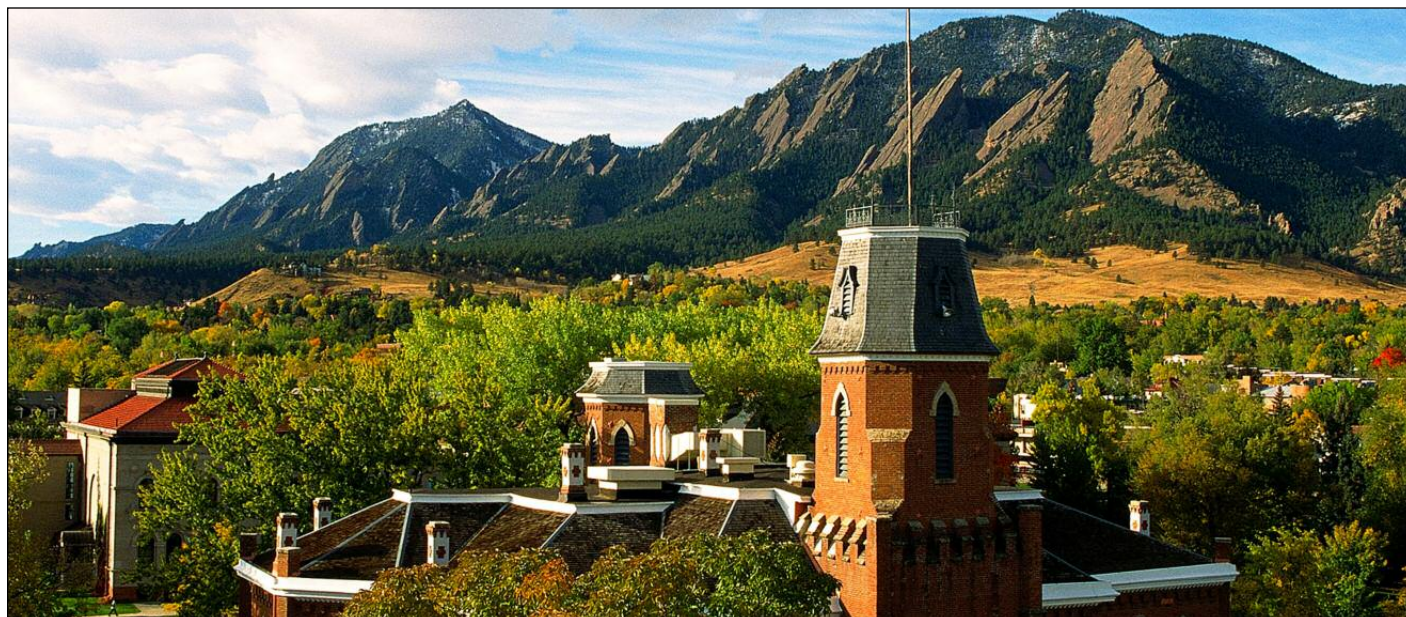




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BUFFS AT A GLANCE

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

TRACK AND FIELD

Head Coach: Mark Wetmore (Rutgers '78)
Phone: 303-492-5227
Best Time to Reach: Mornings
Assistant Coaches: Heather Burroughs (Distance 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
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SPORTS MEDICINE

Athletic Trainer: Tara Burnett
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DWAC Training Room: 303/492-3801
Fax: 303/492-4217
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2013 IN REVIEW:

Indoors

MPSF Indoor Championships: Men 10th, Women 11th
NCAA Indoor Championships: Men NTS, Women t20th
All-Americans (3): Emma Coburn (Mile), Joe Morris (60) and Aric Van Halen (3,000)
NCAA Champion (1): Emma Coburn (Mile)

Outdoor

Pac-12 Outdoor Championships: Men 6th, Women 10th
NCAA Outdoor Championships: : Men t75th, Women t25th
Conference Champions (2): Emma Coburn and Aric Van Halen (Steeplechase)
All-Americans (5): Emma Coburn and Aric Van Halen (Steeplechase), Emily Hunsucker (Hammer Throw) and Joe Morris (100)
NCAA Champion (1): Emma Coburn (Steeplechase)

CREDITS

The 2014 University of Colorado Track and Field Media Guide was written and designed by the Colorado Sports Information office and assistant director Linda Sprouse.

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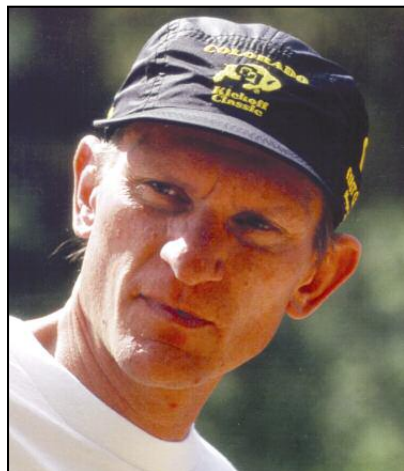
Photography: Chip Bromfield (Pro-Motion LTD), Larry Lawson, Cliff Grassmick, Brian Lewis, Pro-Motion, Ltd., Curtis Snyder, Linda Sprouse, Casey Malone and Casey Cass and Glenn Asakawa, University of Colorado

ON THE COVER

Joe Bosshard, Eileen Gehring, Emily Hunsucker, Mark Jones, Shalaya Kipp and Alex Kizirian.

Student-athletes have signed waivers disclosing their academic standing.

Coaches / Support Staff



MARK WETMORE
Head Coach
Distance/Middle Distance
20th Season

Mark Wetmore enters his 23rd season at Colorado, his 20th as the head coach, and is the only NCAA Division I coach to win all four NCAA cross country titles at the same school.

Wetmore's squads have won six 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 and 2013 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 55 individual conference champions and 11 individuals who have combined for 20 NCAA titles. Wetmore has coached 78 individuals to 232 All-American selections. He has produced 30 conference championship teams, most recently capturing the 2013 Pac-12 Men's Cross Country Championship.

Wetmore's distance runners have represented the United States in international competitions. During their collegiate careers, nine 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 17 spots on the U.S. Olympic Team roster, including then-CU students

Emma Coburn and Shalaya Kipp in 2012, both in the steeplechase.

His graduates have experienced post-collegiate success unrivaled by any NCAA distance program. Twenty-four of his athletes have earned professional running contracts and 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 13 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
10th Season

Colorado's first female three-time All-American, Heather Burroughs begins her 10th season on the staff of her alma mater assisting coach Mark Wetmore with the men's and women's teams. Since joining the staff, she has assisted with 12 conference championship teams, four NCAA championships teams and 44 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' nine track seasons assisting the men's and women's middle and long distance runners, CU athletes have made an impact at the conference, NCAA, American and world levels on the track. To date, 33 have captured individual conference titles and 45 have earned All-American accolades. The women have won 10 individual NCAA titles and have broken six collegiate records. Since 2007, CU runners have won four U.S. outdoor titles. They have earned four individual berths on U.S. outdoor world championship teams as well as three individual berths on the U.S. Olympic team.

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** **14th Season**

Casey Malone, a 1998 NCAA Discus Champion and two-time Olympian, is in his 14th 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 and women's outdoor weight throw (Hazen, 210-11; Emily Hunsucker, 207-10). He has mentored seven NCAA qualifiers, 14 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** **Seventh Season**

Malone began her seventh year coaching the pentathlon, heptathlon, decathlon and jumps for the CU Track and Field team in the fall of 2013.

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

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

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

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

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

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



DREW MORANO **Assistant Coach/Sprints & Hurdles** **Fifth Season**

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

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

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

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

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

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

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

Coaches / Support Staff



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

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

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

During Nelson's final season with the Buffs, he won the steeplechase at the conference and regional meet and capped off his collegiate career with a runner-up finish at the 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 a 26th-place finish.

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

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



KAREN LECHMAN
DIRECTOR OF OPERATIONS
12th Season

Karen Lechman is in her seventh year as the director of operations, but her 12th 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
Second Season

Lex Butler is in his second 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.



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

Olympian Emma Coburn signed with New Balance after finishing up her storied career with the Buffs in the summer of 2013 and has stayed on to train with CU coaches Mark Wetmore and Heather Burroughs. She is also serving as a volunteer assistant with the Buffs.

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

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

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



EMILY PEARSON **Volunteer Assistant** **Coach/Combined Events/Jumps** **Sixth Season**

Emily Pearson is in her sixth 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.



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

Two-time Olympian Jenny (Barringer) Simpson has returned to CU to train with Mark Wetmore and Heather Burroughs and will serve as a volunteer assistant with the Buffs for her second year.

Simpson won the 2011 IAAF World Championship in the 1,500, winning in 4:05.40 to become the first American since another former Buff, Mary Decker Slaney, won in 1983. In 2013, she narrowly missed defending her world title as she finished second overall.

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

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

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

Assistant Coach Accolades

Heather Burroughs (Distance)

Collegiate:

Cross Country:

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

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

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

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

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

Track and Field:

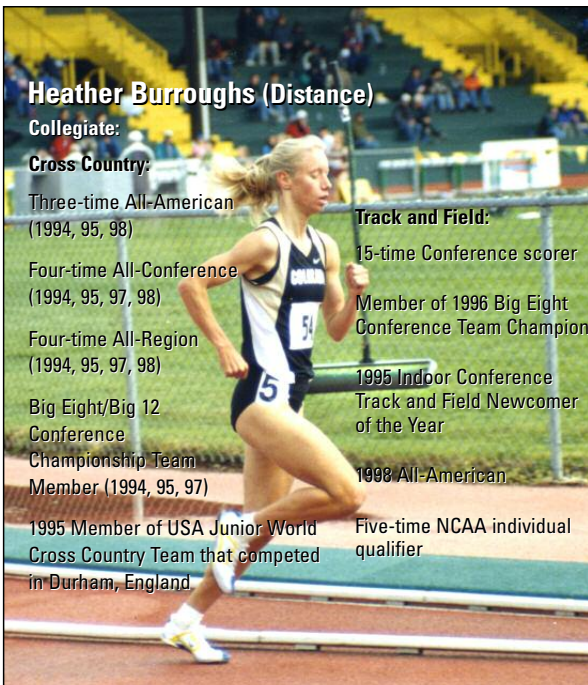
15-time Conference scorer

Member of 1996 Big Eight
Conference Team Champion

1995 Indoor Conference
Track and Field Newcomer
of the Year

1998 All-American

Five-time NCAA individual
qualifier



Lex Butler (Hurdles)

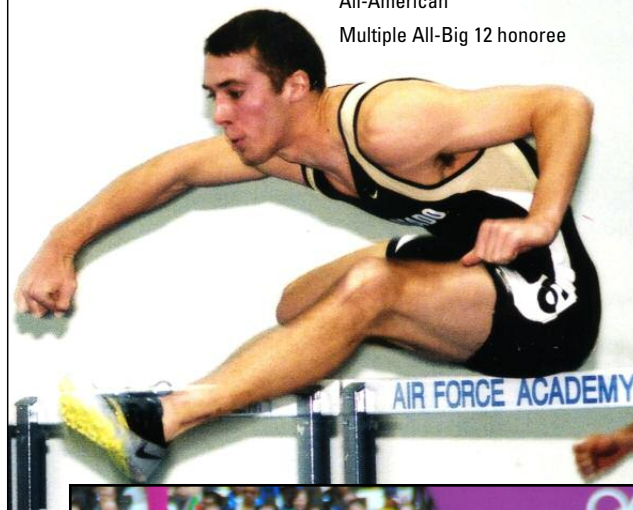
Collegiate:

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:

2013 USA Championships (4th)

2012 U.S. Trials (6th)

Competed on the IAAF Samsung Diamond League series

2010 USATF Champion

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

2009 IAAF World Athletic Final, Berlin (5th)

2009 USATF Champion

2008 Olympian

USA Championships (1st/2010, 1st/2009, 11th/2007, 2nd/2006,
3rd/2005, 5th/2003, 5th/2002, 10th/2001, 6th/1999,
5th/1993) 8th/1997)

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

2004 Olympian (sixth)

2004 IAAF World Athletic Final, Monaco (7th)

2004 ISTAF Golden League Meet, Berlin (6th)

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

2002 Ranked fourth nationally

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

2000 Ranked seventh nationally

Collegiate:

1998 NCAA Champion

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

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

2000 NACAC Age 25
and Under Champion

1996 Junior National
Champion and meet
record holder



Emma Coburn (Middle Distance/Steeplechase)

Collegiate:

Six-time All-American

Three-time NCAA Champion

2012 Olympian

2011 and 2013 NCAA
Steeplechase Champion

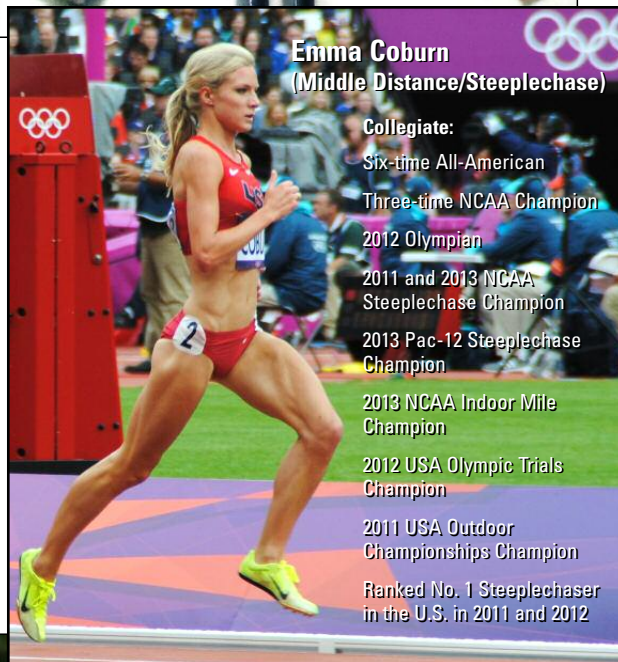
2013 Pac-12 Steeplechase
Champion

2013 NCAA Indoor Mile
Champion

2012 USA Olympic Trials
Champion

2011 USA Outdoor
Championships Champion

Ranked No. 1 Steeplechaser
in the U.S. in 2011 and 2012



Lindsey Malone (Combined Events/Jumps)

Professional:

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

2002 U.S. Indoor National Championships participant

Collegiate:

2001 Colorado State Heptathlon record

2001 Mountain West Conference Pentathlon (3rd)

1999 Set CSU Indoor High Jump record

1998 Tied CSU Outdoor High Jump record

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

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



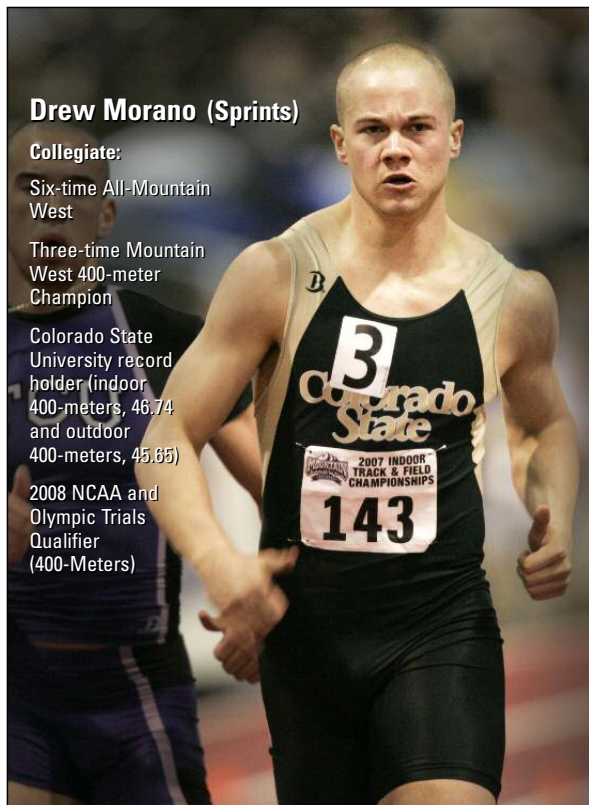
Drew Morano (Sprints)**Collegiate:**

Six-time All-Mountain West

Three-time Mountain West 400-meter Champion

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

2008 NCAA and Olympic Trials Qualifier (400-Meters)

**Billy Nelson (Steeplechase)**

Professional: 2013 USA Championships participant

2012 USA Olympic Trials participant

2011 IAAF World Championship Participant

2011 USATF Champion

2010 USATF Cross Country Championships Participant

2010 USATF Championships – 5th

2009 USATF Championships – 13th

2008 Olympic Participant

2008 USATF runner-up

Collegiate:

Six-time All-American

Ranks second on the CU steeplechase performers list

2008 NCAA steeplechase runner-up

2008 NCAA Midwest Region steeplechase Champion

2007 and 08 Big 12 steeplechase Champion

2006 Big 12 Indoor 3k Champion

2003 USA Junior XC Champion

2003 IAAF World Junior XC Participant

2003 USA Junior 5k Champion

**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)

**Jenny Simpson (Middle Distance/Distance)****Professional:**

Four-time USATF Indoor Champion

Three-time USATF Outdoor Champion

Two-time Olympian (2008 and 2012)

2013 IAAF World Championships (2nd, 1,500)

2013 USATF 5k Champion

2012 USA Olympic Trials (3rd, 1,500)

2012 USA Indoor Champion (Mile and 3k)

2011 IAAF World Champion (1,500m)

2011 USA Outdoor Championships (2nd, 1,500)

2011 USA Indoor Champion (Mile and 3k)

2010 USA Outdoor Championships (3rd, 5k)

Collegiate:

Four-time NCAA Champion

Seven-time All-American

Owens Six NCAA Records

Owens Seven CU Records

American record holder (steeplechase, 9:12.50)

Won the inaugural The Bowerman award

Four-time Big 12 Champion

Four-time Midwest Region Champion

2009 IAAF World Championships (5th, steeplechase – set the American record (9:10.50) which still stands)

2009 USA Steeplechase Champion

2008 Olympic Games (8th)

2008 USA Olympic Trials (3rd)

2007 USA Steeplechase Champion



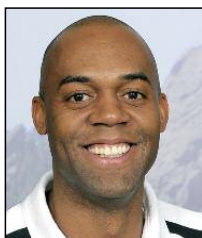
Support Staff



David Adamczyk
Equipment

David Adamczyk Assistant Equipment Manager • Fourth Season

David Adamczyk is in his sixth season as an assistant equipment manager at the University of Colorado, his fourth 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 • Third Season

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



MT Eisner
Athletics

MT Eisner Assistant Coach Sports Performance • First Season

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



Tara Burnett
Athletics

Tara Burnett Assistant Athletic Trainer • First Season

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



Linda Sprouse
Sports Information

Linda Sprouse Assistant Sports Information Director • Ninth Season

Linda Sprouse is in her ninth season as the assistant sports information director for the CU cross country/track and field team and also works with the volleyball program at Colorado. Sprouse served as the media coordinator for the 2013 Pac-12 Cross Country Championships and the 2008 Big 12 Outdoor Track & Field Championship when the Buffs hosted both meets. Prior to joining CU, she served as the coordinator of media relations for the American Volleyball Coaches Association from 2003-05, working primarily with NCAA women's Division II and III and men's Division III volleyball programs. Sprouse served as a graduate assistant in the athletic communications office at Minnesota State University from 2001-03. She worked with several of the Mavericks' programs, including volleyball, women's ice hockey and women's basketball. Sprouse earned her bachelor's degree in mass communications from MSU in 2001 and completed her master's of science in sport administration from MSU in 2007. A native of New Ulm, Minn., she earned two letters as a member of the NUHS tennis team and enjoys watching hockey, hiking and spending time with family and friends. The former Linda Poncin is married to Nick Sprouse and the couple is expecting their first child in April.

INDOOR

December 5-6	Orediggers Early Bird Multi	Steinhauer Fieldhouse	Golden, Colo.
December 13	Air Force Holiday Open	Cadet Fieldhouse	USAFA, Colo.
January 11	Air Force All-Comers	Cadet Fieldhouse	USAFA, Colo.
January 17-18	Potts Indoor Invitational	Balch Fieldhouse	Boulder, Colo.
January 23-25	Air Force Invitational	Cadet Field House	USAFA, Colo.
January 31-Feb. 1	UW Invitational	Dempsey Indoor	Seattle, Wash.
February 14-15	Don Kirby Collegiate Open	Albuquerque Convention Center	Albuquerque, N.M.
February 14-15	Husky Classic	Dempsey Indoor	Seattle, Wash.
February 28-March 1	Mountain Pacific Sports Federation Championships	Dempsey Indoor	Seattle, Wash.
March 8-9	Last Chance Qualifiers	TBA	TBA
March 14-15	NCAA Indoor Championships	Albuquerque Convention Center	Albuquerque, N.M.

OUTDOOR

March 21-22	Jerry Quiller Classic	Potts Field	Boulder, Colo.
March 29	Stanford Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
March 29	Fum McGraw Quadrangular	Jack Christiansen Track	Fort Collins, Colo.
April 3-4	Air Force Multis	Cadet Outdoor Track & Field Complex	USAFA, Colo.
April 5	Air Force Relays	Cadet Outdoor Track & Field Complex	USAFA, Colo.
April 10-11	Jim Click Shootout Multis	Drachman Stadium	Tucson, Ariz.
April 11-12	CU Invitational	Potts Field	Boulder, Colo.
April 17-19	Mt. SAC Relays	Hilmer Lodge Stadium	Walnut, Calif.
April 19	Beach Invitational	Jack Rose Stadium	Cerritos, Calif.
April 19	Bryan Clay Invitational	Cougar Athletic Stadium	Azusa, Calif.
April 24-25	Glenn Morris Combined Events	Jack Christiansen Track	Fort Collins, Colo.
April 25-26	Jack Christiansen Invitational	Jack Christiansen Track	Fort Collins, Colo.
May 4	Payton Jordan Cardinal Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
May 10-11	Pac-12 Combined Events Championships	Mooberry Track & Field Complex	Pullman, Wash.
May 17-18	Pac-12 Outdoor Championships	Mooberry Track & Field Complex	Pullman, Wash.
May 29-31	NCAA West Preliminary Championships	John McDonnell Field	Fayetteville, Ark.
June 11-14	NCAA Outdoor Championships	Hayward Field	Eugene, Ore.
June 25-29	USA Track and Field Outdoor Championships	Hornet Stadium	Sacramento, Calif.

