.93	MacIntosh/Morris/Butcher/Gifford	2/11/12	Seattle, Wash.
3:15.23	MacIntosh/Gomez/McCathran/Whitaker	2/27/10	Big 12, Ames, Iowa
3:15.24	Abuan/Johnson/Terry/G. Pincok	2/25/06	Big 12, Lincoln, Neb.
3:15.25	Dodson/Terry/Gomez/Stewart	3/1/08	Big 12, Lincoln, Neb.
3:15.30	MacIntosh/McCathran/Morris/Reimer	2/26/11	Big 12, Lincoln, Neb.
3:15.33	DePass/Butler/Queen/Whisenton	2/8/02	Lincoln, Neb.

Mile Relay *Top Performances*

3:09.1	Branch/Windle/Bennett/Daniels	2/12/72	Houston, Texas
3:12.8	Branch/Walker/Brunson/Windle	1971	Houston, Texas
3:13.34	no order listed	2/13/99	USAFA, Colo.
3:13.85	B. Amador/Reyes/Cisneros/Davis	1/27/96	USAFA, Colo.
3:13.9	Burns/Buchheit/Heath/Woods	3/25/61	Manhattan, Kan.
3:16.34	Horton/Davis/Queen/DePass	1/30/99	USAFA, Colo.
3:16.52	Dickman/Sanchez/Nock/Craze	2/1/86	Pocatello, Idaho
3:16.95	G.Pincok/Terry/Chiulli/Campbell	2/23/07	Big 12, Ames, Iowa
3:17.0	Branch/Windle/Bennett/Daniels	1972	Greeley, Colo.
3:17.82	no order listed	2/14/98	USAFA, Colo.
3:17.83	no order listed	2/16/91	USAFA, Colo.
3:18.05	Abuan/Terry/Napp/G.Pincok	2/4/06	USAFA, Colo.
3:18.21	MacIntosh/McCathran/Morris/Reimer	1/29/11	USAFA, Colo.
3:19.19	MacIntosh/Aguilar/McCathran/Gomez	1/30/10	USAFA, Colo.
3:20.31	Butcher/Morris/Gifford/Reimer	1/28/12	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.
7.61	Deneeka Torrey	2/27/04	Big 12, Lincoln, Neb.
7.73	Mandi Farquhar	2/7/97	Lincoln, Neb.

60-Meter Hurdles Top Performances

8.27	Hannah Cooper	3/8/02	NCAA, Fayetteville, Ark.
8.28	Hannah Cooper	3/1/02	Ames, Iowa
8.28	Hannah Cooper	2/17/01	USAFA, Colo.
8.29	Hannah Cooper	3/8/02	NCAA, Fayetteville, Ark.

8.29	Hannah Cooper	3/9/01	NCAA, Fayetteville, Ark.
8.29	Hannah Cooper	2/23/01	Big 12, Lincoln, Neb.
8.29	Hannah Cooper	2/3/01	Lincoln, Neb.
8.29	Hannah Cooper	2/24/01	Big 12, Lincoln, Neb.
8.31	Hannah Cooper	2/23/01	Big 12, Lincoln, Neb.
8.32	Hannah Cooper	3/2/01	Ames, Iowa

60-Meter Hurdles Top Performers

8.27	Hannah Cooper	3/8/02	NCAA, Fayetteville, Ark.
8.38	Rachel Joy	1/30/99	USAFA, Colo.
8.42	Deneeka Torrey	3/6/04	Seattle, Wash.
8.42	Mandi Farquhar	2/8/97	Lincoln, Neb.

200-Meter Dash Top Performances

23.81	Amaris Buchanan	2/24/01	Big 12, Lincoln, Neb.
23.98	Amaris Buchanan	2/23/01	Big 12, Lincoln, Neb.
24.00	Amaris Buchanan	2/17/01	USAFA, Colo.
24.14	Amaris Buchanan	3/2/01	Ames, Iowa
24.43	Leona Russell	1/27/96	USAFA, Colo.
24.52	Cynthia Newsome	2/14/98	USAFA, Colo.
24.55	Leona Russell	2/23/96	Lincoln, Neb.
24.61	Tanisha Johns	2/28/93	Ames, Iowa
24.63	Amaris Buchanan	1/25/02	USAFA, Colo.
24.65	Eileen Gehring	2/24/12	MPSF, Seattle, Wash.
24.70	Amaris Buchanan	2/8/02	Lincoln, Neb.
24.70	Yolanda Johnson	2/3/90	USAFA, Colo.

200-Meters Top Performers

23.81	Amaris Buchanan	2/24/01	Big 12, Lincoln, Neb.
24.43	Leona Russell	1/27/96	USAFA, Colo.
24.52	Cynthia Newsome	2/14/98	USAFA, Colo.
24.61	Tanisha Johns	2/28/93	Ames, Iowa
24.65	Eileen Gehring	2/24/12	MPSF, Seattle, Wash.
24.70	Yolanda Johnson	2/3/90	USAFA, Colo.

400-Meters Top Performances

54.00	Leona Russell	3/1/96	Ames, Iowa
54.46	Leona Russell	2/24/96	Lincoln, Neb.
54.70	Tamara Ards	3/1/96	Ames, Iowa
54.96	Leona Russell	2/10/96	Lincoln, Neb.
55.54	Eileen Gehring	2/10/12	Seattle, Wash.
55.57	Leona Russell	1/27/96	USAFA, Colo.
55.31	Eileen Gehring	2/25/12	MPSF, Seattle, Wash.
55.75	Leona Russell	2/23/96	Lincoln, Neb.
55.76	Leona Russell	2/23/96	Lincoln, Neb.
55.94	Leona Russell	2/3/96	USAFA, Colo.
55.94	Michelle Outlaw	2/27/88	Lincoln, Neb.
56.02	Tamara Ards	2/27/93	Ames, Iowa

400-Meters Top Performers

54.00	Leona Russell	3/1/96	Ames, Iowa
54.70	Tamara Ards	3/1/96	Ames, Iowa
55.31	Eileen Gerhing	2/25/12	MPSF, 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

1:21.60	Lee Ballenger	1979	AIAW
1:23.66	Brooke Regan	2/25/11	Big 12, Lincoln, Neb.
1:23.70	Brooke Regan	2/5/11	Lincoln, Neb.
1:24.07	Elizabeth Tremblay	1/22/11	Boulder
1:24.64	Evelyn Miller	2/3/01	Lincoln, Neb.
1:24.76	Erin Lowe	2/22/02	Lincoln, Neb.
1:24.85	Sherri Jackson	2/24/89	
1:25.13	Brooke Regan	1/22/11	Boulder
1:25.19	Erin Lowe	1/18/02	Boulder
1:25.21	Joi Windham	2/29/08	Big 12, Lincoln, Neb.
1:25.22	Erin Lowe	2/23/02	Lincoln, Neb.
1:25.72	Mikaela Raddatz	2/24/06	Lincoln, Neb.
1:25.74	Elizabeth Tremblay	2/26/10	Big 12, Ames, Iowa
1:25.77	Jenny Cathey	2/21/97	Lincoln, Neb.
1:26.37	Joi Windham	2/5/11	Lincoln, Neb.

Women's All-Time Indoor Bests

600-Yard Run *Top Performers*

1:21.60	Lee Ballenger	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.
2:09.23	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	Liz Tremblay	2/11/12	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.
2:13.62	Kelly Smith	2/22/97	Lincoln, Neb.
2:13.96	Elizabeth Tremblay	2/13/10	Seattle, Wash.
2:13.99	Brianne Beemer	2/26/10	Big 12, Ames, Iowa
2:14.23	Sara (Gorton) Slattery	2/8/03	USAFA, Colo.
2:15.04	Brianne Beemer	2/24/12	MPSF, Seattle, Wash.
2:15.22	Lesley Higgins	1/27/01	USAFA, Colo.

800-Meters *Top Performers*

2:05.29	Mary Decker	2/19/78	Lincoln, Neb.
2:09.23	Elizabeth Tremblay	2/25/11	Big 12, Lincoln, Neb.
2:11.71	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
4:36.08	Emma Coburn	3/12/11	NCAA, College Station, Texas
4:36.99	Emma Coburn	3/11/11	NCAA, College Station, Texas
4:37.44	Emma Coburn	2/12/11	Seattle, Wash.
4:40.02	Sara (Ensrud) Vaughn	3/8/08	South Bend, Ind.
4:40.35	Sara (Gorton) Slattery	2/23/02	Big 12, Lincoln, Neb.
4:41.21	Mary Decker	2/19/78	Lincoln
4:41.22	Jenny Barringer	2/24/07	Big 12, Ames, Iowa
4:41.47	Carrie Messner	3/7/97	NCAA, Indianapolis, Ind.
4:42.05	Carrie Messner	2/26/00	Big 12, Ames, Iowa
4:42.34	Carrie Messner	3/5/99	NCAA, Indianapolis, Ind.
4:42.36	Lesley Higgins	3/10/01	NCAA, Indianapolis, Ind.
4:42.56	Emma Coburn	3/6/10	Seattle, Wash.
4:42.87	Jennifer Smith	3/7/98	Indianapolis, Ind.
4:43.39	Jennifer Smith	3/14/98	NCAA, Indianapolis, Ind.

Mile Run *Top Performers*

4:25.91	Jenny Barringer	2/28/09	Big 12, College Station, Texas
4:36.08	Emma Coburn	3/12/11	NCAA, College Station, Texas
4:40.02	Sara (Ensrud) Vaughn	3/8/08	South Bend, Ind.
4:40.35	Sara (Gorton) Slattery	2/23/02	Big 12, Lincoln, Neb.
4:41.21	Mary Decker	2/19/78	Lincoln
4:41.47	Carrie Messner	3/7/97	NCAA, Indianapolis, Ind.
4:42.36	Lesley Higgins	3/10/01	NCAA, Indianapolis, Ind.
4:42.87	Jennifer Smith	3/7/98	Indianapolis, Ind.
4:43.68	Kelly Smith	2/14/98	Boston, Mass.
4:45.94	Renee Metivier	2/28/04	Big 12, Lincoln, Neb.

3,000-Meter Run *Top Performances*

8:42.03	Jenny Barringer	3/14/09	NCAA, College Station, Texas
8:53.88	Jenny Barringer	1/31/09	Seattle, Wash.
9:07.16	Sara (Gorton) Slattery	3/15/03	NCAA, Fayetteville, Ark.
9:11.59	Sara (Gorton) Slattery	2/3/01	Lincoln, Neb.
9:12.89	Renee Metivier	3/12/04	NCAA, Fayetteville, Ark.
9:13.45	Natalie Raveling	3/10/96	Indianapolis, Ind.
9:14.23	Renee Metivier	2/12/05	Seattle, Wash.
9:16.36	Liza Pasciuto	3/4/06	South Bend, Ind.
9:17.46	Emma Coburn	2/26/11	Big 12, Lincoln, Neb.
9:18.03	Shalaya Kipp	2/25/12	MPSF, 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.
9:19.46	Sara (Gorton) Slattery	2/24/01	Big 12, Lincoln, Neb.
9:19.65	Jenny Barringer	2/24/07	Big 12, Ames, Iowa

3,000-Meters *Top Performers*

8:42.03	Jenny Barringer	3/14/09	NCAA, College Station, Texas
9:07.16	Sara (Gorton) Slattery	3/15/03	NCAA, Fayetteville, Ark.
9:12.89	Renee Metivier	3/12/04	NCAA, Fayetteville, Ark.
9:13.45	Natalie Raveling	3/10/96	Indianapolis, Ind.
9:16.36	Liza Pasciuto	3/4/06	South Bend, Ind.
9:17.46	Emma Coburn	2/26/11	Big 12, Lincoln, Neb.
9:18.03	Shalaya Kipp	2/25/12	MPSF, Seattle, Wash.
9:23.31	Allie McLaughlin	1/30/10	Seattle, Wash.
9:24.65	Shayne Wille	3/8/97	Indianapolis, Ind.
9:25.73	Laura Tremblay	1/30/10	Seattle, Wash.

5,000-Meter Run *Top Performances*

15:01.70	Jenny Barringer	2/14/09	Seattle, Wash.
15:39.25	Sara (Gorton) Slattery	3/14/03	NCAA, Fayetteville, Ark.
15:46.83	Christine Bolf	2/11/06	Seattle, Wash.
15:56.56	Christine Bolf	2/12/05	Seattle, Wash.
15:58.86	Sara (Gorton) Slattery	2/28/03	Big 12, Lincoln, Neb.
15:59.39	Renee Metivier	2/26/05	Lincoln, Neb.
16:08.61	Jodie Hughes	3/9/01	NCAA, Fayetteville, Ark.
16:08.72	Renee Metivier	3/11/05	NCAA, Fayetteville, Ark.
16:10.99	Natalie Florence	3/14/03	NCAA, Fayetteville, Ark.
16:12.60	Christine Bolf	2/24/06	Big 12, Lincoln, Neb.
16:13.82	Jodie Hughes	3/8/02	NCAA, Fayetteville, Ark.
16:14.00	Jodie Hughes	2/22/02	Big 12, Lincoln, Neb.
16:14.13	Patty Roberts	3/10/95	Indianapolis, Ind.
16:16.10	Molly Austin	3/8/02	NCAA, Fayetteville, Ark.
16:16.29	Molly Austin	2/22/02	Big 12, Lincoln, Neb.

Women's All-Time Indoor Bests

5,000-Meters *Top Performers*

15:01.70	Jenny Barringer	2/14/09	Seattle, Wash.
15:39.25	Sara (Gorton) Slattery	3/14/03	NCAA, Fayetteville, Ark.
15:46.83	Christine Bolf	2/11/06	Seattle, Wash.
15:59.39	Renee Metivier	2/26/05	Lincoln, Neb.
16:08.61	Jodie Hughes	3/9/01	NCAA, Fayetteville, Ark.
16:10.99	Natalie Florence	3/14/03	NCAA, Fayetteville, Ark.
16:14.13	Patty Roberts	3/10/95	Indianapolis, Ind.
16:16.10	Molly Austin	3/8/02	NCAA, Fayetteville, Ark.
16:17.39	Laura Thweatt	2/11/11	Seattle, Wash.
16:25.95	Kalin Toedebusch	3/6/04	Seattle, Wash.

High Jump *Top Performances*

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

High Jump *Top Performers*

6-02.00	Karol Damon	3/9/91	NCAA, Indianapolis, Ind.
6-00.00	Lisa Greenfield	3/12/83	Pontiac, Mich.
6-00.00	Pam Owen	3/6/93	Boulder
5-11.50	Sarrah Goodwin	2/1/97	USAFA, Colo.
5-11.00	Annette Tannander	2/18/79	Big Eight, Lincoln, Neb.
5-09.25	Amy Rehage	2/15/86	Lincoln, Neb.
5-08.75	Anna Magle	2/5/05	USAFA, Colo.
5-08.00	Katie Dreher	2/3/12	Albuquerque, N.M.
5-07.00	Alyssa Frank	1/31/09	USAFA, Colo.
5-07.00	Holly Odneal	1/30/10	USAFA, Colo.

Long Jump *Top Performances*

20-10.5	Annette Tannander	3/10/1982	
20-01.00	Heather Sterlin	3/1/96	Laramie, Wyo.
20-00.50	Heather Sterlin	2/23/96	Lincoln, Neb.
19-11.75	Heather Sterlin	2/15/97	USAFA, Colo.
19-08.00	Amberly Casey	2/2/07	USAFA, Colo.
19-07.50	Amberly Casey	1/19/07	Boulder
19-06.25	Amberly Casey	2/11/06	Seattle, Wash.
19-05.25	Hannah Cooper	2/3/01	Lincoln, Neb.
19-04.75	Amberly Casey	2/4/06	USAFA, Colo.
19-04.25	Heather Sterlin	2/9/96	Lincoln, Neb.
19-03.25	Heather Sterlin	2/1/97	USAFA, Colo.
19-02.50	Heather Sterlin	2/7/97	Lincoln, Neb.
19-01.50	Heather Sterlin	3/2/96	Boulder
19-01.25	Amberly Casey	2/23/07	Big 12, Ames, Iowa
19-01.25	Amberly Casey	1/27/07	USAFA, Colo.

Long Jump *Top Performers*

20-10.5	Annette Tannander	3/10/1982	
20-01.00	Heather Sterlin	3/1/96	Laramie, Wyo.
19-08.00	Amberly Casey	2/2/07	USAFA, Colo.
19-05.25	Hannah Cooper	2/3/01	Lincoln, Neb.
19-00.50	Wanda Evans	1/16/88	Seattle, Wash.
18-11.25	Michelle Outlaw	1/30/88	Lincoln, Neb.

Pole Vault *Top Performances*

11-06.50	Megan Buttner	2/8/02	Lincoln, Neb.
11-04.25	Mary French	2/28/03	Big 12, Lincoln, Neb.
11-02.50	Mary French	2/15/03	Lincoln, Neb.
11-02.25	Megan Baker	2/5/05	USAFA, Colo.
11-00.25	Megan Buttner	2/23/01	Big 12, Lincoln, Neb.
10-11.75	Megan Buttner	2/3/01	Lincoln, Neb.
10-10.25	Brianna McDevitt	2/28/03	Big 12, Lincoln, Neb.
10-10.25	Megan Buttner	2/22/02	Big 12, Lincoln, Neb.
10-08.75	Brianna McDevitt	2/15/03	Lincoln, Neb.
10-08.00	Megan Muttner	1/19/01	Boulder
10-08.00	Sunny Nordmarken	2/25/00	Big 12, Ames, Iowa
10-06.00	Brianna McDevitt	2/8/03	USAFA, Colo.
10-06.00	Brianna McDevitt	2/19/05	Golden, Colo.

Pole Vault *Top Performers*

11-06.50	Megan Buttner	2/8/02	Lincoln, Neb.
11-04.25	Mary French	2/28/03	Big 12, Lincoln, Neb.
11-02.25	Megan Baker	2/5/05	USAFA, Colo.
10-10.25	Brianna McDevitt	2/28/03	Big 12, Lincoln, Neb.
10-08.00	Megan Muttner	1/19/01	Boulder
10-08.00	Sunny Nordmarken	2/25/00	Big 12, Ames, Iowa
10-04.00	Tracy Sawczak	1/23/04	USAFA, Colo.
10-02.75	Liza Negriff	2/15/03	Lincoln, Neb.
10-00.00	Julie Rosso	1/21/00	Boulder

Triple Jump *Top Performances*

40-07.75	Amberly Casey	2/26/05	Big 12, Lincoln, Neb.
40-00.50	Udie Ekiko	2/13/94	USAFA, Colo.
39-09.75	Amberly Casey	1/27/07	USAFA, Colo.
39-06.25	Amberly Casey	2/3/07	USAFA, Colo.
39-05.25	Amberly Casey	1/22/05	USAFA, Colo.
39-05.00	Liza Negriff	1/23/04	USAFA, Colo.
39-03.00	Liza Negriff	2/14/04	Seattle, Wash.
39-01.75	Amberly Casey	2/25/06	Big 12, Lincoln, Neb.
39-00.50	Amberly Casey	1/19/07	USAFA, Colo.
39-09.00	Udie Ekiko	2/7/94	Pocatello, Idaho
38-09.50	Udie Ekiko	2/3/96	USAFA, Colo.
38-09.50	Amberly Casey	2/10/07	Seattle, Wash.
38-09.00	Liza Negriff	2/28/04	Big 12, Lincoln, Neb.
38-08.50	Udie Ekiko	3/5/94	Boulder
38-08.25	Udie Ekiko	2/10/96	Lincoln, Neb.

Triple Jump *Top Performers*

40-07.75	Amberly Casey	2/26/05	Big 12, Lincoln, Neb.
40-00.50	Udie Ekiko	2/13/94	USAFA, Colo.
39-05.00	Liza Negriff	1/23/04	USAFA, Colo.
37-11.50	Katie Dreher	2/13/10	USAFA, Colo.
37-09.25	Maxine Marlow	2/8/03	USAFA, Colo.
37-07.75	Jill Hassebrock	2/13/93	USAFA, Colo.
37-06.00	Anne Zentner	3/5/88	Boulder
36-08.00	Diane Keller	1/23/88	Boulder
35-07.50	Tammy Lawrence	1/23/88	Boulder
34-11.00	Heather Dzick	2/3/96	USAFA, Colo.
34-08.00	Jodi Pilcher	3/5/94	Boulder

Shot Put *Top Performances*

54-07.25	Melisa Weis	3/13/93	Indianapolis, Ind.
54-02.00	Melisa Weis	2/7/94	Pocatello, Iowa
53-07.00	Melisa Weis	1994	NCAA Finals
52-09.50	Melisa Weis	1994	NCAA Finals
52-08.75	Melisa Weis	2/26/94	Big Eight Championships
52-00.50	Melisa Weis	1994	Laramie, Wyoming
51-02.25	Melisa Weis	2/13/94	USAFA, Colo.
50-02.00	Annie King	1/26/01	USAFA, Colo.
49-11.00	Emily Hunsucker	2/18/11	Golden, Colo.
48-02.75	Janet Visosky	2/1/97	USAFA, Colo.
47-11.25	Starla Ahu	3/7/92	Boulder
47-07.75	Rosario Roamos	3/7/80	AIAW, Pocatello, Idaho
47-06.25	Janet Visosky	2/8/97	Lincoln, Neb.
47-05.75	Carly Newlands	2/18/05	USAFA, Colo.
47-05.00	Starla Ahu	2/28/92	Big Eight Championships

Women's All-Time Indoor Bests

Shot Put *Top Performers*

54-07.25	Melisa Weis	3/13/93	Indianapolis, Ind.
50-02.00	Annie King	1/26/01	USAFA, Colo.
49-11.00	Emily Hunsucker	2/18/11	Golden, Colo.
48-02.75	Janet Visosky	2/1/97	USAFA, Colo.
47-11.25	Starla Ahu	3/7/92	Boulder
47-07.75	Rosario Roamos	3/7/80	AIAW, Pocatello, Iowa
47-05.75	Carly Newlands	2/18/05	USAFA, Colo.
45-11.75	Renata Ruscitti	2/27/88	Lincoln, Neb.
45-10.50	Brenda Davis	2/8/80	Fort Collins, Colo.
45-09.00	Marlaina Corbett	1/30/99	USAFA, Colo.
44-09.50	Kaity Kark	2/27/10	Big 12, Ames, Iowa

Weight Throw *Top Performances*

62-08.50	Cortney Hutmacher	3/3/06	USAFA, Colo.
61-08.50	Cortney Hutmacher	2/24/06	Big 12, Lincoln, Neb.
61-00.75	Cortney Hutmacher	2/26/05	Big 12, Lincoln, Neb.
61-00.00	Cortney Hutmacher	2/3/07	USAFA, Colo.
60-04.50	Cortney Hutmacher	1/19/07	Boulder
60-01.75	Cortney Hutmacher	3/3/07	Ames, Iowa
59-10.50	Cortney Hutmacher	2/24/06	Big 12, Lincoln, Neb.
59-09.50	Cortney Hutmacher	1/13/07	USAFA, Colo.
58-03.25	Cortney Hutmacher	2/11/06	Seattle, Wash.
57-11.00	Cortney Hutmacher	2/4/06	USAFA, Colo.
57-07.00	Cortney Hutmacher	1/27/07	USAFA, Colo.
57-01.00	Marlaina Corbett	2/26/99	Laramie, Wyo.
56-10.00	Marlaina Corbett	2/20/99	Big 12, Manhattan, Kan.
55-07.00	Cortney Hutmacher	2/10/07	Seattle, Wash.
55-05.00	Janet Visosky	2/27/98	Ames, Iowa

Weight Throw *Top Performers*

62-08.50	Cortney Hutmacher	3/3/06	USAFA, Colo.
57-01.00	Marlaina Corbett	2/26/99	Laramie, Wyo.
55-05.00	Janet Visosky	2/27/98	Ames, Iowa
55-01.00	Emily Hunsucker	1/21/12	Boulder
50-11.50	Kaity Kark	1/23/10	Boulder
50-10.75	Chynna McCall	2/26/10	Big 12, Ames, Iowa
50-04.75	Tonya Roach	2/3/96	USAFA, Colo.

Pentathlon (after 1985) *Top Performances*

4,046	Pam Owen	2/27/93	Ames, Iowa
3,960	Brianne Beemer	3/4/12	USA, Bloomington, Ind.
3,847	Pam Owen	2/28/92	Big Eight Championship
3,847	Pam Owen	2/28/92	Big Eight
3,840	Carol Hood	1991	Big Eight
3,788	Carol Hood	2/26/88	Lincoln, Neb.
3,771	Brianne Beemer	2/24/12	MPSF, Seattle, Wash.
3,769	Brianne Beemer	1/20/12	Boulder
3,764	Pam Owen	1993	USAFA, Colo.
3,725	Pam Owen	1991	Big Eight
3,665	Tamra Miller	2/24/90	Big Eight
3,653	Diane Keller	2/24/90	Big Eight
3,644	Brittany Lewis	2/24/12	MPSF, Seattle, Wash.
3,637	Brittany Lewis	2/9/12	Ames, Iowa
3,633	Brittany Lewis	1/20/12	Boulder

Pentathlon *Top Performers*

4,046	Pam Owen	2/27/93	Ames, Iowa
3,960	Brianne Beemer	3/4/12	USA, Bloomington, Ind.
3,840	Carol Hood	1991	Big Eight
3,665	Tamra Miller	2/24/90	Big Eight
3,653	Diane Keller	2/24/90	Big Eight
3,644	Brittany Lewis	2/24/12	MPSF, Seattle, Wash.
3,573	Heather Sterlin	1/26/96	USAFA, Colo.
3,547	Alyssa Frank	2/9/12	Ames, Iowa
3,545	Genny Mayden	2/24/12	MPSF, Seattle, Wash.
3,525	Katie Dreher	2/9/12	Ames, Iowa

Pentathlon (before to 1985) *Top Performances*

4,071	Annette Tannander	2/26/83	Big Eight, Lincoln, Neb.
3,783	Lori West	2/26/77	Provo, Utah
3,665	Lori West	2/14/76	Pocatello, Idaho
3,485	Lisa Greenfield	2/26/83	Lincoln, Neb.

Pentathlon *Top Performers*

4071	Annette Tannander	2/26/83	Big Eight, Lincoln, Neb.
3783	Lori West	2/26/77	Provo, Utah
3485	Lisa Greenfield	2/26/83	Lincoln, Neb.