* Schedule is tentative and subject to change

2014 Outlook

The 2013-14 University of Colorado track and field season looks to be another exciting one. A small part of the team started competing in December, but the majority of the team will start in January.

Similar to the past, CU will host three home meets. The Potts Indoor Invitational (January 17-18) is the only indoor home meet the Buffs will host, but they will host a pair of outdoor meets, the Jerry Quiller Classic, March 21-22, and the Colorado Invitational, April 11-12.

DISTANCE

Colorado has solidified its position as one of the top distance programs in the country under the direction of head coach Mark Wetmore and assistant coach Heather Burroughs. Both men and women had a great cross country season with the men winning their fourth NCAA title, as well as their third straight Pac-12 Championship. The women's team was the runner-up at the Pac-12 Championship and took seventh at NCAAs.

The men's side is stacked with returning talent and will be led by five-time All-American, three on the track, Joe Bosshard. He hasn't competed on the track since 2011 when he picked up All-America honors in the outdoor 5k and 10k, but he received a sixth-year of eligibility to compete this season.

Other top returners for the Buffs include Pierce Murphy, Morgan Pearson and Blake Theroux. All three earned All-America status in cross country, and Murphy and Theroux have each scored for the Buffs at the Pac-12 Championships. Murphy was third last season in the 10k at conference, while Theroux was third in the steeplechase. Pearson redshirted the 2013 track season.

The depth goes beyond those four competitors. Hugh Dowdy was fourth in the steeplechase at Pac-12s and Ammar Moussa was close to scoring with an 11th-place finish in the 5k.

CU's women are led by Olympian Shalaya Kipp. She became CU's first four-time female cross country All-American last November, but is also a three-time All-American in the steeplechase, which includes the 2012 NCAA title. Kipp redshirted the 2013 season, but competed unattached during the year. She placed third at the USATF Outdoor Championships and went on to compete at the IAAF World Championships in Moscow last August. Kipp has indoor and outdoor eligibility remaining.

Carrie Verdon has also scored for the Buffs, placing eighth at the Pac-12 Championships in the 5k as a freshman. Transfer Abby Levene and freshmen Erin Clark and Melanie Nun all had a solid cross country season and look to keep the success going this spring.

MIDDLE DISTANCE

Coaches Wetmore and Burroughs have a talented group of middle distance runners as well. Jake Hurysz and Connor Winter will guide the small group and have the ability to run well at the shorter distances, as well as the longer distances. Hurysz placed fifth in the 1,500 at the Pac-12 Championships, while Winter was fourth in the 5k. Freshman All-American Ben Saarel will join the duo and looks to make an immediate impact on the team as he led CU at the NCAA Cross Country Championships with an eighth-place finish.

The women will be led by senior Elizabeth Tremblay in the middle distances, although she only has outdoor eligibility remaining. She is third on CU's outdoor 800 list and will be looking to improve on that this season. Jenny DeSouchet redshirted the 2013 season, but looks to get back into action this spring after a successful cross country season.

JUMPS/COMBINED EVENTS

Assistant coach Lindsey Malone is in her seventh year at the helm of the combined events and jumps program and has another talented group of athletes this year. The men's side has a pair of seniors to lead the way in combined events athletes Jason DeWitt and Brock Emory. Both are on the verge of scoring at the indoor meet and Emory recorded an eighth-place finish at the Pac-12 Championships in the decathlon. In the jumps, Mark Jones scored for the Buffs at both the indoor and outdoor conference meets. He was sixth at MPSFs and placed second at Pac-12s. He went on to compete at NCAAs, CU's first high jumper since 1990, and tied for 21st overall. Jones currently ranks third in CU's indoor and outdoor record book.

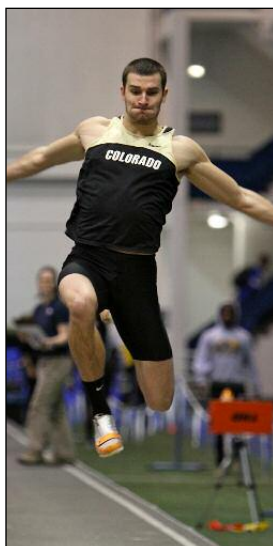
The women's team is young, but they should do quite well with a pair of sophomores, Brittany Lewis and Abrianna Torres, leading the charge. Torres had a breakout season as a redshirt freshman last season. She placed fourth in the pentathlon at the MPSF Championships and then at the Pac-12 Championships, she placed third in the heptathlon and was seventh in the long jump. Lewis redshirted the 2013 season, but did well as a freshman, placing seventh in the pentathlon at MPSFs. Kelsey



Tyler Baker



Joe Bosshard



Brock Emory



Eileen Gehring



Emily Hunsucker

English also returns to the team and will lead the high jumpers. She placed fourth at MPSFs and was eighth at Pac-12s. English also advanced to the NCAA West Preliminary Championships last season and just missed advancing to nationals with a 13th-place finish.

SPRINTS/HURDLES

Assistant coach Drew Morano is in his fifth season at the helm of the Buffalo sprinters. The men will be led by Tyler Baker, Blake Berens and Shaw Gifford. The trio has been part of the 4x400 relay which has performed well at indoor and outdoor conference meets. Individually, they are all looking to have a breakout season. Baker placed eighth in the 400-meter hurdles in 2012 at the Pac-12 Championships. Berens and Gifford haven't scored points individually for the Buffs, but they are on the cusp of breaking through.

Eileen Gehring, CU's outdoor 200 and 400-meter record holder, is back to lead the team. She recorded her first individual point for the team at the MPSF Championships with an eighth-place finish in the 200 last season. Lindsay Mattson will also help the women's team. She ranks third in CU history in the 400 and is sixth in the 200. Mattson and Gehring have been members of the women's 4x400 relay teams that have scored at both indoor and outdoor conference meets, as well as setting the CU record in the indoor 4x400 (3:43.52) last season.

THROWS

Casey Malone, a two-time Olympian and two-time U.S. Discus Champion, is at the helm of the Buffs throwers for the 14th season. Over the course of the last few years, his team has made huge strides, qualifying for NCAAAs and setting CU records.

Alex Kizirian and Brady Rutt look to lead the men's team. Kizirian redshirted the entire 2013 season, but came out in the first meet of the 2014 season and recorded a school record of 67-02 in the weight throw. In 2012, Kizirian scored for CU at both indoor and outdoor conference meets. He was sixth in the weight throw at MPSFs and finished sixth in the hammer throw at Pac-12s. Rutt has scored for the Buffs in the past as well, including a fifth-place finish in the discus at the 2012 Pac-12 Championships. He just missed scoring during his sophomore campaign as he came in ninth overall.

The women are led by senior Emily Hunsucker. She set the school record of 207-10 in the hammer throw in 2013 and became the first female Buff since 1998 to compete at outdoor NCAAAs. Hunsucker recorded a ninth-place finish at nationals, just one position away from scoring for the Buffs, although she did earn All-America Second Team honors with the finish.

THE MEET SCHEDULE

CU started the season early this year, competing at a couple meets in December before winter break. The teams will be back in action in the beginning of January at the Air Force All-Comers Meet on Jan. 11 before hosting the Potts Indoor Invitational Jan. 17-18. The Buffs will stay on the Front Range for most of the indoor season, but there will be a chance to head to Seattle for the UW Invitational (Jan. 31-Feb. 1) and the Husky Classic (Feb. 14-15). A group of athletes will also compete at the Don Kirby Collegiate Open (Feb. 14-15) in Albuquerque.

The University of Washington will host the 2014 Mountain Pacific Sports Federation Championships in Seattle, Wash., February 28-March 1, and the NCAA Indoor Championships will follow on March 14-15 in Albuquerque, N.M. for those who qualify.

As soon as the indoor season is over, the Buffs will switch gears to the outdoor campaign, hosting the first of its two home meets at Potts Field. CU will host the Jerry Quiller Classic March 21-22, and the second home meet is the Colorado Invitational, slated for April 11-12.

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

Washington State will host the 2014 Pac-12 Outdoor Track & Field Championships. The combined events portion of the meet will be contested May 9-10, while all other event areas will compete May 17-18. Arkansas will host the NCAA West Preliminary Championships, May 29-31, at John McDonnell Field. The 2014 NCAA Outdoor Championships are June 11-14 in Eugene, Ore. at Hayward Field, and the U.S. Track & Field Outdoor Championships will be June 25-29 in Sacramento, Calif.



Jake Hurysz



Shalayla Kipp



Alex Kizirian



Abrianna Torres



Elizabeth Tremblay

2014 Track And Field Rosters

MEN	Ht.	Yr.	In/Out	Event(s)	Hometown (High School/Previous College)
Tyler Baker	5-11	Jr./Sr.	1L/2L	Hurdles	Santa Rosa, Calif. (Maria Carrillo)
Blake Berens	5-11	Jr./Sr.	VR/1L	Sprints	Loveland, Colo. (Loveland)
Joe Bosshard	6-0	Sr.	1L/2L	Distance	Crested Butte, Colo. (Crested Butte Academy)
Jason DeWitt	6-3	Sr.	VR/VR	Combined Events	Arvada, Colo. (Ralston Valley)
Hugh Dowdy	6-1	Jr.	VR/2L	Distance	Petaluma, Calif. (Petaluma)
David Emmert	6-3	Fr.	HS/HS	Middle Distance	Sycamore, Ill. (Sycamore)
Brock Emory	6-4	Sr.	VR/1L	Combined Events	Colorado Springs, Colo. (Fountain Fort Carson)
Paden Gatlin	6-5	Fr.	HS/HS	Throws	Lancaster, Texas (Jesuit Dallas)
Erik Gaytan	5-8	Fr.	RS/RS	Sprints	Littleton, Colo. (Chatfield)
Shaw Gifford	6-1	Sr./Jr.	2L/1L	Sprints	Littleton, Colo. (Chatfield/Arizona)
Joe Holvey	5-6	So.	TR/TR	Distance	Eugene, Ore. (South Eugene/Oregon)
Jake Hurysz	5-10	Jr.	VR/1L	Middle Distance	Mebane, N.C. (Eastern Alamance/UNC)
Mark Jones	6-8	Jr.	1L/1L	Combined Events/Jumps	Summit, N.J. (Summit)
David Kilgore	5-8	So.	VR/VR	Distance	Palm Bay, Fla. (Holy Trinity)
Alexandre Kizirian	6-2	Jr.	1L/1L	Throws	Thornton, Colo. (Mountain Range)
Garrett Losty	6-0	Fr.	HS/HS	Sprints/Hurdles	Williamsburg, Va. (Lafayette)
Kyle MacIntosh	6-2	Sr.	2L/1L	Sprints	Littleton, Colo. (Littleton)
Jaylyn Mars	5-6	Fr.	HS/HS	Sprints	Aurora, Colo. (Cherokee)
Joe Mitchem	6-2	So./Fr.	VR/RS	Middle Distance	Broomfield, Colo. (Broomfield)
Austin Mitsch	5-10	Fr.	HS/HS	Sprints	Sacramento, Calif. (Jesuit)
Ammar Moussa	5-7	So.	VR/VR	Distance	Arcadia, Calif. (Arcadia)
Pierce Murphy	5-8	So.	VR/1L	Distance	Hanalei, Hawai'i (Island)
Morgan Pearson	5-11	Jr.	VR/VR	Distance	New Vernon, N.J. (Morristown/Duke)
Zach Perrin	6-0	Fr.	HS/HS	Distance	Kalispell, Mont. (Flathead)
Adam Peterman	6-2	Fr.	HS/HS	Distance	Missoula, Mont. (Hellgate)
Brady Rutt	6-1	Jr.	VR/1L	Throws	Hastings, Neb. (Hastings)
Ben Saarel	6-1	Fr.	HS/HS	Middle Distance	Park City, Utah (Park City)
Dillon Shije	5-8	Sr.	VR/VR	Distance	Zia Pueblo, N.M. (Sandia Preparatory)
Panos Smyrnios	5-8	Fr.	HS/HS	Middle Distance	Littleton, Colo. (Chatfield)
Blake Theroux	5-8	Sr./Jr.	1L/1L	Distance	Chesapeake, Va. (Western Branch)
Jaron Thomas	6-1	Fr.	HS/HS	Sprints/Hurdles	Midlothian, Texas (Midlothian)
Connor Winter	5-11	Jr./So.	VR/1L	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

ASSISTANT MIDDLE AND LONG DISTANCE COACH: Billy Nelson

PRONUNCIATION GUIDE

Joe BOSSHARDboss-HARD

Jake HURYSZHERS

Alexandre KIZIRIANKEH-zeer-E-ian

Ammar MOUSSAMOO-sah

Ben SAARELSAH-rell

Dillon SHIJESHE-hay

Panos SMYRNIOSSMEAR-ni-ohs

Blake THEROUXTHER-row

2014 Track And Field Rosters

WOMEN	Ht.	Yr.	In/Out	Event(s)	Hometown (High School/Previous College)
Madeline Alm	5-3	Fr./So.	VR/VR	Distance	Louisville, Colo. (Monarch)
Kajsa Bank	5-8	Sr.	VR/VR	Throws	Louisville, Colo. (Monarch)
Heather Bates	5-9	Fr.	HS/HS	Distance	Colorado Springs, Colo. (Pine Creek)
Courtney Bouchet	5-4	Sr.	VR/VR	Distance	Estes Park, Colo. (Estes Park)
Erin Clark	5-5	Fr.	HS/HS	Distance	Eugene, Ore. (South Eugene)
Charlotte Dennis	5-4	Fr.	HS/HS	Sprints	Gig Harbor, Wash. (Gig Harbor)
Jenny DeSouchet	5-6	So.	RS/RS	Middle Distance	Alamosa, Colo. (Alamosa/Columbia)
Kelsey English	6-2	Jr.	1L/1L	Jumps	Colorado Springs, Colo. (Doherty)
Eileen Gehring	5-6	Jr.	2L/2L	Sprints	Madison, Wis. (Edgewood)
Sophie Hallam-Eames	6-3	So.	VR/VR	Throws	Seattle, Wash. (Nathan Hale)
Brittany Hanrahan	5-5	Fr.	HS/HS	Hurdles	Newport Beach, Calif. (Mater Dei)
Allie Haskell	5-4	Jr.	TR/TR	Sprints	Tucson, Ariz. (Empire/Pima CC)
Ana Holland	5-2	Fr.	HS/HS	Sprints	Centennial, Colo. (Regis Jesuit)
Mia Holland	5-4	Fr./So.	RS/VR	Sprints	Centennial, Colo. (Regis Jesuit)
Lindsey Hubbard	5-5	Sr.	VR/VR	Middle Distance	LaSalle, Colo. (Valley)
Emily Hunsucker	5-6	Sr.	VR/1L	Throws	Arvada, Colo. (Pomona)
Annie Kelly	5-6	Fr.	TR/TR	Distance	Alpharetta, Ga. (Milton/Mississippi)
Shalaya Kipp	5-7	Sr.	1L/3L	Distance	Salt Lake City, Utah (Skyline)
Makenzie Kline	5-11	Fr.	RS/RS	Throws	Reno, Nev. (Galena)
Margaux Krahe	5-8	So.	RS/RS	Throws	Bethel Park, Pa. (Bethel Park)
Abby Levene	5-7	Grad.	TR/TR	Distance	Dublin, N.H. (Phillips Academy/Princeton)
Brittany Lewis	5-8	So.	1L/RS	Combined Events	Aurora, Colo. (George Washington)
Kellie Lind	5-8	Sr.	VR/VR	Throws	Gig Harbor, Wash. (Gig Harbor)
Lindsay Mattson	5-9	Jr.	1L/2L	Sprints	Grand Rapids, Minn. (Grand Rapids)
Lucy May	5-4	Fr.	HS/HS	Middle Distance	St. Louis, Mo. (St. Joseph's Academy)
Catrina McAlister	5-3	So.	RS/RS	Distance	San Clemente, Calif. (Arcadia)
Melanie Nun	5-4	Fr.	HS/HS	Distance	Broomfield, Colo. (Legacy)
Mandy Ortiz	5-1	Fr.	HS/HS	Distance	Vail, Colo. (Battle Mountain)
Ewelina Pena	5-8	So.	VR/VR	Combined Events	Lakewood, Colo. (Lakewood)
Hagen Reedy	5-3	Fr.	HS/HS	Distance	Clovis, Calif. (Buchanan)
Olivia Rintala	5-5	Fr.	HS/HS	Middle Distance	San Jose, Calif. (Archbishop Mitty)
Mariah Slack	5-11	Fr.	HS/HS	Combined Events	Vista, Calif. (Vista)
Bridget Sweeney	5-7	Jr.	1L/2L	Sprints	Hopkins, Minn. (Hopkins)
Abrianna Torres	5-7	So.	1L/1L	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	So.	VR/1L	Distance	Moraga, Calif. (Campolindo)
Rachel Viger	5-5	Jr.	VR/VR	Distance	Fort Collins, Colo. (Fort Collins)

PRONUNCIATION GUIDE

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

TYLER BAKER



Sprints/Hurdles
Junior/Senior, 1L/2L
Santa Rosa, Calif.
(Maria Carrillo)

PERSONAL BESTS

INDOOR

200 Meters: 22.53 (2013)

400 Meters: 48.92 (2013)

600 Yards: 1:16.37 (2012)

OUTDOOR

400 Meters: 50.09 (2010)

400 Meter-Hurdles: 52.76 (2012)

MPSF SCORING

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

PAC-12 SCORING

2012 400-Meter Hurdles, 8th (52.76)

2013 4x400-Meter Relay, 4th (3:09.84)

2013: *Indoor:* Baker focused on the 400 during the indoor season. He started the year off by placing first at the Air Force All-Comers Meet (1/12) in 49.55. Baker placed second at the Air Force Invite two weeks later, finishing in 49.74. He saved his best for last when he recorded a personal best of 48.92 at the MPSF Championships (2/23) and placed 16th. Baker was also part of the 4x400 relay, placing seventh at MPSFs in 3:15.37.

Outdoor: Baker started the season by winning the 400-hurdles at the CU Invite (4/13), crossing the finish in a season-best time of 53.17. At the Pac-12 Championships, he placed 10th in the prelims of the 400-hurdles, but did help the Buffs to a fourth-place finish in the 4x400-meter relay (3:09.84). The relay went on to compete at the NCAA West Preliminary Championships and took 24th overall (3:12.82).

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 time 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 and 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 (4/10/10), he was part of the 4x100-meter relay that recorded a time of 44.21. He

earned 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
Junior/Senior, VR/1L
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)

PAC-12 SCORING

2013 4x400-Meter Relay, 4th (3:09.84)

2013: *Indoor:* Did not compete.

Outdoor: Berens ran the 200 and 400 and was part of the 4x400-meter relay team. Berens raced a season-best time of 49.41 in the 400 at the Fum McGraw Quadrangular (3/30), which was good for third overall. A month later, he recorded another season-best, this time in the 200 (21.88), at the Jack Christiansen Invite (4/27). Berens raced the 200 at the Pac-12 Championships and placed 20th in the preliminary round (22.16). As a member of the 4x400 relay, he earned his first letter as he helped the team to a fourth-place finish (3:09.84). The relay went on to place 24th at the NCAA West Preliminary Championships (3:12.82).

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 also 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.

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.

2013: *Indoor:* Did not compete.

Outdoor: Did not compete.

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 at 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), finishing 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 only 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 lineup at NCAAs and earned his second All-American honor with a 24th-place finish. Bosshard was also named to the All-Pac-12 First Team. (2010) Bosshard led CU in four of its five varsity races. He won the Rocky Mountain Shootout with the sixth fastest time in course history (24:44). Bosshard earned all-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 graduated with degrees in finance and accounting, and also earned a GPA greater than 3.00. He was a member of the Big 12 Commissioner's Honor Roll and was named to the Academic All-Big 12 second team in 2011.

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

JASON DeWITT



**Combined Events/
Jumps**
Senior, 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: 39-10.75/12.16m (2013)
High Jump: 6-09/2.06m (2012)
60-Meter Hurdles: 8.40 (2013)
Pole Vault: 14-09/4.50m (2012)
1,000 Meters: 2:52.86 (2012)

OUTDOOR

Decathlon: 6,671 (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)

2013: *Indoor:* DeWitt tied or recorded a personal best in three events during the indoor campaign. He tied his best high jump at 6-9 at the Air Force All-Comers Meet (1/12) to start the season. The mark was also the second best at the meet. The following week at the Potts Invite (1/19), DeWitt had PRs in the shot put and the 60-meter hurdles. He threw the shot put 39-10.75, and then raced to a time of 8.40 on the 60-hurdles.

Outdoor: DeWitt suffered an injury in his first decathlon of the season, withdrawing after the sixth event. He finished the Jim Click Combined Events (4/5-6) with 3,866 points.

2012: *Indoor:* DeWitt became 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 2009 Ralston Valley High School Male Athlete of the Year. DeWitt owns school records in the high jump (6-6) and the long jump (22-11.50). While at RVHS, he earned eight letters and was named the track MVP as a senior.

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

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

PERSONAL: Jason Kelly DeWitt was born on June 25, 1991 in Wheat Ridge, 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
Senior/Junior, VR/2L
Petaluma, Calif.
(Petaluma)

PERSONAL BESTS

INDOOR

Mile: 4:06.57 (2012)

3,000 Meters: 9:02.52 (2011)

OUTDOOR

Steeplechase: 8:50.75 (2013)

1,500 Meters: 3:47.89 (2012)

PAC-12 SCORING

2012 Steeplechase, 4th (8:56.19)

2013 Steeplechase, 4th (8:50.75)

2013: *Indoor:* Dowdy raced the mile run three times. He recorded a time of 4:27.19 at the Air Force Invite (1/26) for fourth place to start the season. Dowdy followed up that performance with a 4:09.18 finish at the Husky Classic (2/9). Two weeks later, Dowdy placed 15th overall with a season best of 4:07.08 at the MSPF Championships.