Mile Relay *Top Performances*

3:45.53	Russell/Ards/Owen/Johns	2/27/93	Ames, Iowa
3:49.49	J.Windham/Dreher/Beemer/E.Tremblay	2/26/10	USAFA, Colo.
3:50.98	Simmons/Fox/Ballenger/Decker	2/19/78	Lincoln, Neb.
3:49.50	no order lister	2/25/94	Oklahoma City
3:49.59	Sterlin/Cathy/Ards/Russell	1/26/96	USAFA, Colo.
3:50.00	Mattson/Elliott/Gehring/Sweeney	1/28/12	USAFA, Colo.
3:51.24	no order lister	2/13/99	USAFA, Colo.
3:54.78	J.Windham/Dreher/Hubbard/Regan	1/29/11	USAFA, Colo.
3:54.82	Dreher/J.Windham/Beemer/E.Tremblay	1/30/10	USAFA, Colo.
3:55.20	Maul/T.Windham/J.Windham/Seay	2/9/08	USAFA, Colo.
3:55.59	Maul/T.Windham/J.Windham/Seay	2/2/08	USAFA, Colo.
3:58.00	T.Windham/Lyons/Grandi/Garbowski	1/30/10	USAFA, Colo.
3:59.62	no order lister	2/1/97	USAFA, Colo.
3:59.85	Maul/Abuan/Haverty/T.Smith	1/27/07	USAFA, Colo.
3:53.62	Ward/Sterlin/Waldman/Cathey	2/5/95	USAFA, Colo.

4x400-Meter Relay *Top Performances*

3:45.11	Mattson/Beemer/Gehring/Sweeney	2/25/12	MPSF, Seattle, Wash.
3:47.04	Ward/Ards/Sterlin/Russell	2/9/96	Lincoln, Neb.
3:49.46	Mattson/Elliott/Gehring/Sweeney	2/9/12	Seattle, Wash.
3:50.02	Lowe/Cooper/Torrey/Manatt	2/23/02	Big 12, Lincoln, Neb.
3:50.20	Seay/Maul/T.Windham/J.Windham	3/1/08	Big 12, Lincoln, Neb.
3:50.29	Lowe/Buchanan/Cooper/Torrey	2/8/02	Lincoln, Neb.
3:51.38	no order listed	2/28/98	Ames, Iowa
3:52.60	Wards/Ards/Sterlin/Russell	2/24/95	Big 12, Manhattan, Kan.
3:53.05	J.Windham/Oppenorth/Hubbard/Regan	2/5/11	Lincoln, Neb.
3:53.11	Dreher/Hubbard/E.Tremblay/Regan	2/26/11	Big 12, Lincoln, Neb.
3:53.34	Jackson/Hood/Campbell/Outlaw	3/5/88	Boulder
3:54.36	Haverty/Maul/Sturm/Price	2/24/07	Big 12, Ames, Iowa
3:55.31	Cooper/Zografos/joy/Schuler	2/6/99	Indianapolis, Ind.

Distance Medley Relay *Top Performances*

11:22.87	Cumming/E.Tremblay/Regan/Coburn	2/25/11	Big 12, Lincoln, Neb.
11:23.34	Messner/Newsome/Higgins/Wheeler	2/5/99	Indianapolis, Ind.
11:29.84	Higgins/Miller/Manatt/Gorton	2/23/01	Big 12, Lincoln, Neb.
11:32.81	J. Smith/Newsome/Bradfield/K. Smith	2/27/98	Ames, Iowa
11:34.32	Cumming/E.Tremblay/Beemer/Coburn	2/27/10	Big 12, Ames, Iowa
11:37.95	Messner/Lucero/Wheeler/Smith	2/8/97	Lincoln, Neb.
11:50.90	Scarlett/Cathey/Wille/Dahlberg	2/23/96	Lincoln, Neb.
11:56.31	Zeigle/Torrey/Manatt/Gragas-Wheeler	2/28/03	Big 12, Lincoln, Neb.
11:56.90	no order listed	2/16/80	Lincoln, Neb.
11:58.80	no order listed	2/22/02	Big 12, Lincoln, Neb.
12:05.63	Simmons/Powers/Wilson/Slater	3/5/79	Lincoln, Neb.
12:13.66	Bolf/Pasciuto/Ensrud/Raddatz	2/4/06	USAFA, Colo.
12:19.10	no order listed	1/30/99	USAFA, Colo.

Men's Outdoor Records

Event	CU Record	Potts Field Record
100 Meters	10.0, Cliff Branch NCAA Outdoors, 1972	10.03, Gerald Phiri, Texas A&M Big 12 Outdoors, 2008
110-meter Hurdles	13.3, Marcus Walker USA-France Dual, 1970	13.54, Shawon Harris, Texas Tech Big 12 Outdoors, 2008
200 Meters	20.37, Jeremy Dodson Big 12 Outdoors, 2008	20.29, Gerald Phiri, Texas A&M Big 12 Outdoors, 2008
400 Meters	45.54, James Davis Big Three, 1996	44.45, Todd Long, Oklahoma Big Eight Outdoors, 1983
400-meter Hurdles	49.66, Maurice Mitchell Big Eight Outdoors, 1993	48.80, Danny Harris, Iowa State Big Eight Outdoors, 1986
800 Meters	1:47.52, Mike Macinko World Cup, 1989	1:48.28, Jacob Hernandez, Texas Big 12 Outdoors, 2008
1,500 Meters	3:39.77, Alan Culpepper Big Eight Championships, 1996	3:41.80, Leo Manzano, Texas Big 12 Outdoors, 2008
3,000 Meters	7:50.39, Dathan Ritzenhein Adidas Invitational, 2004	8:08.04, Brent Vaughn, Nike CU Invitational, 2010
3,000-meter Steeplechase	8:26.45, Steve Slattery USATF Championships, 2001	8:53.84, Billy Nelson, Colorado Big 12 Outdoors, 2008
5,000 Meters	13:18.46, Brent Vaughn Payton Jordan, 2008	14:13.99, Brent Vaughn, Colorado Big 12 Outdoors, 2008
10,000 Meters	27:38.50, Dathan Ritzenhein Cardinal Invitational, 2004	30:02.3, Charlie Vigil, Colorado Track Club, CU Relays, 1978
4x100-meter Relay	39.47, (Charles/Campbell/Terry/ Dodson), Big 12 Outdoors, 2008	38.85, Texas A&M, Big 12 Outdoors, 2008
4x400-meter Relay	3:05.16, (Johnson/Carruth/Warren/ Mitchell), George Mason, 1994	3:03.82, Baylor Big 12 Outdoors, 2008
4x800-meter Relay	7:25.55 (Reese/Quenn/Elmuccio/ Schafer) Drake Relays, 1999	
High Jump	7-4, Bill Jankunis Big Eight Outdoors, 1975	7-4 ¹ / ₄ , Jim Howard, Mazda Track Club Colorado Relays, 1989
Long Jump	26-1 ³ / ₄ , Kingsley Adams Drake Relays, 1974	26-6 ¹ / ₂ , Kenny Harrison Kan. St., Big Eight Outdoors, 1986
Triple Jump	53-6 ¹ / ₂ , James Nyumutei Drake Relays, 1974	55-4 ¹ / ₄ , Kenny Harrison, Kansas State Big Eight Outdoors, 1986
Discus	209-7, Art Burns CU-Air Force Dual, 1977	209-7, Art Burns, Colorado CU-Air Force Dual, 1977
Shot Put	60-11 ¹ / ₂ , Chris Volgenau Big Eight Outdoors, 1992	64-7 ¹ / ₂ , C.J.Hunter Colorado Relays, 1992
Javelin	241-4.50, Dick Clark, Big Eight, 1962	245-0, Mike Brennan, Iowa State Big Eight Outdoors, 1986
Pole Vault	17-6 ¹ / ₂ , Dennis Fuller Big Eight Outdoors, 1981	18-0 ³ / ₈ , Scott Huffman, Kansas Big Eight Outdoors, 1986
Decathlon	7,645, Mike Hill NCAA Outdoors, 1974	7,675, Donovan Kilmartin, Texas Big 12 Outdoors, 2008
Hammer Throw	210-11, Zach Hazen Big 12, 2007	240-05, Drew Loftin, unattached CU Invitational, 2011

TRACK & FIELD Women's Outdoor Records

Event	CU Record	Potts Field Record
100 Meters	11.65, Yolanda Johnson Colorado Relays, 1990	10.95, Simone Facey, Texas A&M Big 12 Final, 2008
100-meter Hurdles	12.98, Yvonne Scott NCAA Outdoors, 1996	13.12, Yvonne Scott, Colorado Colorado Collegiate Invitational, 1996
200 Meters	23.86, Tamisha Johns Big Eight Outdoors, 1993	22.05, Angela Thacker, Nebraska Big Eight Outdoors, 1986
400 Meters	54.21, Eileen Gehring Mt. SAC Relays, 2012	51.09, Jessica Beard, Texas A&M Big 12 Outdoors, 2008
400-meter Hurdles	57.77, Leona Russell NCAA Championships, 1996	56.88, Leisha Knowles Okla. St., Big Eight Outdoors, 1986
800-meter Run	2:02.54, Jenny Barringer Cottbus, Germany, 2009	2:05.32, Lauren Hagans, Baylor. Big 12 Outdoors, 2008
1,500 Meters	3:59.90, Jenny Barringer Prefontaine Classic, 2009	4:25.00, Sally Kipyego, Texas Tech Big 12 Outdoors, 2008
3,000 Meters	8:54.22, Kara Grgas-Wheeler Stanford Invitational, 2000	9:31.40, Christine McMiken Okla. St., Big Eight Outdoors, 1986
3,000 Meter Steeplechase	9:12.50, Jenny Barringer IAAF Championship, Berlin, 2009	10:15.43, Irene Kimaiyo, Texas Tech Big 12 Outdoors, 2008
5,000 Meters	15:05.25, Jenny Barringer DN Galan Grand Prix, Stockholm, 2009	16:34.7, Meeumi Fujiwara, Wacura (Japan), CU Relays, 1992
10,000 Meters	32:50.80, Jodie Hughes Mt. SAC Relays, 2002	35:37.5, Lisa Wakem, Kansas St. Big Eight Outdoors, 1986
4x100-meter Relay	44.95 (Cooper, Buchanan, Schuler, Joy) Cowtown Classic, 2001	42.88, Texas A&M Big 12 Outdoors, 2008
4x400-meter Relay	3:33.07 (Ward/Ards/Sterlin/Russell) NCAA Championships, 1996	3:32.28, Baylor Big 12 Outdoors, 2008
Mile Relay	3:49.1, (Ballenger/Chambers/McClendon/Dolas) Big Eight Outdoors, 1980	
4x1,500-meter Relay	17:36.60, (Messner/Raveling/Wille/Smith) Penn Relays, 1996	
Distance Medley Relay	11:03.82, (Higgins/Schuler/Zografos/Wheeler) Penn Relays, 2000	
High Jump	6-3, Karol Damon New Mexico Invite, 1991	6-1, Rita Graves, Kansas State Big Eight Outdoors, 1986
Long Jump	20-8, Annette Tannander NCAA Outdoors, 1983	21-9 ³ / ₄ , Angela Thacker, Nebraska Big Eight Outdoors, 1993
Triple Jump	40-11.5, Liza Negriff, Colorado Invitational, 2005	45-3 ¹ / ₄ , Yasmine Reys, Texas A&M Big 12 Outdoors, 2008
Discus	181-7, Melisa Weis Modesto Relays, 1994	181-10, Liz Podominick, unattached Colorado Invitational, 2012
Shot Put	54-6, Melisa Weis USATF Championships, 1993	56-02 ¹ / ₂ , Patience Knight, Texas Tech Big 12 Outdoors, 2008
Javelin	169-5, Liz Lampros NCAA Outdoors, 1986	186-10, Dana Pounds, AFA Colorado Invitational, 2006
Heptathlon	5,893, Annette Tannander NCAA Outdoors, 1983	5,643, Megan Wheatley, Nebraska Big 12 Outdoors, 2008
Hammer Throw	196-10, Janet Visosky Big 12 Championships, 1998	212-04, Loren Groves, Kansas State Big 12 Outdoors, 2008
Pole Vault	12-4, Megan Buttner Jack Christensen Invitational, 2003	13-05 ¹ / ₄ Kate Sultanova, Kansas Big 12 Outdoors, 2008

Men's All-Time Outdoor Bests

100 Meters *Top Performances*

10.0	Cliff Branch	6/1/72	Eugene, Ore.
10.1	Cliff Branch	6/2/72	Eugene, Ore.
10.10	Devlon Dunn	5/14/88	Big Eight
10.12	Devlon Dunn	4/17/88	El Paso, Texas
10.27	Jeremy Dodson	5/18/08	Big 12, Boulder
10.30	Scott Sanders	1977	Las Vegas, Nev.
10.31	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.
10.35	Jeremy Dodson	5/16/10	Big 12, Columbia, Mo.
10.36	Ryan Campbell	6/7/08	Denver, Colo.
10.37	Devlon Dunn	6/15/88	Mobile Grand Prix
10.37	Joe Morris	4/9/11	Boulder

100-Meters *Top Performers*

10.0	Cliff Branch	6/1/72	Eugene, Ore.
10.10	Devlon Dunn	5/14/88	Big Eight
10.27	Jeremy Dodson	5/18/08	Big 12, Boulder
10.30	Scott Sanders	1977	Las Vegas, Nev.
10.31	Joe Morris	5/24/12	Austin, Texas
10.33	Ryan Campbell	3/31/07	Greeley, Colo.
10.39	Kelly Johnson	5/12/84	Big Eight, Lincoln, Neb.
10.48	Erik Mitchell	5/1/93	
10.50	Marcus Askins	5/4/91	USAFA, Colo.
10.50	Gary Ramsey	5/14/88	Big Eight

110 Meter Hurdles *Top Performances*

13.3	Marcus Walker	1970	Paris
13.6	Marcus Walker	6/19/70	Des Moines, Iowa
13.3	Marcus Walker	1971	Wichita, Kan.
13.79	Reggie DePass	5/13/99	Greeley, Colo.
13.81	Lex Butler	5/13/99	Greeley, Colo.
13.84	Lex Butler	5/19/02	Big 12, Columbia, Mo.
13.90	Lex Butler	5/18/02	Big 12, Columbia, Mo.
13.92	Lex Butler	5/23/99	Waco, Texas
13.93	Lex Butler	5/22/99	Waco, Texas
13.94	Reggie DePass	3/28/99	Ft. Collins, Colo.

110-Meter Hurdles *Top Performers*

13.3	Marcus Walker	1970	Paris
13.79	Reggie DePass	5/13/99	Greeley, Colo.
13.81	Lex Butler	5/13/99	Greeley, Colo.
14.09	Grant Gleghorn	3/22/97	Boulder
14.10	Akobunndu Ikwuakor	5/18/03	Big 12, Austin, Texas

200 Meters *Top Performances*

20.37	Jeremy Dodson	5/18/08	Big 12, Boulder
20.40	Jeremy Dodson	5/29/10	NCAA Prelims, Austin, Texas
20.58	Ray Prior	4/9/76	Boulder
20.59	Devlon Dunn	4/23/88	Walnut, Calif.
20.63	Devlon Dunn	4/17/88	El Paso, Texas
20.63	Jeremy Dodson	5/16/10	Big 12, Columbia, Mo.
20.64	Kyle Hargett	5/14/88	Big Eight
20.64	Devlon Dunn	5/14/88	Big Eight
20.64	Jeremy Dodson	5/12/07	Big 12, Lincoln, Neb.
20.65	Jeremy Dodson	5/1/10	Austin, Texas
20.65	Jeremy Dodson	6/12/10	NCAA, Eugene, Ore.
20.66	Jeremy Dodson	5/13/07	Big 12, Lincoln, Neb.
20.66	Jeremy Dodson	5/17/08	Big 12, Boulder
20.69	James Davis	5/21/96	Ft. Collins, Colo.
20.73	James Davis	5/21/96	Big Eight, Lincoln, Neb.

200-Meters *Top Performers*

20.37	Jeremy Dodson	5/18/08	Big 12, Boulder
20.58	Ray Prior	4/9/76	Boulder
20.59	Devlon Dunn	4/23/88	Walnut, Calif.
20.64	Kyle Hargett	5/14/88	Big Eight
20.69	James Davis	5/2/96	Ft. Collins, Colo.
20.77	Joe Morris	4/21/12	Cerritos, Calif.
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, Berkeley, Calif.
45.70	Ted Woods	6/1/89	NCAA, Provo, Utah
46.04	Dean Greenaway	5/19/79	Big Eight, Lincoln, Neb.

400 Meter IM Hurdles *Top Performances*

49.66	Maurice Mitchell	5/93	Boulder
50.01	Reggie DePass	5/29/02	NCAA, Baton Rouge, La.
50.02	Reggie DePass	4/21/02	Walnut, Calif.
50.27	Maurice Mitchell	1994	Big Eight
50.61	Maurice Mitchell	1994	Palo Alto, Calif.
50.82	Maurice Mitchell	5/21/90	Big Eight
50.98	Reggie DePass	4/14/01	Greeley, Colo.
50.99	Reggie DePass	4/22/01	Walnut, Calif.
50.13	Reggie DePass	5/19/02	Big 12, Columbia, Mo.
50.33	Reggie DePass	4/27/02	Ft. Collins, Colo.
50.73	Reggie DePass	3/30/02	Tempe, 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.
51.81	Mike Dickman	5/16/87	Big Eight, Lawrence, Kan.
51.9	Jim Miller	4/17/65	Lawrence, Kan.
51.99	Akobunndu Ikwuakor	4/12/03	Eugene, Ore.
52.01	Jason Horton	4/10/99	Eugene, Ore.

800 Meters *Top Performances*

1:47.52	Mike Macinko	4/23/89	
1:47.89	Mike Macinko	5/14/89	Big Eight, Lincoln, Neb.
1:48.0	Mike Peake	1958	Poland
1:48.51	Mike Macinko	5/28/88	Eugene, Ore.
1:48.55	Mike Macinko	5/15/89	Big Eight, Lincoln, Neb.
1:48.85	Anthony Chiulli	5/12/07	Big 12, Lincoln, Neb.
1:49.07	Matt Queen	5/18/02	Big 12, Columbia, Mo.
1:49.09	Mike Macinko	5/5/90	USAFA, Colo.
1:49.16	Colin Harris	5/22/84	Austin, Texas
1:49.22	Rick Musgrave	5/15/76	Big Eight, Lincoln, Neb.
1:49.41	Jeff Pixler	5/22/81	Austin, Texas
1:49.53	Chris Schafer	5/23/98	Atlanta, Ga.
1:49.6	Mike Robinson	5/20/84	Austin, Texas

800-Meters *Top Performers*

1:47.52	Mike Macinko	4/23/89	
1:48.0	Mike Peake	1958	Poland
1:48.85	Anthony Chiulli	5/12/07	Big 12, Lincoln, Neb.
1:49.07	Matt Queen	5/18/02	Big 12, Columbia, Mo.
1:49.16	Colin Harris	5/22/84	Austin, Texas
1:49.22	Rick Musgrave	5/15/76	Big Eight, Lincoln, Neb.
1:49.41	Jeff Pixler	5/22/81	Austin, Texas
1:49.53	Chris Schafer	5/23/98	Atlanta, Ga.
1:49.6	Mike Robinson	5/20/98	Austin, Texas
1:49.92	Stephen Kasica	4/15/11	Walnut, Calif.

Men's All-Time Outdoor Bests

1500 Meters Top Performances

3:39.77	Alan Culpepper	5/21/96	Lincoln, Neb.
3:40.51	Stephen Pifer	5/1/05	Palo Alto, Calif.
3:40.70	Stephen Pifer	5/14/06	Big 12, Waco, Texas
3:40.78	Stephen Pifer	5/26/07	Des Moines, Iowa
3:41.45	Rick Musgrave	4/16/76	Lawrence, Kan.
3:41.55	Stephen Pifer	4/25/08	Eugene, Ore.
3:41.77	Stephen Pifer	4/20/07	Eugene, Ore.
3:41.83	Stephen Pifer	6/22/07	USATF, Indianapolis
3:41.96	Adam Goucher	5/21/96	Big Eight, Lincoln, Neb.
3:42.09	Jorge Torres	5/10/02	Palo Alto, Calif.
3:42.16	Stephen Pifer	5/12/07	Big 12, Lincoln, Neb.
3:42.25	Stephen Pifer	6/9/07	NCAA, Sacramento, Calif.
3:42.29	Stephen Pifer	6/7/07	NCAA, Sacramento, Calif.
3:42.31	Mike Macinko	5/20/89	Santa Monica, Calif.
3:42.36	Steve Slattery	5/13/01	Palo Alto, Calif.

1500-Meters Top Performers

3:39.77	Alan Culpepper	5/21/96	Lincoln, Neb.
3:40.51	Stephen Pifer	5/1/05	Palo Alto, Calif.
3:41.45	Rick Musgrave	4/16/76	Lawrence, Kan.
3:41.96	Adam Goucher	5/21/96	Big Eight, Lincoln, Neb.
3:42.09	Jorge Torres	5/10/02	Palo Alto, Calif.
3:42.31	Mike Macinko	5/20/89	Santa Monica, Calif.
3:42.36	Steve Slattery	5/13/01	Palo Alto, Calif.
3:42.54	Anthony Chiulli	5/14/06	Big 12, Waco, Texas
3:42.89*	Jake Hurysz	5/18/12	Los Angeles
3:42.99	Dathan Ritzenhein	5/10/02	Palo Alto, Calif.

* Time ran while competing unattached with eligibility remaining

3000 Meters Top Performances

7:50.39	Dathan Ritzenhein	4/10/04	Eugene, Ore.
8:14.96	Dathan Ritzenhein	4/12/03	
8:27.40	Erik Heinonen	4/10/04	Eugene, Ore.
8:27.91	Casey Burchill	4/12/03	
8:28.73	Ed Torres	3/30/02	Tucson, Ariz.
8:33.75	Payton Batliner	4/12/03	
8:34.17	Andy Knutsen	4/12/03	
8:34.72	Jon Severy	3/19/05	Boulder
8:36.99	Jay Johnson	3/16/96	Boulder
8:37.99	Payton Batliner	3/17/07	Boulder
8:40.33	Ron Roybal	3/16/96	Boulder
8:40.94	Jorge Torres	4/13/02	USAFA, Colo.
8:40.97	Dathan Ritzenhein	4/13/02	USAFA, Colo.
8:41.09	Austin Baillie	3/19/05	Boulder
8:42.92	Rob Thayer	3/22/08	Boulder

3000-Meters Top Performers

7:50.39	Dathan Ritzenhein	4/10/04	Eugene, Ore.
8:27.40	Erik Heinonen	4/10/04	Eugene, Ore.
8:27.91	Casey Burchill	4/12/03	
8:28.73	Ed Torres	3/30/02	Tucson, Ariz.
8:33.75	Payton Batliner	4/12/03	
8:34.17	Andy Knutsen	4/12/03	
8:34.72	Jon Severy	3/19/05	Boulder
8:36.99	Jay Johnson	3/16/96	Boulder
8:40.33	Ron Roybal	3/16/96	Boulder
8:40.94	Jorge Torres	4/13/02	USAFA, Colo.

Steeplechase Top Performances

8:26.45	Steve Slattery	6/22/01	USATF, Eugene, Ore.
8:26.51	Steve Slattery	5/31/02	NCAA, Baton Rouge, La.
8:28.85	Billy Nelson	6/13/08	NCAA, Des Moines, Iowa
8:33.33	Billy Nelson	6/8/07	NCAA, Sacramento, Calif.
8:35.15	Steve Slattery	4/27/00	Philadelphia, Pa.
8:36.44	Billy Nelson	5/4/08	Palo Alto, Calif.
8:36.64	Steve Slattery	4/19/02	Walnut, Calif.
8:37.10	Dan Reese	5/23/87	NCAA
8:37.45	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.
8:38.37	Clint Wells	5/31/96	NCAA
8:39.30	Steve Slattery	5/29/02	NCAA
8:40.87	Adam Batliner	6/5/98	Buffalo, NY
8:40.88	Billy Nelson	4/13/07	Walnut, Calif.

Steeplechase Top Performers

8:26.45	Steve Slattery	6/22/01	USATF, Eugene, Ore.
8:28.85	Billy Nelson	6/13/08	NCAA, Des Moines, Iowa
8:37.10	Dan Reese	5/23/87	NCAA
8:37.45	Aric Van Halen	6/13/12	Indianapolis
8:37.7	Clint Wells	4/20/96	Walnut
8:40.87	Adam Batliner	6/5/98	Eugene, Ore.
8:42.83	Tom Reese	4/10/99	Hayward, Calif.
8:43.28	Pete Janson	5/4/08	Palo Alto, Calif.
8:46.04	Adam Goucher	4/27/95	Penn Relays
8:47.10	Terry Johnson	1979	NCAA, Champaign, Ill.

5000 Meters Top Performances

13:18.46	Brent Vaughn	5/4/08	Palo Alto, Calif.
13:24.56	Jorge Torres	5/3/03	Palo Alto, Calif.
13:26.00	Jorge Torres	5/3/02	Palo Alto, Calif.
13:27.77	Dathan Ritzenhein	5/3/02	Palo Alto, Calif.
13:30.12	Brent Vaughn	4/29/07	Palo Alto, Calif.
13:31.64	Adam Goucher	6/6/98	Buffalo, NY
13:31.7	Alan Culpepper	4/20/96	Walnut, Calif.
13:33.20	Adam Goucher	5/31/98	Eugene, Ore.
13:33.3	Adam Goucher	4/20/96	Walnut, Calif.
13:34.13	Adam Goucher	4/19/97	Walnut, Calif.
13:34.44	Joe Bosshard	5/28/11	NCAA Prelims, Eugene, Ore.
13:34.57	Joe Bosshard	5/1/11	Palo Alto, Calif.
13:35.4	Ted Castaneda	1974	Westwood, Calif.
13:38.58*	Jake Hurysz	4/29/12	Palo Alto, Calif.
13:39.17	Dathan Ritzenhein	4/15/03	Walnut, Calif.

5000-Meters Top Performers

13:18.46	Brent Vaughn	5/4/08	Palo Alto, Calif.
13:24.56	Jorge Torres	5/3/03	Palo Alto, Calif.
13:27.77	Dathan Ritzenhein	5/3/02	Palo Alto, Calif.
13:31.64	Adam Goucher	6/6/98	Buffalo, N.Y.
13:31.7	Alan Culpepper	4/20/96	Walnut, Calif.
13:34.44	Joe Bosshard	5/28/11	NCAA Prelims, Eugene, Ore.
13:35.4	Ted Castaneda	1974	Westwood, Calif.
13:38.58*	Jake Hurysz	4/29/12	Palo Alto, Calif.
13:39.34	Stephen Pifer	6/13/08	NCAA, Des Moines, Iowa
13:39.81	Bret Schoolmeester	4/30/06	Palo Alto, Calif.