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

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

Outdoor: Dowdy concentrated on the 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: (2013) Dowdy only raced once due to injury, finishing 15th overall at the Rocky Mountain Shootout. (2012) Dowdy earned a spot on the varsity roster as a redshirt sophomore. He started the year out with a sixth-place finish at the Rocky Mountain Shootout, crossing as CU's No. 5 runner. At NCAA Pre-Nationals, Dowdy placed 12th overall as the third CU harrier. Once again, he was CU's No. 3 at the Pac-12 Championships, crossing the

finish line ninth. He did not score in the final two meets, but was 53rd at regionals and 205th at nationals. He was named to the All-Pac-12 Second Team and helped the Buffs win their second straight team conference title. (2011) Dowdy ran in two meets for CU. He placed 20th at the Rocky Mountain Shootout and was 100th at the Santa Clara Clara Bronco Invite.

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

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

IN THE CLASSROOM: Dowdy is majoring in mechanical engineering.

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

DAVID EMMERT



Middle Distance
Freshman, HS/HS
Sycamore, Ill.
(Sycamore)

PERSONAL BESTS

800-meters: 1:55.68

1,600-meters: 4:32

CROSS COUNTRY: (2013) Emmert ran in a pair of races for the Buffs. He raced unattached at the Rocky Mountain Shootout, finishing 121st overall. At the Santa Clara Bronco Invitational, Emmert was 99th.

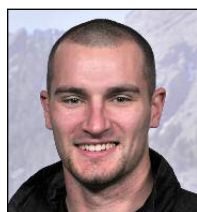
HIGH SCHOOL: Emmert earned first team all-state track honors as a senior and junior. During his senior season, he placed fifth in the 800-meter run at the state championships in 1:56.49. Emmert ran his personal best in the 800 earlier in the season at the Illinois Big 12 Boys Conference Championships, finishing in 1:55.68.

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

IN THE CLASSROOM: Emmert intends to major in aerospace engineering.

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

BROCK EMORY



**Combined Events/
Jumps**
Senior, VR/1L
Colorado Springs, Colo.
(Fountain Fort Carson)

PERSONAL BESTS

INDOOR

Heptathlon: 4,990 (2013)
60-Meters: 7.30 (2013)
Long Jump: 21-3.50/6.49m (2013)
Shot Put: 39-7.25/12.07m (2013)
High Jump: 6-6.25/1.99m (2011)
60-Meter Hurdles: 8.52 (2013)
Pole Vault: 13-5.25/4.10m (2013)
1,000-Meters: 2:51.64 (2013)

OUTDOOR

Decathlon: 6,927 (2013)
100-Meters: 11.11 (2013)
Long Jump: 20-10.75/6.37m (2013)
Shot Put: 41-9.75/12.74m (2013)
High Jump: 6-6.25/1.99m (2013)
400-Meters: 51.35 (2013)
110-Meter Hurdles: 14.75 (2013)
Discus: 139-8/42.58m (2013)
Pole Vault: 13-4.25/4.07m (2013)
Javelin: 157-5/47.98m (2013)
1,500 Meters: 4:52.58 (2013)

PAC-12 SCORING

2013 Decathlon, 8th (6,927)

2013: *Indoor:* Emory became the sixth best heptathlon performer in CU history when he recorded 4,990 points at the MPSF Championships. He just missed scoring at the meet, taking ninth overall. At the meet, he earned five season-bests. Emory clocked 7.30 in the 60 meters, jumped 21-3.50 in the long jump and 6-4.25 in the high jump and 13-5.25 in the pole vault. His personal best of 39-7.25 in the shot put ranks fifth on CU's all-time heptathlon list. Emory also competed in one other heptathlon and finished 13th overall with 4,217 points at the UW Invite. (He did not record a mark in the pole vault at that meet.)

Outdoor: Emory had an outstanding outdoor campaign, recording personal-bests in all 10 decathlon events. He recorded his best performance at the Pac-12 Championships, placing eighth overall with 6,927 points. The total placed his sixth on CU's performers' list and was 11th overall. During the meet, he clocked a time of 11.11 in the 100, eighth on CU's decathlon list. Emory also posted a mark of 41-9.75 in the shot put, which ranked third at CU. On the second day of the decathlon, he recorded a time of 15.01 in the 100-hurdles, tying for seventh in CU history. Emory's discus throw of 129-11 is sixth and his javelin throw (157-5) was 13th overall. During the year, he also tied the eighth best high jump (6-6.25), threw the fourth best discus mark (131-2) and the 14th best throw in the javelin (156-5).

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 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 PR'd 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 (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.

PADEN GATLIN



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

PERSONAL BESTS

Discus: 176-0/53.64m (2013)

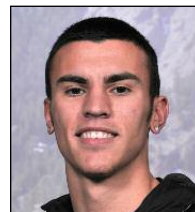
HIGH SCHOOL: Gatlin earned three letters as a member of the track and field team for the Rangers and recorded a personal best when he threw the discus 176-0 his senior year.

HIGH SCHOOL BESTS: Discus: 176-0

IN THE CLASSROOM: Gatlin intends to major in communication.

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

ERIK GAYTAN



Sprints
Freshman, RS
Littleton, Colo.
(Chatfield)

PERSONAL BESTS

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

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

Outdoor: Redshirt. Did not compete.

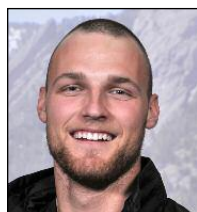
HIGH SCHOOL: Gaytan was a two-time Colorado State High School Champion, winning the 400-meter dash (47.95) in 2011 and the 4x200-meter relay in 2009. He was named all-state as a junior and freshman and earned all-conference accolades his freshman through senior seasons. Gaytan was also recruited by Colorado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

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

IN THE CLASSROOM: Gaytan is an open major and carries a GPA greater than 3.00.

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
Senior/Junior, 2L/1L
Littleton, Colo.
(Chatfield/Arizona)

PERSONAL BESTS

INDOOR

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

OUTDOOR

100 Meters: 10.79
200 Meters: 21.32
400 Meters: 48.20 (2013)

MPSF SCORING

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

PAC-12 SCORING

2013 4x400-Meter Relay, 4th (3:09.84)

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

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

2012: Indoor: Gifford competed in the 60, 200 and sprint relays for the Buffs as a sophomore. He placed third at the Potts Invite (1/21) in the 60, finishing in 6.89. Gifford advanced to the finals after placing fourth with a time of 6.95 in the prelims. At the Mountain Pacific Sports Federation Championships he competed in both the 60 and 200. He was 16th in the 60 (6.94) and 10th in the 200 (21.84). Gifford anchored the 4x400-meter relay for the Buffs who placed seventh at MPSFs with a time of 3:15.50.

AT ARIZONA: Gifford competed at the University of Arizona during the 2010-11 season. He recorded personal bests in the 100 (10.79) and 200 (21.32) at the Jim Click Invite.

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

IN THE CLASSROOM: Gifford is majoring in political science.

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

JOE HOLVEY



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

PERSONAL BESTS

1,500-Meters: 3:58.53 (2012)
2,000-meter steeplechase: 6:01 (2012)

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

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

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

IN THE CLASSROOM: Holvey intends to major in political science and is also interested in education.

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

JAKE HURYSZ



Middle Distance
Junior, VR/1L
Mebane, N.C.
(Eastern Alamance/UNC)

PERSONAL BESTS

OUTDOOR

800-Meters: 1:51.91 (2013)
1,500-Meters: 3:40.63 (2013)
3,000-Meters: 8:01.97 (2011)
5,000-Meters: 13:38.58 (2012)

PAC-12 SCORING

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

2013: Indoor: Did not compete.

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

2012: Redshirt. Did not compete.

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

CROSS COUNTRY: (2013) Did not compete. (2012) Hurysz quickly became the top runner on the team after winning the Rocky Mountain Shootout in 24:34, the fourth best time ever in course history. He followed up that performance with a fourth-place finish at the NCAA Pre-Nationals, helping the Buffs win their section of the race. Hurysz placed eighth at the Pac-12 Championships two weeks later, helping the Buffs win their second straight team title in as many years. It was the only race he did not lead the Buffs as he was the second Buff across the finish. Hurysz placed sixth at regionals and then recorded his first All-American honor with a 32nd place finish as the Buffs placed third at nationals. He also earned All-Pac-12 Second Team and All-Mountain Region honors.

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

HIGH SCHOOL: Hurysz ran the second fastest indoor two-

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

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

IN THE CLASSROOM: Hurysz is a communications major.

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

MARK JONES



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

PERSONAL BESTS

INDOOR

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

OUTDOOR

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

MPSF SCORING

2013 High Jump, 6th (6-11)

PAC-12 SCORING

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

ACADEMIC HONORS

MPSF All-Academic (2013)

Pac-12 All-Academic honorable mention (2013)

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

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

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

jump-off. Jones became the first Buff since 1990 to compete at nationals in the high jump, and he finished tied for 21st.

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

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

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

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

IN THE CLASSROOM: Jones is majoring in geology.

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

DAVID KILGORE



Distance
Sophomore, VR/VR
Palm Bay, Fla.
(Holy Trinity)

PERSONAL BESTS

INDOOR

3,000 Meters: 8:23.08 (2013)

OUTDOOR

800 Meters: 1:59

3,000 Meters: 8:48.46

5,000 Meters: 14:27.98 (2013)

10,000 Meters: 30:55.84 (2013)

2013: Indoor: Kilgore raced a pair of 3,000-meter runs for the Buffs. He started the season with a time of 9:20.24 at

the Air Force Invite (1/26), good for 15th overall. Kilgore followed up that performance at the MPSF Championships and shaved almost a full minute of his time, finishing in 8:23.08. He placed 25th.

Outdoor: Kilgore focused on the long distances for the Buffs during his redshirt freshman season. He ran a pair of 5,000-meter runs and clocked a personal best of 14:27.98 at Mt. SAC Relays, placing seventh in the open 'C' section of the meet. Kilgore raced the 5k and 10k at the Pac-12 Championships. He was 14th in the 10k (30:55.84) and placed 25th in the 5k (14:50.03).

2012: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2013) Kilgore competed in three races as a sophomore. He started the season with a 12th-place finish at the Rocky Mountain Shootout and following it up with an eighth-place finish in the open race at NCAA Pre-Nationals. Kilgore made the varsity roster for Pac-12 Championships and took 46th place. (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. Kilgore also shined on the cross country course. He was the runner-up in 2009 at the state championship and went on to win the meet his senior year (2010). Kilgore's high school team won the state championship when he was a sophomore.

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
Thornton, 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.

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

Outdoor: Redshirt. Did not compete.

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

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

2011: *Indoor:* Kizirian started his collegiate career competing in the shot put and weight throw. He had a season best throw of 44-06 at the Don Barrett Duals (1/29) and took 17th overall. Kizirian did well in the weight throw and had a pair of meets with throws over 50 feet. He threw 53-11

at the Big 12 Championships and 54-05 at the Colorado School of Mines Twilight (2/18).

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

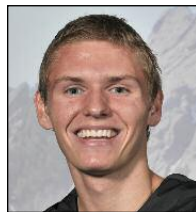
HIGH SCHOOL: Kizirian earned two letters as a member of the track & field team at MRHS. He owns school records in the shot put (50-09) and the discus (156-11). Kizirian placed in both events at the state championship in 2010. He was second in the discus at the Front Range League championship. He also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

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

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

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

GARRETT LOSTY



Sprints/Hurdles
Freshman, HS/HS
Williamsburg, Va.
(Lafayette)

PERSONAL BESTS

400-meters: 49.75 (2012)

400-meter hurdles: 54.2 (2013)

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

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

IN THE CLASSROOM: Losty intends to major in economics and is also interested in international affairs and finance.

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

KYLE MACINTOSH



Sprints
Senior, 2L/1L
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 (O) 4x100-Meter Relay, 5th (40.46)

MPSF SCORING

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

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

PAC-12 SCORING

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

2012 400-Meter Hurdles, 6th (52.38)

2013: *Indoor:* MacIntosh competed at three meets during his senior season, focusing mainly on the 400. He recorded his season-best time of 49.77 in the 400 at the Tyson Invite (2/8), placing 44th overall. At the MPSF Championships, MacIntosh finished 28th in the 400 with a time of 50.00. He also helped the 4x400 relay to a seventh-place finish in 3:15.37.

Outdoor: Redshirt. Did not compete.

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 NCAAAs, 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.

JAYLYN MARS



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

PERSONAL BESTS
200-meters: 21.55

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

HIGH SCHOOL BESTS: 100-meters: 10.61; 200-meters: 21.55; 400-meters: 47.88.

IN THE CLASSROOM: Mars intends to major in English and is also interested in sociology.

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

JOE MITCHEM



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

PERSONAL BESTS
INDOOR
Mile: 4:22.71 (2013)
OUTDOOR
800-meters: 1:55
1,600-meters: 4:19
5,000-meters: 16:25

2013: Indoor: Mitchem raced twice for the Buffs, both times in the mile. He started off by racing to a sixth-place finish at the Air Force Invite (1/26), crossing in 4:31.47. Two weeks later, Mitchem ran a season best time of 4:22.71 at the Husky Classic (2/9).

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2013) Mitchem raced twice for the Buffs, starting at the Rocky Mountain Shootout where he took 75th overall. He also competed at the Santa Clara Bronco Invitational and led CU with a 29th-place finish.

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.

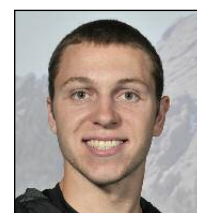
HIGH SCHOOL BESTS: 800-meters: 1:55; 1,600-meters:

4:19; 5,000-meters: 16:25.

IN THE CLASSROOM: Mitchem is majoring in environmental design.

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.

AUSTIN MITSCH



Sprints
Freshman, HS/HS
Sacramento, Calif.
(Jesuit)

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

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

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

IN THE CLASSROOM: Mitsch intends to major in communication and is also interested in business.

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

AMMAR MOUSSA



Distance
Sophomore, VR/VR
Arcadia, Calif.
(Arcadia)

PERSONAL BESTS
800-meters: 1:53.21
1,500-meters: 3:47.01 (2013)
5,000-meters: 13:57.96 (2013)

2013: Indoor: Moussa debuted on the track for CU in the mile at the Air Force Invite (1/26) and placed third in an elevation time of 4:22.38. He moved on to compete in the 3,000 for his final two races during the indoor season.

Moussa recorded a 10th-place finish in the 3k at the MPSF Championships in 8:11.20.

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

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

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2013) Moussa raced in the final four varsity meets of the season, starting with NCAA Pre-Nationals where he placed 54th overall as CU's No. 6 runner. Moussa turned it up a gear at the Pac-12 Championships, coming in ninth overall (CU's No. 5), helping the Buffs to their third straight Pac-12 team title while picking up All-Pac-12 Second Team honors. He was 27th at regionals and placed 95th at the NCAA Championships, rounding out CU's top five as the Buffs captured the NCAA team title. (2012) Redshirt. Did not compete. (2011) Moussa had a breakout freshman year, earning a spot on the Buff's varsity roster. He raced unattached at the Rocky Mountain Shootout, but finished sixth overall. Moussa's first meet in a black and gold jersey was pre-nationals where he placed 19th as CU's No. 3 finisher. Moussa helped the Buffs win the inaugural Pac-12 team championship by finishing 15th and went on to take 17th at the regional meet. Moussa ended the season with an 88th-place finish at the national championship which helped CU take third overall. He earned all-region honors during the season.

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

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

IN THE CLASSROOM: Moussa is majoring in international affairs.

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

PIERCE MURPHY



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

PERSONAL BESTS

INDOOR

Mile: 4:30.92

OUTDOOR

800-Meters: 2:00.67

3,000-Meters: 8:35.56 (2013)

5,000-Meters: 14:04.21 (2013)

10,000-Meters: 29:36.48 (2013)

PAC-12 SCORING

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

2013: *Indoor:* Did not compete.

Outdoor: Murphy started the season winning the 3,000 at the Jerry Quiller Classic (3/16), crossing the finish in 8:35.56. For the rest of the season, Murphy focused on the longer distances. He recorded a season-best time of 14:04.21 in the 5,000 at Mt. SAC Relays, finishing seventh in the 'A' section. Murphy's PR in the 10k came at the Pac-12 Championships where he placed third overall in 29:36.48; running just over a second faster than his previous best of 29:37.71, which he recorded at the Nike Stanford Invite (3/29). He ended his redshirt freshman season with a 30th-place finish at the NCAA West Preliminary Championships.

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

Outdoor: Redshirt. Did not compete.

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

HIGH SCHOOL: Murphy was a standout at Island School

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

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

IN THE CLASSROOM: Murphy is majoring in film studies.

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

MORGAN PEARSON



Distance
Junior, RS/RS
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

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

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2013) Pearson started the season with a seventh-place finish at the Rocky Mountain Shootout, although he ran that meet unattached. He put on the CU uniform in the following meet, NCAA Pre-Nationals, and led the Buffs with a seventh-place finish. Pearson was 18th overall at the Pac-12 Championships and although he didn't score as CU's sixth runner, he did help the Buffs to their third straight Pac-12 Championship. He placed 16th at regionals and finished the season by claiming All-America honors at NCAAs with a 17th-place finish, helping the Buffs to the NCAA team title. (2012) Pearson became a member of the varsity team in his first season at CU. He ran unattached at the Rocky Mountain Shootout and took 10th overall. At the NCAA Pre-National Invitational, he ran in the open race and was 11th. Pearson did well at the Pac-12 Championships, finishing 18th as CU's seventh runner to help the Buffs take the Pac-12 team title for the second straight year. He raced to a 34th-place finish at regionals and was the alternate at nationals.

AT DUKE: Pearson competed one season at Duke on the cross country team and two seasons on the track & field team. He led the Blue Devils at the N.C. Central Dual Meet, finishing first and also earned top honors at the James Madison Invitational. Pearson was the second Duke harrier to cross the finish at the prestigious Roy Griak Invitational, placing 44th overall. At the ACC Championships, he was the fifth Blue Devil to finish, crossing the line 36th overall.

Pearson was 50th overall at the NCAA Southeast Regional Championships, once again as Duke's final scorer. Pearson ran the second best indoor 3k time for the Blue Devils in 2012, finishing fourth in 8:06.44 at the ACC Championships. During the outdoor season he placed sixth at the Duke Invitational in the 5k in 14:03.53; the third fastest time of the season for Duke.

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

IN THE CLASSROOM: Pearson is majoring in economics and integrative physiology.

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

ZACH PERRIN



Distance
Freshman, HS/HS
Kalispell, Mont.
(Flathead)

PERSONAL BESTS

800-meters: 1:54
1,600-meters: 4:09
3,200-meters: 8:55

CROSS COUNTRY: (2013) Perrin quickly earned a position on the varsity roster as a true freshman, running fifth overall (unattached) at the Rocky Mountain Shootout. His first varsity race in uniform for the Buffs was NCAA Pre-Nationals where he finished 114th overall. Perrin's next race was Pac-12 Championships, where he helped CU claim its third straight team title. Perrin placed 37th overall as CU's No. 8 runner. He served as the alternate at regionals, but was back in action at NCAAs where he took 107th (CU's No. 6 scorer), helping CU win the team championship.

HIGH SCHOOL: Perrin won four Montana State High School Championships. He won the 2012 cross country championship after a runner-up finish his junior year. Perrin raced in the Foot Locker West Regional and took eighth overall before placing 10th at the Foot Locker Nationals in 2012. On the track, Perrin brought home three state championships in the 1,600 and 3,200-meter runs. He won the 1,600 and 3,200 as a senior and the 3,200 as a freshman. During his sophomore season, Perrin was second in both the 1,600 and 3,200. He also ran the best time by a

Montana high school runner in 2012 in the 3,200 at the Arcadia Invite (8:55). Perrin earned a top-20 national cross country ranking in 2012. He was also recruited by Oregon, Northern Arizona, Oklahoma State, Wisconsin and Alabama.

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

IN THE CLASSROOM: Perrin is majoring in integrative physiology and is also interested in environmental studies.

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

ADAM PETERMAN



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

PERSONAL BESTS

800-meters: 1:58
1,600-meters: 4:17
3,200-meters: 8:57

CROSS COUNTRY: (2013) Peterman ran one race unattached, finishing 18th overall at the Rocky Mountain Shootout.

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

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

IN THE CLASSROOM: Peterman intends to major in environmental science.

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

BRADY RUTT



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

PERSONAL BESTS

INDOOR

Shot Put: 47-06.25 (2012)
Weight Throw: 53-06.25/16.31m (2012)

OUTDOOR

Discus: 169-3/51.58m (2013)
Shot put: 49-5.75/15.08m (2013)
Hammer Throw: 171-3/52.21m (2013)

PAC-12 SCORING

2012 Discus, 5th (168-04)

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

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

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

Outdoor: Rutt was CU's top discus thrower during his freshman campaign, recording the top six marks. His personal best of 168-04 came at the Pac-12 Championships, which placed him fifth at the meet. Rutt also had PR's in the hammer throw and shot put. He recorded an eighth-place finish in the shot put (46-10.25) at the Fum McGraw Quadrangular (3/31) and placed ninth in the hammer throw at the Potts Invite (3/17) with a toss of 156-07.

HIGH SCHOOL: Rutt earned letters all four years as a member of the track and field team at HHS. He recorded the school record in the discus with a throw of 187-02 and also has the middle school discus record at 167-1.50. Rutt owns the USATF intermediate boys division state record with is 167-06.0. He won back-to-back state titles in the discus as a junior and senior. Rutt also competed on the Tigers' football team and earned all-conference, all-district and all-state honorable mention honors.