* Time ran while competing unattached with eligibility remaining

10,000 Meters Top Performances

27:38.50	Dathan Ritzenhein	4/30/04	Palo Alto, Calif.
28:30.6	Ted Castaneda	1973	Munich, W. Germany
28:33.31	Bret Schoolmeester	4/15/05	Walnut, Calif.
28:41.56	Joe Bosshard	6/10/11	NCAA, Des Moines, Iowa
28:41.95	Bret Schoolmeester	3/31/06	Palo Alto, Calif.
28:43.28	Ed Torres	5/3/02	Palo Alto, Calif.
28:44.0	Mark Scrutton	3/27/82	Gainesville, Fla.
28:48.3	Mark Anderson	5/24/80	Knoxville, Tenn.
28:49.07	Bret Schoolmeester	6/9/05	NCAA, Sacramento, Calif.
28:49.96	Chris Pannone	4/4/08	Palo Alto, Calif.
28:51.0	Mark Scrutton	5/83	Boulder (Bolder Boulder)
28:52.20	Mike Friedberg	3/25/00	Palo Alto, Calif.
28:52.29	Jordan Kyle	5/2/09	Palo Alto, Calif.
28:52.85	Joe Bosshard	5/13/11	Big 12, Norman, Okla.
28:54.95	Ed Torres	6/12/03	Big 12, Austin, Texas

10,000-Meters Top Performers

27:38.50	Dathan Ritzenhein	4/30/04	Palo Alto, Calif.
28:30.6	Ted Castaneda	1973	Munich, W. Germany
28:33.31	Bret Schoolmeester	4/15/05	Walnut, Calif.
28:41.56	Joe Bosshard	6/10/11	NCAA, Des Moines, Iowa
28:43.28	Ed Torres	5/3/02	Palo Alto, Calif.
28:44.0	Mark Scanton	3/27/82	Gainesville, Fla.
28:48.3	Mark Anderson	5/24/80	Knoxville, Tenn.
28:49.96	Chris Pannone	4/4/08	Palo Alto, Calif.
28:52.20	Mike Friedberg	3/25/00	Palo Alto, Calif.
28:52.29	Jordan Kyle	5/2/09	Palo Alto, Calif.

Men's All-Time Outdoor Bests

Shot Put *Top Performances*

60-11.5	Chris Volgenau	5/18/92	Lawrence, Kan.
60-07.50	Chris Volgenau	4/11/92	Boulder
59-06.00	Demetry Gemolas	4/12/97	Boulder
59-05.00	Chris Volgenau	4/4/82	Ft. Collins, Colo.
58-05.75	Barry King	4/5/66	Tucson, Ariz.
58-05.50	Chris Volgenau	4/25/92	Boise, Idaho
57-07.50	Clint Moore	3/18/95	Boulder
57-02.00	Chris Volgenau	4/20/91	Walnut, Calif.
57-01.00	Clint Moore	3/19/94	Boulder
57-00.75	Clint Moore	5/20/96	Big Eight, Lincoln, Neb.
56-09.75	Chris Volgenau	3/26/92	Albuquerque, N.M.
56-08.00	Demetry Gemolas	3/29/97	Tucson, Ariz.
56-04.75	Andy Passen	4/24/04	Fort Collins, Colo.
56-04.50	James Begley	5/18/08	Big 12, Boulder
56-03.75	Paul Deniston	5/12/84	Big Eight, Lincoln, Neb.

Shot Put *Top Performers*

60-11.5	Chris Volgenau	5/18/92	Lawrence, Kan.
59-06.00	Demetry Gemolas	4/12/97	Boulder
58-05.75	Barry King	4/5/66	Tucson, Ariz.
57-07.50	Clint Moore	3/18/95	Boulder
56-04.75	Andy Passen	4/24/04	Ft. Collins, Colo.
56-04.50	James Begley	5/18/08	Big 12, Boulder
56-03.75	Paul Deniston	5/12/84	Los Angeles, Calif.
56-01.50	Bill Brundige	3/29/69	Boulder
55-10.50	Ryan Willis	5/12/07	Big 12, Lincoln, Neb.
55-07.00	Tony Ripsam	4/8/89	Boulder

Discus *Top Performances*

209-07	Art Burns	5/7/77	USAFA, Colo.
197-00	Matt Lepsis	3/23/96	Tucson, Ariz.
196-04	Art Burns	4/29/77	Des Moines, Iowa
195-06.50	Art Burns	4/9/77	Boulder
194-03.50	Art Burns	5/21/88	Big Eight, Lawrence, Kan.
193-06	Art Burns	6/4/77	Champaign, Ill.
184-08	Matt Lepsis	5/2/96	Ft. Collins, Colo.
184-07	Erik Johnson	4/17/93	
183-11	Matt Lepsis	3/19/94	Boulder
183-09	Matt Lepsis	3/25/95	Tucson, Ariz.
183-03.50	Matt Lepsis	4/6/96	Boise, Idaho
182-08	Matt Lepsis	4/21/96	Walnut, Calif.
182-03	Matt Lepsis	5/21/96	Big Eight
182-03	Dane Chobanian	4/17/10	Long Beach, Calif.

Discus *Top Performers*

209-07	Art Burns	5/7/77	USAFA, Colo.
197-0	Matt Lepsis	3/23/96	Tucson, Ariz.
184-07	Erik Johnson	4/17/93	
182-03	Dane Chobanian	4/17/10	Long Beach, Calif.
181-11	Demetry Gemolas	5/24/97	Boulder
181-07	Jeff Singleton	5/17/98	Columbia, Mo.

Javelin *Top Performances*

241-04.50	Dick Clark	1962	Big Eight, Lawrence, Kan.
227-09.50	Glenn Arbeau	5/16/65	Lawrence, Kan.
225-09	Dick Clark	4/3/62	Tucson, Ariz.
225-06	Dick Clark	1963	Ft. Collins, Colo.
225-01	Glenn Arbeau	4/10/65	Albuquerque, N.M.
222-01	Brandin Williams	5/17/09	Big 12, Lubbock, Texas
221-00	Brian Owens	4/8/11	Boulder
216-06	Kevin Fasing	6/22/07	USATF, Indianapolis
213-02	Brandin Williams	4/25/09	Fort Collins, Colo.
210-04	Brandin Williams	5/17/08	Big 12, Boulder
206-00	Brian Owens	5/13/11	Big 12, Norman, Okla.
204-02	Kevin Fasing	3/22/08	Boulder
203-08	Brandin Williams	4/17/09	Walnut, Calif.
202-10	Brandin Williams	6/10/09	Fayetteville, Ark.
202-03	Brandin Williams	4/11/09	Boulder

Javelin *Top Performers*

241-04.50	Dick Clark	5/19/62	Big Eight, Lawrence, Kan.
227-09.50	Glenn Arbeau	5/16/65	Lawrence, Kan.
222-01	Brandin Williams	5/17/09	Big 12, Lubbock, Texas
221-00	Brian Owens	4/8/11	Boulder
216-06	Kevin Fasing	6/22/07	USATF, Indianapolis
190-05	Kevin Waldron	5/17/08	Big 12, Boulder
188-06	Alex Von Hagen	5/15/10	Big 12, Columbia, Mo.
184-01	Chase Dukes	4/5/08	Greeley, Colo.
181-01	Sam Gluck	1990	El Paso, Texas
180-10.25	Jamie Hallum	3/26/88	Albuquerque, N.M.

Hammer Throw *Top Performances*

210-11	Zach Hazen	5/12/07	Big 12, Lincoln, Neb.
204-10	Zach Hazen	5/26/07	Des Moines, Iowa
201-02	Zach Hazen	6/6/07	NCAA, Sacramento, Calif.
200-09	Zach Hazen	3/30/07	Ft. Collins, Colo.
196-11	Alex Kizirian	4/7/12	USAFA, Colo.
196-09	Jeff Singleton	3/22/97	Boulder
196-07	Chase Mullen	4/5/03	Greeley, Colo.
193-04	Zach Hazen	4/2/05	Greeley, Colo.
193-00	Chase Mullen	5/30/03	NCAA Regionals
192-09	Zach Hazen	4/21/07	Ft. Collins, Colo.
192-03	Chase Mullen	4/26/03	Ft. Collins, Colo.
192-03	Zach Hazen	3/17/07	Boulder
191-03	Alex Kizirian	5/13/12	Pac-12, Eugene, Ore.
191-02	Chase Mullen	5/17/03	Big 12
190-11	Jeff Singleton	5/2/98	Seattle, Wash.

Hammer Throw *Top Performers*

210-11	Zach Hazen	5/12/07	Big 12, Lincoln, Neb.
196-11	Alex Kizirian	4/7/12	USAFA, Colo.
196-09	Jeff Singleton	3/22/97	Boulder
196-07	Chase Mullen	4/5/03	Greeley, Colo.
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.
176-07	Cameron Hutchins	4/29/12	Fort Collins, Colo.
172-04	Trey Mullen	4/8/11	Boulder

High Jump *Top Performances*

7-04	Bill Jankunis	5/17/75	Big Eight, Norman, Okla.
7-03	Jason Dudley	3/24/90	Albuquerque, N.M.
7-02.25	Bill Jankunis	5/3/75	Salt Lake City, Utah
7-02	Bill Jankunis	3/23/74	San Jose, Calif.
7-02	Bill Jankunis	5/18/74	Big Eight, Norman, Okla.
7-01.75	Jason Dudley	6/1/89	NCAA
7-01.75	Jason Dudley	5/5/90	USAFA, Colo.
7-01.75	Jason Dudley	5/21/90	Big Eight
7-01.50	Jason Dudley	4/17/88	El Paso, Texas
7-01.50	Jason Dudley	4/30/88	Des Moines, Iowa
7-01.50	Jason Dudley	4/15/89	Big Eight
7-01	Jason Dudley	3/7/90	Austin, Texas
7-01	Jason Dudley	3/31/90	Ft. Collins, Colo.
7-00.50	Jason Dudley	3/25/89	Tucson, Ariz.
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.
7-00.00	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	
6-11.00	Mark Jones	4/14/12	Boulder
6-10.75	Andy Miller	4/2/05	Greeley, Colo.
6-10.75	Mark McDonald	3/24/90	Albuquerque, N.M.
6-08.75	Brandon Johnson	4/10/04	Eugene, Ore.

Long Jump *Top Performances*

26-01.75	Kingsley Adams	4/27/74	Des Moines, Iowa
26-01.50 W	Kingsley Adams	4/20/74	Lawrence, Kan.
26-01	Kingsley Adams	5/17/75	Des Moines, Iowa
26-00	Kingsley Adams	5/17/74	Big Eight, Norman, Okla.
25-11.75	Kingsley Adams	4/28/73	Des Moines, Iowa
25-00.00	Don Meyers	1961	NCAA Championships
24-05.00	Hugh Charles	3/18/06	Boulder
24-04.25	Torey Barr	5/14/88	Big Eight
24-00.25	Brandon Johnson	3/21/04	Boulder
23-10.25	Brandon Johnson	5/7/04	USAFA, Colo.
23-10.25	Matt Rice	3/31/90	Boulder
23-09.75	Matt Rice	4/6/91	Tallahassee, Fla.
23-09	Josh Williams	3/30/96	Albuquerque, N.M.
23-08.50	Matt Rice	5/19/90	Big Eight
23-08.00	Torey Barr	3/26/88	Albuquerque, N.M.

Men's All-Time Outdoor Bests

Long Jump *Top Performers*

26-01.75	Kingsley Adams	4/27/74	Des Moines, Iowa
25-00.00	Don Meyers	1961	NCAA Championships
24-05.00	Hugh Charles	3/18/06	Boulder
24-04.25	Torey Barr	5/14/88	Big Eight
24-00.25	Brandon Johnson	3/21/04	Boulder
23-10.25	Matt Rice	3/31/90	Boulder
23-09.00	Josh Williams	1994	Albuquerque, N.M.
23-06.25	Grant Cleghorn	3/23/96	Tucson, Ariz.
23-00.75	Brent VanSickle	5/20/96	Big Eight, Lincoln, Colo.
23-00.50	Marcus Moore	4/26/03	Ft. Collins, Colo.

Triple Jump *Top Performances*

53-06.50	James Nyumutei	4/26/74	Des Moines, Iowa
52-09.50	James Nyumutei	4/25/75	Des Moines, Iowa
52-08.00	James Nyumutei	5/17/75	Big Eight, Norman, Okla.
51-06.00	Torey Barr	4/17/88	El Paso, Texas
52-00.25	James Nyumutei	1975	Austin, Texas
52-00.25	James Nyumutei	5/18/74	Big Eight, Norman, Okla.
50-07.50	Torey Barr	4/8/89	Boulder
49-09.00	Torey Barr	4/15/89	Boulder
49-09.50	Steve Joiner	4/14/90	Boulder
49-09.50	Matt Rice	4/14/90	Boulder
49-03.25	Matt Rice	4/6/91	Florida State Invite
49-09.00	Steve Joiner	3/24/90	Albuquerque, N.M.
49-01.50	Steve Joiner	4/28/90	Des Moines, Iowa
49.01.00	Matt Rice	5/1/93	Des Moines, Iowa
49-00.75	Matt Rice	3/24/90	Albuquerque, N.M.

Triple Jump *Top Performers*

53-06.50	James Nyumutei	4/26/74	Des Moines, Iowa
51-06.00	Torey Barr	4/17/88	El Paso, Texas
49-09.50	Steve Joiner	4/14/90	Boulder
49-09.50	Matt Rice	4/14/90	Boulder
48-00.00	Brett VanSickle	4/12/97	Boulder

Pole Vault *Top Performances*

17-06.50	Dennis Fuller	5/16/81	Big Eight, Ames, Iowa
17-02.75	Dennis Fuller	5/16/91	Big Eight, Ames, Iowa
17-02	Bill Curnow	4/18/75	Lawrence, Kan.
17-01.25	Mike Wedman	1972	Eugene, Ore.
17-01	Jim Speer	3/25/73	Albuquerque, N.M.
16-08.75	Don Jurries	5/16/87	Big Eight, Lawrence, Kan.
16-06	Dennis Fuller	4/28/79	Des Moines, Iowa
16-06	Brian Morrisette	4/28/79	Des Moines, Iowa
16-06	Brian Morrisette	4/20/79	Des Moines, Iowa
16-04	Scott Porter	1994	Big Eight
16-00.75	Kevin Cash	5/21/90	Big Eight
16-00	Dennis Fuller	5/5/79	Boulder
16-00	Brian Morrisette	5/5/79	Boulder
16-00	Kevin Cash	4/14/90	Boulder
15-09.75	Jordan Hudgens	5/18/97	Big 12 Championships

Pole Vault *Top Performers*

17-06.50	Dennis Fuller	5/16/81	Big Eight, Ames, Iowa
17-02.00	Bill Curnow	4/18/75	Lawrence, Kan.
17-01.25	Mike Wedman	1972	Eugene, Ore.
17-01.00	Jim Speer	3/25/73	Albuquerque, N.M.
16-08.75	Don Jurries	5/16/87	Big Eight, Lawrence, Kan.
16-06.00	Brian Morrisette	4/28/79	Des Moines, Iowa
16-04.00	Scott Porter	1994	Big Eight
16-00.75	Kevin Cash	5/21/90	Big Eight
15-09.75	Jordan Hudgens	5/18/97	Big 12
15-09.00	Chris Olsen	4/18/98	Eugene, Ore.

Decathlon *Top Performances*

7645	Mike Hill	6/6/74	Austin, Texas
7543	Mike Hill	unknown	
7470	Mike Wedman	1972	Lawrence, Kan.
7245	Mike Hill	1974	NCAA, Austin, Texas
7214	Adam Salzmman	5/6/12	Pac-12, Eugene, Ore.
7184	Steve Brittenham	1977	Des Moines, Iowa
7144	Jordan Hudgens	3/28/97	Tempe, Ariz.
7045	Mike Wedman	6/20/70	Des Moines, Iowa
7042	Jordan Hudgens	4/18/97	Walnut, Calif.
7037	Jordan Hudgens	5/17/97	Waco, Texas
6899	Adam Salzmman	5/14/11	Big 12, Norman, Okla.
6897	Rob Martin	5/19/90	
6879	Adam Salzmman	5/15/10	Big 12, Columbia, Mo.
6877	Rob Martin	5/20/91	
6865	Adam Salzmman	4/23/10	Fort Collins, Colo.

Decathlon *Top Performers*

7645	Mike Hill	6/6/74	Austin, Texas
7470	Mike Wedman	1972	Lawrence, Kan.
7214	Adam Salzmman	5/6/12	Pac-12, Eugene, Ore.
7184	Steve Brittenham	1977	Des Moines, Iowa
7144	Jordan Hudgens	3/28/97	Walnut, Calif.
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
6671	Jason DeWitt	3/30/12	Tucson, Ariz.

4x100-Meter Relay *Top Performances*

39.47	Charles/Campbell/Terry/Dodson	5/31/08	NCAA, Des Moines, Iowa
39.59	Charles/Campbell/Terry/Dodson	5/18/08	Big 12, Boulder
39.6	Daniels/Brunson/Walker/Branch	1971	Albuquerque, N.M.
39.77	Pincock/Dodson/Abuan/Campbell	4/28/07	Laramie, Wyo.
39.80	Charles/Campbell/Terry/Dodson	5/30/08	NCAA Regional, Lincoln, Neb.
39.85	Dodson/Pincock/Abuan/Campbell	6/6/07	NCAA, Sacramento, Calif.
39.85	Abuan/Pincock/Dodson/Campbell	4/14/07	Tempe, Ariz.
39.91	Whitaker/Q.Dodson/MacIntosh/J.Dodson	5/29/10	NCAA Prelims, Austin, Texas
39.98	Dodson/Pincock/Abuan/Campbell	6/8/07	NCAA, Sacramento, Calif.
39.98	Pincock/Dodson/Abuan/Campbell	5/25/07	Des Moines, Iowa
40.00	Pincock/Dodson/Abuan/Campbell	5/26/07	Des Moines, Iowa
40.05	Pincock/Dodson/Abuan/Campbell	5/13/07	Big 12, Lincoln, Neb.
40.14	Charles/Campbell/Terry/Dodson	4/19/08	Waco, Texas
40.19	Whitaker/Q.Dodson/MacIntosh/J.Dodson	5/8/10	Fort Collins, Colo.
40.30	Lawson Jr./Abuan/Napp/Pincock	4/15/06	Tempe, Ariz.

4x400-Meter Relay *Top Performances*

3:05.16	Johnson/Carruth/Warren/Mitchell	1994	Fairfax, Va.
3:06.11	Horton/Queen/DePass/Davis	4/18/99	Walnut, Calif.
3:07.72	Horton/DePass/Queen/Davis	3/20/99	Tucson, Ariz.
3:08.74	Johnson/Pincock/Terry/Abuan	4/7/06	Austin, Texas
3:08.86	no order listed	5/16/99	Tucson, Ariz.
3:08.86	Pincock/Zichterman/Terry/Abuan	5/28/05	Norman, Okla.
3:08.96	Johnson/Pincock/Terry/Abuan	4/22/06	Ft. Collins, Colo.
3:09.27	Terry/Campbell/Gomez/Dodson	5/18/08	Big 12, Boulder
3:09.64	Reimer/Morris/Salzmman/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	Queen/DePass/Horton/Davis	4/10/99	Eugene, Ore.
3:09.86	Friesen/Campbell/Dodson/Terry	5/13/07	Big 12, Lincoln, Neb.
3:10.12	no order listed	5/17/98	Columbia, Mo.
3:10.12	Horton/DePass/Queen/Davis	3/28/99	Palo Alto, Calif.

Distance Medley Relay *Top Performances*

9:40.49	Goucher/Davis/Batliner/Culpepper	4/26/96	Philadelphia, Pa.
9:41.7	Napier/A.Amador/Schafer/Goucher	4/25/97	Philadelphia, Pa.
9:45.82	Napier/Butler/Schafer/Tessman	4/10/99	Eugene, Ore.
9:49.25	Schafer/DePass/Queen/Slattery	4/27/01	Philadelphia, Pa.
9:53.14	Slattery/Queen/Napier/Roybal	4/8/00	Eugene, Ore.

4x1,500-Meter Relay *Top Performances*

15:10.19	Goucher/Hancock/Reese/Napier	4/26/96	Philadelphia, Pa.
15:15.54	Reese/Wells/Culpepper/Goucher	4/27/96	Philadelphia, Pa.

4x800-Meter Relay *Top Performances*

7:25.55	Reese/Queen/Elmuccio/Schafer	4/24/99	Philadelphia, Pa.
7:26.12	no order listed	1985	Des Moines, Iowa
7:28.97	no order listed	4/10/99	Eugene, Ore.

Four-Mile Relay *Top Performances*

16:19.85	Napier/J.Torres/Roybal/Slattery	4/29/00	Philadelphia, Pa.
16:26.78	Slattery/Roybal/Tessman/Reese	4/24/99	Philadelphia, Pa.
16:28.3	Gregorio/Lambert/Peterson/Castaneda	4/27/73	Des Moines, Iowa
16:29.2	Lambert/Peterson/Castaneda/Gregorio	4/21/73	Lawrence, Kan.

Women's All-Time Outdoor Bests

100-Meter Top Performances

11.65	Yolanda Johnson	4/14/90	Boulder
11.68	Yvonne Scott	5/4/96	Ft. Collins, Colo.
11.68	Yolanda Johnson	5/21/90	Big Eight, Norman, Okla.
11.69	Tanisha Johns	5/1/93	Ft. Collins, Colo.
11.69	Amaris Buchanan	5/18/01	Big 12, College Station, Texas
11.70	Amaris Buchanan	3/31/01	San Diego, Calif.
11.76	Amaris Buchanan	3/31/01	San Diego, Calif.
11.78	Yolanda Johnson	5/21/90	Big Eight, Norman, Okla.
11.80	Tanisha Johns	5/21/94	Lawrence, Kan.
11.80	Mandi Farquhar	3/30/96	Albuquerque, N.M.
11.83	Yvonne Scott	5/20/96	Lincoln, Neb.
11.83	Yolanda Johnson	5/21/91	Big Eight
11.87	Deanna Salvaryn	5/12/00	USAFA, Colo.
11.89	Yolanda Johnson	3/24/90	Albuquerque, N.M.
11.90	Yolanda Johnson	4/14/90	Boulder

100-Meters Top Performers

11.65	Yolanda Johnson	4/14/90	Boulder
11.68	Yvonne Scott	5/4/96	Ft. Collins, Colo.
11.69	Tanisha Johns	5/1/93	Ft. Collins, Colo.
11.69	Amaris Buchanan	5/18/01	Big 12, College Station, Texas
11.8	Mandi Farquhar	3/30/96	Albuquerque, N.M.
11.87	Deanna Salvaryn	5/12/00	USAFA, Colo.
11.96	Cassie Hirschfeld	4/3/09	Austin, Texas
11.97	Deneeka Torrey	4/13/02	Big 12
11.99	Keena Schuler	4/7/01	Greeley, Colo.
12.02	Rachel Joy	4/11/98	Boulder

100-Meter Hurdles Top Performances

12.98	Yvonne Scott	6/1/96	Eugene, Ore.
13.01	Yvonne Scott	5/15/95	Big Eight, Aimes, Iowa
13.09	Yvonne Scott	4/6/96	Boise, Idaho
13.11	Yolanda Johnson	6/4/90	NCAA
13.12	Yvonne Scott	4/13/96	Boulder
13.12	Mandi Farquhar	6/8/96	USAFA, Colo.
13.16	Hannah Cooper	5/19/02	Big 12, Columbia, Mo.
13.16	Yvonne Scott	3/30/96	Albuquerque, N.M.
13.16	Yolanda Johnson	3/1/91	NCAA
13.18	Yvonne Scott	5/31/96	Eugene, Ore.
13.19	Yolanda Johnson	6/4/90	NCAA
13.20	Mandi Farquhar	5/4/96	Ft. Collins, Colo.
13.20	Mandi Farquhar	5/20/96	Big Eight
13.21	Yvonne Scott	4/27/96	Penn Relays
13.21	Hannah Cooper	5/30/02	NCAA, Baton Rouge, La.

100-Meter Hurdles Top Performers

12.98	Yvonne Scott	6/1/96	Eugene, Ore.
13.11	Yolanda Johnson	6/4/90	NCAA
13.12	Mandi Farquhar	6/8/96	USAFA, Colo.
13.16	Hannah Cooper	5/19/02	Big 12, Columbia, Mo.
13.25	Rachel Joy	4/14/01	Greeley, Colo.
13.33	Donna Waller	5/16/87	Big Eight, Lawrence, Kan.

200 Meters Top Performances

23.86	Tanisha Johns	5/18/93	Big Eight, Boulder
23.95	Amaris Buchanan	3/31/01	San Diego, Calif.
23.97	Yvonne Scott	3/30/96	Albuquerque, N.M.
24.03	Yvonne Scott	4/6/96	Boise, Idaho
24.08	Yvonne Scott	5/4/96	Ft. Collins, Colo.
24.18	Yolanda Johnson	3/24/90	Albuquerque, N.M.
24.20	Tanisha Johns	5/15/94	Boulder
24.20	Donna Waller	4/18/87	Albuquerque, N.M.
24.21	Eileen Gehring	4/28/12	Fort Collins, Colo.
24.24	Eileen Gehring	4/7/12	Tempe, Ariz.
24.25	Eileen Gehring	4/21/12	Cerritos, Calif.
24.26	Tamara Ards	5/21/94	Lawrence, Kan.
24.29	Eileen Gehring	3/31/12	Fort Collins, Colo.
24.30	Yolanda Johnson	4/28/90	Des Moines, Iowa
24.37	Heather Sterlin	5/17/97	Waco, Texas

200-Meters Top Performers

23.86	Tanisha Johns	5/18/93	Big Eight, Boulder
23.95	Amaris Buchanan	3/31/01	San Diego, Calif.
23.97	Yvonne Scott	3/30/96	Albuquerque, N.M.
24.18	Yolanda Johnson	3/24/90	Albuquerque, N.M.
24.20	Donna Waller	4/18/87	Albuquerque, N.M.
24.21	Eileen Gehring	4/28/12	Fort Collins, Colo.
24.26	Tamara Ards	5/21/94	Lawrence, Kan.
24.37	Heather Sterlin	5/17/97	Waco, Texas
24.63	Mandi Farquhar	4/6/96	Boise, Idaho
24.71	Cynthia Newsome	4/11/98	Boulder

400 Meters Top Performances

54.21	Eileen Gehring	4/20/12	Walnut, Calif.
54.22	Tamara Ards	5/21/94	Lawrence, Kan.
54.41	Eileen Gehring	4/7/12	Tempe, Ariz.
54.42	Tamara Ards	4/6/96	Boise, Idaho
54.51	Tamara Ards	5/4/96	Ft. Collins, Colo.
54.59	Tamara Ards	5/21/96	Lincoln, Neb.
54.73	Tamara Ards	4/20/96	Walnut, Calif.
54.82	Tasha Ward	5/21/96	Lincoln, Neb.
54.92	Evelyn Miller	5/19/01	Big 12, College Station, Texas
54.98	Tamara Ards	3/23/96	Albuquerque, N.M.
55.00	Micki Brown	4/22/90	Walnut, Calif.
55.02	Tamara Ards	5/20/96	Lincoln, Neb.
55.13	Tamara Ards	3/30/96	Albuquerque, N.M.