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

IN THE CLASSROOM: Rutt is majoring in integrative physiology.

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

BEN SAAREL



Middle Distance
Freshman, HS/HS
Park City, Utah.
(Park City)

PERSONAL BESTS

800-meters: 1:51
Mile: 4:02.72
1,600-meters: 4:07.95
3,200-meters: 8:49

CROSS COUNTRY: (2013) Saarel had an outstanding true freshman season for the Buffs, earning All-Pac-12 First Team, All-Mountain Region and All-America honors. He raced the Rocky Mountain Shootout unattached and took second to teammate Blake Theroux by just one second (25:35). Saarel's first race for the Buffs was NCAA Pre-Nationals, and he took ninth overall as CU's No. 2 scorer. In the following meet, the Pac-12 Championships, he was the fifth runner to cross the finish, CU's third harrier, and helped the Buffs win their third team championship. Saarel continued to shine and at regionals, he was seventh overall, but he saved the best for last at the NCAA Championships where he took eighth overall and led the Buffs to their fourth NCAA Championship since 2001. Saarel became CU's first true freshman since Billy Nelson in 2002 to record All-America honors. That year Nelson was 42nd overall.

HIGH SCHOOL: Saarel was named the 2012 Gatorade Utah Boys Cross Country Runner of the Year after winning the Utah State Class 3A Championships in 14:56.7, which was the second fastest time ever run on the course. In doing so he helped the Miners to a fourth-place team finish. Saarel placed second at the Nike Cross Nationals Southwest Regional championship before winning the Foot Locker West Regional. At the Foot Locker Championships, Saarel placed fourth in 15:13, just 14 seconds behind the winner. Saarel earned a top-20 national cross country ranking in 2012. On the track he won the 800 and 1,600 Utah state titles, both in school record time. Saarel recorded a time of 1:51.13 in the 800 and 4:07.95 in the 1,600. Saarel also won the Arcadia Invitational 3,200 (8:45.74) and the Adidas Dream Mile (4:02.72). At the 2013 Simplot Games, he won the 3,200-meters and broke the meet record with a 9:00.62 performance. Saarel won three state championships in 2012 (800, 1,600 and 3,200). He was also recruited by Michigan, Wisconsin, Princeton, Stanford and Oklahoma.

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

IN THE CLASSROOM: Saarel intends to major in engineering physics and is also interested in chemistry.

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

DILLON SHIJE



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

PERSONAL BESTS

INDOOR
Mile: 4:35.81 (2012)
3,000-Meters: 9:11.19 (2013)
5,000-Meters: 14:48.57 (2012)
OUTDOOR
1,500-Meters: 4:10.23 (2012)
3,000-Meters: 8:43.53 (2012)
5,000-Meters: 14:41.77 (2012)
10,000-Meters: 30:11.65 (2013)

2013: *Indoor:* Shije raced once for the Buffs, placing second in the 3,000 at the Air Force Team Challenge (2/9) with a PR of 9:01.19.

Outdoor: Shije competed in the 3,000 and 10,000-meter runs during the season. He recorded a season-best of 8:46.53 in the 3k at the CU Invite (4/13), placing third overall. Shije clocked a personal best in the 10k at the Mt. SAC Relays, finishing second in his section in 30:11.65. He also ran at the Pac-12 Championships and was 15th (31:58.76).

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 fin-

ished fourth in a time of 9:06.64.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2013) Shije finished his collegiate eligibility as a member of the varsity roster. He started off running to a ninth-place finish at the Rocky Mountain Shootout. His next meet was NCAA Pre-Nationals and he recorded a third-place finish in the open race. Shije was the Buffs No. 7 runner in the next two meets, finishing 26th at the Pac-12 Championships, helping CU win its third consecutive team title, and was 75th at the regionals. He was the alternate at the NCAA Championships where CU won the team championship. (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.

PANOS SMYRNIOS



Middle Distance
Freshman, HS/HS
Littleton, Colo.
(Chatfield)

PERSONAL BESTS

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

CROSS COUNTRY: (2013) Smyrnios ran in one race for the Buffs as a freshman, placing 45th overall at the Santa Clara Bronco Invitational.

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

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

IN THE CLASSROOM: Smyrnios intends to major in engineering physics and is also interested in chemistry.

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

BLAKE THEROUX



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

PERSONAL BESTS

INDOOR

Mile: 4:01.64 (2013)
 3,000 Meters: 8:11.43 (2012)

OUTDOOR

1,500-Meters: 3:45.17 (2013)
 5,000-Meters: 14:55.08 (2013)
 3,000-Meter Steeplechase: 8:49.99 (2013)

MPSF SCORING

2013 Mile, 8th (4:01.64)

PAC-12 SCORING

2013 Steeplechase, 3rd (8:49.99)

ACADEMIC HONORS

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

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

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

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

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

time of 14:55.21. Theroux advanced to the NCAA West Prelims in the 1,500 and finished 36th in 3:58.33.

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

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2013) Theroux had another outstanding season, leading CU twice during the season. He started off winning the Rocky Mountain Shootout, just one second in front of freshman teammate Ben Saarel (25:34). Theroux was CU's third scorer at NCAA Pre-Nationals, coming in 22nd overall. He returned to lead the Buffs in the next race, the Pac-12 Championship, and guided the team to its third straight team title with a third-place finish. Theroux placed 26th at regionals and then recorded the first All-America honor of his career with a 23rd-place finish as he helped the Buffs win the NCAA Championship. He also earned All-Pac-12 First Team and all-region honors during the season. (2012) Theroux had a great season, finishing in the top three for CU in all five varsity meets. He started by placing second at the Rocky Mountain Shootout behind teammate Jake Hurzy. At pre-nats, he finished 11th again as CU's No. 2 runner. Theroux's best performance of the season came at the Pac-12 Championships where he led the Buffs to their second straight team title with a seventh-place finish.

He went on to take 14th at regionals and then helped CU place third at nationals with a 39th-place performance; both as CU's No. 3 scorer. Theroux earned All-Pac-12 First Team honors as well as all-region and All-American status during the year. (2011) Theroux earned a spot on the varsity as a redshirt freshman and competed in five varsity meets. He started the season with a 10th-place finish at the Rocky Mountain Shootout and followed that performance with a 36th-place finish at pre-nationals. Theroux finished 28th at the inaugural Pac-12 Championship, helping the Buffs to the team title. He just missed all-region honors at the region championships with a 26th-place finish. Theroux finished the season strong, placing 183rd at the NCAA Championships. (2010) Redshirt. Did not compete.

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

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

IN THE CLASSROOM: Theroux is majoring in history. He is a two-time member of the MPSF All-Academic Team (2012, 13) and the Pac-12 All-Academic honorable mention team (2012, 13).

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

JARON THOMAS



Sprints/Hurdles
Freshman, HS/HS
Midlothian, Texas
(Midlothian)

PERSONAL BESTS

110-meter hurdles: 13.98
300-meter hurdles: 37.93
Long Jump: 22-9
Triple Jump: 46-8

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

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

IN THE CLASSROOM: Thomas intends to major in engineering and is also interested in biology.

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

CONNOR WINTER



Middle Distance
Junior/Sophomore,
VR/1L
Centennial, Colo.
(Arapahoe)

PERSONAL BESTS

INDOOR

800 Meters: 1:55.11 (2013)
Mile: 4:01.69 (2013)

OUTDOOR

800-meters: 1:52.56
1,500-meters: 3:44.53 (2013)
5,000-meters: 14:09.45 (2013)

PAC-12 SCORING

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

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

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

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

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2013) Winter had another nice season, playing a key role for the Buffs throughout the season. He placed third at the Rocky Mountain Shootout as CU's No. 3 scorer. A couple weeks later, at NCAA Pre-Nationals, Winter was 28th (CU's No. 5). His best finish of the season came at the Pac-12 Championships where he took fourth and guided the Buffs to their third straight Pac-12 team title. Winter helped the Buffs to a runner-up team finish at regionals, placing 15th individually, and finished the season with a 177th-place finish at the NCAA Championships where CU took home the team title. He recorded All-Pac-12 First Team and all-region honors during the year. (2012) Winter had a great redshirt freshman season, breaking out with a seventh-place finish at the Rocky Mountain Shootout to earn a spot on the varsity squad. He went on to place 35th at pre-nationals to seal his spot on the team. Winter helped the Buffs win their second straight Pac-12 team title; finishing 21st overall as CU's No. 8 finisher. He served as the alternate at regionals and scored for the Buffs at nationals, placed 65th as CU's No. 5 harrier.

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

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

IN THE CLASSROOM: Winter is majoring in 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/Sophomore,
RS/VR
Louisville, Colo.
(Arapahoe)

PERSONAL BESTS

OUTDOOR

800-meters: 2:24.37 (2013)
1,500-meters: 4:53.52 (2013)

2013: Indoor: Redshirt. Did not compete.

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

CROSS COUNTRY: (2013) Alm made the varsity team after placing 20th at the Rocky Mountain Shootout. She led the Buffs in the following race, the Santa Clara Bronco Invitational, with a fifth-place finish. Alm's final race of the season was the Pac-12 Championship. She was CU's No. 7 runner and finished 36th overall, helping CU to a second-place team finish.

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

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

IN THE CLASSROOM: Alm is majoring in integrative physiology and owns a GPA greater than 3.5.

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
Senior, VR/VR
Louisville, Colo.
(Monarch)

PERSONAL BESTS

INDOOR

Shot Put: 40-6.25/12.35m (2013)
Weight Throw: 46-3.25/14.10m (2013)

OUTDOOR

Hammer Throw: 135-07/41.32m (2012)
Javelin: 107-9/32.85m (2013)
Shot Put: 39-3/11.96m (2013)
Discus: 111-6/34.00m (2013)

2013: *Indoor:* Bank recorded personal bests in both the shot put and weight throws during her junior season. She launched her best toss in the weight throw (46-3.25) at the Air Force All-Comers Meet (1/12), placing 10th overall. Two weeks later at the Air Force Invite (1/26), Bank recorded her first mark over 40 feet in the shot put to earn a PR of 40-6.25. The mark placed her 10th at the meet.

Outdoor: Bank continued to do well during the outdoor campaign, posting personal bests in three of four events. Two of her PRs came at the first meet of the season, the Jerry Quiller Classic (3/16). There she recorded a mark of 107-9 in the javelin for ninth place and 111-6 in the discus which was seventh overall. Bank's other PR was 39-3 in the shot put at the Jack Christiansen Invite (4/27), which was good for ninth.

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. Bank's 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: Kajsja 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, 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.

HEATHER BATES



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

PERSONAL BESTS

Mile: 4:53
800-meters: 2:15
1,600-meters: 4:51
3,200-meters: 10:51

HIGH SCHOOL: Bates won the 2011 and '12 Colorado State 4A 3,200-meter run and was the runner-up those same years in the 1,600. Bates also won the 2012 Colorado State 5A Cross Country Championship by 43 seconds and was named The Denver Post and The Gazette Cross Country Runner of the Year. She raced at Nike Cross Nationals and took 12th overall after placing third at the Nike Southwest Regional. Bates was named all-state in track and cross country in 2012 and was awarded the 2012 Colorado Running Hall of Fame High School Long Distance Achievement Award. She also had two other big accomplishments in 2011 as she won the USATF National Junior Olympic Cross Country Championships and took second in the AAU National Junior Olympic Cross Country Championships. Bates owns school records in the 800 (2:15), mile (4:53), 1,600 (4:51), 3,200 (10:51) and 5k (17:18). She was also recruited by Oregon, Stanford, Washington, Virginia, Arizona State, New Mexico and Vanderbilt.

HIGH SCHOOL BESTS: Mile: 4:53; 1,600-meters: 4:51; 800-meters: 2:15; 3,200-meters: 10:51.

IN THE CLASSROOM: Bates intends to major in market-

ing but is also interested in law. She was an academic all-state selection as a junior and senior.

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

COURTNEY BOUCHET



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

PERSONAL BESTS

INDOOR

Mile: 5:09.89 (2013)
3,000-Meters: 9:30.03 (2013)

OUTDOOR

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

ACADEMIC HONORS

Academic All-Big 12 (2011)
MPSF All-Academic (2012, 13)
Pac-12 All-Academic honorable mention (2012)

2013: *Indoor:* Bouchet ran in three races, starting the season with a personal best in the mile (5:09.89) at the Air Force Invite (1/26) where she placed third overall. After that meet, Bouchet raced the 3,000-meter run twice. She recorded her PR of 9:30.03 at the Husky Classic (2/9) to take third overall in her section. Two weeks later, Bouchet returned to the same track for the MPSF Championships and took 12th in 9:36.37.

Outdoor: Redshirt. Did not compete.

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: (2013) Bouchet finished her cross country career as a member of the varsity squad. She was CU's No. 5 runner at the Rocky Mountain Shootout, finishing 14th overall. Bouchet was seventh in the open race at NCAA Pre-Nationals. At the Pac-12 Championships, she was 48th overall (CU's ninth runner), and helped the team to a second-place finish. Bouchet served as the alternate at regionals and NAAs. (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 finished 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 capped 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. In 2012 and '13, 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.

ERIN CLARK



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

PERSONAL BESTS

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

CROSS COUNTRY: (2013) Clark earned a spot on the varsity roster as a true freshman. She ran the Rocky Mountain Shootout unattached, but finished an impressive third overall. The following meet, NCAA Pre-Nationals, she finished as CU's No. 3 runner, crossing the finish 28th overall. Clark helped the Buffs to a second-place team finish at the Pac-12 Championship, placing 13th, once again as CU's No. 3. She recorded her best finish of the season at regionals, coming in fifth overall. Clark finished the year helping the Buffs capture a seventh-place finish at NAAs by placing 97th. During the year, she was named All-Pac-12 Second Team and all-region.

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

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

IN THE CLASSROOM: Clark intends to major in integrative physiology and is also interested in French.

PERSONAL: Erin Elizabeth Clark was born on December 28, 1994 in Albany, Ore. She is the daughter of Andy and Susan Clark and also has one younger brother, Nathan. Her aunt, Kathy Herrmann, ran on Oregon's cross country and track and field team. Clark also enjoys skiing and was an alpine racer in high school. Heather Lynn Bates was born on November 25, 1994 in Belleville, Ill. She is the daughter of Daniel and Linda Bates of Colorado Springs, Colo. Bates has one older brother, Kyle. She enjoys music, reading and writing.

CHARLOTTE DENNIS



Sprints
Freshman, HS/HS
Gig Harbor, Wash.
(Gig Harbor)

PERSONAL BESTS

100-meters: 12.94
200-meters: 25.81
400-meters: 57.47

HIGH SCHOOL: Dennis, voted the Gateway Athlete of the Week and the Subway Athlete of the Week during her senior year, helped her team to the Narrows League Championships all four years of her high school career. Individually, she claimed the Narrows League 200-meter championship and placed fifth in the 400 at the state championships during her senior year. The three-year state qualifier was also named MVP of her track team during her senior year.

HIGH SCHOOL BESTS: 100-meter: 12.94; 200-meter: 25.81; 400-meter: 57.47.

IN THE CLASSROOM: Dennis intends to major in political science.

PERSONAL: Charlotte Marie Dennis was born on May 23, 1995 in Tampa, Fla. She is the daughter of Dean and Katherine Dennis and has three brothers, Sean, Nicholas and Steven. Her brother, Sean, played football and ran track at Whitworth University. Dennis enjoys hiking, skiing and traveling and directed a play at Artondale Elementary School in addition to helping children learn to read.

JENNY DeSOUCHE



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

PERSONAL BESTS

800-meters: 2:12.98

2013: Indoor: Did not compete.

Outdoor: Did not compete.

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

CROSS COUNTRY: (2013) DeSouchet competed in all five varsity races for the Buffs, starting with the Rocky Mountain Shootout where she placed 13th overall. At NCAA Pre-Nationals, DeSouchet finished 97th. She ran to a 52nd-place finish at the Pac-12 Championships, helping CU take second in the team race. DeSouchet earned all-region recognition at NCAA Mountain Regionals when she took 15th overall. She ended the season with a 191st place finish at NAAs, helping CU to a seventh-place team finish.

HIGH SCHOOL: DeSouchet earned 11 all-state honors

while attending Alamosa High School. As a sophomore in 2010 she won the state 1,600-meter championships and took second in the 800. Her 4x800-meter relay team placed fourth and the 4x400 relay earned all-state honors that same year. DeSouchet was named the school's Freshman, Sophomore and Senior Track Athlete of the Year, and her senior year, she also earned cross country league MVP honors. In 2008, she helped the 4x800 relay capture the state title. She owns a pair of AHS records after clocking a time of 2:12.98 in the 800 and 9:28 in the 4x800 (she was the anchor). DeSouchet also succeeded in the classroom, earning academic letters all four years as well as graduating in the top-five of her class. She was the editor-in-chief at her high school paper, a three-time class president and was the National Honor Society Vice-President.

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

IN THE CLASSROOM: DeSouchet is a pre-journalism major and currently owns a GPA greater than 3.30.

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

KELSEY ENGLISH



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

PERSONAL BESTS

INDOOR

High Jump: 5-9.25/1.76m (2013)

OUTDOOR

High Jump: 5-10.75/1.80m (2013)

MPSF SCORING

2013 (I) High Jump, 4th (5-7-25/1.71m)

PAC-12 SCORING

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

2013: *Indoor:* English competed in five meets for CU. She had a solid start to her season, winning the Air Force All-Comers meet (1/12) after clearing 5-8. English moved into a tie for sixth place on CU's all-time performers list when she jumped 5-9.25 at the Air Force Team Challenge (2/9). It was the best jump by a Buff since 1997. English went on to compete at the MPSF Championships and tied for fourth (5-7.25). *Outdoor:* English became the fourth best jumper in CU history as a sophomore when she recorded a mark of 5-10.75 to win the Jack Christiansen Invite (4/27). She also won the Fum McGraw Quadrangular after clearing 5-9.75. English picked up points for the Buffs at the Pac-12 Championships, placing eighth overall (5-8.75). She went on to compete at the NCAA West Preliminary Championships, and placed 13th overall (5-8.75), just missing advancing to the NCAA Championships by one position.

2012: *Indoor:* English only competed in three meets for the Buffs, but found success in her opportunities. She started

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

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

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

(2012) English continued to shine for the Buffs on the volleyball court, starting in all 32 matches as a middle blocker. She led the Buffs with a .316 hitting percentage and ranked fourth on the team with 218 kills and second with 92 blocks. English hammered a career-high 15 kills against UMBC (9/7) and posted a personal best eight blocks against Utah (9/19). English etched her name in the record book after hitting an amazing .765 (13 kills, no errors and 17 attacks) which ranks 12th for the Buffs. She also tied for ninth in the record book with five aces, which she served up against Utah (11/23) and included four aces in a row. English averaged 1.88 kills, 0.79 blocks and 2.45 points per set as a sophomore.

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

HIGH SCHOOL: English was a middle blocker from Doherty High School. She recorded 294 kills on 589 attacks while adding 41 aces and 90 blocks as the Spartans finished the season with a 22-8 record. English was a first team all-league selection in 2011. As a junior, she recorded 201 kills and 102 digs and DHS finished with a 23-7 overall record. DHS advanced to the semi-finals in the CHSAA 5A championship before falling to Highlands Ranch High School in five sets. English was named second team all-state that year. She has a jump reach of 10-6 that she

demonstrated by winning the 2009 and 2011 CHSAA 5A state high jump championship. English set the DHS record in the high jump at 5-9 on May 20, 2011. She was a member of the honor roll every semester of high school and was also a member of the National Honor Society and DECA. English was an Academic All-State first team selection her sophomore, junior and senior seasons.

HIGH SCHOOL BESTS: High Jump: 5-9.

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

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

EILEEN GEHRING



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

PERSONAL BESTS

INDOOR

60 Meters: 7.80 (2012)

200 Meters: 24.31 (2013)

400 Meters: 54.67 (2013)

OUTDOOR

200-meters: 23.80 (2013 – school record)

400-meters: 53.23 (2013 – school record)

MPSF SCORING

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

2013 200 Meters, 8th, (24.45)

PAC-12 CONFERENCE SCORING

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

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

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

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

list, while her 200 is fifth all-time. Gehring recorded her first individual MSPF honor when she placed eighth overall in 24.45 at the indoor championships.

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

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

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

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

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

IN THE CLASSROOM: Gehring is majoring in communications and has a GPA greater than 3.00.

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.

SOPHIE HALLAM-EAMES



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

PERSONAL BESTS

INDOOR

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

OUTDOOR

Discus: 137-1/42.40m (2013)

Hammer Throw: 142-11/43.57m (2013)

2013: Indoor: Did not compete.

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

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

Outdoor: Redshirt. Did not compete.

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

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

IN THE CLASSROOM: Hallam-Eames is 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.

BRITTANY HANRAHAN



Hurdles
Freshman, HS/HS
Newport Beach, Calif.
(Mater Dei)

PERSONAL BESTS

100-meters: 12.73

100-meter hurdles: 15.33

300-meter hurdles: 45.03

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

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

IN THE CLASSROOM: Hanrahan intends to major in integrative physiology and is also interested in business and political science.

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

ALLIE HASKELL



Sprints
Junior, TR/TR
Tucson, Ariz.
(Empire/Pima CC)

PERSONAL BESTS

200-meters: 25.60

400-meters: 56.32

AT PIMA COMMUNITY COLLEGE: Haskell ran a personal best time of 1:34.74 in the 600-meter to finish third at the NJCAA Indoor Nationals. Her best runs included a time of 56.32 in the 400, as well as 25.60 in the 200.

HIGH SCHOOL: Haskell claimed the state championship in the 400-meters as a sophomore in 2009 and broke eight records during her time with the Ravens. Haskell also captained the cheer team, graduated with a 4.0 and earned the National Leadership Award in 2010.

HIGH SCHOOL BESTS: 200-meter: 26.91. 400-meter: 58.41.

IN THE CLASSROOM: Haskell intends to major in molecular, cellular and developmental biology and is also interested in neuroscience.

PERSONAL: Alexandra Elizabeth Haskell was born on November 9, 1992 in Honolulu, Hawaii. She is the daugh-

ter of Edward Haskell Jr. and Nathalie Thomas, and she has one brother, Edward Haskell III. Haskell can speak Greek, dances to folk music and plays three instruments: violin, viola and cello. She aspires to attend medical school and become a team doctor after graduation.

ANA HOLLAND



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

PERSONAL BESTS

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

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

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

IN THE CLASSROOM: Holland intends to major in integrative physiology and is also interested in psychology.

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

MIA HOLLAND



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

PERSONAL BESTS

OUTDOOR
100-Meters: 13.13 (2013)
200-Meters: 25.25 (2013)

2013: *Indoor:* Did not compete.

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

HIGH SCHOOL: Holland was a member of the 2011

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

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

IN THE CLASSROOM: Holland is an open major.

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

LINDSEY HUBBARD



Middle Distance
Senior/Junior, VR/VR
Gilcrest, Colo.
(Valley)

PERSONAL BESTS

INDOOR
200 Meters: 26.48 (2011)
400 Meters: 59.74 (2011)
600 Yards: 1:27.44 (2011)
800 Meters: 2:21.56 (2013)
OUTDOOR
400-Meter Hurdles: 1:03.45 (2012)

2013: *Indoor:* Hubbard raced at three meets for the Buffs, mostly in the 800. She recorded a fourth-place finish with a season best (2:21.56) at the Air Force Team Challenge (2/9). Hubbard won the 800 at the Air Force All-Comers Meet (1/12) in 2:26.59.

Outdoor: Did not compete.

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.

CROSS COUNTRY: (2013) Hubbard ran once during the fall season for CU, finishing 80th at the Santa Clara Bronco Invitational.

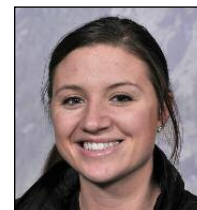
HIGH SCHOOL: Hubbard was a member of the track and field, softball and swimming teams at Valley High School and earned four letters in each sport. Her father, Mike, was her coach on the track and helped guide the Vikings to the conference championship from 2008-10. Hubbard set the school record in the 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 GPA greater than 3.30.

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, VR/1L
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: 207-10/63.35m (2013)

PAC-12 SCORING

2013 Hammer Throw, 7th (199-0)

HONORS

Academic All-Big 12 (2011)
Speed-Strength & Conditioning Female Lifter of the Year (2011)
Academic All-MPSF (2012)
Pac-12 All-Academic honorable mention (2013)
Pac-12 Female Field Athlete of the Week (twice)
All-American Second Team (Hammer Throw, 2013)
CU School Record Holder (Hammer Throw, 207-10/63.35m)

CAREER UPDATE: Hunsucker enters her final season with the Buffs as the CU record holder in the hammer throw (207-10), which she recorded at the 2013 NCAA West

Preliminary Championship. During her redshirt junior season she broke CU's 15-year-old record (196-10). Hunsucker went on to NAAs and placed ninth overall (204-8) to earn second team All-American honors, becoming the first Buff since Janet Visosky, CU's previous record holder, in 1998 to become an All-American in the hammer throw.

2013: Indoor: Redshirt. Did not compete.

Outdoor: After a year away from competing in uniform, Hunsucker came back and made a statement as she broke the 15-year-old CU record (196-10) at the third meet of the season. She recorded a toss of 197-8 at the Fum McGraw Quadrangular (3/30), which placed first at the meet. In total, Hunsucker won six meets and placed second in two during the season. She also reset her own CU record three more times throughout the season. The second time she broke her record was at Mt. SAC Relays (4/18-20) where she became the first Buff to record a mark over 200 feet at 200-3, which was second overall. A few weeks later, Hunsucker won the Cowpoke Open (5/3) with a toss of 203-9. The Pac-12 Championships were the following week and she earned a seventh-place finish with a throw of 199-0. Hunsucker continued to improve and at the NCAA West Preliminary Championships, she earned her way to nationals with another record of 207-10, which was seventh at the meet. She became the first Buff since Janet Visosky, the former CU record holder, in 1998 to advance to nationals. Hunsucker earned second team All-America honors at NAAs with a mark of 204-8. During the course of the season, she was also named the Pac-12 Female Field Athlete of the Week.

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. She 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 had 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 3.00 and was a member of the Big 12 Commissioner's Honor Roll. She earned MPSF All-Academic honors in 2012 and in 2013 was named a Pac-12 All-Academic honorable mention.

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 was a member of the CSU-Pueblo football team.

ANNIE KELLY



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

PERSONAL BESTS

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

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

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

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

IN THE CLASSROOM: Kelly is interested in business as well as psychology and sociology.

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

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)
 2011 USATF Championships (9th, steeplechase)
 2012 USTFCCA Mountain Region Female Track Athlete of the Year
 2012 U.S. Olympic Team Trials (3rd, steeplechase - 9:35.73)
 2012 Olympian (steeplechase)
 2013 USA Outdoor Championships (3rd, steeplechase)
 2013 IAAF World Championships participant (steeplechase)

CAREER UPDATE: Kipp made a name for herself in 2012, becoming the third CU female to win an NCAA Steeplechase Crown. 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 of accomplishments 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).

2013: Indoor: Redshirt. Did not compete.

Outdoor: Kipp redshirted the outdoor season as well, but competed unattached. She won the elite section of the Mt. SAC Relays (4/18) in 9:52.82, her first race of the season. Kipp ran at several other meets before racing at the USA Outdoor Championships at the end of June. She took 13th in the preliminary round (10:07.75) to advance to finals, but

came back two days later in the final to place third in 9:46.83, qualifying for the IAAF World Championships. The only thing standing in her way was that she didn't have the 'A' standard of 9:43.00, which was needed to compete at worlds, so Kipp set off to race in Europe and chased the standard and on July 17, she did just that when she ran 9:37.23 at the Monaco Grand Prix. Kipp went on to race at the world championships and placed ninth in the first heat (9:45.97).

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.

CROSS COUNTRY: (2013) Kipp finished her cross country season on a high-note, becoming the first CU woman to earn All-America honors all four seasons. She led the Buffs in all four races she ran, starting with a 19th-place finish at NCAA Pre-Nationals. Two weeks later, Kipp guided the Buffs to a runner-up team finish at the Pac-12 Championships with a ninth-place finish, earning All-Pac-12 Second Team honors. She earned her second individual runner-up finish at NCAA Mountain Regionals two weeks later, as well as her fourth all-region honor, while helping CU win regionals. Kipp ended her collegiate cross country season with a ninth-place finish at NCAAs, the best finish by a female Buff since 2009. The team also did well as it placed seventh. (2012) Kipp once again led the Buffs but sat out at 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.

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.

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
Redshirt Freshman, RS
Reno, Nev.
(Galena)

PERSONAL BESTS

Discus: 115-6/32.20m (2013)
Javelin: 108-8/33.12m (2013)

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

Outdoor: Redshirt. Did not compete.

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

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

IN THE CLASSROOM: Kline is majoring in integrative physiology.

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

MARGAUX KRAHE



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

PERSONAL BESTS

INDOOR
Shot Put: 39-07.75 (2012)
OUTDOOR
Shot Put: 39-8.50/12.50m (2013)
Javelin: 103-05/31.52m (2012)

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

Outdoor: Redshirt. Did not compete.

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 a physics and Russian 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.

ABBY LEVENE



Distance
Graduate, TR
Dublin, N.H.
(Phillips Academy/
Princeton)

PERSONAL BESTS

5,000: 16:21 (2013)
10,000: 34:21 (2013)

CROSS COUNTRY: 2013: Levene ran in the last three varsity races of the season for the Buffs. She placed 41st at the Pac-12 Championships. At regionals, Levene scored for the Buffs as the No. 5 runner, placing 12th overall to earn all-region honors. She finished the season at NCAAs as CU's No. 2 scorer, placing 59th overall to help the Buffs take seventh in the team race.

COLLEGE – PRINCETON (2009-13): Levene earned two letters in cross country and two in track and field while competing for the Tigers before graduating. She owns the school's 10,000-meter run record (34:21), which she ran on April 5, 2013 at the Sam Howell Invitational. Levene ran a 5k personal best of 16:21 at Mt. SAC Relays on April 19, 2013.

HIGH SCHOOL: Levene ran cross country and track and field at Phillips Academy. As a senior, she was named the cross country team's MVP. The Big Blue won the New England Prep School Track Association (NEPSTA) team cross country title from 2005-08 and Levene was the individual champion in 2007 and 2008. The track team won the team NEPSTA Championship in 2007 and she earned the individual league championship in the 3k that same season.

HIGH SCHOOL BESTS: 3,000-meters: 10:01.

IN THE CLASSROOM: Levene is pursuing her master's in environmental journalism. She graduated Magna Cum Laude from Princeton in May of 2013.

PERSONAL: Abigail Peters Levene was born on February 2, 1991 in Erie, Pa. She is the daughter of Steven and Susan Peters of Dublin, N.H. and has one sister, Molly, who swims at Tufts. Levene enjoys cooking, baking, painting, hiking, swimming, biking and triathlons.

BRITTANY LEWIS



**Combined Events/
Jumps**
**Redshirt Sophomore,
1L/RS**
Aurora, Colo.
(George Washington)

PERSONAL BESTS

INDOOR

Pentathlon: 3,863 (2013)
60-Meter Hurdles: 8.86 (2013)
High Jump: 5-7/1.70m (2013)
Shot Put: 36-04.25/11.08m (2012)
Long Jump: 19-1.25/5.82m (2013)
800-Meters: 2:21.63 (2012)
60-Meters: 9.32
200-Meters: 27.13
400-Meters: 57.37 (2013)
OUTDOOR
Heptathlon: 4,977 (2012)
100-Meter Hurdles: 14.27 (2013)
High Jump: 5-05 (2012)
Shot put: 33-5.75 (2012)
200-Meters: 25.5
Long Jump: 19-07 (2012)
Javelin: 115-3/35.12 (2013)
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)

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

Outdoor: Redshirt. Did not compete.

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 at 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 sociology. She was also selected to the serve on the search committee that hired CU Athletic Director Rich George during the summer of 2013.

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

PERSONAL BESTS

INDOOR

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

OUTDOOR

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

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

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

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

came at the Air Force Team Challenge (1/28). She was 15th with a mark of 45-01.50.

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

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

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

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

HIGH SCHOOL BESTS: Hammer: 136-11.

IN THE CLASSROOM: Lind is majoring in integrative physiology.

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

LINDSY MATTSON



Sprints
Junior, 1L/2L
Grand Rapids, Minn.
(Grand Rapids)

PERSONAL BESTS

INDOOR

200 Meters: 25.11 (2013)

400 Meters: 55.96 (2013)

OUTDOOR

200-meters: 24.25 (2013)

400-meters: 54.34 (2013)

MPSF SCORING

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

PAC-12 CONFERENCE SCORING

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

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

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

Outdoor: Mattson moved up on CU's all-time list in both the 200 and 400, becoming the third-best CU performer in the

400 (54.34) and the sixth-best in the 200 (24.25). Mattson clocked her 200 time of 24.25 at the Beach Invitational (4/20), placing eighth overall. Her best two times of the season in the 400 came during the postseason. Mattson ran her PR of 54.34 in the 400 during the prelims of the Pac-12 Championships, placing 11th overall. She recorded a time of 54.57 at the NCAA West Preliminary Championships two weeks later for 33rd overall. Mattson was also a member of the 4x400 relay. The relay placed fifth at the Pac-12 Championships (3:36.95) and was 18th at the west prelims (3:38.39).

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

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

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

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

IN THE CLASSROOM: Mattson is a communications major and has recorded a greater than 3.70 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.

LUCY MAY



Middle Distance
Freshman, HS/HS
St. Louis, Mo.
(St. Joseph's Academy)

PERSONAL BESTS

800 meters: 2:16.99
1,600 meters: 4:56

HIGH SCHOOL: May is the St. Joseph's Academy record holder in the 800 (2:16.99) and 1,600-meter (4:56) runs.

During her senior year, May placed second at the state championships in the 1,600 and was an all-state selection in the 1,600 and the 800. She also earned all-conference honors in the 800, 1,600 and 3,200 as a senior. During her sophomore cross country season, the Angels placed third at the state 4A championship.

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

IN THE CLASSROOM: May intends to major in business and is also interested in engineering.

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

CATRINA McALISTER



Distance
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)

2013: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

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

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

CROSS COUNTRY: (2013) McAlister raced three times for the Buffs as a sophomore. She started the season by playing ninth at the Rocky Mountain Shootout. McAlister was CU's seventh runner to finish at NCAA Pre-Nationals, finishing 163rd overall. Her final race of the season was the Pac-12 Championships where she placed 30th as the fifth scorer, helping CU take second in the team race. (2012) McAlister earned a spot on the varsity roster as a redshirt freshman. Her first meet of the season was the Santa Clara

Bronco Invite where she placed 41st overall. McAlister followed up that performance with a 70th-place finish at the Pac-12 Championships. She was the alternate at regionals and nationals.

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

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

IN THE CLASSROOM: McAlister is an English major and currently owns a GPA greater than 3.00.

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

MELANIE NUN



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

PERSONAL BESTS

800-meters: 2:17
1,600-meters: 5:08
3,200-meters: 10:57

CROSS COUNTRY: (2013) Nun had a breakout freshman season, earning a spot on the varsity roster early in the season. She raced unattached at the Rocky Mountain Shootout, placing eighth. Her first race in uniform was NCAA Pre-Nationals and she finished 57th overall as CU's No. 4 runner. Nun was CU's fourth scorer at the Pac-12 Championships as well, coming in 14th overall to earn All-Pac-12 Second Team honors, and helped the Buffs claim second in the team title. At regionals, she was sixth overall, again the fourth runner for the Buffs, helping CU win the regional crown. Nun finished her freshman season at NCAAs as the third scorer for CU, crossing the line 68th overall, while helping CU to a seventh-place team finish.

HIGH SCHOOL: Nunn finished fifth overall at the 2012 Colorado State 5A Cross Country Championships, improving from a 12th-place finish as a junior. She placed 10th at Foot Locker Midwest Regional Championships to earn a spot at the Foot Locker Nationals where she finished 35th overall. Nunn won the 5A Region 3 Championship in 2012

and the 5A Region 4 Championship in 2011. She owns school records in the 800 (2:17), 1,600 (5:08), 3,200 (10:57), the 4x800-relay (9:47) and in the 5k cross country course (17:35). In 2013, Nun placed fourth in the 3,200 and was eighth in the 1,600 at the state championships. She was named the LHS Athlete of the Year as a senior and was a finalist for the Boettcher Scholarship.

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

IN THE CLASSROOM: Nun intends to major in mathematics and is also interested in economics.

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

MANDY ORTIZ



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

PERSONAL BESTS

Mile: 5:18
3,200-meters: 11:30

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

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

IN THE CLASSROOM: Ortiz intends to major in integrative physiology and is also interested in English.

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

EWELINA PENA



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

PERSONAL BESTS

INDOOR

High Jump: 5-1/1.55 (2013)

OUTDOOR

High Jump: 5-06

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

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

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

HIGH SCHOOL BESTS: High Jump: 5-06.

IN THE CLASSROOM: Pena is majoring in chemistry and owns a GPA greater than 3.00.

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

HAGEN REEDY



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

PERSONAL BESTS

800-meters: 2:19
1,600-meters: 4:56
3,200-meters: 10:21

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

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

IN THE CLASSROOM: Reedy intends to major in geology and is also interested in teaching. She was the class valedictorian.

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

OLIVIA RINTALA



Middle Distance
Freshman, HS/HS
San Jose, Calif.
(ArchbishopMitty)

PERSONAL BESTS

800-meters: 2:15
1,600-meters: 5:10

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

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

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

IN THE CLASSROOM: Rintala intends to major in integrative physiology and is also interested in environmental sciences.

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

MARIAH SLACK



Combined Events
Freshman, HS/HS
Oceanside, Calif.
(Vista)

PERSONAL BESTS

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

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

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

IN THE CLASSROOM: Slack intends to major in integrative physiology.

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

BRIDGET SWEENEY



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

PERSONAL BESTS

INDOOR

200-meters: 25.42 (2012)
400-meters: 57.53 (2012)

OUTDOOR

200-meters: 25.06 (2012)
400-meters: 55.14

MPSF SCORING

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

PAC-12 CONFERENCE SCORING

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

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

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

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

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

HIGH SCHOOL: Sweeney is the school record holder in the 400-meter dash (55.14) and was a part of the school and state record setting 4x200 (1:40.62) and 4x400 (3:51.28) relays. She placed second individually at the state championship in the 400 and both relays placed first as she helped the HHS Royals to the state title in 2010. Sweeney

was an all-conference and all-state selection in track from eighth-grade to her junior season. Sweeney is a member of the National Honor Society.

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

IN THE CLASSROOM: Sweeney is an open major. She has recorded a 3.887 GPA in her first two years. In 2013, she was named to the Academic All-MPSF team and the Pac-12 All-Academic honorable mention team.

PERSONAL: Bridget Ruth Sweeney was born on January 31, 1993 in Minneapolis, Minn. She is the daughter of Terry and Barb Sweeney and has one sister, Meghan.

ABRIANNA TORRES



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

PERSONAL BESTS

INDOOR

Pentathlon: 3,832 (2013)
60-Meter Hurdles: 9.01 (2013)
High Jump: 5-04.25 (2013)
Shot Put: 41-7/12.67 (2013)
Long Jump: 19-8.75/6.01 (2013)
800 Meters: 2:33.24 (2013)

OUTDOOR

Heptathlon: 5,357 (2013)
100-Meter Hurdles: 14.42 (2013)
High Jump: 5-3.35 (2013)
Shot Put: 45-4.50/13.83m (2013)
200-Meters: 25.84 (2013)
Long Jump: 20-2.25/6.15m (2013)
Javelin: 132-11/40.52m (2013)
800-Meters: 2:25.09 (2013)
Triple Jump: 39-06.5

MPSF SCORING

2013 Pentathlon, 4th (3,832)

PAC-12 SCORING

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

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

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

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

Outdoor: Redshirt. Did not compete.

HIGH SCHOOL: Torres earned four letters at SLOHS and owns school records in the long jump (19-11.50), triple jump (39-06.50), 100-meter hurdles (14.45), heptathlon (4,826) and the 4x100-meter relay (48.12). She also owns Pac 7 League records in the 300-hurdles, 100-hurdles, long and triple jumps. Torres helped the Tigers with the Pac 7 League Championship in 2008, 09, 10 and 11, as well as the CIF DIII Championships in 2008 and 09. As an individual she won the 2011 DIF long jump and triple jump. Torres earned a runner-up finish in the long jump at the 2009 USATF Junior Championships and was 10th overall at the 2011 USATF Junior Championships in the heptathlon with 4,707 points. She was a scholar athlete all throughout high school.

HIGH SCHOOL BESTS: 100-Meters: 12.32; 200-Meters: 25.65; 800-Meters: 2:31; 100-Meter Hurdles: 14.45; 300-Meter Hurdles: 44.23; Long Jump: 19-11.5; Triple Jump: 39-06.5; High Jump: 5-3.75; Shot Put: 33-05; Javelin: 91-06; Heptathlon: 4,826.

IN THE CLASSROOM: Torres is majoring in sociology.

PERSONAL: Abrianna Nicole Torres was born on Jan. 3, 1993 in San Luis Obispo, Calif. She is the daughter of Victor Sr. and Zona (Cece Chandler) Torres. She has two sisters, Katrina and Grace, and two brothers, Victor Jr. and Chandler. Both of her parents were school record holders at Col Poly in the jumps and hurdles. She enjoys adventuring outdoors, watching the news and hanging out with family and friends. She was named the SLOHS Homecoming Princess as a junior and the Homecoming Queen as a senior.

ELIZABETH (LIZ) TREMBLAY



**Middle Distance
Senior, 2L/1L
Loveland, Colo.
(Thompson Valley)**

PERSONAL BESTS

INDOOR

600-Yards: 1:23.49 (2013)

800-Meters: 2:07.18 (2013)

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, 13)

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 (2:07.18) and in the 600-yard dash (1:23.49). 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 the third-fastest 800 performer (2:06.59) for the Buffs.

2013: *Indoor:* Tremblay had her best indoor season, finishing with the second best times in both the 600-yard and 800-meter runs. She started her season by winning the 600 at the Potts Invite (1/19), clocking a time of 1:23.49 to move up to second on the all-time list. Tremblay raced the second and third best times in CU history in the 800 in her next two meets. She ran 2:08.91 at the UW Invite (1/26), finishing eighth overall. Two weeks later at the Husky Classic, Tremblay was ninth in the invitational section with an even better time at 2:07.18.

Outdoor: Redshirt. Did not compete.

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 mem-

ber 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: (2013) Tremblay finished her career with the Buffs strong, starting with an 11th-place finish at the Rocky Mountain Shootout. She then raced to a 118th-place finish at NCAA Pre-Nationals before placed 31st overall at the Pac-12 Championships where Tremblay helped CU to a runner-up team finish. Her best finish of the season was at regionals where she took 14th overall and Tremblay wrapped up the season with a 175th-place finish at NCAAs. The team placed seventh in the team race. (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

Buffaloes

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 claimed the 2008 and 09 state championships. 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 3.40 and was named to the Big 12 Commissioner's Honor Roll. Tremblay has also been a two-time member of the Academic All-MPSF team (2012, '13) and a Pac-12 All-Academic honorable mention member (2012).