400-Meters Top Performers

54.21	Eileen Gehring	4/20/12	Walnut, Calif.
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
55.67	Lindsay Mattson	4/28/12	Fort Collins, Colo.

400 Meter Hurdles Top Performances

57.77	Leona Russell	5/29/96	Eugene, Ore.
58.13	Leona Russell	5/21/96	Lincoln, Neb.
58.34	Leona Russell	6/14/96	Atlanta, Ga.
58.36	Leona Russell	4/25/96	Philadelphia, Pa.
58.38	Leona Russell	5/4/96	Ft. Collins, Colo.
58.63	Brenda Chambers	5/24/80	Eugene, Ore.
58.90	Brenda Chambers	6/13/80	Walnut, Calif.
59.22	Leona Russell	5/20/96	Lincoln, Neb.
59.27	Leona Russell	4/27/95	Philadelphia, Pa.
59.42	Brenda Chambers	5/23/80	Eugene, Ore.

400-Meter Hurdles Top Performers

57.77	Leona Russell	5/29/96	Eugene, Ore.
58.63	Brenda Chambers	5/24/80	Eugene, Ore.
59.22	Leona Russell	5/20/96	Lincoln, Neb.
59.48	Heather Sterlin	5/3/97	USAFA, Colo.
59.50	Deneeka Torrey	5/19/02	Big 12, Columbia, Mo.
59.55	Debbie McClendon	5/12/80	Ft. Collins, Colo.

800 Meters Top Performances

2:02.54	Jenny Barringer	8/8/09	Cottbus, Germany
2:03.7	Lee Ballenger	5/13/78	Eugene, Ore.
2:05.43	Jenny Barringer	4/25/09	Eugene, Ore.
2:05.5	Lee Ballenger	6/13/80	Walnut, Calif.
2:05.97	Lee Ballenger	5/26/78	Knoxville, Tenn.
2:06.30	Lee Ballenger	4/29/79	Walnut, Calif.
2:06.59	Elizabeth Tremblay	5/6/11	Eugene, Ore.
2:07.07	Elizabeth Tremblay	5/15/11	Big 12, Norman, Okla.
2:07.51	Lee Ballenger	4/26/80	Des Moines, Iowa
2:07.76	Elizabeth Tremblay	5/27/11	NCAA Prelims, Eugene, Ore.
2:07.83	Elizabeth Tremblay	5/14/11	Big 12, Norman, Okla.
2:07.94	Elizabeth Tremblay	4/20/12	Walnut, Calif.
2:08.03	Elizabeth Tremblay	4/29/12	Palo Alto, Calif.
2:08.10	Elizabeth Tremblay	5/26/11	NCAA Prelims, Eugene, Ore.
2:08.23	Jessica Pixler	4/9/11	Boulder

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.
4:08.38	Jenny Barringer	4/24/09	Eugene, Ore.
4:09.42*	Emma Coburn	5/18/12	Los Angeles
4:10.80	Shayne Wille	1997	New Orleans, La.
4:11.36	Jenny Barringer	7/16/08	Switzerland
4:12.15	Kara Grgas-Wheeler	3/21/00	Big 12, Columbia, Mo.
4:12.69	Shayne Wille	1997	New Orleans, La.
4:12.97	Emma Coburn	7/30/11	Ghent, Belgium
4:13.88	Kelly Smith	6/6/97	Bloomington, Ind.
4:14.34	Emma Coburn	4/15/11	Walnut, Calif.
4:15.06	Jessica (Pixler) Tebo	5/13/12	Pac-12, Eugene, Ore.
4:15.15	Jessica (Pixler) Tebo	4/20/12	Walnut, Calif.
4:15.48	Sara (Gorton) Slattery	5/3/03	Palo Alto, Calif.
4:16.23	Kelly Smith	6/6/98	Buffalo, N.Y.
4:16.66	Shayne Wille	5/18/98	Waco, Texas

1500-Meters Top Performers

3:59.90	Jenny Barringer	6/7/09	Eugene, Ore.
4:09.42*	Emma Coburn	5/18/12	Los Angeles
4:10.80	Shayne Wille	1997	New Orleans, La.
4:12.15	Kara Grgas-Wheeler	3/21/00	Big 12, Columbia, Mo.
4:13.88	Kelly Smith	6/6/97	Bloomington, Ind.
4:15.06	Jessica (Pixler) Tebo	5/13/12	Pac-12, Eugene, Ore.
4:15.48	Sara (Gorton) Slattery	5/3/03	Palo Alto, Calif.
4:19.70	Sara Ensrud	4/29/07	Palo Alto, Calif.
4:20.93	Katie Cumming	5/1/11	Palo Alto, Calif.
4:21.05	Laura Thweatt	5/1/11	Palo Alto, Calif.

* Time ran while competing unattached with eligibility remaining.

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, Duram, N.C.
9:06.86	Shayne Wille	6/6/97	NCAA, Bloomington, Ind.
9:09.56	Shayne Wille	4/18/97	Walnut, Calif.
9:16.22	Sarah Hanson	6/1/84	NCAA, Eugene, Ore.
9:16.53	Kara Grgas-Wheeler	4/16/99	Walnut, Calif.
9:16.62	Sarah Hanson	5/30/84	NCAA, Eugene, Ore.
9:18.41	Natalie Raveling	4/15/95	Walnut, Calif.
9:18.66	Shayne Wille	6/4/97	Bloomington, Ind.
9:22.37	Briana Stott-Messick	5/15/99	Palo Alto, Calif.

3000-Meters Top Performers

8:54.22	Kara Grgas-Wheeler	5/5/00	Palo Alto, Calif.
9:06.86	Shayne Wille	6/6/97	NCAA, Bloomington, Ind.
9:16.22	Sarah Hanson	6/1/84	NCAA, Eugene, Ore.
9:18.41	Natalie Raveling	4/15/95	Walnut, Calif.
9:22.37	Briana Stott-Messick	5/15/99	Palo Alto, Calif.
9:24.22	Carrie Messner	4/16/99	Walnut, Calif.
9:24.32	Lesley Higgins	6/2/00	NCAA, Durham, N.C.
9:25.89	Jodie Hughes	3/25/00	Palo Alto, Calif.
9:27.60	Jennifer Smith	6/6/98	Buffalo, N.Y.
9:28.10	Heather Burroughs	4/10/99	Eugene, Ore.

Steeplechase Top Performances

9:12.50	Jenny Barringer	8/17/09	IAAF, Berlin, Germany
9:22.26	Jenny Barringer	8/17/08	Olympic Games, Beijing
9:22.73	Jenny Barringer	7/20/08	Belgium
9:23.54*	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
9:29.20	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.
9:33.11	Jenny Barringer	7/3/08	U.S. Trials, Eugene, Ore.

Steeplechase Top Performers

9:12.50	Jenny Barringer	8/17/09	IAAF, Berlin, Germany
9:23.54*	Emma Coburn	8/6/12	Olympic Games, London
9:35.73	Shalaya Kipp	6/29/12	U.S. Trials, Eugene, Ore.
10:07.51	Natalie Florence	6/26/05	USATF, Carson, Calif.
10:13.80	Lesley Higgins	4/16/02	Walnut, Calif.
10:13.80	Renee Metivier	4/15/05	Walnut, Calif.
10:30.06	Courtney Bouchet	5/12/12	Pac-12, Eugene, Ore.
10:41.04	Diane George	5/12/12	Pac-12, Eugene, Ore.
10:43.05	Kendal Grgas-Wheeler	4/16/04	Walnut, Calif.
10:45.80	Allison Sawyer	4/17/08	Walnut, Calif.

* Time ran while competing unattached with eligibility remaining

5000 Meters Top Performances

15:05.25	Jenny Barringer	7/31/09	Stockholm, Sweden
15:07.64	Jenny Barringer	5/2/09	Palo Alto, Calif.
15:19.43	Jessica (Pixler) Tebo	4/29/12	Palo Alto, Calif.
15:24.97	Sara (Gorton) Slattery	4/15/03	Walnut, Calif.
15:25.58	Jessica (Pixler) Tebo	3/25/11	Palo Alto, Calif.
15:28.79	Kara Grgas-Wheeler	4/14/00	Walnut, Calif.
15:40.14	Sara (Gorton) Slattery	6/14/03	NCAA, Sacramento, Calif.
15:41.78	Kara Grgas-Wheeler	5/13/01	Stanford, Calif.
15:48.24	Jenny Barringer	4/29/07	Palo Alto, Calif.
15:49.08	Renee Metivier	4/16/04	Walnut, Calif.
15:51.55	Sara (Gorton) Slattery	5/3/02	Palo Alto, Calif.
15:54.30	Kara Grgas-Wheeler	5/31/00	NCAA, Durham, N.C.
15:54.50	Liza Pasciuto	3/31/07	Palo Alto, Calif.
15:55.12	Jodie Hughes	5/3/02	Palo Alto, Calif.
15:56.13	Christine Bolf	4/30/06	Palo Alto, Calif.

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.
15:54.50	Liza Pasciuto	3/31/07	Palo Alto, Calif.
15:55.12	Jodie Hughes	5/3/02	Palo Alto, Calif.
15:56.13	Christine Bolf	4/30/06	Palo Alto, Calif.
15:57.24	Laura Thweatt	4/15/11	Walnut, Calif.
16:00.50	Shalaya Kipp	4/20/12	Walnut, Calif.

10,000 Meters Top Performances

32:50.80	Jodie Hughes	4/19/02	Walnut, Calif.
33:02.21	Sara (Gorton) Slattery	6/19/05	Sacramento, Calif.
33:25.14	Jodie Hughes	4/20/01	Walnut, Calif.
33:26.97	Christine Bolf	6/9/05	NCAA, Sacramento, Calif.
33:37.34	Christine Bolf	3/31/06	Palo Alto, Calif.
33:39.88	Jen Gruia	5/12/00	Palo Alto, Calif.
33:40.46	Natalie Florence	4/19/02	Walnut, Calif.
33:41.03	Molly Austin	4/15/03	Walnut, Calif.
33:43.10	Sara (Gorton) Slattery	5/13/05	Manhattan, Kan.
33:43.11	Molly Austin	4/19/02	Walnut, Calif.
33:55.18	Jen Gruia	5/31/00	NCAA, Durham, N.C.
33:49.00	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.
33:26.97	Christine Bolf	6/9/05	NCAA, Sacramento, Calif.
33:39.88	Jen Gruia	5/12/00	Palo Alto, Calif.
33:40.46	Natalie Florence	4/19/02	Walnut, Calif.
33:41.03	Molly Austin	4/15/03	Walnut, Calif.
33:49.00	Laura Thweatt	5/13/11	Big 12, Norman, Okla.
33:56.41	Patty Roberts	4/27/95	Philadelphia, Pa.
34:03.16	Jana Stolting	4/20/12	Walnut, Calif.
34:16.11	Camille Logan	5/26/11	NCAA Prelims, Eugene, Ore.

Heptathlon *Top Performances*

5863	Annette Tannander	1983	Houston, Texas
5688	Heather Sterlin	1997	New Orleans, La.
5671	Annette Tannander	1982	Big Eight, Stillwater, Okla.
5638	Annette Tannander	1983	
5582	Heather Sterlin	5/30/96	Eugene, Ore.
5573	Heather Sterlin	4/19/96	Walnut, Calif.
5483	Heather Sterlin	5/17/97	Waco, Texas
5445	Heather Sterlin	6/15/96	Atlanta, Ga.
5440	Heather Sterlin	4/18/97	Walnut, Calif.
5391	Heather Sterlin	5/21/96	Lincoln, Neb.
5375	Carol Hood	5/20/91	Big Eight
5362	Genny Mayden	5/6/12	Pac-12, Eugene, Ore.
5360	Heather Sterlin	5/16/95	Big Eight, Ames, Iowa
5339	Brianne Beemer	5/6/12	Pac-12, Eugene, Ore.
5321	Pam Owen	3/27/93	Tempe, Ariz.

Heptathlon *Top Performers*

5863	Annette Tannander	1983	Houston, Texas
5688	Heather Sterlin	1997	New Orleans, La.
5375	Carol Hood	5/20/97	
5362	Genny Mayden	5/6/12	Pac-12, Eugene, Ore.
5339	Brianne Beemer	5/6/12	Pac-12, Eugene, Ore.
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.
4714	Chelsea Haverty	5/17/08	Big 12, Boulder

High Jump *Top Performances*

6-03.00	Karol Damon	3/23/91	Albuquerque, N.M.
6-00.75	Karol Damon	3/24/90	Albuquerque, N.M.
6-00.75	Karol Damon	4/6/91	Fort Collins, Colo.
6-00.75	Karol Damon	5/3/91	NCAA, Eugene, Ore.
6-00.75	Karol Damon	5/18/92	Big Eight
6-00.50	Karol Damon	4/18/92	Long Beach, Calif.
6-00.00	Karol Damon	4/25/92	Boise, Idaho
5-11.50	Annette Tannander	4/29/83	Des Moines, Iowa
5-11.50	Karol Damon	5/21/90	Big Eight, Norman, Okla.
5-11.50	Karol Damon	1991	Big Eight, Lincoln, Neb.
5-11.50	Karol Damon	4/10/93	
5-11.50	Pam Owen	4/10/93	Los Angeles, Calif.
5-11.50	Annette Tannander	5/30/83	Houston, Texas

High Jump *Top Performers*

6-03.00	Karol Damon	3/23/91	Albuquerque, N.M.
5-11.50	Annette Tannander	4/29/83	Des Moines, Iowa
5-11.50	Pam Owen	4/10/93	Los Angeles, Calif.
5-10.00	Lisa Greenfield	4/22/83	Lawrence, Kan.
5-10.00	Amy Rehagee	4/12/86	USAFA, Colo.
5-10.00	Kelsey English	3/31/12	Fort Collins, Colo.
5-09.25	Anna Magle	twice	Ft. Collins, Colo.
5-08.75	Sarrah 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
5-06.50	Genny Mayden	3/30/12	Tucson, Ariz.
5-06.00	Cameron McDonald	5/18/93	Big Eight, Boulder

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 Negrieff	4/13/02	USAFA, Colo.
10-00.00	Sunny Nordmarken	3/25/00	USAFA, Colo.

Long Jump *Top Performances*

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

Long Jump *Top Performers*

20-08.00	Annette Tannander	5/4/83	
20-06.50	Heather Sterlin	4/19/97	Walnut, Calif.
19-08.75	Amberly Casey	4/30/04	Big 12, Norman, Okla.
19-07.00	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 Negrieff	4/6/05	Boulder
40-06.25	Liza Negrieff	5/1/04	Big 12, Norman, Okla.
40-04.75	Liza Negrieff	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 Negrieff	4/26/03	Ft. Collins, Colo.
39-08.00	Liza Negrieff	3/20/04	Boulder
39-07.25	Liza Negrieff	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 Negrieff	3/19/05	
39-03.25	Liza Negrieff	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 Negrieff	4/6/05	Boulder
40-02.00	Udie Ekiko	4/17/94	USAFA, Colo.
40-00.00	Amberly Casey	4/28/07	Laramie, Wyo.
39-00.50	Wanda Evans	4/8/89	Boulder
38-10.00	Dayna Cavener	5/5/90	USAFA, Colo.
38-04.00	Jill Hassebrock	5/1/93	Ft. Collins, Colo.
37-05.00	Heather Weisacosky	4/18/87	Albuquerque, N.M.
37-02.50	Anne Zentner	4/11/87	USAFA, Colo.
37-02.25	Katie Dreher	5/16/10	Big 12, Columbia, Mo.
37-00.00	Jodi Pilcher	5/4/96	Ft. Collins, Colo.

Women's All-Time Outdoor Bests

Shot Put *Top Performances*

54-06.00	Melisa Weis	6/19/93	Eugene, Ore.
54-01.25	Melisa Weis	6/4/93	New Orleans, La., La.
54-00.00	Melisa Weis	5/21/94	Lawrence, Kan.
51-00.75	Carly Newlands	4/29/06	Albuquerque, N.M.
48-10.50	Rosario Ramos	4/12/80	Boulder
48-08.75	Carly Newlands	4/22/06	Ft. Collins, Colo.
48-08.00	Carly Newlands	5/13/06	Big 12, Waco, Texas
48-04.50	Rosario Ramos	4/19/80	Lawrence, Kan.
48-01.50	Rosario Ramos	6/12/80	Walnut, Calif.
47-10.50	Annie King	4/22/01	Walnut, Calif.
47-10.00	Carly Newlands	5/6/05	USAFA, Colo.
47-09.00	Rosario Ramos	6/13/80	Walnut, Calif.
47-07.25	Carly Newlands	5/26/06	NCAA Reg., Austin, Texas
47-06.00	Rosario Ramos	3/22/80	Mesa, Ariz.
47-05.50	Janet Visosky	5/2/98	Seattle, Wash.

Shot Put *Top Performers*

54-06.00	Melisa Weis	6/19/93	Eugene, Ore.
51-00.75	Carly Newlands	4/29/06	Albuquerque, N.M.
48-10.50	Rosario Ramos	4/12/80	Boulder
47-10.50	Annie King	4/22/01	Walnut, Calif.
47-05.50	Janet Visosky	5/2/98	Seattle, Wash.
46-09.00	Marlaina Corbett	5/23/99	Waco, Texas
46-03.50	Kaity Kark	5/15/10	Big 12, Columbia, Mo.
46-00.25	Tonya Roach	5/15/95	Big Eight, Ames, Iowa
45-05.50	Amber Metoyer	5/18/03	Big 12, Austin, Texas

Discus *Top Performances*

181-07	Melisa Weis	5/21/94	Lawrence, Kan.
172-11	Melisa Weis	4/10/93	Los Angeles, Calif.
165-06	Marlaina Corbett	5/22/99	Waco, Texas
165-05	Nicole Roberts	5/20/90	Big Eight
165-03	Brenda Denny	1981	Austin, Texas
164-07	Janet Visosky	3/28/98	Tempe, Ariz.
164-00	Brenda Denny	5/4/79	Big Eight, Lincoln, Neb.
163-09	Brenda Denny	5/22/80	Eugene, Ore.
162-05	Janet Visosky	5/15/99	Stanford, Calif.
162-05	Melisa Weis	3/21/93	Boulder
162-03	Janet Visosky	5/16/98	Columbia, Mo.
160-04	Brenda Denny	5/10/80	Ft. Collins, Colo.

Discus *Top Performers*

181-07	Melisa Weis	5/21/94	Lawrence, Kan.
165-06	Marlaina Corbett	5/22/99	Waco, Texas
165-05	Nicole Roberts	5/20/90	
165-03	Brenda Denny	1981	Austin, Texas
164-07	Janet Visosky	3/28/98	Tempe, Ariz.
158-11	Kristina Mataafa	5/15/94	Boulder

Javelin *Top Performances*

169-05	Liz Lampros	6/6/86	Boulder
167-11	Hannah Warfield-Ruffatto	4/28/07	Laramie, Wyo.
167-04	Hannah Warfield-Ruffatto	4/14/07	Bozeman, Mont.
164-06	Hannah Warfield-Ruffatto	5/25/07	Des Moines, Iowa
162-10	Liz Lampros	5/18/86	Big Eight, Boulder
161-05	Hannah Warfield-Ruffatto	3/17/07	Boulder
161-03	Hannah Warfield-Ruffatto	6/22/07	USATF, Indianapolis
161-01	Hannah Warfield-Ruffatto	5/13/07	Big 12, Lincoln, Neb.
157-08	Liz Lampros	5/15/87	Big Eight, Lawrence, Kan.
157-07	Liz Lampros	5/3/86	USAFA, Colo.
157-07	Hannah Warfield-Ruffatto	3/31/07	Greeley, Colo.
157-03	Hannah Warfield-Ruffatto	4/21/07	Ft. Collins, Colo.
156-01	Hannah Warfield-Ruffatto	3/24/07	Ft. Collins, Colo.
155-11	Liz Lampros	5/2/87	Pullman, Wash.
152-11	Hannah Warfield-Ruffatto	5/4/07	Sacramento, Calif.

Javelin *Top Performers*

169-05	Liz Lampros	6/6/86	Boulder
167-11	Hannah Warfield-Ruffatto	4/28/07	Laramie, Wyo.
151-0.50	Annette Tannander	5/15/82	Big Eight, Norman Okla.
148-04	Melisa Weis	5/21/94	Lawrence, Kan.
143-04	Mari-Anne Daykin	4/23/94	Berkley, Calif.
142-08	Jen Groninger	5/21/94	Big Eight, Lawrence, Kan.
140-03	Genny Mayden	5/6/12	Pac-12, Eugene, Ore.
139-00	AnnaLou Penry	4/24/93	Ft. Collins, Colo.
136-00	Tonya Roach	4/6/96	Boise, Idaho

Hammer Throw *Top Performances*

196-10	Janet Visosky	5/15/98	Columbia, Mo.
196-1	Janet Visosky	4/25/98	Ft. Collins, Colo.
191-11	Janet Visosky	4/11/98	Boulder
191-6	Janet Visosky	6/6/98	Buffalo, N.Y.
191-2	Janet Visosky	4/18/98	Eugene, Ore.
189-6	Janet Visosky	5/23/98	Boulder
188-8	Janet Visosky	4/10/99	Eugene, Ore.
186-10	Janet Visosky	5/2/98	Seattle, Wash.
185-3	Janet Visosky	5/21/99	Waco, Texas
184-3	Janet Visosky	4/24/99	Ft. Collins, Colo.
183-11	Janet Visosky	5/3/97	USAFA, Colo.
183-2	Janet Visosky	3/22/97	Boulder
180-8	Janet Visosky	5/16/97	Big 12, Waco, Texas

Hammer Throw *Top Performers*

196-10	Janet Visosky	5/15/98	Columbia, Mo.
176-08	Emily Hunsucker	4/23/11	Fort Collins, Colo.
173-11	Marlaina Corbett	4/18/98	Eugene, Ore.

4x100-Meter Relay *Top Performances*

44.95	no order listed	4/14/01	Greeley, Colo.
45.37	no order listed	4/22/01	Walnut, Calif.
45.75	no order listed	5/18/01	Big 12, College Station, Texas
45.76	Scott/Ards/Farquhar/Johns	4/6/96	Boise, Idaho
45.91	Johns/Scott/Farquhar/Ward	3/23/96	Albuquerque, N.M.
45.94	no order listed	5/4/96	Ft. Collins, Colo.
46.26	Russell/Scott/Johns/Ards	5/18/93	Big Eight, Boulder
46.33	no order listed	5/21/94	Lawrence, Kan.
46.4	no order listed	3/18/95	Boulder
46.62	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.
3:37.60	Ward/Ards/Sterlin/Russell	4/20/96	Walnut, Calif.
3:37.78	no order listed	5/15/94	Boulder
3:38.09	Ward/Ards/Sterlin/Russell	5/30/96	Eugene, Ore.
3:38.94	Ards/Russell/Sterlin/Ward	3/23/96	Albuquerque, N.M.
3:40.30	Mattson/Gehring/Beemer/Sweeney	5/13/12	Pac-12, Eugene, Ore.
3:40.40	Mattson/Gehring/Beemer/Sweeney	4/20/12	Walnut, Calif.
3:40.45	Ward/Ards/Sterlin/Russell	4/27/96	Philadelphia, Pa.
3:40.85	no order listed	4/25/96	Philadelphia, Pa.
3:42.21	Mattson/Gehring/Beemer/Sweeney	5/26/12	Austin, Texas
3:44.10	no order listed	5/4/96	Ft. Collins, Colo.
3:44.50	no order listed	3/30/96	Albuquerque, N.M.

Distance Medley Relay *Top Performances*

11:03.82	Higgins/Schuler/Zografos/Wheeler	4/29/00	Philadelphia, Pa.
11:14.84	Messner/Sterlin/Smith/Wille	4/24/97	Philadelphia, Pa.
11:18.74	Higgins/Schuler/Zografos/Wheeler	4/8/00	Eugene, Ore.

4x1,500-Meter Relay *Top Performances*

17:36.10	Messner/Raveling/Wille/Smith	4/26/96	Philadelphia, Pa.
17:37.21	Wheeler/Sterlin/Smith/Wille	4/24/97	Philadelphia, Pa.
17:50.66	Moody/Higgins/Hughes/Wheeler	4/29/00	Philadelphia, Pa.
18:02.36	Burroughs/Higgins/Wheeler/Messner	4/24/99	Philadelphia, Pa.