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



Distance
Sophomore, VR/1L
Morago, Calif.
(Morago)

PERSONAL BESTS

INDOOR

3,000-Meters: 9:42.17 (2013)

5,000-Meters: 16:47.36 (2013)

OUTDOOR

1,500-Meters: 4:25.46 (2013)

5,000-Meters: 16:14.58 (2013)

PAC-12 SCORING

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

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

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

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

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

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

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

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
Junior, 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, '13)

Pac-12 All-Academic first team (2012)

2013: *Indoor:* Did not compete.

Outdoor: Did not compete.

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: (2013) Viger raced once for CU, finishing sixth overall at the Santa Clara Bronco Invitational. (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 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 (2012, '13) and Pac-12 All-Academic (2012) honors.

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.

2013 Colorado Cross Country Results

COLORADO WOMEN

Aug. 31 ALUMNI/OPEN/VARSITY TIME TRIAL NTS

Sept. 28 ROCKY MOUNTAIN SHOOTOUT (Boulder)..... 1st/2
1. Colorado, 19; 2. Northern Colorado, 40.

Oct. 19 at Pre-National Invitational (Terre Haute, Ind.) 7th/49
 1. Georgetown, 116; 2. Florida State, 162; 3. Butler, 176; 4. Virginia, 191; 5. Oregon, 214; 6. Michigan, 219; **7. Colorado, 223;** 8. William & Mary, 248; 9. Stanford, 275; 10. Princeton, 420.

Nov. 2 at Pac-12 Championships (Louisville, Colo.)..... 2nd/12
 1. Arizona, 69; **2. Colorado, 75;** 3. Washington, 111; 4. Oregon, 113; 5. Stanford, 130; 6. Arizona State, 139; 7. UCLA, 175; 8. Utah, 207; 9. California, 215; 10. Washington State, 262; 11. Oregon State, 271; 12. USC, 347.

Nov. 15 at NCAA Mountain Region Championships (Ogden, Utah) 1st/20
1. Colorado, 29; 2. New Mexico, 64; 3. BYU, 109; 4. Weber State, 160; 5. Air Force, 185; 6. Northern Arizona, 188; 7. Montana State, 209; 8. Utah, 214; 9. Nevada, 253; 10. Colorado State, 302; 11. Utah State, 318; 12. Southern Utah, 326; 13. Wyoming, 338; 14. Texas Tech 354; 15. Montana 397; 16. Idaho State, 432; 17. Northern Colorado, 447; 18. Utah Valley, 453; 19. New Mexico State, 20. UTEP, 640.

Nov. 23 at NCAA Championships (Terra Haute, Ind.) 7th/31
 1. Providence, 141; 2. Arizona, 197; 3. Butler, 200; 4. Michigan, 215; 5. Georgetown, 226; 6. Michigan State, 236; **7. Colorado, 265;** 8. Florida State, 278; 9. Virginia, 283; 10. New Mexico, 301.

INDIVIDUAL RESULTS (Overall/CU)

Runner	RMS 5.8k	SCBI 5k	PRE-NC 6k	P12 6k	MTR 6k	NCAA 6k
M. Alm	20/6 22:54	5/1 22:33.3		36/7 22:51		
C. Bouchet	14/5 22:16		+7 22:03.6	48/9 23:17	Alt.	Alt.
E. Clark	+3 21:22		28/3 20:47.7	13/3 21:59	5/3 20:39.4	97/4 21:17.7
J. DeSouchet	13/4 22:09		97/5 21:26	52/10 23:25	15/7 20:58.1	191/6 21:43.1
L. Hubbard		80/4 25:07.01				
S. Kipp			19/1 20:35.6	9/1 21:33	2/1 20:31.0	9/1 20:21.7
A. Levene				41/8 23:02	12/5 20:51.9	59/2 20:57.4
L. May	+22 23:01					
C. McAlister	9/2 21:59		163/7 21:51.41	30/5 22:40		
M. Nun	+8 21:56		57/4 21:06.8	14/4 22:09	6/4 20:44.3	68/3 21:04.0
O. Rintala	+56 25:13	15/3 23:06.8				
J. Stolting			+12 22:15.3			
L. Tremblay	11/3 22:04		118/6 21:35.2	31/6 22:43	14/6 20:57.9	175/7 21:52.0
C. Verdon	2/1 20:55		22/2 20:42.7	10/2 21:42	4/2 20:39.3	132/5 21:31.4
R. Viger		6/2 22:33.4				

COLORADO MEN

Aug. 31 ALUMNI/OPEN/VARSITY TIME TRIAL NTS

Sept. 28 ROCKY MOUNTAIN SHOOTOUT (Boulder)..... 1st/2
1. Colorado, 15; 2. Air Force, 45.

Oct. 19 at Pre-National Invitational (Terre Haute, Ind.) 1st/52
1. Colorado, 90; 2. Oregon, 113; 3. Iona, 126; 4. Stanford, 148; 5. Tulsa, 159; 6. Princeton, 276; 7. Oklahoma State, 300; 8. Boise State, 313; 9. Oklahoma, 409; 10. Southern Utah, 425.

Nov. 2 at Pac-12 Championships (Louisville, Colo.)..... 1st/9
1. Colorado, 28; 2. Oregon 54; 3. Stanford, 79; 4. Arizona State, 140; 5. Washington, 142; 6. Washington State, 151; 7. UCLA, 152; 8. Arizona, 194; 9. California, 220.

Nov. 15 at NCAA Mountain Region Championships (Ogden, Utah) .. 2nd/17
 1. Northern Arizona, 61; **2. Colorado, 69;** 3. New Mexico, 79; 4. BYU, 109; 5. Air Force, 144; 6. Colorado State, 153; 7. Southern Utah, 195; 8. Wyoming, 226; 9. Montana State, 238; 10. UTEP, 252; 11. Utah State, 292; 12. Texas Tech, 292; 13. Utah Valley, 351; 14. Weber State, 398; 15. Idaho State, 439; 16. Montana, 453; 17. New Mexico State, 525.

Nov. 23 at NCAA Championships (Terra Haute, Ind.) 1st/31
1. Colorado, 149; 2. Northern Arizona, 169; 3. Oklahoma State, 230; 4. BYU 267; 5. Oregon, 274; 6. Iona, 284; 7. Portland, 293; 8. Indiana, 306; 9. Wisconsin, 326; 10. Syracuse, 329.

INDIVIDUAL RESULTS (Overall/CU)

Runner	RMS 8k	SCBI 8k	PRE-NC 8k	P12 8k	MTR 10k	NCAA 10k
H. Dowdy	15/6 26:44					
D. Emmert	+121 30:40	99/3 27:30.4				
D. Kilgore	12/5 26:38		+8 25:22.4	46/9 26:23		
J. Mitchem	75/7 28:51	29/1 26:13.3				
A. Moussa			54/6 24:15.8	9/5 25:15	27/6 30:08.0	95/5 31:17.1
P. Murphy	4/2 25:42		24/4 23:56.1	7/4 25:00	5/1 29:46.0	39/4 30:44.9
M. Pearson	+7 25:57		7/1 23:39.7	18/6 25:42	16/4 29:53.4	17/2 30:25.0
Z. Perrin	+5 25:52		114/7 24:42.9	37/8 26:16	Alt. 31:23.3	107/6
A. Peterman	+18 26:53					
B. Saarel	+2 25:35		9/2 23:40.7	5/3 24:53	7/2 29:46.4	8/1 30:41.1
D. Shiye	9/4 26:12		+3 24:53.9	26/7 25:56	75/7 31:42.6	Alt.
P. Smyrniotis		45/2 32.2				
B. Theroux	1/1 25:34		22/3 23:52.9	3/1 24:47	26/5 30:07.4	23/3 30:34.6
C. Winter	6/3 25:56		28/5 23:58.2	4/2 24:49	15/3 29:51.1	177/7 32:02.2

2013 Men's Indoor Bests

60 Meters (6.57 CU record)

6.57	sr/pr	Joe Morris	Air Force All-Comers (1/12)
6.69	p	Joe Morris	MPSF Championship (2/22)
6.70	semis	Joe Morris	Tyson Invite (2/8)
6.71	p	Joe Morris	Tyson Invite (2/8)
6.72		Joe Morris	MPSF Championship (2/23)
6.73		Joe Morris	Millrose Games (2/16)
6.91	p	Shaw Gifford	MPSF Championship (2/22)
6.92		Shaw Gifford	Air Force All-Comers (1/12)
6.92		Shaw Gifford	Potts Invite (1/19)
7.00	p	Shaw Gifford	Potts Invite (1/19)

200 Meters (20.88 cu)

21.01	pr	Joe Morris	Air Force All-Comers (1/12)
21.06		Joe Morris	MPSF Championship (2/22)
21.64		Joe Morris	Tyson Invite (2/9)
21.97		Shaw Gifford	Air Force All-Comers (1/12)
21.99		Shaw Gifford	MPSF Championship (2/22)
22.30		Shaw Gifford	Tyson Invite (2/9)
22.36	p	Kyle MacIntosh	Air Force Invite (1/25)
22.43		Joe Morris	Arkansas Last Chance (3/1)
22.53		Tyler Baker	Air Force All-Comers (1/12)

400 Meters (46.13 cu)

48.92		Tyler Baker	MPSF Championship (2/23)
49.55		Tyler Baker	Air Force All-Comers (1/12)
49.64		Tyler Baker	Tyson Invite (2/8)
49.74		Tyler Baker	Air Force Invite (1/26)
49.75	p	Tyler Baker	Air Force Invite (1/25)
49.77		Kyle MacIntosh	Tyson Invite (2/8)
49.87		Blake Reimer	Air Force All-Comers (1/12)
50.00		Kyle MacIntosh	MPSF Championship (2/23)
50.40	p	Kyle MacIntosh	Air Force Invite (1/25)

800 Meters (1:49.37 cu)

1:54.27		Matt Biegner	Potts Invite (1/19)
1:54.47		Blake Theroux	Air Force Invite (1/26)
1:55.11		Connor Winter	Potts Invite (1/19)
1:58.76	U	Joe Mitchem	Potts Invite (1/19)

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

2:51.64		Brock Emory	UW Invite (1/26)
2:57.59		Brock Emory	MPSF Championship (2/23)

Mile (3:59.55 cu)

4:01.34		Blake Theroux	MPSF Championship (2/23)
4:01.69		Connor Winter	MPSF Championship (2/23)
4:04.32		Matt Biegner	Husky Classic (2/9)
4:04.35		Blake Theroux	Husky Classic (2/9)
4:04.86		Matt Biegner	MPSF Championship (2/23)
4:05.30		Connor Winter	Husky Classic (2/9)
4:07.08		Hugh Dowdy	MPSF Championship (2/23)
4:08.36		Matt Biegner	UW Invite (1/26)
4:09.18		Hugh Dowdy	Husky Classic (2/9)

3,000 Meters (7:46.03 cu)

7:53.74		Aric Van Halen	Husky Classic (2/9)
8:02.33		Aric Van Halen	MPSF Championship (2/23)
8:05.85	AA	Aric Van Halen	NCAA Championships (3/9)
8:11.20		Ammar Moussa	MPSF Championship (2/23)
8:23.08		David Kilgore	MPSF Championship (2/23)
8:59.07		Ammar Moussa	Air Force Team Challenge (2/9)
9:01.19		Dillon Shije	Air Force Team Challenge (2/9)
9:08.95		Ryan Savercool	Air Force Invite (1/26)
9:20.24		David Kilgore	Air Force Invite (1/26)

5,000 Meters (13:38.23 cu)

14:46.64		Ryan Savercool	Husky Classic (2/8)
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60 Meter Hurdles (7.75 cu)

8.40		Jason DeWitt	Potts Invite (1/19)
8.42		Jason DeWitt	Air Force Team Challenge (2/9)
8.52		Brock Emory	Potts Invite (1/19)
8.52		Jason DeWitt	Air Force All-Comers (1/12)
8.58		Brock Emory	Air Force All-Comers (1/12)

4x400 Meter Relay (3:07.9h cu)

3:15.37	Morris/Gifford/Baker/MacIntosh	MPSF Championship (2/23) 7th
3:20.23	MacIntosh/Gifford/Reimer/Baker	Tyson Invite (2/9) 13th

High Jump (7-03.50 cu)

7-02.25/2.19		Mark Jones	USA Indoors (3/2)
7-01.50/2.17		Mark Jones	UW Invite (1/26)
6-11/2.11		Mark Jones	MPSF Championship (2/23)
6-11/2.11		Mark Jones	Potts Invite (1/18)
6-9/2.06		Jason DeWitt	Air Force All-Comers (1/12)
6-6.75/2.00		Jason DeWitt	Air Force Team Challenge (2/9)
6-4.25/1.94	hep	Brock Emory	MPSF Championship (2/22)
6-4.25/1.94	hep	Brock Emory	UW Invite (1/25)
6-2.75/1.90		Brock Emory	Air Force All-Comers (1/12)
6-2.75/1.90		Brock Emory	Air Force Team Challenge (2/9)

Pole Vault (17-02 cu)

13-5.25/4.10		Brock Emory	MPSF Championship (2/23)
13-3.50/4.05		Brock Emory	Potts Invite (1/18)
13-3.50/4.05		Jason DeWitt	Potts Invite (1/18)

Long Jump (25-7.50 cu)

21-11.75/6.70		Mark Jones	Potts Invite (1/19)
21-3.5/6.49		Brock Emory	MPSF Championship (2/23)
21-1.50/6.44		Jason DeWitt	Air Force All-Comers (1/12)
20-11.25/6.38		Brock Emory	Air Force Team Challenge (2/9)
20-7.25/6.28		Jason DeWitt	Air Force Team Challenge (2/9)
19-11.75/6.09		Brock Emory	Air Force All-Comers (1/12)
19-7/5.97	hep	Brock Emory	UW Invite (1/25)

Shot Put (61-02.25 cu)

48-08/14.83	U	Alex Kizirian	Potts Invite (1/19)
46-06/14.17		Brady Rutt	Potts Invite (1/19)
46-04.75/14.14		Brady Rutt	Husky Classic (2/9)
46-02.50/14.18		Brady Rutt	Air Force Invite (1/26)
45-07.25/13.90		Brady Rutt	Air Force All-Comers (1/12)
39-10.75/12.16		Jason DeWitt	Potts Invite (1/19)

35-pound Weight (63-09.75 cu)

60-06.75/18.46	U	Alex Kizirian	Potts Invite (1/19)
55-11/17.04		Cameron Hutchins	MPSF Championship (2/22)
53-06.25/16.31		Brady Rutt	Air Force All-Comers (1/12)
53-05.75/16.30		Cameron Hutchins	Air Force Invite (1/25)
52-07.50/16.04		Brady Rutt	Air Force Invite (1/25)
52-07.50/16.04		Cameron Hutchins	Husky Classic (2/8)
51-09.25/15.78		Cameron Hutchins	Potts Invite (1/19)
50-04.00/15.34		Cameron Hutchins	Air Force All-Comers (1/12)

Heptathlon (5,392 cu)

4,990		Brock Emory	MPSF Championships (2/23)
4,217		Brock Emory	UW Invite (1/25-26)

Symbol Key

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

TRACK & FIELD 2013 Women's Indoor Bests

200 Meters (23.81 cu)

24.31	pr	Eileen Gehring	Tyson Invite (2/9)
24.44	p	Eileen Gehring	Air Force Invite (1/25)
24.45		Eileen Gehring	MPSF Championships (2/22)
24.49		Eileen Gehring	Air Force Invite (1/26)
25.03		Eileen Gehring	Air Force All-Comers (1/12)
25.09		Lindsy Mattson	Tyson Invite (2/9)
25.11		Lindsy Mattson	MPSF Championships (2/22)
25.48	p	Lindsy Mattson	Air Force Invite (1/25)
25.55		Lindsy Mattson	Air Force Invite (1/26)
25.69		Lindsy Mattson	Air Force All-Comers (1/12)

400 Meters (54.00 cu)

54.67		Eileen Gehring	Tyson Invite (2/8)
55.00		Eileen Gehring	Air Force Invite (1/26)
55.17	p	Eileen Gehring	Air Force Invite (1/25)
55.24		Eileen Gehring	MPSF Championship (2/23)
55.96		Lindsy Mattson	Tyson Invite (2/8)
56.12		Eileen Gehring	Air Force All-Comers (1/12)
56.26		Lindsy Mattson	MPSF Championship (2/23)
56.50		Lindsy Mattson	Air Force Invite (1/26)
56.58		Brianne Beemer	UW Invite (1/26)
56.70		Brianne Beemer	Air Force All-Comers (1/12)

600 Yards* (1:21.60 cu)

1:23.49		Liz Tremblay	Potts Invite (1/19)
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800 Meters (2:05.69 cu)

2:07.18		Liz Tremblay	Husky Classic (2/9)
2:08.91		Liz Tremblay	UW Invite (1/26)
2:11.75		Brianne Beemer	Tyson Invite (2/8)
2:13.79		Brianne Beemer	USA Indoors (3/1)
2:14.59		Liz Tremblay	MPSF Championship (2/23)
2:15.68	pen	Brianne Beemer	MPSF Championships (2/22)
2:16.36	pen	Brianne Beemer	UW Invite (1/25)
2:21.56		Lindsey Hubbard	Air Force Team Challenge (2/9)
2:21.60		Lindsey Hubbard	Air Force Invite (1/26)
2:22.82	pen/U	Brittany Lewis	Air Force Invite (1/25)

Mile (4:25.91 cu)

4:29.86		Emma Coburn	Millrose Games (2/16)
4:29.91	AA	Emma Coburn	NCAA Indoors (3/9)
4:37.47	p	Emma Coburn	NCAA Indoors (3/8)
4:49.52		Staci Foster	MPSF Championship (2/23)
4:53.65		Staci Foster	Husky Classic (2/9)
5:00.88		Camille Logan	Husky Classic (2/9)
5:06.36		Staci Foster	Air Force Invite (1/26)
5:09.89		Courtney Bouchet	Air Force Invite (1/26)
5:16.57		Camille Logan	Air Force Invite (1/26)

3,000 Meters (8:42.03 cu)

9:30.03		Courtney Bouchet	Husky Classic (2/9)
9:36.37		Courtney Bouchet	MPSF Championship (2/23)
9:42.17		Carrie Verdon	MPSF Championship (2/23)
9:51.44		Diana George	Husky Classic (2/9)
10:24.18		Jana Stolting	Air Force Invite (1/26)

5,000 Meters (15:01.70 cu)

16:47.59		Carrie Verdon	UW Invite (1/26)
17:04.59		Jana Stolting	Husky Classic (2/8)

60 Meter Hurdles (8.27 cu)

8.82	pen	Brianne Beemer	UW Invite (1/25)
8.83		Brianne Beemer	Potts Invite (1/19)
8.85		Brianne Beemer	USA Indoors (3/1)
8.85		Brianne Beemer	Air Force All-Comers (1/12)
8.86	U	Brittany Lewis	CSM Joe Davies Open (2/16)
8.89	pen	Brianne Beemer	MPSF Championships (2/22)
8.92	p	Brianne Beemer	Tyson Invite (2/8)
9.01		Abrianna Torres	USA Indoors (3/1)
9.02	pen/U	Brittany Lewis	Air Force Invite (1/25)

4x400 Meter Relay (3:43.52 cu)

3:43.52	sr	Mattson/Beemer/Sweeney/Gehring	Tyson Invite (2/9) 9th
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High Jump (6-2 cu)

5-9.25/1.76		Kelsey English	Air Force Team Challenge (2/9)
5-8/1.73		Kelsey English	Air Force All-Comers (1/12)
5-8/1.73		Brianne Beemer	USA Indoors (3/1)
5-7.75/1.72		Kelsey English	UW Invite (1/26)
5-7.25/1.71		Kelsey English	MPSF Championship (2/23)
5-7/1.70	pen/U	Brittany Lewis	Air Force Invite (1/25)
5-6.50/1.69	pen	Brianne Beemer	UW Invite (1/25)
5-6/1.68		Kelsey English	Potts Invite (1/18)
5-5.25/1.66	pen	Brianne Beemer	MPSF Championships (2/22)
5-4.50/1.64		Genny Mayden	USA Indoors (3/1)
5-4.50/1.63	U	Brittany Lewis	Potts Invite (1/18)

Long Jump (20-10.50 cu)

19-8.75/6.01		Abrianna Torres	Air Force Team Challenge (2/9)
19-8.25/6.00	pen	Abrianna Torres	MPSF Championships (2/22)
19-0.50/5.80	pen	Abrianna Torres	USA Indoors (3/1)
18-10/5.74	pen/U	Brittany Lewis	Air Force Invite (1/25)
18-7/5.66		Genny Mayden	Air Force Team Challenge (2/9)
18-7/5.66	pen/U	Brittany Lewis	Air Force All-Comers (1/12)
18-6.50/5.65	U	Brittany Lewis	USA Indoors (3/1)
18-6/5.64	pen	Abrianna Torres	UW Invite (1/25)
18-5.25/5.62		Abrianna Torres	Potts Invite (1/19)
18-5.25/5.62		Abrianna Torres	Air Force All-Comers (1/12)
18-5.25/5.62	U	Brittany Lewis	Potts Invite (1/18)

Shot Put (54-07.25 cu)

44-6/13.56	U	Emily Hunsucker	Air Force All-Comers (1/12)
44-2/13.46	U	Emily Hunsucker	Potts Invite (1/19)
41-9.25/12.73	U	Emily Hunsucker	Husky Classic (2/9)
41-7/12.67	pen	Abrianna Torres	MPSF Championships (2/22)
41-5/12.62		Holly Odneal	Air Force Team Challenge (2/9)
41-4.25/12.60	pen	Abrianna Torres	USA Indoors (3/1)
40-6.25/12.35		Kajsa Bank	Air Force Invite (1/26)
40-6/12.34	pen	Genny Mayden	MPSF Championships (2/22)
40-2.75/12.26		Abriannay Torres	Air Force Team Challenge (2/9)
39-10/12.14		Genny Mayden	Air Force Team Challenge (2/9)

20-pound Weight Throw (62-08.50 cu)

54-8.25/16.67	U	Emily Hunsucker	Air Force All-Comers (1/12)
53-9/16.38	U	Emily Hunsucker	Potts Invite (1/19)
50-06.75/15.41	U	Emily Hunsucker	Husky Classic (2/8)
48-4.75/14.75		Kellie Lind	Air Force All-Comers (1/12)
46-6.75/14.19		Kellie Lind	Air Force Invite (1/25)
46-3.25/14.10		Kajsa Bank	Air Force All-Comers (1/12)
44-11/13.69		Kajsa Bank	Husky Classic (2/8)
42/11.50/13.09		Kellie Lind	Husky Classic (2/8)

Pentathlon (4,059 cu)

4,059	sr/pr	Brianne Beemer	USA Indoors (3/1)
3,963	U	Brittany Lewis	Air Force Invite (1/25)
3,854		Brianne Beemer	MPSF Championships (2/22)
3,832		Abrianna Torres	MPSF Championships (2/22)
3,823		Brianne Beemer	UW Invite (1/25)
3,795		Genny Mayden	USA Indoors (3/1)
3,753		Genny Mayden	MPSF Championships (2/22)
3,662	U	Brittany Lewis	USA Indoors (3/1)
3,559		Abrianna Torres	UW Invite (1/25)
3,476		Holly Odneal	UW Invite (1/25)

Symbol Key

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

2013 Men's Outdoor Bests

100 Meters (10.0 cu)

10.09	w	Joe Morris	Jack Christiansen Invite (4/27)
10.24	p	Joe Morris	NCAA Outdoors (6/5)
10.27	p	Joe Morris	Pac-12 Championships (5/11-12)
10.30		Joe Morris	NCAA West Prelims (5/23)
10.33		Joe Morris	Mt. SAC Relays (4/18-20)
10.34		Joe Morris	Pac-12 Championships (5/11-12)
10.42		Joe Morris	CU Invite (4/13)
10.49		Joe Morris	NCAA West Prelims (5/24)
11.11	dec	Brock Emory	Pac-12 Championships (5/4)
11.15	w	Brock Emory	Jack Christiansen Invite (4/27)

200 Meters (20.37 cu)

20.45		Joe Morris	Jack Christiansen Invite (4/27)
20.81	p	Joe Morris	NCAA Outdoors (6/6)
20.85	p	Joe Morris	NCAA West Prelims (5/24)
20.86	p	Joe Morris	Pac-12 Championships (5/11-12)
20.91		Joe Morris	Mt. SAC Relays (4/18-20)
20.94		Joe Morris	Pac-12 Championships (5/11-12)
21.00		Joe Morris	NCAA West Prelims (5/25)
21.01		Joe Morris	CU Invite (4/13)
21.52		Shaw Gifford	Mt. SAC Relays (4/18-20)
21:52		Shaw Gifford	CU Invite (4/13)

400 Meters (45.54 cu)

47.70		Joe Morris	Fum McGraw Quadrangular (3/30)
48.20		Shaw Gifford	Fum McGraw Quadrangular (3/30)
48.75		Shaw Gifford	Mt. SAC Relays (4/18-20)
48:87		Shaw Gifford	CU Invite (4/13)
49.24		Shaw Gifford	Jack Christiansen Invite (4/27)
49.41		Blake Berens	Fum McGraw Quadrangular (3/30)
49.55		Blake Gerens	CU Invite (4/13)
49.80		Shaw Gifford	Walt Disney World Invite (3/22)
49.83		Shaw Gifford	Jerry Quiller Classic (3/16)
49.87		Blake Berens	Mt. SAC Relays (4/18-20)

800 Meter Run (1:47.52 cu)

1:51.08		Matt Biegner	Mt. SAC Relays (4/18-20)
1:51.91		Jake Hurysz	CU Invite (4/13)
1:52.54		Aric Van Halen	CU Invite (4/13)
1:52.76		Connor Winter	CU Invite (4/13)
1:52.88	p	Matt Biegner	Pac-12 Championships (5/11-12)
1:52.95		Connor Winter	Mt. SAC Relays (4/18-20)
1:53.02		Matt Biegner	CU Invite (4/13)
1:55.51		Ammar Moussa	CU Invite (4/13)
1:55.76		Richard Medina	CU Invite (4/13)
1:57.83	U	Joe Mitchem	Jerry Quiller Classic (3/16)

1,500 Meter Run (3:39.77 cu)

3:40.63		Jake Hurysz	Payton Jordan Invite (4/28)
3:42.36		Jake Hurysz	Pac-12 Championships (5/11-12)
3:42.98	p	Jake Hurysz	Pac-12 Championships (5/11-12)
3:43.65		Jake Hurysz	Mt. SAC Relays (4/18-20)
3:44.53		Connor Winter	Payton Jordan Invite (4/28)
3:44.54		Connor Winter	Nike Stanford Invite (3/29)
3:45.17		Blake Theroux	Payton Jordan Invite (4/28)
3:46.27		Connor Winter	Mt. SAC Relays (4/18-20)
3:47.01		Ammar Moussa	Mt. SAC Relays (4/18-20)
3:47.41		Jake Hurysz	NCAA West Prelims (5/25)

3,000 Meters* (7:50.39 cu)

8:35.56		Pierce Murphy	Jerry Quiller Classic (3/16)
8:43.53		Dillon Shije	CU Invite (4/13)
8:44.18		Martin Medina	CU Invite (4/13)
8:55.13		Dillon Shije	Jerry Quiller Classic (3/16)
9:00.94		David Kilgore	Jerry Quiller Classic (3/16)

5,000 Meters (13:18.46 cu)

13:45.50		Richard Medina	Payton Jordan Invite (4/28)
13:57.96		Ammar Moussa	Payton Jordan Invite (4/28)
14:04.21		Pierce Murphy	Mt. SAC Relays (4/18-20)
14:09.45		Connor Winter	Pac-12 Championships (5/11-12)
14:12.56		Aric Van Halen	Pac-12 Championships (5/11-12)
14:12.79		Ammar Moussa	Nike Stanford Invite (3/29)
14:16.71		Jake Hurysz	Pac-12 Championships (5/11-12)
14:20.28		Martin Medina	Mt. SAC Relays (4/18-20)
14:27.90		Ammar Moussa	Pac-12 Championships (5/11-12)
14:27.98		David Kilgore	Mt. SAC Relays (4/18-20)

10,000 Meters (27:38.50 cu)

29:36.48		Pierce Murphy	Pac-12 Championships (5/11-12)
29:37.71		Pierce Murphy	Nike Stanford Invite (3/29)
29:42.14		Richard Medina	Pac-12 Championships (5/11-12)
29:52.91		Martin Medina	Pac-12 Championships (5/11-12)
30:11.65		Dillon Shije	Mt. SAC Relays (4/18-20)
30:55.84		David Kilgore	Pac-12 Championships (5/11-12)
31:21.69		Pierce Murphy	NCAA West Prelims (5/23)
31:58.76		Dillon Shije	Pac-12 Championships (5/11-12)

110 Meter Hurdles (13.3 cu)

14.77	p	Brock Emory	Jack Christiansen Invite (4/27)
14.75	p	Brock Emory	Pac-12 Championships (5/11-12)
15.01	dec	Brock Emory	Jim Click Combined Events (4/5-6)
15.01	dec	Brock Emory	Pac-12 Championships (5/5)
15.01		Brock Emory	Jerry Quiller Classic (3/16)
15.15		Brock Emory	Fum McGraw Quadrangular (3/30)

400 Meter Hurdles (49.66 cu)

53.05	U	Kyle MacIntosh	Jack Christiansen Invite (4/27)
53.17		Tyler Baker	CU Invite (4/13)
53.47		Tyler Baker	Jack Christiansen Invite (4/27)
53.62	U	Kyle MacIntosh	CU Invite (4/13)
53.74	p	Tyler Baker	Pac-12 Championships (5/11-12)
53.86	U	Kyle MacIntosh	Beach Invite (4/20)
53.95		Tyler Baker	Beach Invite (4/20)
54.10	U	Kyle MacIntosh	Mt. SAC Relays (4/18-20)

3,000 M Steeplechase (8:26.45 cu)

8:38.23		Aric Van Halen	NCAA West Prelims (5/24)
8:38.85		Aric Van Halen	USA Outdoors (6/23)
8:41.73		Aric Van Halen	Pac-12 Championships (5/11-12)
8:44.32		Aric Van Halen	Payton Jordan Invite (4/28)
8:44.50	AA	Aric Van Halen	NCAA Outdoors (6/7)
8:44.70	p	Aric Van Halen	NCAA Outdoors (6/5)
8:46.63	p	Aric Van Halen	USA Outdoors (6/21)
8:49.99		Blake Theroux	Pac-12 Championships (5/11-12)
8:50.75		Hugh Dowdy	Pac-12 Championships (5/11-12)
8:59.90		Hugh Dowdy	Mt. SAC Relays (4/18-20)

2013 Men's Outdoor Bests

4x400 Meter Relay (3:05.16 cu)

3:09.84	Baker/Morris/Gifford/Berens	Pac-12 Championships (5/12)
3:09.93	Baker/Gifford/Berens/Morris	Mt. SAC Relays (4/18-20)
3:12.82	Baker/Morris/Gifford/Berens	NCAA West Prelims (5/25)

Long Jump (26-01.75 cu)

20-10.75/6.37	dec	Brock Emory	Jim Click Combined Events (4/5)
20-7.25/6.28	dec	Jason DeWitt	Jim Click Combined Events (4/5)
20-6.50/6.26	dec	Brock Emory	Pac-12 Championships (5/4)
19-7.50/5.98		Brock Emory	Fum McGraw Quadrangular (3/30)

High Jump (7-04.00 cu)

7-2.50/2.20		Mark Jones	Pac-12 Championships (5/11-12)
7-0.25/2.14		Mark Jones	Beach Invite (4/20)
6-11.50/2.12		Mark Jones	NCAA West Prelims (5/23)
6-11.00/2.11		Mark Jones	Jack Christiansen Invite (4/27)
6-10.75/2.10		Mark Jones	Mt. SAC Relays (4/18-20)
6-9/2.06		Mark Jones	CU Invite (4/13)
6-8.75/2.05	AAhm	Mark Jones	NCAA Outdoors (6/7)
6-8.75/2.05		Mark Jones	Jerry Quiller Classic (3/16)
6-7/2.01		Jason DeWitt	Jack Christiansen Invite (4/27)

Shot Put (60-11.50 cu)

49-9.75/15.18	U	Alex Kizirian	CU Invite (4/13)
49-5.75/15.08		Brady Rutt	CU Invite (4/13)
48-5.25/14.76		Brady Rutt	Jack Christiansen Invite (4/27)
48-0/14.63		Brady Rutt	Jerry Quiller Classic (3/16)
46-4.75/14.14	U	Alex Kizirian	Fum McGraw Quadrangular (3/30)
41-9.75/12.74	dec	Brock Emory	Pac-12 Championships (5/4)
41-7.75/14.37		Brady Rutt	Air Force Relays (4/6)
38-2/11.63	dec	Brock Emory	Jim Click Combined Events (4/5)
37-6/11.43	dec	Jason DeWitt	Jim Click Combined Events (4/5)

Hammer Throw (210-11 cu)

198-10/60.61	U	Alex Kizirian	Jerry Quiller Classic (3/16)
196-9/59.98	U	Alex Kizirian	CU Invite (4/12)
178-5/54.39		Cameron Hutchins	Cowpoke Open (5/3)
177-1/52.28		Cameron Hutchins	Pac-12 Championships (5/11-12)
175-6/53.49		Cameron Hutchins	Tom Benich Classic (3/22)
172-10/52.67		Cameron Hutchins	CU Invite (4/12)
172-4/52.52		Cameron Hutchins	Jack Christiansen Invite (4/27)
171-3/52.21		Brady Rutt	Cowpoke Open (5/3)
169-9/51.74		Cameron Hutchins	Jerry Quiller Classic (3/16)
169-7/51.69		Brady Rutt	Tom Benich Classic (3/22)

Discus Throw (209-7 cu)

169-3/51.88		Brady Rutt	Pac-12 Championships (5/11-12)
168-10/51.47		Brady Rutt	Tom Benich Classic (3/22)
168-6/51.35		Brady Rutt	Jack Christiansen Invite (4/27)
166-10/50.85		Brady Rutt	Cowpoke Open (5/3)
163-6/49.85		Brady Rutt	Air Force Relays (4/6)
160-0/48.77		Brady Rutt	CU Invite (4/13)
159-11/48.75		Brady Rutt	Jerry Quiller Classic (3/16)

Javelin (241-4.5 cu)

208-9/63.64		Brian Owens	NCAA West Prelims (5/25)
205-0/62.48		Brian Owens	Pac-12 Championships (5/11-12)
202-4/61.68		Brian Owens	CU Invite (4/12)
191-0/58.22		Brian Owens	Mt. SAC Relays (4/18-20)
186-3/56.76		Brian Owens	Fum McGraw Quadrangular (3/30)
178-5/54.39		Brian Owens	Jerry Quiller Classic (3/16)
157-5/47.98	dec	Brock Emory	Pac-12 Championships (5/5)
156-4/47.67	dec	Brock Emory	Jim Click Combined Events (4/6)
151-2/46.08		Brock Emory	Jack Christiansen Invite (4/27)
148-0/45.12		Brock Emory	CU Invite (4/12)

Pole Vault (17-06.50 cu)

13-4.25/4.07		Brock Emory	Jack Christiansen Invite (4/27)
13-1.50/4.00	dec	Brock Emory	Pac-12 Championships (5/5)
12-9.50/3.90	dec	Brock Emory	Jim Click Combined Events (4/6)

Decathlon (7,645 cu)

6,927		Brock Emory	Pac-12 Championships (5/4-5)
6,832		Brock Emory	Jim Click Combined Events (4/5-6)

Symbol Key

p	preliminary mark
pr	personal record
w	wind-aided mark
sr	school record
dec	mark earned during decathlon competition
*	not an NCAA event
AA	All-American
U	competing unattached/redshirting with eligibility remaining

2013 Women's Outdoor Bests

100 Meters (11.65 cu)

13.13	Mia Holland	Fum McGraw Quadrangular (3/30)
13.74	Mia Holland	CU Invite (4/13)

200 Meters (23.80 cu)

23.80	sr	Eileen Gehring	Mt. SAC Relays (4/18-20)
23.95		Eileen Gehring	Sun Angel Classic (4/6)
24.17	p	Eileen Gehring	Pac-12 Championships (5/11-12)
24.21	p	Eileen Gehring	NCAA West Prelims (5/24)
24.23		Eileen Gehring	Jerry Quiller Classic (3/16)
24.25		Eileen Gehring	Fum McGraw Quadrangular (3/30)
24.25		Lindsay Mattson	Beach Invite (4/20)
24.76		Lindsay Mattson	Sun Angel Classic (4/6)
24.91		Lindsay Mattson	Jerry Quiller Classic (3/16)

400 Meters (53.23 cu)

53.23	sr	Eileen Gehring	Mt. SAC Relays (4/18-20)
53.38		Eileen Gehring	Sun Angel Classic (4/6)
54.33		Eileen Gehring	Fum McGraw Quadrangular (3/30)
54.34	p	Lindsay Mattson	Pac-12 Championships (5/11-12)
54.42	p	Eileen Gehring	Pac-12 Championships (5/11-12)
54.57	p	Lindsay Mattson	NCAA West Prelims (5/23)
54.66		Lindsay Mattson	Mt. SAC Relays (4/18-20)
54.68	p	Eileen Gehring	NCAA West Prelims (5/23)
55.18		Lindsay Mattson	Fum McGraw Quadrangular (3/30)
55.52		Lindsay Mattson	Sun Angel Classic (4/6)

800 Meter Run (2:02.54 cu)

2:12.16	hep	Brianne Beemer	Jim Click Combined Events (4/6)
2:15.56	hep	Brianne Beemer	Pac-12 Championships (5/5)
2:16.65		Staci Foster	CU Invite (4/13)
2:19.15		Camille Logan	CU Invite (4/13)
2:20.86	U	Brittany Lewis	Air Force Relays (4/5)
2:21.68	hep	Genny Mayden	Pac-12 Championships (5/5)
2:23.18		Lainey Nash	Jerry Quiller Classic (3/16)
2:23.32		Lainey Nash	Fum McGraw Quadrangular (3/30)

1,500 Meter Run (3:59.90 cu)

4:06.87		Emma Coburn	Oxy High Performance (5/17)
4:11.36		Emma Coburn	Drake Relays (4/26)
4:25.46		Carrie Verdon	Payton Jordan Invite (4/28)
4:29.31		Staci Foster	Mt. SAC Relays (4/18-20)
4:31.57	p	Staci Foster	Pac-12 Championships (5/11-12)
4:32.84		Camille Logan	Mt. SAC Relays (4/18-20)
4:35.73		Carrie Verdon	CU Invite (4/13)
4:36.96		Staci Foster	Jack Christiansen Invite (4/27)
4:37.17	p	Camille Logan	Pac-12 Championships (5/11-12)
4:37.58		Camille Logan	Jack Christiansen Invite (4/27)

3,000 Meters* (8:54.22 cu)

9:49.77	U	Carrie Verdon	Jerry Quiller Classic (3/16)
10:12.00		Allie McLaughlin	Jerry Quiller Classic (3/16)
10:24.94		Allie McLaughlin	CU Invite (4/13)

5,000 Meters (15:05.25 cu)

16:03.40	U	Shalaya Kipp	Payton Jordan Invite (4/28)
16:14.58		Carrie Verdon	Mt. SAC Relays (4/18-20)
16:21.60		Carrie Verdon	NCAA West Prelims (5/25)
16:49.83		Carrie Verdon	Pac-12 Championships (5/11-12)
17:20.80		Camille Logan	Pac-12 Championships (5/11-12)
17:42.66		Staci Foster	Pac-12 Championships (5/11-12)

100 Meter Hurdles (12.98)

13.95		Brianne Beemer	CU Invite (4/13)
13.98		Brianne Beemer	Jack Christiansen Invite (4/27)
14.13	hep	Brianne Beemer	Pac-12 Championships (5/4)
14.19	p	Brianne Beemer	Pac-12 Championships (5/11-12)
14.26	hep	Brianne Beemer	Jim Click Combined Events (4/5)
14.27	U	Brittany Lewis	Jack Christiansen Invite (4/27)
14.33		Brianne Beemer	Beach Invite (4/20)
14.37		Brianne Beemer	Jerry Quiller Classic (3/16)
14.42	p	Abrianna Torres	Pac-12 Championships (5/11-12)

400 Meter Hurdles (57.77 cu)

59.77	p	Brianne Beemer	NCAA West Prelims (5/23)
59.92	p	Brianne Beemer	Pac-12 Championships (5/11-12)
1:00.05		Brianne Beemer	Mt. SAC Relays (4/18-20)
1:01.65		Brianne Beemer	Jerry Quiller Classic (3/16)
1:07.55		Gwen Ricco	Jerry Quiller Classic (3/16)

3,000 M Steeplechase (9:12.50 cu)

9:28.26		Emma Coburn	Payton Jordan Invite (4/28)
9:35.38	AA	Emma Coburn	NCAA Outdoors (6/8)
9:37.23	U	Shalaya Kipp	IAAF Diamond League Monaco (7/19)
9:46.76	p	Emma Coburn	NCAA Outdoors (6/6)
9:45.97	p	Shalaya Kipp	IAAF World Championships (8/10)
9:46.83	U	Shalaya Kipp	USA Outdoors (6/22)
9:50.83	U	Shalaya Kipp	Portland Track Festival (6/8)
9:52.82	U	Shalaya Kipp	Mt. SAC Relays (4/18-20)
9:55.30		Emma Coburn	NCAA West Prelims (5/24)

4x100 Meter Relay (44.95 cu)

46.97	Holland/Mattson/Sweeney/Gehring	CU Invite (4/13)
47.56	Holland/Mattson/Sweeney/Gehring	Fum McGraw Quadrangular (3/30)

4x400 Meter Relay (3:33.07 cu)

3:36.95	Mattson/Beemer/Sweeney/Gehring	Pac-12 Championships (5/12) 5th
3:38.17	Mattson/Beemer/Sweeney/Gehring	Mt. SAC Relays (4/18-20)
3:38.39	Mattson/Beemer/Sweeney/Gehring	NCAA West Prelims (5/25)
3:50.39	Colorado A	Jerry Quiller Classic (3/16)
4:18.05	Colorado A	CU Invite (4/13)

Long Jump (20-08 cu)

20-2.25/6.15		Abrianna Torres	Beach Invite (4/20)
20-0.25/6.10		Abrianna Torres	Mt. SAC Relays (4/18-20)
19-11.75/6.09		Abrianna Torres	Pac-12 Championships (5/11-12)
19-6.25/5.95	U	Brittany Lewis	Jack Christiansen Invite (4/27)
19-4/5.89	hep	Abrianna Torres	Pac-12 Championships (5/5)
19-2/5.84		Abrianna Torres	NCAA West Prelims (5/23)
19-1.50/5.83	U	Brittany Lewis	CU Invite (4/13)
18-11.75/5.78		Abrianna Torres	Fum McGraw Quadrangular (3/30)
18-7/5.66	hep	Abrianna Torres	Jim Click Combined Events (4/6)

High Jump (6-3 cu)

5-10.75/1.80		Kelsey English	Jack Christiansen Invite (4/27)
5-9.75/1.77		Kelsey English	Fum McGraw Quadrangular (3/30)
5-8.75/1.75		Kelsey English	NCAA West Prelims (5/24)
5-8.75/1.75		Kelsey English	Pac-12 Championships (5/11-12)
5-7/1.75		Kelsey English	Air Force Relays (4/6)
5-5.75/1.67	hep	Brianne Beemer	Jim Click Combined Events (4/5)
5-5.75/1.67	hep	Genny Mayden	Jim Click Combined Events (4/5)
5-4.50/1.64		Ewelina Pena	Fum McGraw Quadrangular (3/30)
5-4.25/1.63	hep	Brianne Beemer	Pac-12 Championships (5/4)
5-4.25/1.63	hep	Genny Mayden	Pac-12 Championships (5/4)
5-4.25/1.63		Holly Odneal	Jack Christiansen Invite (4/27)