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
------	------	-----

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
------------	------	-------

440-yard/400-meter Dash

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

600-yard Dash

Jim Heath	1961	1:12.1
-----------	------	--------

880-yard/800-meter Run

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

1000-meter Run

Anthony Chiulli	2007	2:21.82
-----------------	------	---------

OUTDOOR CHAMPIONS

100-yard/meter Dash

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

220-yard/200-meter Dash

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

440-yard/400-meter Dash

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

880-yard/800-meter Run

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

Mile/1500-meter Run

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

2-mile Run

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

5000-meter Run

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

Mile Run

Tom Reese	1998	4:04.77
-----------	------	---------

2-mile/3000-meter Run

Bernie Frakes	1958	9:15.3
Dave Wighton	1965	9:08.4
Craig Runyan	1969	8:51.0
Mark Spilsbury	1978	8:47.8
Mark Spilsbury	1979	8:48.2
Mark Scrutton	1981	8:41.3
Mark Scrutton	1982	8:50.95
Mark Scrutton	1983	8:30.10
Adam Goucher	1995	8:10.48
Adam Goucher	1997	8:01.23
Adam Goucher	1998	7:55.57
Dathan Ritzenein	2002	8:01.72
Dathan Ritzenein	2004	8:01.18
Brent Vaughn	2005	8:05.90
Brent Vaughn	2006	8:04.03

3-mile/5000-meter Run

Mark Scrutton	1980	13:33.60
Mark Scrutton	1981	13:33.41
Mark Scrutton	1982	13:23.3
Mark Scrutton	1983	13:32.4
Shawn Found	1994	14:00.33
Adam Goucher	1995	14:05.07
Ron Roybal	1997	14:18.54
Adam Goucher	1998	13:38.23
Mike Friedberg	1999	14:25.68
Jorge Torres	2000	14:05.56
Jorge Torres	2002	13:51.32
Dathan Ritzenein	2004	13:55.50
Brent Vaughn	2005	13:59.55
Billy Nelson	2006	13:54.70
Brent Vaughn	2007	13:48.74
Bradley Harkrader	2008	14:11.09

Ron Roybal	1999	14:23.13
Dathan Ritzenein	2002	13:56.21
Jorge Torres	2003	14:16.37
Dathan Ritzenein	2004	14:08.40
Brent Vaughn	2005	13:53.01
Bret Schoolmeester	2006	14:06.48
Brent Vaughn	2007	14:21.46
Brent Vaughn	2008	14:13.99
Joe Bosshard	2011	13:50.62

3-mile Run

Ted Castenada	1973	13:37.4
Ted Castenada	1974	13:24.6

10000-meter Run

Mark Scrutton	1980	29:35.23
Mark Scrutton	1981	29:44.98
Mark Scrutton	1982	30:11.39
Mark Scrutton	1983	29:02.87
Chuck Trujillo	1986	31:14.63
Brent Vaughn	2006	30:28.17
Kenyon Neuman	2008	30:40.78
Joe Bosshard	2011	28:52.85

110-meter High Hurdles

Maurice Mitchell	1994	14.09
------------------	------	-------

120-yard High Hurdles

Pat Hindman	1954	:14.2
Jim Miller	1964	:14.0
Marcus Walker	1970	:13.7

330-yard Intermediate Hurdles

Jim Miller	1963	:36.5
Jim Miller	1964	:36.4
Jim Miller	1965	:36.4

3000-meter Steeplechase

Terry Johnson	1979	8:58.9
Dan Reese	1987	8:51.71
Steve Slattery	2001	8:47.16
Steve Slattery	2002	8:51.25
Pete Janson	2006	8:44.76
Billy Nelson	2007	8:47.89
Billy Nelson	2008	8:53.84

Mile Relay

No Order Listed	1962	3:12.5
-----------------	------	--------

440-yard/400-meter Relay

No Order Listed	1964	:40.5
No Order Listed	1972	:40.6

High Jump

Leander Durlley	1963	6-10 1/4
Jason Dudley	1989	7-1 1/2

Long Jump

Don Meyers	1960	23-10 1/2
Don Meyers	1961	24-1
Kingsley Adams	1973	25-5
Kingsley Adams	1974	25-7 1/2

Pole Vault

Dennis Plooster		
and Stew Walker	1954	13-6 1/2
Stew Walker	1955	13-7 3/4
Bill Curnow	1975	16-8

Shot Put

Wally Tanner	1951	50-11
Wally Tanner	1952	50-4
Barry King	1967	55-8 1/2
Clint Moore	1995	58-11 1/4

Triple Jump

Don Duvall	1975	52-8 1/4
------------	------	----------

Distance Medley Relay

Zach Hancock/Charles Johnson/Brett Larsen/Alan Culpepper	1994	9:50.92
John Reyes/Jason Cisneros/Matt Napier/Alan Culpepper	1996	9:50.02
Clint Wells/Carter Piper/John Reyes/Adam Goucher	1997	9:50.22

400-meter Hurdles

Maurice Mitchell	1993	49.66
Maurice Mitchell	1994	50.27

High Jump

Joe Gold	1949	6-1 7/8
Bill Jankunis	1975	7-4
Jason Dudley	1988	6-11 1/2
Jason Dudley	1990	7-1 3/4

Long Jump

Don Meyers and Bill Toomey	1960	23-5 1/2
Don Meyers	1961	24-6
Lynn Baker	1965	24-6
Kingsley Adams	1972	25-1
Kingsley Adams	1972	25-10 1/4

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
Big Eight Conference		
1976	4th	
1977	3rd	6th
1978	4th	5th
1979	3rd	3rd
1980	7th	3rd
1981	7th	7th
1982	6th	7th
1983	4th	7th
1984	7th	8th
1985	8th	8th
1986	8th	7th
1987	8th	8th
1988	4th	7th
1989	3rd	5th
1990	6th	6th
1991	4th	5th
1992	6th	5th
1993	7th	4th
1994	4th	2nd
1995	3rd	2nd
1996	2nd	1st

Big 12 Conference

1997	3rd	4th
1998	6th	7th
1999	5th	6th
2000	11th	6th
2001	4th	10th
2002	5th	6th
2003	6th	8th
2004	5th	9th
2005	8th	9th
2006	11th	10th
2007	11th	10th
2008	12th	12th
2009	12th	12th
2010	12th	11th
2011	11th	10th

MPSF Indoor/ Pac-12 Outdoor

2012	11th	7th
------	------	-----

INDOOR CHAMPIONS

400-meter Dash

Mary Decker	1977	56.7
Lee Ballenger	1979	56.40
Leona Russell	1996	54.46

800-meter Run

Mary Decker	1978	2:05.29
Leigh Ballenger	1980	2:11.5

1000-meter Run

Carrie Messner	1996	2:51.94
Lesley Higgins	1999	2:50.89

Mile Run

Mary Decker	1978	4:41.21
Chris McNamara	1988	4:49.88
Brooke Baughman	1994	4:51.59
Kelly Smith	1995	4:50.07
Shayne Wille	1996	4:48.23
Shayne Wille	1997	4:49.67
Sara (Gorton) Slattery	2001	4:43.57
Sara (Gorton) Slattery	2002	4:40.35
Renee Metivier	2004	4:45.94
Jenny Barringer	2009	4:25.91

3000-meter Run

Heather Burroughs	1995	9:44.54
Shayne Wille	1997	9:37.83
Jennifer Smith	1998	9:39.95
Kara Grgas-Wheeler	1999	9:32.55
Sara (Gorton) Slattery	2003	9:23.11
Renee Metivier	2005	9:29.35
Emma Coburn	2011	9:17.46

5000-meter Run

Natalie Raveling	1996	16:36.51
Jen Gruia	1998	16:50.50
Jodie Hughes	2001	15:23.65
Jodie Hughes	2002	16:14.00
Sara (Gorton) Slattery	2003	15:58.86
Renee Metivier	2005	16:59.38
Christine Bolf	2006	16:12.60

55-meter Hurdles

Donna Waller	1986	7.87
Donna Waller	1987	7.73
Yolanda Johnson	1991	7.66
Mandi Farquhar	1995	7.87
Yvonne Scott	1996	7.71
Mandi Farquhar	1997	7.64

4x400-meter Relay

No Order Listed	1978	3:50.98
Tasha Ward/Tamara Ards/ Heather Sterlin/Leona Russell	1996	:45.15

Distance Medley Relay

Jennifer Smith/Cynthia Newsome/ Lindsay Bredfield/Kelly Smith	1998	11:32.81
Carrie Messner/Cynthia Newsome/ Lesley Higgins/Kara Grgas-Wheeler	1999	11:34.35

High Jump

Lori West	1976	5-5
Annette Tannander	1979	5-11

Shot Put

Rosario Ramos	1980	47-2
Melisa Weis	1993	53-11 1/4

Long Jump

Annette Tannander	1979	18-11 1/4
-------------------	------	-----------

4x800-meter Relay

No Order Listed	1979	6.88
-----------------	------	------

Pentathlon

Annette Tannander	1983	4071
Pam Owen	1991	3725
Pam Owen	1993	4046

OUTDOOR CHAMPIONS

800-meter Run

Leigh Ballenger	1978	2:08.7
Leigh Ballenger	1980	2:07.7

1500-meter Run

Kelly Smith	1996	4:21.46
Shayne Wille	1997	4:16.66
Kara Grgas-Wheeler	2000	4:12.15

3000-meter Run

Dana Slater	1979	9:42.37
Natalie Raveling	1995	9:31.62
Natalie Raveling	1996	9:40.68
Shayne Wille	1997	9:36.48
Jennifer Smith	1998	9:38.57

5000-meter Run

Sada Slater	1979	17:08.71
Patty Roberts	1995	16:43.20
Natalie Raveling	1996	16:51.29
Sara (Gorton) Slattery	2002	16:11.83
Sara (Gorton) Slattery	2003	16:19.99
Sara (Gorton) Slattery	2005	15:58.58
Jessica Tebo	2012	16:03.70

10000-meter Run

Amy McNitt	1995	35:26.24
Jen Gruia	1998	35:42.72
Tera Moody	2000	34:50.43
Sara Slattery	2005	33:43.10

100-meter Hurdles

Donna Waller	1986	13.76
Donna Waller	1987	13.33
Yolanda Johnson	1990	13.50
Yolanda Johnson	1991	13.47
Yvonne Scott	1994	13.69
Yvonne Scott	1995	13.49
Yvonne Scott	1996	13.35
Hannah Cooper	2002	13.16

400-meter Hurdles

Leona Russell	1995	58.31
Leona Russell	1996	58.13

3000-meter Steeplechase

Lesley Higgins	2002	10:26.16
Jenny Barringer	2007	10:19.34
Jenny Barringer	2009	9:58.14
Emma Coburn	2010	9:56.53
Emma Coburn	2011	9:57.39
Shalaya Kipp	2012	9:57.39

Heptathlon

Annette Tannander	1982	5671
Annette Tannander	1983	5638
Carol Hood	1991	5375
Pam Owen	1993	5279
Heather Sterlin	1994	5045
Heather Sterlin	1995	5360
Heather Sterlin	1996	5391
Heather Sterlin	1997	5483

Javelin

Liz Lampros	1987	157-8
Hannah Warfield-Ruffatto	2007	161-01

Long Jump

Annette Tannander	1979	19-2
-------------------	------	------

Discus

Brenda Denny	1979	164-0
Nicole Roberts	1990	165-5
Nicole Roberts	1992	163-11
Melisa Weis	1993	171-8
Melisa Weis	1994	179-5

High Jump

Annette Tannander	1979	5-10
Karol Damon	1991	5-11 1/2
Anna Magle	2005	5-8 3/4

Shot Put

Rosario Ramos	1979	45-1 3/4
Melisa Weis	1994	54-0

4x400-meter Relay

Tasha Ward/Tamara Ards/Heather Sterlin/ Leona Russell	1996	3:34.47
--	------	---------



1996 Big Eight Champions

Men's NCAA History

TEAM FINISHES

	Indoor	Outdoor
1979	NTS	NTS
1980	NTS	(t)50th
1981	NTS	NTS
1982	NTS	NTS
1983	(t)15th	NTS
1984	NTS	NTS
1985	NTS	NTS
1986	NTS	NTS
1987	NTS	NTS
1988	NTS	NTS
1989	NTS	NTS
1990	NTS	NTS
1991	NTS	NTS
1992	NTS	NTS
1993	NTS	42nd
1994	NTS	NTS
1995	(t)21st	(t)37th
1996	NTS	(t)10th
1997	(t)19th	(t)44th
1998	25th	14th
1999	(t)47th	(t)22nd
2000	55th	(t)53rd
2001	NTS	(t)25th
2002	11th	9th
2003	NTS	(t)65th
2004	31st	31st
2005	53rd	31st
2006	31st	NTS
2007	(t)32nd	NTS
2008	NTS	10th
2009	NTS	NTS
2010	NTS	t37th
2011	NTS	64th
2012	NTS	NTS

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

Year	Name	Event	Finish
1994	Alan Culpepper	5,000 Meter Run	11th
	Shawn Found	5,000 Meter Run	2nd
	Fritz Rogers	3,000 Meter Run	9th
	Bryant Amador/Brett Larsen/Jason Drake/ Shawn Found	Distance Medley Relay	8th
1995	Alan Culpepper	3,000 Meter Run	5th
	Adam Goucher	5,000 Meter Run	3rd
	Clint Moore	Shot Put	11th
1996	Alan Culpepper	3,000 Meter Run	6th (Prelims)
	James Davis	400 Meter Dash	8th (DQ)
1997	Adam Goucher	3,000 Meter Run	1st
	Tom Reese	Mile Run	8th
1998	Adam Batliner	3,000 Meter Run	15th
	James Davis	400 Meter Dash	10th (Prelims)
	Adam Goucher	3,000 Meter Run	1st
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)

OUTDOOR PARTICIPANTS

Year	Name	Event	Finish	Year	Name	Event	Finish	Year	Name	Event	Finish	
1954	Stewart Walker	Pole Vault	*NAAU Prelims		Mike Wedman	Decathlon	3rd		Reggie DePass	110 Meter Hurdles	20th (Prelims)	
	Pat Hindman	120 Yd H. Hurdles	15th		Dave Bussabarger	Pole Vault	Prelim		Tom Reese	3,000 Meter Steeplechase	4th	
	Doug Fuchs	Discus	17th	1971	Cliff Branch	100 Meter	1st		Ron Roybal	5,000 Meter Run	19th	
1955	Eddie Dove, Bob Spykstra, Jack Dessire, Chuck Smith	880 Yd Relay	5th		George Daniels	220 Yd Dash	2nd		Steve Slattery	3,000 Meter Steeplechase	19th (Prelims)	
1957	Eddie Dove	220 Yd L. Hurdles	3rd	1972	John Gregorio	3 mile run	3rd	2000	Ron Roybal	5,000 Meter Run	DNF	
	Ken Yob	Javelin	5th		Mike Wedman	Pole Vault	no result		Jorge Torres	5,000 Meter Run	8th	
	Eddie Dove, Bob Spykstra, Jack Dessire, Chuck Smith	Mile Relay	5th	1973	Mike Peterson	3 mile run	no result		Steve Slattery	3,000 Meter Steeplechase	7th	
	Eddie Dove, Bob Spykstra, Jack Dessire, Chuck Smith	440 Yd Relay	7th	1974	Bruce Lundy	1,500 Meter Run	12th	2001	Aaron Blondeau	5,000 Meter Run	14th	
1958	Chuck Carlson	440 Yd Dash	6th		Steve Brittenham	Decathlon	no result		Steve Slattery	3,000 Meter Steeplechase	3rd	
	Mike Peake	880 Yd Run	9th		Kingsley Adams	Long Jump	no result		Ed Torres	10,000 Meter Run	13th	
1959	Bob Greenfield	880 Yd Run	no result		Ted Castaneda	Triple Jump	no result	2002	Jorge Torres	5,000 Meter Run	5th	
	Bill Toomey	Broad Jump	* NAAU prelims			6 mile run	1st		Reggie DePass	400 Meter Hurdles	8th	
	Mike Peake	800 Meter run	* NAAU Prelims			3 mile run	no result		Dathan Ritzenhein	5,000 Meter Run	3rd	
	Chuck Carlson	400 Meter	* NAAU Prelims		Bill Jankunis	High Jump	no result		Steve Slattery	3,000 Meter Steeplechase	2nd	
1959	Ted Woods	440 Yd Dash	1st		Dick Moritz	3000 Meter Steeplechase	no result		Ed Torres	10,000 Meter Run	9th	
	Mike Peake	1 Mile Run	no result		Rick Musgrave	1 mile run	no result	2003	Jorge Torres	5,000 Meter Run	2nd	
		880 Yd Run	no result		James Nyumutei	Triple Jump	no result		Billy Nelson	5,000 Meter Run	7th	
	Chuck Carlson	440 Yd Dash	no result		Tony Krzyzosiak	440 Yd Dash	no result		Ed Torres	10,000 Meter Run	9th	
		220 Yd Dash	no result	1980	Ray Pryor	440 Yd Dash	no result	2004	Dathan Ritzenhein	5,000 Meter Run	2nd	
	Eddie Dove	120 Yd H. Hurdles	no result		Mark Scrutton	5,000 Meter Run	10th (Prelims)		Bret Schoolmeester	3,000 Meter Run	13th	
		220 Yd L. Hurdles	no result		Dennis Fuller	Pole Vault	Prelim	2005	Bret Schoolmeester	10,000 Meter Run	5th	
	Boyd Dowler	120 Yd H. Hurdles	no result		Tom Smith	1,500 Meter Run	11th		Brent Vaughn	5,000 Meter Run	4th	
	Berrie Frakes	3 Mile Run	no result		Kirk Pfeffer	1,000 Meter Run	11th (Prelims)		Billy Nelson	Steeplechase	17th (Prelims)	
	Bill Toomey	Broad Jump	no result		Mark Anderson	1,000 Meter Run	24th (Prelims)	2006	Anthony Chiulli	1,500 Meter Run	22nd (Prelims)	
1960	Robert Crumpacker	Shot Put	13th	1986	Chuck Trujillo	10,000 Meter Run	9th		Pete Janson	3,000 Meter Steeplechase	15th (Prelims)	
	Don Meyers	Broad Jump	5th	1987	Dan Reese	3,000 Meter Steeplechase	4th (Prelims) DQ Final		Stephen Pifer	1,500 Meter Run	23rd (Prelims)	
1961		3,000 Meter Steeplechase	no result	1988	Devlon Dunn	100 Meter Dash	4th		Bret Schoolmeester	10,000 Meter Run	14th	
	Jim Heath	440 Yd Dash	7th			200 Meter Dash	6th	2007	Brent Vaughn	5,000 Meter Run	9th	
	William Toomey	440 Int. Hurdles	7th	1989	Jason Dudley	High Jump	NH (Finals)		Payton Batliner	10,000 Meter Run	17th	
	Don Meyers	Pole Vault	Prelim		Kyle Hargett	400 Meter Dash	8th		Ryan Campbell	200 Meter Dash	16th (semis)	
		Broad Jump	1st		Mike Macinko	1,500 Meter Run	10th		Jeremy Dodson	200 Meter Dash	21st (prelims)	
1962	Roger Olander	Pole Vault	5th (Prelims)		Chuck Trujillo	10,000 Meter Run	10th		Jeremy Dodson/George Pincock/Chris Abuan/ Ryan Campbell	4x100 meter relay	6th	
	Don Meyers	Pole Vault	10th	1990	Jason Dudley	High Jump	11th		Zach Hazen	Hammer Throw	20th (prelims)	
		Broad Jump	no result		Mike Macinko	800 Meter Run	7th (Prelims)		Billy Nelson	3,000 Meter Steeplechase	4th	
		High Jump	no result		Maurice Mitchell	400 Meter Hurdles	DQ		Kenyon Neuman	5,000 Meter Run	24th (prelims)	
	Ted Woods	220 Yd Dash	8th	1992	Shawn Found	10,000 Meter Run	DNF		Stephen Pifer	1,500 Meter Run	11th	
		440 Yd Dash	t-2nd		Maurice Mitchell	400 Meter Hurdles	7th (Semifinals)		Brent Vaughn	5,000 Meter Run	15th	
	Jim Heath	440 Yd Dash	no result		Chris Volgenau	Shot Put	12th	2008	Jeremy Dodson	200 Meter Run	13th (semis)	
	Richard Clark	Javelin	6th	1993	Charles Johnson	400 Meter Hurdles	4th (Prelims)		Pete Janson	Steeplechase	24th	
	Robert Griffith	1 mile run	no result		Maurice Mitchell	400 Meter Hurdles	3rd		Richard Medina	5,000 Meter Run	24th	
1963	Mel Chesnik, David Wrighton, Dick Burns, Jim Miller	880 Yd Relay	4th	1994	Alan Culpepper	1,500 Meter Run	13th (Semifinals)		Billy Nelson	Steeplechase	2nd	
	Bob Griffith	1 mile run	6th		Matt Lepsis	Discus	14th (Prelims)		Kenyon Neuman	5,000 Meter Run	7th	
	Dick Burns	100 Yd Dash	5th		Maurice Mitchell	400 Meter Hurdles	6th (Prelims)		Chris Pannone	10,000 Meter Run	18th	
		220 Yd Dash	5th	1995	Fritz Rogers	5,000 Meter Run	13th (Prelims)		Stephen Pifer	5,000 Meter Run	2nd	
	Jim Miller	120 High Hurdles	6th (Prelims)		James Davis	400 Meter Dash	17th (Prelims)		Brent Vaughn	5,000 Meter Run	3rd	
		440 Yd Int.Hurdles	4th		Adam Goucher	5,000 Meter Run	6th		Hugh Charles/Ryan Campbell/Nate Terry/ Jeremy Dodson	Campbell/Nate Terry/ Jeremy Dodson	4x100 Meter Relay	DNF
	Leander Durley	High Jump	5th	1996	Matt Lepsis	Discus	7th	2009	Jordan Kyle	10,000 Meter Run	12th	
1965	Robert Bauers	Broad Jump	12th		Clint Wells	3,000 Meter Steeplechase	7th		Matt Tebo	5,000 Meter Run	24th (prelims)	
	Jim Miller	220 Yd Dash	3rd		Alan Culpepper	5,000 Meter Run	1st		Christian Thompson	3,000 Meter Steeplechase	20th (prelims)	
		High Hurdles	8th (Prelims)		James Davis	400 Meter Dash	12th (Prelims)		Brandin Williams	Javelin	23rd (prelims)	
		400 Meter hurdles	Prelim		Adam Goucher	5,000 Meter Run	4th	2010	Jeremy Dodson	200 Meter Dash	5th	
	Dick Burns	200 Meter dash	no result		Matt Lepsis	Discus	14th		Richard Medina	5,000 Meter Run	9th	
	David Wighton	1,500 Meter Run	no result		Clint Wells	3,000 Meter Steeplechase	5th		Joe Bosshard	10,000 Meter Run	6th	
	Mel Chesnik	200 Meter dash	no result	1997	Adam Goucher	5,000 Meter Run	3rd		A.J. Whitaker/Quinton Dodson/Kyle MacIntosh/ Jeremy Dodson	4x100-Meter Relay	17th	
	Mel Chesnik, Dick Burns, Chuck Morton, Jim Miller	440 Yd Relay	6th		Tom Reese	3,000 Meter Steeplechase	17th (Semifinals)	2011	Joe Bosshard	10,000 Meter Run	8th	
1966	Charles Rogers	Pole Vault	7th		Zeke Tiernan	10,000 Meter Run	11th			5,000 Meter Run	13th	
	Charles Rogers	Pole Vault	1st	1998	Adam Batliner	3,000 Meter Steeplechase	3rd			3,000 Meter Steeplechase	10th	
1967	Bill Aeschlimann	Long Jump	Prelim		James Davis	400 Meter Dash	5th (Prelims)					
	Craig Runyan	6 mile run	10th		Adam Goucher	5,000 Meter Run	1st	2012	Aric Van Halen			
1969	Marcus Walker	120 Yd Hurdles	2nd	1999	Clint Wells	3,000 Meter Steeplechase	11th					
1970		100 Yd Dash	6th		Adam Batliner	3,000 Meter Steeplechase	3rd					
	Rory Kenward	Decathlon	Finals- DNF		Aaron Blondeau	5,000 Meter Run	17th					
					James Davis	400 Meter Dash	18th (Semifinals)					

Women's NCAA History

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

*AIAW

INDOOR PARTICIPANTS

Year	Name	Event	Finish
1976	Lori West	Pentathlon	5th
1978	Mary Decker	1000 Yd Run	1st
1979	Lee Ballegner	3 Mile Run	DNF
1980	Rosario Ramos	Shot Put	NR
1981	Lee Ballener	600 Yd Run	NR
1982	Annette Tannander	Long Jump	4th
1984	Dawn Taylor	1000 meter run	4th (Prelims)
1986	Donna Waller	60 Yard Hurdles	5th
1987	Donna Waller	60 Yard Hurdles	
1989	Yolanda Johnson	55 Meter Hurdles	3rd (Semifinals)
1990	Karol Damon	High Jump	5th
	Yolanda Johnson	55 Meter Hurdles	2nd
1991	Karol Damon	High Jump	3rd
	Yolanda Johnson	55 Meter Hurdles	DNF
1992	Karol Damon	High Jump	11th
1993	Pam Owen	High Jump	DNP
	Melisa Weis	Shot Put	4th
1994	Brooke Baughman	Mile Run	8th (Semifinals)
	Melisa Weis	Shot Put	6th
1995	Heather Burroughs	5,000 Meter Run	10th
	Mandi Farquhar	55 Meter Hurdles	NT
	Amy McNitt	5,000 Meter Run	8th
	Natalie Raveling	3,000 Meter Run	4th
	Patty Roberts	5,000 Meter Run	6th
	Yvonne Scott	55 Meter Hurdles	NR
	Kelly Smith	Mile Run	8th
1996	Mandi Farquhar	55 Meter Hurdles	6th (Prelims)
	Colleen Glyde	5,000 Meter Run	10th
	Natalie Raveling	3,000 Meter Run	3rd
	Leona Russell	400 Meter Dash	17th (Prelims)
	Yvonne Scott	55 Meter Hurdles	9th (Semifinals)
	Shayne Wille	3,000 Meter Run	8th
1997	Mandi Farquhar	55 Meter Hurdles	8th
	Sarrah Goodwin	High Jump	12th
	Carrie Messner	Mile Run	10th
	Shayne Wille	3,000 Meter Run	7th
1998	Heather Burroughs	5,000 Meter Run	8th
	Jen Gruia	5,000 Meter Run	5th
	Jennifer Smith	Mile Run	5th
	Kelly Smith	Mile Run	11th (Prelims)
1999	Heather Burroughs	5,000 Meter Run	15th
	Kara Grgas-Wheeler	3,000 Meter Run	7th
	Carrie Messner	Mile Run	4th
2000	Carrie Messner	Mile Run	12th (Prelims)
2001	Amaris Buchanan	60 Meter Dash	6th (Prelims)
	Hannah Cooper	60 Meter Hurdles	8th
	Sara Gorton	3,000 Meter Run	6th
	Lesley Higgins	Mile Run	2nd
	Jodie Hughes	5,000 Meter Run	1st
2002	Molly Austin	5,000 Meter Run	5th
	Hannah Cooper	60 Meter Hurdles	8th
	Sara (Gorton) Slattery	Mile Run	6th
	Jodie Hughes	5,000 Meter Run	3rd
2003	Natalie Florence	5,000 Meter Run	9th
	Sara (Gorton) Slattery	3,000 Meter Run	3rd
		5,000 Meter Run	1st
2004	Christine Bolf	5,000 Meter Run	13th
	Renee Metivier	3,000 Meter Run	6th
	Kalin Toedebusch	5,000 Meter Run	16th
2005	Christine Bolf	5,000 Meter Run	10th
	Renee Metivier	5,000 Meter Run	6th
	Renee Metivier	3,000 Meter Run	1st
2006	Liza Pasciuto	3,000 Meter Run	7th
	Christine Bolf	5,000 Meter Run	12th
2007	Jenny Barringer	3,000 Meter Run	12th
2008	Sara Vaughn	Mile Run	17th
2009	Jenny Barringer	3,000 Meter Run	1st
2011	Emma Coburn	Mile Run	8th

OUTDOOR PARTICIPANTS

Year	Name	Event	Finish
1973	Mitzi McMillin	Pentathlon	1st
	Jane Frederick	Pentathlon	1st
1975	Michelle Irving	Javelin	no result
1976	Lori West	Pentathlon	no result
	Lori West	Pentathlon	2nd
	Doni Fischer	Discus	no result
1977	Yvonne Riemann	500 Meter Dash	6th (Prelims)
	Lee Ballenger	800 Meter Run	no result
	Cindy Ike	5,000 Meter Run	no result
	Kathy Woodbridge	5,000 Meter Run	no result
		3,000 Meter Run	no result
	Kim Hills	1,500 Meter Run	no result
1978	Annette Tannander	High Jump	Prelim
	Lee Ballenger	800 Meter Run	2nd
1979	Lee Ballenger	800 Meter Run	no result
	Brenda Chambers	400 Meter Hurdles	Prelim
	Glenda 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	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

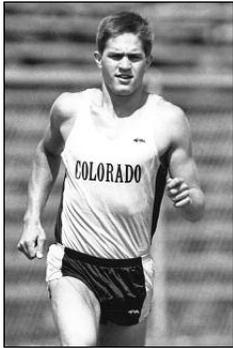
Men's All-Americans



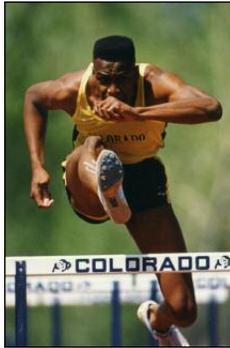
David Bolen



Bill Toomey



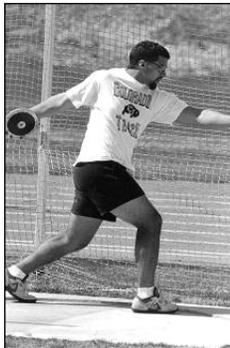
Mike Macinko



Maurice Mitchell



Tom Reese



Jeff Singleton



Stephen Pifer



Ted Woods

Chris Abuan	4x100 Meter Relay	2007
Kingsley Adams	Long Jump*	1974
Bryant Amador	Distance Medley Relay	1994
Mark Anderson	Cross Country	1979
	10,000-meter run	1980
Warren Bateman	Pole Vault	1948
Adam Batliner	Cross Country	1997
	Steeplechase	1998
Dave Bolen	440-yard Dash*	1947
Joe Bosshard	10,000-meter run	2010, 11
	5,000-meter run	2011
	Cross Country	2010, 11
Cliff Branch	440-yard Dash	1971
Michael Buhmann	Cross Country	1979
Art Burns	Discus	1977
Lex Butler	60-meter dash	2000
Don Campbell	100-yard Dash	1948
Ryan Campbell	4x100 Meter Relay	2007
Chuck Carlson	440-yard Dash	1959
Ted Casteneda	Cross Country	1973
	Three-mile Run	1973
	Distance Medley Relay	1973
	Two-mile Run	1974
	Six-mile Run	1974
Jay Cleckler	Cross Country	1994
Jon Cooper	Cross Country	1994, 95
Ricky Cron	Cross Country	1996
Gil Cruter	High Jump	1937, 38
Alan Culpepper	Cross Country	1993, 94, 95
	1,500-meter Run	1994
	Mile (I)	1996
	3,000-meter (I)	1996
	5,000-meter (O)*	1996
George Daniels	220-yard Dash	1971
	440-yard Dash	1972
James Davis	400-meter Dash (I)	1996, 98
	4x400-meter relay (I)	1999
Reggie DePass	400-meter Hurdles	2002
Jeremy Dodson	4x100 Meter Relay	2007
	200-meter Dash (I)	2009
	200-meter Dash (O)	2010
Jason Drake	Distance Medley Relay	1994
Brown Windle	Distance Medley Relay	1973
Shawn Found	Cross Country	1992
	5,000-meter Run	1994
	Distance Medley Relay	1994
Bernie Frakes	Cross Country	1957, 59
Mike Friedberg	Cross Country	1998, 99, 00
Adam Goucher	Cross Country	1994, 95, 97, 98*
	5,000-meter Run (I)	1995
	5,000-meter (O)	1995, 96, 97, 98
	3,000-meter (I)	1997, 98
John Gregorio	Cross Country	1972, 73
	Three-mile Run	1973
	Distance Medley Relay	1973
Bob Griffith	Cross Country	1962
Kyle Hargett	400-meter Dash	1988, 89
Bradley Harkrader	5,000-meter run (I)	2008
Eric Heinoenen	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
Erik Johnson	Discus	1993
Ohene Karikari	60-yard Dash	1974
Dick Kearns	High Hurdles	1938
Ben Kelly	4x400-meter relay (I)	1999
Jordan Kyle	Cross Country	2008
	10,000 Meter Run	2009
Brett Larson	Distance Medley Relay	1994
Scott Larson	Cross Country	1993
Gordon Learned	Low Hurdles	1942
Matt Lepsis	Discus (O)	1996
John Lunn	Cross Country	1968
Mike Macinko	1,500-meter Run	1989
	800-meter Run	1990
Richard Medina	5,000-meter Run (O)	2010
	Cross Country	
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, 2012
Mike Nahom	Cross Country	1989
Matt Napier	Cross Country	1997
Billy Nelson	Cross Country	2002, 03
	5,000 Meter Run (O)	2003
	5,000 Meter Run (I)	2006
	Steeplechase	2007, 08
Kenyon Neuman	5,000 Meter Run (O)	2008
	5,000 Meter Run (I)	2009
Mike Peake	880-yard Run	1958
Mike Peterson	Cross Country	1973
	Distance Medley Relay	1973
Stephen Pifer	Cross Country	2004, 05, 06, 07
Mile (I)		2006, 07
	1,500-meter Run (O)	2007
	5,000 Meter Run (O)	2008
George Pincock	4x100 Meter Relay	2007
Matt Queen	4x400-meter Relay (I)	1999
Dan Reese	Cross Country	1984, 85
Sam Reese	Cross Country	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*	1994
Fritz Rogers	3,000-meter Run	1994
	5,000-meter Run	1994
Ron Roybal	Cross Country	1998
Craig Runyan	Cross Country	1966, 67, 68
Bret Schoolmeester	Cross Country	2004, 05
	3,000-meter Run	2004
	10,000-meter Run (O)	2005
	5,000-meter Run (I)	2006
Mark Scrutton	Cross Country	1980, 81, 82*
	Two-mile Run*	1983
Chris Severy	Cross Country	1996
Jon Severy	Cross Country	2004
Steve Slattery	Steeplechase	2000, 01, 02
	5,000-meter Run (O)	2002
	3,000-meter Run (I)	2002
	Cross Country	2000, 01
Sean Smith	Cross Country	2000
Mark Spilsbury	Cross Country	1977, 79
James Strang	Cross Country	2005, 06
Matt Tebo	5,000 Meter Run (I)	2008
Blake Theroux	Cross Country	2012
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
	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 Wighton	Cross Country	1963, 64, 65
Ted Woods	440-yard Dash*	1960
Ken Yob	Javelin	1957

* indicates national champion

Women's All-Americans

& FIELD



Tamara Ards



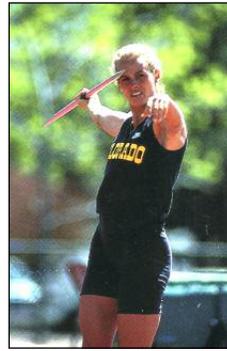
Renee Metivier



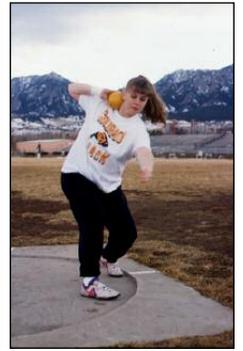
Yvonne Scott



Kelly Smith



Heather Sterlin



Melissa Weis

Tamara Ards	4x400 meter Relay	1996
Molly Austin	10,000-meter Run	2001, 02
	Cross Country	2001, 02
Lee Ballenger	800-meter Run	1978, 1980
	600-yard Run *	1978
	Mile Relay	1979
Jenny Barringer	Cross Country	2006, 07
	Steeplechase 2006*, 07, 08*, 09*	
	3,000 Meter Run	2009*
Brooke Baughman	Cross Country	1992, 93
Christine Bolf	Cross Country	2004, 05
	10,000-meter Run (O)	2004, 05
	5,000-meter Run (I)	2005
Heather Burroughs	Cross Country	1994, 95, 98
	5,000-meter Run (I)	1998
Brenda Chambers	Mile Relay	1979
	400-meter Hurdles	1980
Emma Coburn	Steeplechase	2010, 11*
	Mile Run	2011
	Cross Country	2011
Karol Damon	High Jump	1990, 91, 92
Heidi Davidson	200-meter Hurdles	1973
Mary Decker	Cross Country	1977, 78
Brenda Denny	Discus	1980
Mandi Farquhar	55-meter Hurdles (I)	1997
Natalie Florence	Cross Country	2002, 04
	5,000-meter Run (I)	2003
	Steeplechase	2005
Jane Frederick	Pentathlon	1973
Colleen Glyde	Cross Country	1995, 96
	5,000-meter Run (I)	1996
Sara (Gorton) Slattery	Cross Country	2000, 02, 04
	Mile Run (I)	2002
	3,000-meter Run (I)	2001, 03
	5,000-meter Run (I)	2003*
	5,000-meter Run (O)	2002, 03
	10,000-meter Run (O)	2005*
Lisa Greenfield	High Jump	1983

Kara Grgas-Wheeler	3,000-meter Run (I)	1999
	3,000-meter Run (O)	1999, 00*
	Cross Country	1999, 00
Jen Gruia	5,000-meter Run (O)	2000*, 01
	5,000-meter Run (I)	1998
	10,000-meter Run (O)	2000
Lesley Higgins	3,000-meter Run (O)	2000
	Mile (I)	2001
Jodie Hughes	Cross Country	2000
	5,000-meter Run (I)	2001*
	10,000-meter Run (O)	2001, 02
Yolanda Johnson	100-meter Hurdles	1990, 91
	55-meter Hurdles	1990
Shalaya Kipp	Steeplechase	2010, 11, 12*
	Cross Country	2010, 11, 12
Debbie McClendon	Mile Relay	1979
Allie McLaughlin	Cross Country	2009
Mitzi McMillen	Pentathlon	1975
Carol McMordie	Cross Country	1986
Chris McNamara	Cross Country	1986, 87
Amy McNitt	5,000-meter Run	1995
Carrie Messner	Cross Country	1996
	Mile (I)	1997, 99, 00
Renee Metivier	Cross Country	2003, 04
	3,000-meter Run (I)	2004, 05*
	5,000-meter Run (I)	2005
	5,000-meter Run (O)	2004, 05
Liza Pasciuto	Cross Country	2004, 05, 06
	3,000-meter Run (I)	2006
April Powers	Distance Medley Relay	1979
Natalie Raveling	Cross Country	1994
	3,000-meter Run (I)	1995, 96
	3,000-meter Run (O)	1995
	5,000-meter (O)	1996
Patty Roberts	Cross Country	1994, 95
	5,000-meter Run	1995
	10,000-meter Run	1995
Leona Russell	4x400 meter Relay	1996

Yvonne Scott	55-meter Hurdles (I)	1996
	100-meter Hurdles (O)	1996
Dana Slater	Cross Country	1977
	Two mile run*	1978
	Three mile run*	1979
	Distance Medley Relay	1979
Sandy Simmons	Distance Medley Relay	1979
	Mile Relay	1979
Jennifer Smith	Mile (I)	1998
	3,000-meter Run (O)	1998
Kelly Smith	Cross Country	1995, 97
	1,500-meter Run	1995, 96, 97, 98
	Mile (I)	1998
Heather Sterlin	Heptathlon (O)	1996, 97
	4x400 meter Relay	1996
Debbie Swain	Cross Country	1974
Annette Tännander	Heptathlon	1982, 83
Jessica (Pixler) Tebo	5,000-meter Run	2012
Carleen Thom	1,500-meter Run	1981
Laura Tremblay	Cross Country	2010
Kalin Toedebusch	Cross Country	2003
Sara Vaughn	Cross Country	2007
Janet Visosky	Hammer Throw	1998
Donna Waller	55-meter Hurdles	1986, 87
	100-meter Hurdles	1987
Tasha Ward	4x400 meter Relay	1996
Melisa Weis	Shot Put, Discus	1993, 94
Lori West	Pentathlon	1975, 76
Shayne Wille	3,000-meter Run (I)	1996, 97
	3,000-meter Run (O)	1997
Kathy Wilson	Distance Medley Relay	1979

* indicates national champion



Molly Austin



Jenny Barringer



Christine Bolf



Natalie Florence



Natalie Raveling



Sara (Gorton) Slattery



Sara (Gorton) Slattery



Kara Grgas-Wheeler



Jodie Hughes



Chuck Rogers



Ted Woods

CROSS COUNTRY

Mary Decker	1978
Mark Scrutton	1982
Adam Goucher	1998
Kara Grgas-Wheeler	2000
Jorge Torres	2002
Dathan Ritzenhein	2003

INDOOR TRACK AND FIELD

Marcus Walker	60-yard Hurdles	1971
Kingsley Adams	Long Jump	1974
Lee Ballenger	600-Yard Run	1978
Dana Slater	Two-Mile	1978
	Three-Mile	1979
Mark Scrutton	Two-Mile	1983
Adam Goucher	3,000-m	1997
	3,000-m	1998
Jodie Hughes	5,000-m	2001
Sara (Gorton) Slattery	5,000-m	2003
Renee Metivier	3,000-m	2005
Jenny Barringer	3,000-m	2009

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



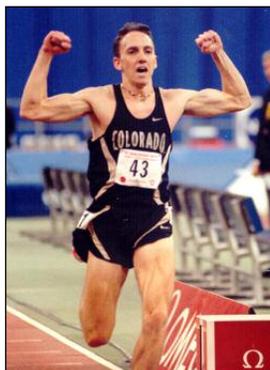
Jenny Barringer



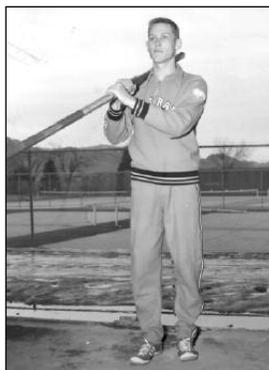
Alan Culpepper



Renee Metivier



Adam Goucher

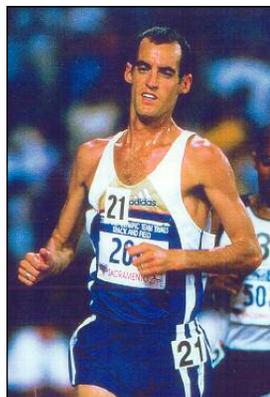


Don Meyers

Olympians

The University of Colorado has produced 60+ Olympians (through the 2008 Summer Games). The majority of the Olympians to come from the Boulder campus are former members of the Buffs' esteemed ski teams, with alumni also competing in figure skating (2), bobsledding (1), equestrian (1), luge (3), basketball (3), cycling (1) while the following list of athletes have competed in track and field during the 20th Century.

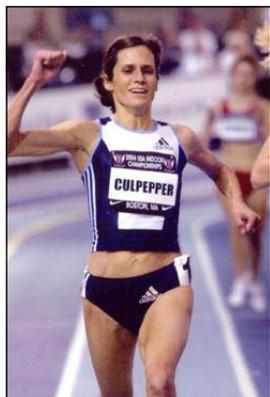
Ambassador David Bolen, Colorado's first Olympian, finished fourth in the 400-m dash during the 1948 Summer Games in London, England. In his name, Colorado established the David Bolen Olympic Award in 1949, awarded to any current CU student-athlete who competes under the United States flag.



Alan Culpepper



Emma Coburn



Shayne (Wille) Culpepper



Casey Malone



Jenny Barringer



Kara (Grgas-Wheeler) Goucher



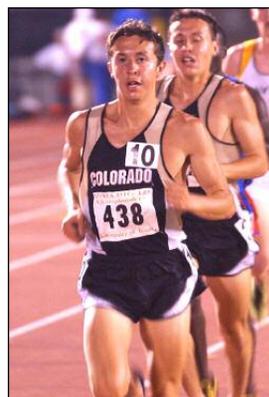
Shalaya Kipp



Billy Nelson



Dathan Ritzenhein



Jorge Torres

1948, The XIVth Olympiad, London, England

David Bolen (USA)4th-400-m

1960, The XVIIth Olympiad, Rome, Italy

Ted Woods (USA)1,600-m Relay

1968, The XIXth Olympiad, Mexico City, Mexico

Bill Toomey (USA)Gold Medal-Decathlon

1972, The XXth Olympiad, Munich, Germany

Jane Wardell Frederick (USA)21st-Pentathlon

1976, The XXIth Olympiad, Montreal, Canada

Annette Tannander (Sweden)7th-High Jump

Jane Wardell Frederick (USA)7th-Pentathlon

Bill Jankunis (USA)High Jump

1984, The XXIIIth Olympiad, Los Angeles, United States

Art Burns (USA)Discus

Mary Decker (USA)3,000-m

Annette Tannander (Sweden)14th-Pentathlon

1996, The XXVIth Olympiad, Atlanta, United States

Yvonne Kanazawa Scott (Japan)100-m Hurdles

2000, The XXVIIth Olympiad, Sydney, Australia

Hannah Cooper (Liberia)100-m Hurdles

Alan Culpepper (USA)10,000-m

Shayne (Wille) Culpepper (USA)1,500-m

Adam Goucher (USA)13th-5,000-m

Karol (Damon) Rovelto (USA)High Jump

Yvonne Kanazawa Scott (Japan)100-m Hurdles

2004, The XXVIIIth Olympiad, Athens, Greece

Alan Culpepper (USA)12th-Marathon

Shayne (Wille) Culpepper5,000-m

Casey Malone (USA)6th-Discus

Dathan Ritzenhein (USA)10,000-m

2008, the XXIXth Olympiad, Beijing, China

Jenny Barringer (USA)9th-3,000-meter steeplechase

Kara (Grgas-Wheeler) Goucher (USA)9th-5,000-m, 10th-10,000-m

Casey Malone (USA)19th(prelims)-Discus

Billy Nelson (USA)29th-3,000-meter steeplechase

Dathan Ritzenhein (USA)9th-Marathon

Jorge Torres (USA)27th-10,000m

2012, the XXXth Olympiad, London, England

Emma Coburn (USA)9th-3,000-meter steeplechase

Kara (Grgas-Wheeler) Goucher (USA)11th-marathon

Shalaya Kipp (USA)semis-3,000-meter steeplechase

Dathan Ritzenhein (USA)13th-10,000-m

Jenny (Barringer) Simpson (USA)semis-1,500

BUFFS IN THE PROS

RENEE METIVIER BAILLIE ('05)Distance ClubNIKE

- 2005 USA Outdoor Championships (10th, 5k)
- Won the 3k in a pr 9:09.60 in her European debut at the Cardiff Grand Prix
- 2006 USA XC Championships (3rd, 4k); 49th IAAF World XC Championships
- 2006 USA Outdoor Championships (10th, 5k)
- 2007 USA XC Championships (5th), 36th IAAF World XC Championships
- 2008 USA XC Championships (2nd), 49th IAAF World XC Championships
- 2008 Olympic Trials finalist (5k)
- 2008 USA 5k (2nd, 15:53); 10k (3rd, 33:13); 8k (5th, 26:14) Championships
- 2009 USA Outdoor Championship (9th, 5k)
- 2010 USA XC Championship (5th), 38th IAAF World XC Championship
- 2010 USA Indoor Championship 3k Champion
- 2010 USA Outdoor Championship (8th, 5k)
- 2010 Bolder Boulder Team USA Participant (11th)
- 2011 USA Outdoor Championship participant
- 2011 Bolder Boulder Team USA Participant (6th)
- 2012 U.S. Olympic Team Trials (18th, 5k)

HEATHER STERLIN BIGLOW ('97)Heptathlon/Long Jump ClubNIKE

- 1997 U.S. National Championships (6th, Heptathlon)
- 1997 World University Games (Sicily, Italy)
- 2001 U.S. National Championships (5th)
- 2002 Mt. SAC Relays Champion (heptathlon: 5,698 pts and long jump)
- 2002 Ranked third in the U.S. in heptathlon (5,866 points)
- 2004 Multistars Competition in Desenzano Del Garza, Italy (9th, heptathlon)
- 2004 U.S. Olympic Trials (9th, heptathlon, 5,715 points)
- 2004 Ranked seventh nationally (heptathlon, 5,847 points)

ALAN CULPEPPER ('96)Distance ClubNIKE

- Eight-time United States Champion (1999, '03, '07 12k cross country, 1999, '03 10k, 2002 5000-m), 2003 Outdoor 10k, 2004 Marathon
- 1997 USA Outdoor Championships (2nd, 5000-m)
- USA Cross Country Championships (7th)
- Top finisher at 1999 World Cross Country Championships (21st)
- Ran a 2000 season best 10k (28:03.35) at the Olympic Trials (2nd) and went on to finish 17th in the first round in Sydney.
- 2000 USA Cross Country Championships (2nd, long course)
- 2001 USA Outdoor Championships (2nd-5k, 3rd-10k), 18th at World Championships
- When he ran a PR 27:33.93 at the 2001 Cardinal Invitational, he became the sixth fastest American all-time
- Finished third in 2002 at the USA Outdoors (10k), USA Cross Country Championships (12k) and at USA 15k Championships
- 2003 USA Championships (9th, 5k)
- Ranked #1 in 10 by T& FN
- Made his marathon debut in 2002 in Chicago where he ran 2:09.41, tying him with Alberto Salazar for the fastest American debut in history
- After winning the US Marathon Trials, finished 12th in Athens Olympic Games
- His fourth place 2005 Boston Marathon finish was the highest American finish in 20 years
- Earned a fifth-place finish in the 2006 Boston Marathon
- 2007 USA XC Championships Champion
- Bolder Boulder Team USA (2007)
- 2007 USA Outdoor Championship (4th, 10k)
- 2008 Olympic Trials participant (marathon)

SHAYNE CULPEPPER ('97)Middle ClubNIKE

- 1998 USA Championships (6th, 1500-m)
- USA Indoor Championships (7th, 3000-m)
- 1999 USA Winter Cross Country Championships (4th)
- 1999 USA Outdoor Championships (3rd, 1500-m)
- 2000 Olympic Trials (4th, 1500-m)
- 2000 USA Winter Cross Country Championships (4th, short course)
- 2001 USA Outdoor Championships (6th, 1500-m)
- 2002 USATF Club Cross Country Championships (1st, 6k)
- 2003 USA Indoor Championships (runner-up, 3000-m)
- 2003 USA Winter Cross Country Champion
- 2003 USA Outdoor Championships (11th, 1500-m)
- 2004 USA Indoor 3k Champion, Bronze medalist at Worlds
- 2004 Olympic Trials 5k champion, 25th in Athens in prelims
- 2005 adidas Track Classic (1st, 1,500-m)
- 2005 USA Indoor 3,000-m champion
- 2005 USA XC Championships (2nd, 4k), 20th IAAF World Championships (team bronze)
- 2005 USA Outdoor Championships (15th, prelims, 1,500-m/4th, 5k)
- 2007 USA Outdoor Championship (11th, 1,500-m)
- 2009 USA Indoor (2nd, 1500)

ADAM GOUCHER ('98)Middle ClubNIKE

- 1999 USA Outdoor 5k Champion
- 1999 World Championships (12th, 5000-m)
- 2000 Olympic Trials Champion (5k), 13th in Sydney Games
- 2000 USA Cross Country Champion (4k, 12k)
- 2001 USA Outdoor Championships (3rd, 1500-m)
- 2001 World Outdoor Championships (11th, 5k)
- Ran the fastest 3,000-m by an American in Monaco (7:34.96 PR)
- 2003 USA Outdoor Championships (2nd, 5k)
- 2003 T&FN Rankings No.3 (3k), No. 4 (5k)
- 2004 Olympic Trials (19th, 5k)
- 2004 Prefontaine Classic (9th, 1,500-m)
- Ran second fastest 3k (7:40.09) by an American in '05 in winning the Sport Solodarieta
- 2005 USA Outdoor Championships (8th, 5k)
- 2006 USA Indoor Championships 3k champion
- 2006 USA Outdoor Championships (4th, 5k)
- 2007 USA XC Championship (2nd)
- 2007 USA Outdoor Championship (3rd, 5k), IAAF World Track Championship (11th, 5k)
- 2008 Olympic Trials 5k finalist and 10k participant (7th)

**KARA (GRGAS-WHEELER) GOUCHER ('01).....Distance
Club.....NIKE**

- 2001 USA Outdoor Championships (7th, 5k)
- 2003 USA Outdoor Championships (14th, 5k and 1,500-m)
- Ran a 1,500-m PR 4:11.17 in Greece in '03
- 2005 USA Outdoor Championships (11th, 5k)
- 2006 USA XC Championships (7th, 4k), 21st IAAF World XC Championships
- 2006 USA Outdoor Championships (2nd, 5k)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (2nd, 10k), 3rd IAAF World Track Championships
- 2008 Olympic Trials (10k, 2nd; 5k champion)
- 2008 Olympic Games (9th, 5k; 10th, 10k)
- 2008 USA 10-mile Championship (1st, 53:16)
- 2008 New York City Marathon (3rd), American debut (2:25.53)
- 2009 USA Outdoor Championships (1st, 5k)
- 2009 IAAF World Championships (5th, marathon)
- 2010 USA XC Championship (7th)
- 2011 USA Outdoor Championship (2nd, 10k)
- 2011 IAAF Outdoor Championship (13th, 10k)
- 2012 U.S. Olympic Team Marathon Trials (3rd)
- 2012 Olympic Games (11th, marathon)

**CASEY MALONEDiscus
Club.....unattached**

- 1996 Olympic Trials (18th)
- 2000 Olympic Trials (9th)
- 2000 Ranked seventh nationally (211-6)
- 2001 USA Championships (10th)
- 2002 USA Championships (5th)
- 2002 Ranked fourth nationally (218-5)
- 2003 USA Championships (9th), World Outdoors (10th, qualifying)
- 2004 Olympic Trials (3rd)
- 2004 Olympic Games (6th)
- 2004 Golden League Meet, Brussels (4th, 64m)
- 2004 ISTAF Golden League Meet, Berlin (6th)
- 2004 World Athletic Final, Monaco (7th)
- 2005 USA Championships (5th)
- 2006 USA Championships (2nd)
- 2008 Olympic Trials (3rd)
- 2008 Olympic Games participant
- 2009 USA Champion
- 2009 IAAF World Championships (5th)
- 2009 recorded a personal best of 224-08 which was the best throw by an American and was the fifth best performer in the world
- 2010 USA Champion
- Fifth in the 2010 Samsung Diamond League Series
- 2012 U.S. Olympic Team Trials (6th)

**CARRIE MESSNER-VICKERS ('00).....Middle
Club.....Asics**

- 2002 ranked fifth nationally in 3k
- 2003 Boulder Race Series Winner (Uni-Hill 2k Champion, Pearl Street Mile Champion) & Eldorado Springs
- 2003 USA Outdoor Championships (23rd (prelims), 1500-m)
- Ranked as high as third in the steeple in '04
- Finished 21st in 2004 Olympic Trials semifinals (1,500)
- 2004 Olympic Trials (3rd), 5th at Heusden, 1st at Mt. Sac, ranked No. 4 by T&FN
- 2005 USA Outdoor Championships (3rd)
- 15th at 2005 World Championships following a third-place prelim pr 9:38.68
- 2006 USA Outdoor Championships (6th)
- 2007 USA XC Championships (19th)
- 2007 USA Outdoor Championships (13th, steeple)
- 2008 Olympic Trials (8th)
- 2008 USA 5k Championship (4th, 15:58)

**BILLY NELSON ('08)Steeple
Club.....NIKE**

- 2008 Olympic Trials (2nd)
- 2008 Beijing Olympic Games (29th, prelims)
- 2009 USA Outdoor Championship (13th)
- 2010 USA XC Championship (24th)
- 2010 USA Outdoor Championship (5th)
- 2011 USA Outdoor Championship Champion
- 2011 IAAF Outdoor Championship participant
- 2012 U.S. Olympic Team Trials (8th)

**STEPHEN PIFER ('08).....Distance
Club.....NIKE**

- 2008 Olympic Trials (7th, 5k; semi-finalist, 1,500)
- 2009 USA XC Championship (14th)
- 2009 USA Outdoor Championship (4th, 1500)
- 2010 USA Outdoor Championship (12th, 1500)
- 2011 USA Outdoor Championship (participant, 1500)
- 2012 U.S. Olympic Team Trials (12th, 1,500m)

**DATHAN RITZENHEIN Distance
Club.....NIKE**

- 2004 Olympic Trials (22nd-INJ, 10k)
- 2005 Reebok SC Challenge (Belfast) Champion
- 2006 USA XC Championships (4th, 12k)
- 2006 USA Outdoor Championships (3rd, 5k)
- 2006 NY Marathon, second highest American (11th)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (3rd, 10k), 9th IAAF World Track Championships
- 2008 USA XC Championship Champion
- 2008 Olympic Trials (2nd, marathon)
- 2008 Olympic Games (9th, marathon)
- 2009 USA Outdoor Championship (2nd, 10k), IAAF World Championship (6th, 10k)
- 2010 USA XC Championship Champion
- 2012 U.S. Olympic Team Marathon Trials (4th)
- 2012 U.S. Olympic Team Trials (3rd, 10k)
- 2012 Olympic Games (13th, 10k)

**JENNY (BARRINGER) SIMPSON ('09).....Middle/Steeple
Club.....New Balance**

- 2010 USA Outdoor Championships (3rd, 5k)
- American steeplechase record holder (9:12.50)
- 2011 USA Indoor Championships 3k and mile Champion
- 2011 USA Outdoor Championships (2nd, 1,500)
- 2011 IAAF Outdoor Championships 1500m Champion
- 2012 USA Indoor Championships 3k and mile Champion
- 2012 U.S. Olympic Team Trials (3rd, 1,500m)
- 2012 Olympic Games participant (1,500m)

**SARA (GORTON) SLATTERY ('05).....Distance
Club.....adidas**

- 2005 USA Outdoor Championships (8th, 5k)
- Ran a 3k pr (9:06.03) at Super Grand Prix Madrid
- 2005 USA Indoor Championships (4th, 3k)
- 2006 USA XC Championships (4th, 8k), 26th IAAF World XC Championships
- 2006 USA Outdoor Championships (2nd, 10k)
- Won the 2006 Boulder Boulder
- 2007 USA Outdoor Championships (8th, 10k)
- Boulder Boulder Team USA (2006, 07)
- 2008 Olympic Trials (4th, 5k; 7th, 10k)
- 2008 USA 8k Championship Champion (25:54)
- 2009 USA Outdoor Championship (11th, 5k)
- 2011 USA Outdoor Championship (13th, 5k)

**STEVE SLATTERY ('02).....Steeple
Club.....NIKE**

- 2002 USA Outdoor Championships (2nd)
- 2003 USA Outdoor Champion
- Six top-10 finishes in 2003
- 2004 NIKE Prefontaine Classic (5th, 1,500)
- 2004 Olympic Trials (5th)
- 2004 Ranked 5th T&FN
- 2005 USA Outdoor Championships (3rd)
- 2005 World Championships (10th, heat 1)
- 2006 USA XC Championships (14th, 4k)
- 2006 USA Indoor Championships (5th, 3k)
- 2006 USA Outdoor Championships (2nd)
- 2007 USA Outdoor Championships (1st, prelims)
- 2008 Olympic Trials (finalist)
- 2009 USA Outdoor Championship (23rd)
- 2010 USA Outdoor Championship (3rd, steeple)
- 2011 USA Outdoor Championship participant
- 2012 U.S. Olympic Team Trials participant

**ED TORRES ('03).....Distance
Club.....unattached**

- 2003 USA Outdoor Championships (8th, 10k PR 28:22)
- 2005 USA Outdoor Championships (12th, 10k)
- 2006 USA Outdoor Championships (14th, 10k)
- 2007 USA XC Championships (10th)
- 2007 USA Outdoor Championships (11th, 10k)
- 2008 USA XC Championships (9th); 45th IAAF World Championships
- 2008 Olympic Trials (11th, 10k)
- 2008 USA Marathon Championship (3rd, 2:17.54)
- 2009 USA XC Championship (8th); 53rd at IAAF World XC Championship
- 2009 USA Outdoor Championship (DNF, 10k)

**JORGE TORRES ('03).....Distance
Club.....Reebok**

- 2003 USA Outdoor Championships (3rd, 5k)
- 2003 European Circuit
- with stops in Greece (3rd, 1500-m),
- Belgium (11th, 5k) and Finland (3k), setting pr's in all three races.
- 2003 World Championships (15th, 5k)
- 2004 Olympic Trials (7th, 5k)
- 2004 USA XC Championships (10th, 12k)
- 2005 USA Outdoor Championships (4th, 5k)
- 2006 USA XC (4th, 4k/2nd, 12k), 27th IAAF World XC Championships (short)
- 2006 USA Outdoor Championships 10k champion
- 2007 USA XC Championships (4th)
- 2007 USA Outdoor Championships (5th, 10k)
- 2008 USA XC Championships (2nd); 19th IAAF World Championships
- 2008 USA 8k Championship Champion (22:41)
- 2008 Olympic Trials (3rd, 10k)
- 2008 Olympic Games 10k participant
- 2008 Beijing Olympic Games (27th, 10k)
- 2009 USA XC Championship (4th)
- 2010 Bolder Boulder Team USA participant (11th)
- 2011 USA Outdoor Championship (13th,10k)

**BRENT VAUGHN ('08).....Distance
Club.....NIKE**

- 2008 Olympic Trials (16th, 5k)
- 2009 USA Outdoor Championship (9th, 5k)
- 2010 Bolder Boulder Team Colorado Participant (4th - highest American finisher)
- 2010 USA Outdoor Championship (5th, 5k)
- 2010 USA XC Championship Champion; 53rd at IAAF XC Championships
- 2011 USA Indoor Championship (4th,3k)
- 2012 U.S. Olympic Team Trials (13th, 5k)

**CLINT WELLS ('98)Dist/Steeple
Club.....unattached**

- 1999 U.S. National Championships (7th)
- 2000 Olympic Trials (5th)
- 2001 USA Winter Cross Country Championships (4th, 4k)
- 2001 World Cross Country Championships (41st, 4k)
- 2002 USA Cross Country Championships (7th)
- 2002 USA 15k Championships (5th)
- Bolder Boulder Team USA (2001, 02, 03) and Team Colorado (2005)

**COLORADO RUNNING
HALL OF FAME**

CU Inductees

2012
Jerry Quiller

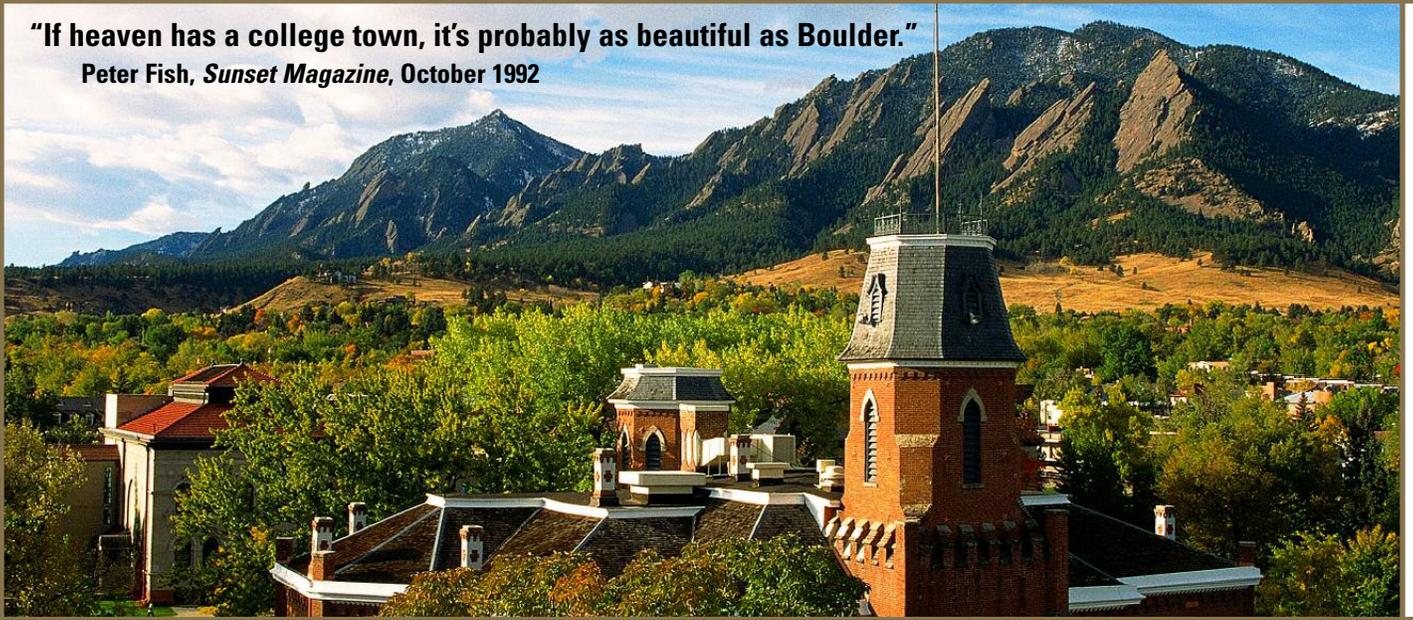
2010
Shayne Culpepper
Adam Goucher
Dan Reese
Mike Sandrock

2009
Rich Castro
Alan Culpepper

2007
Ted Castaneda

"If heaven has a college town, it's probably as beautiful as Boulder."

Peter Fish, *Sunset Magazine*, October 1992



THE UNIVERSITY OF COLORADO

Colleges

Architecture and Planning
Arts and Sciences
Engineering/Applied Science
Music

Schools

Graduate School
Leeds School of Business
School of Education
School of Journalism and
Mass Communications
School of Law

CU's Top Programs

Space Science
Engineering
Molecular Biology
Business

Most Popular Undergraduate Majors

Psychology
Communication
English
MCD Biology
EPO Biology
Economics
Finance
Political Science

NOTEABLE ALUMNI

Buzz Calkins	IRL Race Car Driver	Chris Meloni	Actor (Law and Order)
Scott Carpenter	Astronaut	Glenn Miller	Musician/Big Band Leader
Kalpna Chawla	Astronaut	Ellison Onizuka	Astronaut (Challenger)
Lynn Cheney	Former U.S. Vice President's Wife	Trey Parker	South Park Creator
Kevin Corke	NBC News	Robert Redford	Actor
Chris Fowler	ESPN	Matt Stone	South Park Creator
Jim Gray	NBC Sports	Jack Swigert	Astronaut (Apollo 13)
Hale Irwin	Professional Golfer	Bill Toomey	1968 Gold Medalist – Decathlon
Larry Linville	Actor (M*A*S*H)	Byron White	Supreme Court Justice
Doug Looney	Sports Illustrated	Steve Wozniak	Inventor (Apple)
Bill Marolt	U.S. Skiing President		



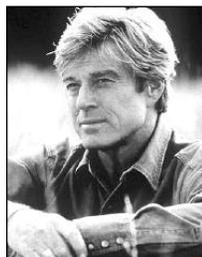
Chris Fowler



Kalpna Chawla



Kevin Corke



Robert Redford



Byron White



RANKINGS

- CU-Boulder was one of only 14 public institutions ranked as a “Best Buy” in the 2009 edition of *The Fiske Guide to Colleges* and annually ranks in its top four most outstanding universities in the United States based on academics, social life and quality of life.
- The *U.S. News & World Report* ranked CU-Boulder 42nd among the nation’s Top 50 Public National Universities in its 2011 Best Colleges issue. The rankings were based on factors such as academic reputation, retention, faculty resources, student selectivity and financial resources.
- Sixteen CU-Boulder graduate school specialty programs were ranked in the top 50 in the nation, including three in the top 10 in the *U.S. News and World Report’s* 2011 America’s Best Graduate Schools issue.
- The University of Colorado at Boulder ranks first in the nation for the number of graduates currently serving as Peace Corps volunteers (2011).
- Four faculty members have received Nobel Prizes, including three since 2001: Thomas Cech of chemistry and biochemistry in 1989 Nobel Prize in chemistry, Carl Wieman and Eric Cornell of JILA and physics won the 2001 Nobel Prize in physics and John Hall of JILA and physics won the 2005 Nobel Prize in physics. The CU-Boulder research faculty shared the 2007 Nobel Peace Prize with former Vice-President Al Gore for their contributions to the international report of the intergovernmental Panel on Climate Change.



- The Boulder campus was ranked fourth in a review of the 50 “most architecturally successful campuses in the country in *The Campus as a Work of Art* by Thomas Gaines.
- Colorado has held company with Brown, Stanford and Virginia as one of the four most outstanding universities in the United States based on academics and quality of life.
- One of only 34 U.S. public research universities in the prestigious Association of American Universities.
- Ranks in the top five universities in the nation, excluding military academies, for astronaut alumni who have flown in space with 17.

THE UNIVERSITY OF COLORADO

“The University of Colorado, and Boulder, is a town which stops where the Rocky Mountains begin. Normally in America such a superb site would be occupied by a golf course, but somebody goofed and instead they built what may be the most beautifully situated campus in the world... if anyone asks you to Boulder, I have one word of advice: ‘Go.’”

From the London (England) Observer Magazine article, “Us and Them,” by Simon Hoggart (April 23, 1989)



BOULDER/DENVER/COLORADO FACTS

Boulder and Denver are known for lots of things. But some things even surprise the lifelong resident, a recent transplant (nearly two-thirds of the state's residents were born outside of Colorado), or first-time visitor to the Mile High City.

- In 2011 Colorado had four of the nation's top 15 fittest cities according to a Time Magazine interpretation of data from the Centers for Disease Control. Boulder was No. 1, Arvada was No. 6, Denver ranked No. 11 and Aurora was No. 15.
- The Denver metro area was ranked fifth in the 2011 American Fitness Index report.
- Boulder was named the "happiest city in America" by Gallup-Heathways Well-Being Index in 2011.
- Denver is called the "Mile High City" because it is exactly 5,280 feet above sea level. In fact, there is a spot on the west steps of the State Capitol building that is exactly 5,280 feet above sea level and there is a row of seats at Coors Field with the same bragging rights.
- Denver is the most educated city in the U.S. It has the greatest percentage of high school and college graduates of any major metropolitan area in the U.S.
- The Denver/Boulder metropolitan area is the 20th largest in the United States. Boulder is not classified as a suburb of Denver; it's nestled in its own valley at the foothills of the Rocky Mountains. Contrary to popular belief, Denver is not in the mountains; it is near them. The "Foothills" start to rise 15 miles west of the city. Slightly beyond that is the Continental Divide and a series of peaks rising to 14,000 feet, known locally as the "Front Range".
- Denver is also the "thinnest" city in America while Boulder is the second "fittest" city in America according to *Shape* Magazine and the state of Colorado is tied as the "thinnest"

state with Hawai'i. *Health* Magazine named Boulder one of America's 10 Fittest Cities. *Self* Magazine proclaimed Boulder one of the 10 healthiest places for women to live, with a perfect 100 in water quality.

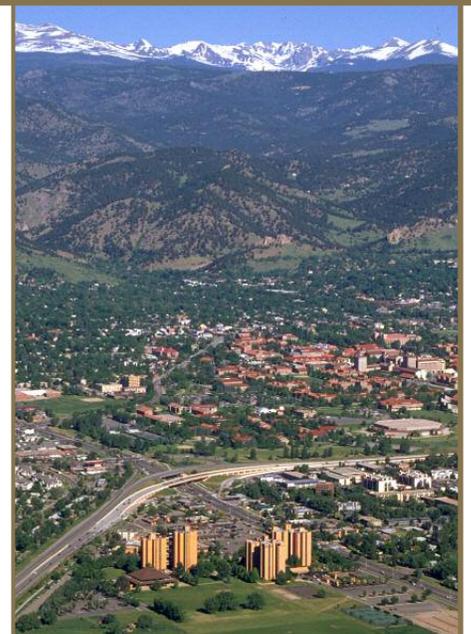
- In 2007 and '08 Boulder was called the "smartest city in America" by Forbes
- Boulder has 200 miles of public hiking and biking trails, approximately 30,000 acres of open space and a 16-mile Boulder Creek Path which runs through the middle of town. The city of Denver offers over 450 miles of paved, designated bike paths, over 70 public golf courses and 143 free tennis courts. Denver also has the largest city park system in the nation with 205 within the city limits.
- As the largest city in a 600-mile radius, Denver is the shopping capital of the Rocky Mountain West. It features the largest sporting goods store in the world and the largest independent book store in America with over 400,000 volumes. The 16th Street Mall is a mile-long pedestrian promenade, not to be outdone by its counterpart in Boulder, the Pearl Street Mall. Boulder is also known for having more used book stores per capita than any other city in the country according to a *Money* magazine count in 1998.
- Among 14 comparable cities, Boulder ranks No. 1 in people who walk to work, work at home and drive with more than one person in the car. It ranks second among those who bike.
- Bicycling is so highly regarded in Boulder that sometimes the city plows the Boulder Creek bike path before it plows the streets.
- The exterior of the house located at 1619 Pine Street was used as the characters' home in the well-known "Mork & Mindy" television show. It is now a private residence.



Boulder's Pearl Street Mall



Downtown Denver



Rocky Mountain Front Range



Indian Peaks National Forest

- Boulder's Third Flatiron towers 1,400 feet high, a few hundred feet higher than the Empire State Building, and has been climbed by people without using their hands, on roller skates, naked and in eight minutes (by separate climbers).
- A 1992 survey by the Centers for Disease Control found that Colorado had fewer overweight people per capita and more people who exercise than any other state.
- A *Colorado Daily* poll found that seven out of ten Boulderites own bicycles. Another guide book states that Boulder's bicycle count is approximately 93,000- almost equal to the total population.
- Every year Boulder Mountain Parks core area receives 1.8 million visits. If that many people made a human chain, it would stretch from Boulder to New York City.

Top 10 Cheap Things To Do In Boulder

1. Go walking, biking or skating on the Boulder Creek Path.
2. Catch a Program Council, Cinema Saver, or International Film Series movie.
3. Play frisbee in Norlin Quad.
4. Enjoy the free Wednesday night jazz concerts offered by the College of Music.
5. People-watch on the Pearl Street Mall or on the Hill.
6. Picnic or hike at Chautauqua Park or Mt. Sanitas.
7. Buy a student season football or basketball ticket to watch the Buffs play at home.
8. Join a class at the Rec Center (anything from Aerobics to Yoga).
9. Stargaze at the top of Flagstaff Mountain.
10. Check out the coffeehouse scene.

COLORADO BY THE NUMBERS

	2
National Parks in Colorado	
	8
National Monuments and Recreation Areas in Colorado	
	15
National Forests and National Grasslands in Colorado	
	21
Scenic and Historic Byways in Colorado	
	40
State Parks in Colorado	
	54
Colorado peaks over 14,000 feet in elevation	
	325
Days of sunshine the Front Range sees each year	
	450
Square miles of bodies of water in Colorado	
	469
Length in miles of the Colorado Trail	
	786
Acres on the main campus in Boulder	
	1,450
Length in miles of the Colorado River and the Rio Grande	
	3,350
Lowest elevation in Colorado (Arkansas River)	
	6,800
Average elevation in Colorado	
	14,443
Highest elevation in Colorado (Mt. Elbert)	
	104,247
Size of Colorado in square miles	
	3.8 million
Colorado population in 1998	
	126 million
Years geologists estimate it will take for the Rocky Mountains to erode away	
	1.7 billion years
How long ago the rock in the Rocky Mountains was formed	

RUNNING TOWN, USA

For 30 years, world class athletes and running enthusiasts have known what the media recently discovered: Boulder is the best running town in the United States. Runner's World has dubbed Boulder, "America's Best Running City" and an "Ideal Location for Runners", while Outside Magazine proclaims it, "The Best Sports Town in America".

These accolades come as no surprise to the host of national and international athletes who have made Boulder their training base. During the 1970's and 1980's, Boulder was home to world record holders such as Steve Jones, Ingrid Kristiansen, Rob de Castella, and Arturo Barrios, as well as Olympic Champions Frank Shorter and Rosa Mota.

The list of contemporary runners who live and train in Boulder is equally impressive: 2000 Olympic Marathon Champion Naoko Takahashi, 2008 Olympic Marathon Champion Constantina Dita-Tomescu, multiple Japanese corporate teams and U.S.-based Kenyan road racers. Numerous CU national and world level alumni have trained in the Boulder area during the last four Olympiads. They include Olympians Jenny (Barringer) Simpson, Alan Culpepper, Shayne Culpepper, Billy Nelson, Jorge Torres 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.

In May of 2008, the University of Colorado hosted the Big 12 Conference Track and Field Championships. This three-day competition was one of the most prestigious and competitive meets in the country and featured NCAA champions, World Championship Team members and 2008 Olympians. During the competition, ten Big 12 meet records were broken and two world-leading marks were established. The three-day attendance of over 5,000 cheered the Colorado men to the team title in a victory over No. 1 ranked Texas A&M.

Summer or winter, cross country or track season, workout day or racing day, for the weekend warrior or the Olympian, Boulder presents the ideal environment. While other cities may claim occasional weekends of running enthusiasm, Boulder is inarguably the year-round "Running Town, USA".

RACING IN BOULDER

Boulder Backroads Marathon

Boulder Backroads Half Marathon

5k Kickoff Classic

High Five Road Race

5430 Triathlon

Sunrise Stampede 10k

Spring Runoff 10k

1992 Big Eight Cross Country Championships

1993 Big Eight Track and Field Championships

2000 Big 12 Cross Country Championships

2008 Big 12 Track and Field Championships

West End 3k

Pearl Street Mile

Boulder Roadrunners All-Comers Series

Run on the Wildside 5k

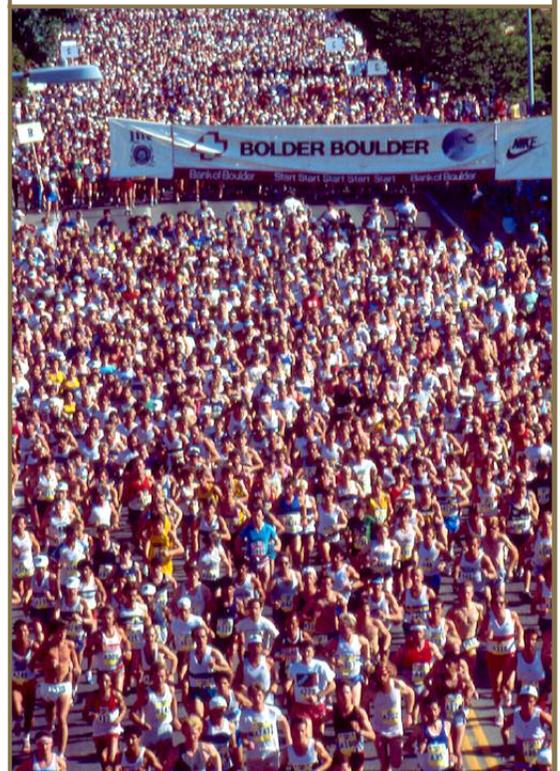
Rocky Mountain Shootout

5k Turkey Trot

Bolder Boulder 10k

Uni-Hill Downhill 1k

Boulder Peaks Triathlon/Duathlon



The start line for the Boulder Boulder

2008 BIG 12 OUTDOOR TRACK & FIELD CHAMPIONSHIP





Tamara Ards



Sean Smith



Chris Abuan



Patty Roberts

FROM WALK-ON TO ALL-AMERICAN

There's something magical in the air at 5,345 feet above sea level. It's something that contributes to developing blue collar, walk-on athletes into All-Americans at Colorado. Combining its reputation of academics and athletics, the coaching staff at CU has had incredible success with non-recruited athletes that have had the drive, determination and work ethic to become All-Americans.

CHRIS ABUAN • 2002 Walk-on – 2007 4x100-m Outdoor All-American

Chris Abuan was a hard worker for the Buffs and showed improvement throughout the years. His biggest impact was in the relays. Abuan is a member of nine of the top 10 times in the 4x100-m relay, where he ran the third leg seven times. In 2007, Abuan and the relay team of George Pincock, Jeremy Dodson and Ryan Campbell placed second in the Big 12 Championships and were the first men's relay team to qualify for the NCAA meet since 1972 after placing fourth in the regionals. The team took sixth at nationals with a time of 39.98.

TAMARA ARDS • 1992 Walk-on – 1996 4x400-m Outdoor All-American

A three-time state 400-m champion, Tamara Ards ran a 56.20 in the event as a freshman and would shave two seconds off her time by her junior year to become the school record holder in the event, running a 54.22 at the 1994 Big Eight Outdoor Championships. As the second leg of CU's 4x400-m relay team, she combined with teammates Tasha Ward, Heather Sterlin and Leona Russell to win the event at the final Big Eight Championship in 1996 and go on to finish seventh in the event at that year's NCAA Championships in Eugene, Ore., in another school record 3:33.07.

JAY CLECKLER • 1991 Walk-on – 1994 Cross Country All-American

Jay Cleckler, was conceivably one of the hardest working guys on the '94 cross country squad. He had begun his collegiate career as walk-on competing in only one meet, which progressed to four meets as a sophomore, which he matched his junior season. He came into his own during his senior campaign when he scored in all six varsity races, including the Big Eight Championships, the NCAA District VII qualifier and the NCAA Championships where he ran his first All-American race.

JON COOPER • 1993 Walk-on – 1994, 1995 Cross Country All-American

Cooper made an immediate impact on the Colorado men's cross country team when he walked on after transferring from Rice. In his first season he traveled to the NCAA Championships as an alternate, but did not compete. A year later he finished 33rd of 178 runners for his first all-American honor. In 1995's national championship race, he was Colorado's fourth finisher, 48th overall to repeat his All-American title.

MIKE FRIEDBERG • 1996 Walk-on- 1998, 1999 Cross Country All-American

In 1996 Mike Friedberg ran in three cross country races. He redshirted the 1997 season and a year later he was one of only three runners to compete in all six races, he finished eighth in the season opener at Colorado State, third at the Rocky Mountain Shootout, 32nd at the loaded Bob Timmons Invite, third at the Big 12 Championships, fifth at the Mountain Region Championships and ran to his first All-American title with a 34th place effort at the national championships. In 1999 he was CU's No. 3 runner during the season, but experienced prevailed and was CU's No. 1 guy at the NCAA Championships in Bloomington and was No. 2 a year later.

MATT NAPIER • 1995 Walk-on – 1997 Cross Country All-American

In his first collegiate season Napier competed in the Shootout and at the Fort Hays State Invitational. As a sophomore, he scored in two of the three postseason races. Originally scheduled to redshirt his junior season, he was forced into action late in the season due to team injuries. In his first race, Oct. 18, he finished third overall at the Tiger Invitational. In the postseason he finished 11th in the league championships and was the individual runner-up, at the Mountain Region Championships. His third season culminated in his first all-America certificate at the NCAA Championships with a 39th-place finish.

GEORGE PINCOCK • 2003 Walk-on – 2007 4x100-m Outdoor All-American

George Pincock earned a spot on the varsity squad as a freshman by placing eighth in the 200-meter dash and scoring in the 4x100 and 4x400-m teams. Pincock is a member of 11 of the 12 best times in the 4x100-m relay. In 2007, Pincock and the relay team of Jeremy Dodson, Chris Abuan and Ryan Campbell placed second in the Big 12 Championships and

became the first men's relay team to qualify for the NCAA meet since 1972 after placing fourth in the regionals. The team took sixth at nationals with a time of 39.98.

PATTY ROBERTS • 1992 Walk-on – 1995 Indoor 5,000-m All-American/ 1994, 1995 Cross Country All-American

Roberts didn't compete in cross until her second season. A year later she was the individual runner-up at the Big Eight Championships and an All-American with a 13th-place finish at the NCAA championships. She took the individual conference title in '96 and followed up with a 32nd-place effort at the NCAAs for her second all-America cross country honor. 1995 continued to be a success on the track where she was an indoor 5k and outdoor 10k All-American.

SHAYNE WILLE • 1995 Walk-on – 1996 Indoor 3,000-m All-American/1997 Outdoor 3,000-m All-American

A transfer from Vermont in 1995, Wille failed to make the Buffs' seven-person roster that would compete at the NCAA Cross Country Championships. Three months later she was an all-American in the indoor 3k. During the 1996 fall season, she was Colorado's No. 2 runner, and although she competed in all three postseason race, just missed all-American status at the national championships with a 45th place effort. She set her sights again on the track where she was the Big 12 indoor champion in both the mile and 3,000-m distances and an all-American in the latter. The outdoor season would prove even better where she repeated her conference titles, and she earned her second all-American honor in the outdoor 3,000-m with a third place, school-record finish of 9:06.86.

SEAN SMITH • 1998 Walk-on – 2000 All-American

Smith ran in three non-varsity races in 1998 with a pair of top 20 finishes at the Fort Hays Tiger Invitational and NIKE 3 Series race. In 1999 he went into the national championships with five races under his belt. He earned all-conference and all-region honors before finishing in the top half of the NCAA Championship field. On All-American pace from the first race of the 2000 season, he would score in all five varsity contests, repeat his all-conference and all-region honors with career-best efforts before finishing 44th for the last All-American certificate doled out in Ames, Iowa.

ACADEMICS AND ATHLETICS



DID YOU KNOW?

That the cumulative grade point average of CU's 306 student-athletes following the fall '12 semester was 2.902 and seven of the 14 programs boasted 3.00 overall grade point averages.

- 3.544 Men's Skiing
- 3.269 Women's Skiing
- 3.239 Women's Soccer
- 3.235 Women's Cross Country
- 3.232 Women's Tennis
- 3.169 Women's Track & Field
- 3.002 Women's Volleyball

9 CU student-athletes earned 4.00 GPA's during the fall '12 semester and 71 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

Stephen Kasica	2012
Nikki Look	2012
Jerome Perkins	2012
Jessica Tebo	2012
Rachel Viger	2012
Andy Wacker	2012

SECOND TEAM

Matt Biegner	2012
Alyssa Frank	2012
Diana George	2012

HONORABLE MENTION

Brianne Beemer	2012
Countney Bouchet	2012
Katie Cumming	2012
Katie Dreher	2012
Cameron Hutchins	2012
Holly Odneal	2012
Blake Theroux	2012
Jake Timmons	2012
Elizabeth Tremblay	2012
Kirsten Wicks	2012

MPSF ALL-ACADEMIC

Brianne Beemer	2012
Matt Biegner	2012
Courtney Bouchet	2012
Lara Darco	2012
Katie Dreher	2012
Alyssa Frank	2012
Diana George	2012
Emily Hunsucker	2012
Cameron Hutchins	2012
Stephen Kasica	2012
Nikki Look	2012
Holly Odneal	2012
Jerome Perkins	2012
Ryan Savercool	2012
Blake Theroux	2012
Jake Timmons	2012
Elizabeth Tremblay	2012
Rachel Viger	2012
Kirsten Wicks	2012

Awards Prior to 2012

FIRST TEAM

Steve Allen	1990
Andrew Ames	1988
Tamara Ards	1993
Lindsay Arendt	1998, 99, 2000
Molly Austin	1999, 2001, 02, 03
Patrick Bachmann	2010
Austin Baillie	2003, 04, 05
David Barbieri	1993
Jenny Barringer	2007, 08, 09
Adam Batliner	1996, 1998, 99
Payton Batliner	2005, 06
Matthew Beigner	2010, 11
Nick Bengtston	2000, 01
Randy Berkheim	1994
Aaron Blondeau	1998, 99, 01, 02
Christine Bolf	2004, 05, 06
Courtney Bouchet	2011
Lindsey Bradfield	1998, 99
Megan Burrell	2010, 11
Heather Burroughs	1995, 96, 98, 99
Megan Buttner	1999, 2000, 01, 03
Will Campbell	2004
Robert Carmona	1992
Amberly Casey	2007
Antonio Castro	2003
Tim Catalano	1993, 94
Anna Chase	2008
Anthony Chiulli	2007
Jay Clecker	1995
Megan Clute	1998
Emma Coburn	2011
Jon Cooper	1995, 96
Alan Culpepper	1996
Katie Cumming	2010, 11
Kristina Dahlberg	1996, 97
James Davis	1995
Mike Dickman	1985, 87, 89
Pat Dolan	1992
Jason Dudley	1990
Chase Dukes	2008
Andy Dunn	1987
Nick Duresky	1996
Mark Ebert	2007
Matt Elmuccio	1998, 99
Mandi Farquhar	1994, 95, 96, 97
Kevin Fasing	2008, 10, 11
Jennifer Fazioli	1999, 2000, 01, 02
Alyssa Frank	2010
Rachel Gioscia	2007, 09
Sarrah 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 Heinenon	2006
Lesley Higgins	1999, 01, 02
Drew Hildner	2001
Jodie Hughes	1999, 2000, 01, 02
Erika Hulsman	1998
Courtney Hutmacher	2005, 06
Peter Janson	2006, 07, 08
Andrew Johnson	1993
Erik Johnson	1993
Jay Johnson	1996, 97, 98, 99
Donald Jurries	1987
Michell Kantor	1989
Kaity Kark	2008, 09, 10
Stephen Kasica	2010, 11
Daniel Kenney	2006, 07
Diane Keller	1989, 90, 91
Katie Kissane	2004
Tom Kresl	1985
Scott Larson	1994
Jonathon Lee	2001, 02, 03
Eric Lee-O'Brien	2003
Nikki Look	2011
Gus Lundin	2003, 04
Britta Maas	2001
Travis Macy	2003
Kathleen Majewski	2009, 10
Amanda Manatt	2002, 03
Lucas Marquardt	1999
Erin Marston	2007
Robert Martin	1991
Veronica Maul	2007, 09
Matthew McCathran	2010, 11
Brianna McDevitt	2004
Carol McMordie	1987
Christine McNamara	1988
Matt McCue	2003, 04, 05
Amy Merten	1992
Renee Metivier	2005
Andrew Miller	2003, 04, 05
Peggy Millican	1990
Tera Moody	2001, 02, 03, 04
Melinda Mounsey	1998
Matt Napier	1997, 98, 99, 2000
Sam Napp	2004, 05, 06
Liza 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

ACADEMIC ALL-CONFERENCE

Brooke Regan.....2011
 Michelle Reynolds1991
 Deb Rieck.....1998, 2000
 Dathan Ritzenhein2003
 Nicole Roberts1990
 Jamie Rosenquist2001, 02
 Patty Roberts1994
 Dani Rodriguez.....2008
 Leona Russell.....1993, 94, 95
 Liz Sabochik1999, 2000, 01, 02
 Andy Samuelson1992
 Ryan Savercool2011
 Chris Schafer1997, 98, 01
 Bret Schoolmeester2005, 06
 Jared Scott2003, 04
 Yvonne Scott.....1996
 Chris Severy.....1995, 96, 97
 Jon Severy2003, 04, 05
 Jeff Singleton1996, 97, 98
 Sara (Gorton) Slattery.....2002, 03, 05
 Amber Smith2008
 Jennifer Smith1998
 Kelly Smith.....1995, 96, 97, 98
 Sean Smith2001
 Heather Sterlin1995
 Briana Stott-Messick.....1998, 99
 Jaclyn Strum.....2005, 06, 07
 Kyle Swartz.....1998, 2001
 Sara Tarkington.....2001
 Brock Tessman1999
 Laura Thweatt.....2009, 10, 11
 Zeke Tiernan1996
 Kalin Toedebusch.....2006
 Elizabeth Tremblay.....2011
 Laura Tremblay.....2011
 Max Van Dyke.....2010, 11
 Blake Vanier.....2005
 Brent VanSickle.....1996
 Brent Vaughan1991
 Brent Vaughn2005, 06, 07, 08
 Sara (Ensrud) Vaughn.....2007, 08
 Chris Volgeneau1991
 Andy Wacker.....2009, 10
 Melisa Weis.....1993
 Heather West.....2009
 Ian White2002
 Kirsten Wicks.....2011
 Ryan Willis.....2005
 Joi Windham2009, 10, 11
 Anna Wright2001, 02
 Catherine Wright2000, 01, 02
 Shannon Yessak.....2003

SECOND TEAM

Sasha Abuan.....2007
 Patrick Backmann2009
 Megan Baker2005
 Brienne Beemer2010
 James Begley2007
 Joe Bosshard2011
 Amaris Buchanan.....2001, 02

Amberly Casey.....2005, 06
 Greg Castro2007
 Niklas Cederstrom2009
 Anthony Chiulli2005
 Emma Coburn2010
 Mac Crawford2009
 Katie Dreher.....2010, 11
 Vince Echavaria.....2001
 Dan Edwards.....2008, 09
 Kelly Fields.....2000
 Kali Gajewski2010
 Kendal Grgas-Wheeler2005
 Ashley Jackson2002
 Pete Janson2005
 Rachel Joy2001, 02
 Bradley Harkrader2007
 Chelsea Haverty.....2008
 Matt Herzl.....2008
 Lesley Higgins.....2000, 02
 Cassie Hirschfeld2009
 Emily Hunsucker2011
 Cortney Hutmacher2007
 Andy Knutsen2003
 Jordan Kyle2010
 Eric Lee-O'Brien2005
 Camille Logan2011
 Anna Magle2003, 05
 Chynna McCall.....2008, 09, 10
 Richard Medina2010, 11
 Chase Mullen2003, 05
 Kenyon Neuman2008, 09, 10
 Sunny Nordmarken2000
 Chelsea Peterson.....2005
 George Pincock2005
 Allison Sawyer.....2009
 Kyle Swartz2000
 Geo Tam2011
 Matt Tebo.....2010, 11
 Christian Thompson2009, 10
 Jake Timmons2010, 11
 Andy Wacker.....2011
 Hannah Warfield-Ruffato2005
 A.J. Whitaker.....2010
 Ryan Willis.....2007

HONORABLE MENTION

Starla Ahu.....1992
 Brian Aiken1996
 Adrien Armolel.....1994
 David Barbieri1991
 Steven Barbieri1993
 Adam Batliner1995
 Randy Berkheim1993
 Michelle Bews1986, 87
 Sean Buckley1992
 Shannon Busch1991
 Jessica Cade.....2004
 Dayna Canener1992
 Tracy Carrington.....1996
 Jenny Cathey1998
 Dayna Cavener.....1991

Jessica Civelli1995
 Jay Cleckler1993, 94
 Megan Clute1999
 Jon Cooper.....1994
 Kristina Dahlberg.....1994
 Jason Drake1993, 94
 Nick Duresky.....1997
 Natalie Florence2004
 Judy Foster1993
 Mike Friedberg.....1999
 Monte Fry.....1994, 1996
 Sarrah Goodwin1994, 95
 Adam Goucher1998
 Colleen Gyldy1997
 Mark Haggerty1991
 Jill Hassebrock1994
 Jay Johnson.....1995
 Steve Joiner.....1988
 Jennifer Jones1991
 Michelle Kantor1990, 91
 Derek Knostman1992
 Brett Larsen1992
 Christa Loyd1994, 95
 Alison Lusby.....1994
 Allison Lusby.....1995
 Anna Magle2004
 Simon Marsh1991
 Chris McDonald1989
 James McDonald.....1991
 Christine McNamara1988
 Amy Metern1991
 Micah Moore1992
 Brad Moser1993
 Melinda Mounsey.....1996
 Matt Napier1996
 Ewen Nichol.....1996
 Alex Olsen1998
 Sarah Pauley.....1996
 Anthony Pierangeli1996
 Jodi Pilcher1994
 Steve Proversano1989
 Tom Reese.....1995
 Katy Richards1990, 91
 Dathan Ritzenhein2004
 Andy Samuelson1991
 Heidi Scarlett.....1995
 Bret Schoolmeester2004
 Tim Schurman1994
 Sarah Scott1989
 Wendy Smith1991
 Michael Sobolik1993
 Holly Stanish.....1995
 Brian Steele1995
 Shawn Stone1994
 Kyle Swartz1999
 Zeke Tiernan1995, 97
 Brent VanSickle.....1995

COLORADO ACADEMIC PROGRAMS

STEPS

STEPS is a program designed to assist graduating student-athletes as they transition to life after the university setting. The program will have Department of Athletics staff and university faculty assist them in the following areas:

- **“Learn to Earn” with Alice Swanson, veteran of The Boulder Chamber of Commerce and currently of Leeds School of Business**
 - Interview Skills
 - Job Placement
 - Contract Negotiation
- **Personal Financial Planning with Susan Morley of Leeds School of Business**
 - *Playbook for Life*, the Student-Athlete’s Guide to Understanding and Planning Your Financial Future
- **Exit Interview with the Department of Athletics**
 - Student-Athletes discuss their CU experience with a senior level administrator in the Department of Athletics. (One-on-one interview and survey)
- **Career Services**
 - Resume / Folio 21
 - CSO On-line
 - Letters of Recommendation (4-6)
 - Job Fairs
 - Post-Graduation Test Preparation
- **Exit Physical**
 - Athlete completes final medical physical, reviews medical history with Office of Sports Medicine and discusses lingering injuries with Sports Medicine on coverage
- **Counseling and Psychological Services**
 - CU psychologist, Dr. Jan Johnson, offers one-on-one counseling sessions to athletes earning to cope with the impending life changes once their careers have ended.
- **Graduation Checklist**
- **Alumni C-Club**
 - Student-Athletes stay connected to CU through membership in the Alumni C-Club.
- **Post-Graduate Scholarships**
- **Professional Sports Counseling Panel**



READ WITH THE BUFFS

1. The University of Colorado and IBM work together to promote literacy in local elementary schools through the “Read With the Buffs” program.
2. Focus of the program is to:
 - a. Have CU student-athletes promote reading as the basis for success in school.
 - b. Promote the importance of school and doing your personal best.
3. Designated school districts are Boulder Valley and St. Vrain school districts.
4. Teacher’s Responsibilities:
 - a. Decisions:
 - i. It is suggested for students to compete against themselves, not others.
 - ii. Encourage students to read over the holidays.
 - iii. At the end of the program send into the athletic department a list of all students who have participated in “Read With the Buffs” successfully.
5. Student-athletes will visit the classroom for a 45-minute presentation.
 - a. Pencils, stickers and/or bookmarks will be given out to students who are able to answer the comprehension questions correctly after the book is read.
6. Student-athletes will deliver the message: do well in school, work hard, do your personal best, and importance of reading.
7. No more than two classrooms should be combined with one group of student-athletes.
8. One adult volunteer is assigned to two to three student-athletes.
9. CU pencils and bookmarks or stickers will be left for all students.
10. In addition, a T-shirt (autographed) will be left with each classroom teacher to hang up in the classroom as a continual reminder about “Read With the Buffs.”
 - a. The T-shirt will be for the classroom teacher to keep as a thank you for participating in “Read With the Buffs.”
11. Students who participate in the program and successfully meet the criteria, set by the teacher, will receive a ticket to attend either a men’s or women’s basketball game.
12. A special section will be set aside for all “Read With the Buffs” participants.
13. Two students will be on the court during halftime representing their classroom.

PAC-12 CONFERENCE

Conference History

The roots of the Pac-12 Conference date back nearly a century to December 2, 1915, when the Pacific Coast Conference (PCC) was founded at a meeting at the Oregon Hotel in Portland. The original membership consisted of four schools — the University of California at Berkeley, the University of Washington, the University of Oregon, and Oregon State College (now Oregon State University). All still are charter members of the Conference.

Pacific Coast Conference play began in 1916 and, one year later, Washington State College (now Washington State University) was accepted into the league, with Stanford University following in 1918.

In 1922, the PCC expanded to eight teams with the admission of the University of Southern California (USC) and the University of Idaho. In 1924, the University of Montana joined the league roster, and in 1928, the PCC grew to 10 members with the addition of UCLA.

The Pacific Coast Conference competed as a 10-member league until 1950, with the exception of 1943-45 when World War II curtailed intercollegiate athletic competition to a minimum. During that time, the league's first commissioner was named. Edwin N. Atherton was commissioner in 1940 and was succeeded by Victor O. Schmidt in 1944. In 1950, Montana resigned from the Conference and joined the Mountain States Conference, essentially replacing Colorado, which left for the Big 7 two years earlier. The PCC continued as a nine-team conference through 1958.

In 1959, the PCC was dissolved and the Athletic Association of Western Universities was formed and Thomas J. Hamilton was appointed commissioner of the new league. The original AAWU membership included California, Stanford, Southern California, UCLA and Washington. Washington State joined the membership in 1962, while Oregon and Oregon State joined in 1964. Under Hamilton's watch, the name Pacific-8 Conference was adopted in 1968. In 1971, Wiles Hallock took over as commissioner of the Pac-8.

On July 1, 1978, the University of Arizona and Arizona State University were admitted to the league and the Pacific-10 Conference became a reality. In 1986-87, the league took on a new look, expanding to include 10 women's sports. Thomas C. Hansen was named the commissioner of the Pac-10 in 1983, a role he would hold for 26 years until 2009. Hansen was succeeded by current commissioner Larry Scott, who took on the new role in July 2009.

During the 2010-11 academic year, Scott helped deliver monumental changes that transformed the conference into a modern 12-team league by adding the University of Colorado and the University of Utah. The addition of CU and Utah led to an agreement to equal revenue sharing for the first time in conference history, created two divisions (North and South) for football only, established a football championship game for the first time ever, secured a landmark media rights deal that dramatically increased national exposure and revenue for each school and established the Pac-12 Network and Pac-12 Digital Network that guaranteed enhanced exposure across all sports.

Colorado accepted its invitation to join the Pac-12 on June 11, 2010, as the Buffaloes were the first domino to fall in a change of the national landscape which, in just one week, saw Nebraska also leave the Big 12 and join the Big 10, Boise State depart the WAC for the Mountain West, TCU jump from the MWC for the Big East, and then on June 17, Utah agreeing to join CU to make it an even dozen in the Pac-12. Big-time rivals for the first half of the last century, the Buffaloes and Utes officially became the 11th and 12th members of the Conference on July 1, 2011, the first additions to the league since 1978. During the 33 years between expansions, Pac-10 teams claimed 258 NCAA titles (130 women's, 128 men's).

At present, the Pac-12 sponsors 11 men's sports and 11 women's sports. Additionally, the conference schools are members of the Mountain Pacific Sports Federation (MPSF) in four other men's sports and three women's sports. CU participates in the MPSF in indoor track and will in women's lacrosse come 2014, and already competes in the Rocky Mountain Intercollegiate Ski Association (RMISA) in skiing, which is a coed sport.

The Pac-12 Conference offices are located 25 miles east of San Francisco in Walnut Creek, Calif.



Pac-12 Commissioner Larry Scott

Conference of Champions

Built on a firm foundation of academic excellence and superior athletic performance, the Conference ushers in a new era with the additions of the University of Colorado and University of Utah, officially becoming the Pac-12 Conference on July 1, 2011.

The Pac-12 rises above the rest, upholding its tradition as the "Conference of Champions"®, claiming an incredible 180 NCAA team titles over the past two decades, including nine in 2010-11, averaging nearly nine championships per academic year. Even more impressive has been the breadth of the Pac-12's success, with championships coming in 27 different men's and women's sports. The Pac-12 has led the nation in NCAA Championships in 45 of the last 51 years and finished second five times.

Spanning nearly a century of outstanding athletics achievements, the Pac-12 was the first conference to reach 400 championships in 2010-11. With the inclusion of CU and UU, league teams have captured 451 NCAA titles through the 2011-12 season (306 men's, 145 women's), outdistancing the next closest conference by nearly 200.

In each of the last two years (2010-11, 2011-12) the then-Pac-10 and now the Pac-12 has led the country with nine NCAA titles, with men's and women's programs sharing the wealth with five NCAA women's titles and four men's crowns in each of those years.

Including titles previously won by Colorado and Utah, Pac-12 members have won 306 NCAA team championships on the men's side, 89 more than the next closest conference. Men's NCAA crowns have come at a phenomenal rate for the Pac-12: 16 basketball titles by six schools (more than any other conference), 53 tennis titles, 45 outdoor track & field crowns and 27 baseball titles. Pac-12 members have won 25 of 43 NCAA titles in volleyball, 38 of 42 in water polo, 27 in skiing and 23 swimming & diving national championships.

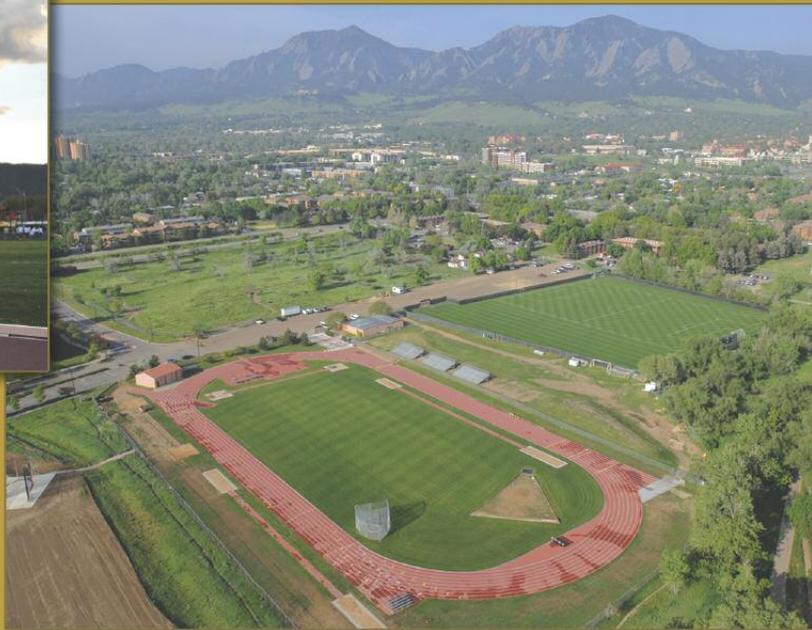
Individually, the conference has produced an impressive number of NCAA men's individual champions, as well, boasting 2,073 individual crowns.

On the women's side, the story is much the same. Since the NCAA began conducting women's championships 30 years ago, Pac-12 members have claimed at least four national titles in a single season on 23 occasions, including 2011-12. Overall, the Pac-12 has captured 145 NCAA women's titles, easily outdistancing the SEC (second with 88). Pac-12 members have dominated a number of sports, winning 23 softball titles, 19 tennis crowns, 14 of the last 22 volleyball titles, 14 of the last 23 trophies in golf, and 13 in swimming and diving.

Pac-12 women student-athletes shine nationally on an individual basis, as well, having captured an unmatched 642 NCAA individual crowns, an average of nearly 21 championships per season.

Colorado and Utah have combined to win 15 coed skiing titles, one of three NCAA sports to score championships based on men's and women's results along with fencing and rifle. Combined, the newest Pac-12 entrants added 27 NCAA ski crowns and 148 individual champions to the league's coffers.

In the 2012 London Summer Olympics, athletes who hailed from Pac-12 schools won 45 medals; had the conference been a country, it would have finished fifth.



BUFF FACILITIES