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Shot Put (54-6 cu)

45-4.50/13.83	Abrianna Torres	Pac-12 Championships (5/11-12)
43-2.50/13.17	Abrianna Torres	Jack Christiansen Invite (4/27)
42-7/12.98 hep	Abrianna Torres	Jim Click Combined Events (4/5)
42-0.50/12.81	Abrianna Torres	CU Invite (4/13)
41-11.25/12.78 hep	Abrianna Torres	Pac-12 Championships (5/4)
40-5.50/12.33 hep	Genny Mayden	Pac-12 Championships (5/4)
40-5.50/12.33	Emily Hunsucker	Jerry Quiller Classic (3/16)
39-11.25/12.17	Genny Mayden	Jack Christiansen Invite (4/27)
39-8.50/12.10 U	Marguex Krahe	Jerry Quiller Classic (3/16)
39-3/11.96	Kajsa Bank	Jack Christiansen Invite (4/27)

Hammer Throw (207-10 cu)

207-10/63.35	Emily Hunsucker	NCAA West Prelims (5/23)
204-8/62.38 AA2nd	Emily Hunsucker	NCAA Outdoors (6/5)
203-9/62.10	Emily Hunsucker	Cowpoke Open (5/3)
200-3/61.03	Emily Hunsucker	Mt. SAC Relays (4/18-20)
199-0/60.66	Emily Hunsucker	Pac-12 Championships (5/11-12)
198-0/60.35	Emily Hunsucker	Jack Christiansen Invite (4/27)
197-8/60.25	Emily Hunsucker	Fum McGraw Quadrangular (3/30)
197-4/60.14	Emily Hunsucker	CU Invite (4/12)
195-10/59.69	Emily Hunsucker	Jerry Quiller Classic (3/16)
192-7/58.71	Emily Hunsucker	Air Force Relays (4/6)
180-1/54.88	Emily Hunsucker	Tom Benich Classic (3/22)

Javelin (169-5 cu)

132-11/40.52 hep	Abrianna Torres	Pac-12 Championships (5/5)
128-4/39.11	Abrianna Torres	Fum McGraw Quadrangular (3/30)
126-3/38.48 hep	Abrianna Torres	Jim Click Combined Events (4/6)
125-6/38.26	Abrianna Torres	Jack Christiansen Invite (4/27)
123-0/37.50	Abrianna Torres	CU Invite (4/12)
122-4/37.30 hep	Genny Mayden	Jim Click Combined Events (4/6)
121-9/37.10	Genny Mayden	Jerry Quiller Classic (3/16)
120-00/36.57 hep	Brianne Beemer	Pac-12 Championships (5/5)
119-3/36.35	Genny Mayden	Beach Invite (4/20)

Discus Throw (181-7 cu)

139-1/42.40	Sophie Hallam-Eames	Tom Benich Classic (3/22)
127-5/38.83	Sophie Hallam-Eames	Fum McGraw Quadrangular (3/30)
127-5/38.83	Sophie Hallam-Eames	CU Invite (4/13)
125-7/38.29	Sophie Hallam-Eames	Jack Christiansen Invite (4/27)
124-1/37.83	Sophie Hallam-Eames	Jerry Quiller Classic (3/16)
122-2/37.25	Sophie Hallam-Eames	Cowpoke Open (5/3)
115-6/35.20 U	Makenzie Kline	CU Invite (4/13)
111-6/34.00	Kajsa Bank	Jerry Quiller Classic (3/16)
111-6/34.00 U	Makenzie Kline	Jack Christiansen Invite (4/27)
110-2/33.57 U	Makenzie Kline	Jerry Quiller Classic (3/16)

Heptathlon (5,863 cu)

5,362	Brianne Beemer	Jim Click Combined Events (4/5-6)
5,357	Abrianna Torres	Pac-12 Championships (5/4-5)
5,238	Brianne Beemer	Pac-12 Championships (5/4-5)
5,174	Abrianna Torres	Jim Click Combined Events (4/5-6)
5,161	Genny Mayden	Pac-12 Championships (5/4-5)
4,905 U	Brittany Lewis	Air Force Relays (4/4-5)
4,399	Genny Mayden	Jim Click Combined Events (4/5-6)
4,376	Holly Odneal	Jim Click Combined Events (4/5-6)

Symbol Key

p	preliminary mark
pr	personal record
w	wind-aided mark
sr	school record
hep	mark earned during heptathlon competition
*	not an NCAA event
AA	All-American
U	competing unattached/redshirting with eligibility remaining

Men's Indoor Records

Event	CU Record	Balch Fieldhouse Record
55 Meters	6.00, Erik Mitchell Oklahoma City Invite, 1993	6.14, George Daniels, Colorado CU-Nebraska Dual, 1972
55-meter Hurdles	7.14, Marcus Walker Albuquerque Invite, 1971	7.14, Wayne Lockwood, Colorado Potts Invitational, 1973
60 Meters	6.57, Joe Morris Air Force All-Comers, 2013	6.63, Joe Morris, Colorado Potts Invitational, 2011
60-meter Hurdles	7.75 Lex Butler Big 12 Indoors, 2000	8.11, Kelby Dias, CSU Potts Invitational, 2013
200 Meters	20.88, Jeremy Dodson Air Force Invite, 2009	21.97, Jeremy Dodson, Colorado Potts Invitational, 2007
300 Yards	30.2, Cliff Branch Idaho State Invite, 1971	
400 Meters	46.13, James Davis Rocky Mountain Cup, 1996	48.31, Tray Taylor, Colorado State Potts Invitational, 1998
600 Yards	1:10.2, Mike Macinko Kansas Invite, 1987	1:11.7, Kyle Hargett, Colorado CU Triangular, 1989
800 Meters	1:49.37, Chris Schafer Indianapolis Open, 1998	1:49.3, Rick Musgrave, Colorado Potts Invitational, 1976
1,000 Meters	2:21.5, Rick Musgrave NCAA Indoors, 1976	2:25.92, Darby Hobson, Colorado CU Triangular, 1989
Mile Run	3:59.55, Stephen Pifer Husky Classic, 2006	4:04.9, Dave Uhlrich, Unattached CU All-Comers, 1986
3,000 Meters	7:46.03, Adam Goucher NCAA Indoors, 1998	8:04.2, Frank Shorter, Colorado Track Club Potts Invitational, 1977
5,000 Meters	13:38.23, Adam Goucher Big 12 Championships, 1998	
4x400-meter Relay	3:07.9, (Branch/Windle/Bennet/Daniels) USTAF, Houston, 1972	3:17.0, Colorado School of Mines Potts Invitational, 2005
4x800-meter Relay	7:25.55, (Reyes/Queen/Elmuccio/Schafer) Penn Relays Carnival, 1999	7:53.1, (Macinko/Dunn/Dickman/Hobson) Colorado, Potts Invitational, 1988
Distance Medley Relay	9:42.9, (Castaneda/Endean/Musgrave/Peterson) Idaho State Relays, 1974	
High Jump	7-3 ½, Jason Dudley Air Force Invite, 1989	7-6, Jeff Loescher, Nebraska Potts Invitational, 1985
Long Jump	25-7 ½, Kingsley Adams Big Eight Indoors, 1974	25-8 ¼, Earle Thomas, Wyoming Potts Invitational, 1965
Triple Jump	52-10, Don Duvall Idaho State Invite, 1975	50-9 ½, Torey Barr, Colorado Potts Invitational, 1986
Shot Put	61-2 ¼, Demetry Gemolas Air Force Open, 1997	69-11 ½, Brian Oldfield, Chicago Track Club Potts Invitational, 1981
35-lb. Weight	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 Salzmann, Unattached Potts Invitational, 2012

TRACK & FIELD Women's Indoor Records

Event	CU Record	Balch Fieldhouse Record
55 Meters	6.92, Amaris Buchanan Colorado Invitational, 2001	6.84, Joy Jones, Kansas State Potts Invitational, 1988
55-meter Hurdles	7.60, Yolanda Johnson Air Force Invite, 1990	7.60, Donna Waller, Unattached Potts Invitational, 1988
60-meters	7.34, Amaris Buchanan Big 12 Indoors, 2001	7.78, 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 Tánander AIAW, 1982	21-3 ½, Madette Smith, UNLV Potts Invitational, 1989
Triple Jump	40-7 ¾, Amberly Casey Big 12 Championships, 2005	43-02 ½, Toni Smith, unattached Potts Invitational, 2012
Shot Put	54-7 ¼, Melisa Weis NCAA Indoors, 1993	51-3 ½, Melisa Weis, Colorado CU All-Comers Meet, 1993
20-lb. Weight	62-8 ½, Cortney Hutmacher Don Barrett Invite, 2006	70-05.25, Loree Smith, NYAC Potts Invitational, 2011
Pentathlon	#4,071, Annette Tánander Big Eight Indoors, 1983 \$4,089, Brianne Beemer USA Indoors, 2013	4116, Janey DeLoach, unattached Potts Invitational, 2011
Pole Vault	11-6 1/2, Megan Buttner Husker Invitational, 2002	

#record prior to 1985

\$record after 1985

Men's All-Time Indoor Bests

55-Meter Top Performances

6.00	Erik Mitchell	1/30/93	
6.14	Cliff Branch	1972	Oklahoma City
6.18	Rico Smith	3/2/91	Boulder
6.20	Rae Carruth	1/30/93	
6.21	Erik Mitchell	3/2/91	Boulder
6.21	Jonathan Prather	2/26/99	Laramie, Wyo.
6.21	Marcus Stiggers	2/26/99	Laramie, Wyo.
6.26	Devlon Dunn	3/5/88	Boulder
6.29	Rae Carruth	1/28/95	Rocky Mountain Cup
6.3	James Kidd	1/30/93	
6.3	Erik Mitchell	1/29/94	USAFA, Colo.
6.36	Erik Mitchell	3/4/95	Boulder

55-Meters Top Performers

6.00	Erik Mitchell	1/30/93	
6.21	Jonathan Prather	2/26/99	Laramie, Wyo.
6.21	Marcus Stiggers	2/26/99	Laramie, Wyo.
6.26	Devlon Dunn	3/5/88	Boulder
6.3	James Kidd	1/30/93	
6.14	Cliff Branch	1972	Oklahoma City
6.18	Rico Smith	3/2/91	Boulder
6.20	Rae Carruth	1/30/93	

55-Meter Hurdles Top Performances

7.14	Marcus Walker	1971	Albuquerque, N.M.
7.3	Reggie DePass	1/18/02	Boulder
7.31	Lex Butler	2/14/98	USAFA, Colo.
7.34	Reggie DePass	1/19/01	Boulder
7.36	Lex Butler	1/19/01	Boulder
7.4	Brian Thomas	2/3/89	USAFA, Colo.
7.43	Lex Butler	2/14/98	USAFA, Colo.
7.44	Roberto Carmona	2/27/1993	
7.44	Lex Butler	1/18/02	Boulder
7.48	Lex Butler	1/23/98	Boulder
7.49	Lex Butler	2/27/98	Ames, Iowa

55-Meter Hurdles Top Performers

7.14	Marcus Walker	1971	Albuquerque, N.M.
7.3	Reggie DePass	1/18/02	Boulder
7.31	Lex Butler	2/14/98	USAFA, Colo.
7.4	Brian Thomas	2/3/89	USAFA, Colo.
7.44	Roberto Carmona	2/27/93	

60-Meter Dash Top Performances

6.57	Joe Morris	1/12/13	USAFA, Colo.
6.63	Joe Morris	1/22/11	Boulder
6.64	Joe Morris	3/2/12	Fayetteville, Ark.
6.66	Joe Morris	3/11/11	NCAA, College Station, Texas
6.66	Joe Morris	3/2/12	Fayetteville, Ark.
6.66	Joe Morris	3/9/12	NCAA, Nampa, Idaho
6.67	Jonathan Prather	2/13/99	USAFA, Colo.
6.68	Marcus Stiggers	2/13/99	USAFA, Colo.
6.68	Marcus Stiggers	2/13/99	USAFA, Colo.
6.69	Joe Morris	2/22/13	MPSF, Seattle, Wash.
6.70	Joe Morris	1/29/11	USAFA, Colo.
6.70	Joe Morris	3/8/13	NCAA, Fayetteville, Ark.
6.70	Joe Morris	2/8/13	Fayetteville, Ark.
6.71	Joe Morris	2/24/12	MPSF, Seattle, Wash.
6.71	Joe Morris	2/8/13	Fayetteville, Ark.

60-Meter Dash Top Performers

6.57	Joe Morris	1/12/13	USAFA, Colo.
6.67	Jonathan Prather	2/13/99	USAFA, Colo.
6.68	Marcus Stiggers	2/13/99	USAFA, Colo.
6.72	Jeremy Dodson	2/14/09	USAFA, Colo.
6.72	A.J. Whitaker	1/22/11	Boulder
6.76	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
21.01	Joe Morris	1/12/13	USAFA, Colo.
21.02	Ryan Campbell	3/3/07	Ames, Iowa
21.06	Joe Morris	2/22/13	MPSF, Seattle, Wash.
21.07	Jeremy Dodson	2/7/09	Albuquerque, N.M.
21.09	Joe Morris	3/2/12	Fayetteville, Ark.
21.10	Jeremy Dodson	2/2/08	USAFA, Colo.
21.11	Jeremy Dodson	3/1/08	Big 12, Lincoln, Neb.
21.12	Jeremy Dodson	2/3/07	USAFA, Colo.
21.13	Jeremy Dodson	2/29/08	Big 12, Lincoln, Neb.
21.14	Jeremy Dodson	3/13/09	NCAA, College Station, Texas
21.14	Ryan Campbell	3/9/07	NCAA, Fayetteville, Ark.
21.15	Jeremy Dodson	2/27/09	Big 12, College Station, Texas
21.15	Ryan Campbell	2/3/07	USAFA, Colo.

200-Meter Dash Top Performers

20.88	Jeremy Dodson	2/14/09	USAFA, Colo.
21.01	Joe Morris	1/12/13	USAFA, Colo.
21.02	Ryan Campbell	3/3/07	Ames, Iowa
21.34	Erik Mitchell	2/27/93	Ames, Iowa
21.42	Jonathan Prather	2/13/99	USAFA, Colo.
21.5	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.
4:01.34	Blake Theroux	2/23/13	MPSF, Seattle, Wash.
4:01.69	Connor Winter	2/23/13	MPSF, Seattle, Wash.
4:01.94	Steve Slattery	2/3/01	Lincoln, Neb.
4:02.04	Stephen Pifer	2/12/05	Seattle, Wash.
4:02.52	Adam Goucher	2/6/98	USAFA, Colo.
4:02.59	Stephen Pifer	3/6/04	Madison, Wis.
4:02.68	Stephen Pifer	3/10/06	NCAA, Fayetteville, Ark.
4:02.73	Stephen Pifer	2/25/06	Big 12, Lincoln, Neb.
4:03.16	Tom Reese	2/28/97	Ames, Iowa
4:03.16	Anthony Chiulli	3/4/06	South Bend, Ind.
4:03.50	Alan Culpepper	3/1/96	Ames, Iowa

Mile Run *Top Performers*

3:59.55	Stephen Pifer	2/11/06	Seattle, Wash.
4:01.34	Blake Theroux	2/23/13	MPSF, Seattle, Wash.
4:01.69	Connor Winter	2/23/13	MPSF, Seattle, Wash.
4:01.94	Steve Slattery	2/3/01	Lincoln, Neb.
4:02.52	Adam Goucher	2/6/98	USAFA, Colo.
4:03.16	Anthony Chiulli	3/4/06	South Bend, Ind.
4:03.16	Tom Reese	2/28/97	Ames, Iowa
4:03.50	Alan Culpepper	3/1/96	Ames, Iowa
4:03.80	Bret Schoolmeester	2/26/05	Big 12, Lincoln, Neb.
4:04.01	Chris Schafer	2/13/99	Boston, Mass.

3,000-Meter Run *Top Performances*

7:46.03	Adam Goucher	3/14/98	Indianapolis, Ind.
7:52.56	Adam Goucher	2/14/98	Boston, Mass.
7:53.02	Richard Medina	2/25/12	MPSF, Seattle, Wash.
7:53.74	Aric Van Halen	2/9/13	Seattle, Wash.
7:54.20	Adam Goucher	3/8/97	NCAA, Indianapolis, Ind.
7:55.57	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.
7:53.74	Aric Van Halen	2/9/13	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.

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
7-02.25	Mark Jones	3/2/13	USA, Albuquerque, N.M.
7-01.50	Mark Jones	1/26/13	Seattle, Wash.
7-00.50	Mark Jones	1/28/12	USAFA, Colo.
7-00.25	Mitch Monismith	2/3/79	Manhattan, Kan.
7-00.00	Tim Ross	3/6/1993	
7-00.00	Bill Jankunis	3/1/75	Albuquerque, N.M.
7-00.00	Mitch Monismith	2/23/79	Oklahoma City, Okla.
7-00.00	Marty Beauchamp	5/2/85	Boulder
6-11.00	Mark McDonald	3/2/91	Boulder
6-11.00	Mark Jones	2/23/13	MPSF, Seattle, Wash.
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

High Jump Top Performers

7-03.50	Jason Dudley	2/3/89	USAFA, Colo.
7-03.25	Bill Jankunis	3/16/74	Boulder
7-02.25	Mark Jones	3/2/13	USA, Albuquerque, N.M.
7-01	Mark McDonald	3/6/1993	
7-01	Mitch Monismith	2/16/79	Manhattan, Kan.
7-00.00	Marty Beauchamp	5/2/85	Boulder
7-00.00	Tim Ross	3/6/1993	
6-10.75	Andrew Miller	2/8/03	USAFA, Colo.
6-10.00	Brent Vaughan	1/18/91	Boulder
6-09.75	Jake Timmons	2/12/11	Seattle, Wash.

Long Jump Top Performances

25-07.50	Kingsley Adams	2/16/74	Kansas City
25-07	Kingsley Adams	2/15/74	Kansas City
25-05	Kingsley Adams	3/3/74	Kansas City
25-03.25	Hugh Charles	2/2/08	USAFA, Colo.
25-00.00	Hugh Charles	1/26/08	Big 12, Lincoln, Neb.
24-07	Kingsley Adams	2/16/74	Boulder
24-06.25	Hugh Charles	2/11/06	Seattle, Wash.
24-05.75	Hugh Charles	2/4/06	USAFA, Colo.
24-05.75	Hugh Charles	2/24/08	USA Indoors, Boston, Mass.
24-05.50	Hugh Charles	2/12/05	Seattle, Wash.
23-11.00	Hugh Charles	2/29/08	Big 12, Lincoln, Neb.
23-10.75	Brandon Johnson	1/24/04	USAFA, Colo.
23-08.75	Josh Williams	1/28/95	Rocky Mountain Cup
23-08.25	Matt Rice	2/2/91	USAFA, Colo.
23-08.00	Hugh Charles	2/24/06	Big 12, Lincoln, Neb.

Long Jump Top Performers

25-07.50	Kingsley Adams	2/16/74	Kansas City
25-03.25	Hugh Charles	2/2/08	USAFA, Colo.
23-10.75	Brandon Johnson	1/24/04	USAFA, Colo.
23-08.75	Josh Williams	1/28/95	Rocky Mountain Cup
23-08.25	Matt Rice	2/2/91	USAFA, Colo.
23-07	Mike Pritchard	2/6/88	Ft. Collins, Colo.
23-06.75	Torey Barr	2/3/89	USAFA, Colo.
23-06.75	Brent VanSickle	1/31/98	USAFA, Colo.
23-06	Devlon Dunn	1/24/86	USAFA, Colo.
23-05.50	Kent Kahl	2/2/91	USAFA, Colo.

Triple Jump Top Performances

52-10.00	Don Duvall	1/18/75	Pocatello, Idaho
52-09.75	James Nyumutei	1973	Pocatello, Idaho
52-08.50	Don Duvall	2/15/75	Oklahoma City
52-08.25	Don Duvall	3/1/75	Albuquerque, N.M.
52-04.00	James Nyumutei	2/15/75	Oklahoma City
50-11.00	Torey Barr	2/3/89	USAFA, Colo.
50-09.00	Torey Barr	3/5/88	Boulder
49-08.25	Matt Rice	2/16/91	USAFA, Colo.
49-03.00	Dave McClellan	12/13/86	Boulder
48-11.75	Mick Hoben	2/16/85	USAFA, Colo.

Triple Jump Top Performers

52-10.00	Don Duvall	1/18/75	Pocatello, Idaho
52-09.75	James Nyumutei	1973	Pocatello, Idaho
50-11.00	Torey Barr	2/3/89	USAFA, Colo.
49-08.25	Matt Rice	2/16/91	USAFA, Colo.
49-03.00	Dave McClellan	12/13/86	Boulder
48-11.75	Mick Hoben	2/16/85	USAFA, Colo.
48-10.00	Brent VanSickle	1/31/98	USAFA, Colo.
48-03.50	Steve Joiner	1/30/88	Lincoln, Neb.

Pole Vault Top Performances

17-02	Dennis Fuller	2/2/80	Boulder
17-01.25	Mike Wedman	3/11/72	Detroit, Mich.
17-01	Jim Speer	3/17/73	Boulder
17-00	Dennis Fuller	3/1/80	Big Eight, Lincoln, Neb.
17-00	Mike Wedman	1/15/72	Albuquerque, N.M.
16-04.75	Scott Porter	2/5/95	US West Invitational
16-00.75	James Nixon	2/12/10	USAFA, Colo.
16-00.75	James Nixon	2/19/10	Golden, Colo.
16-00	Marc Fish	2/16/85	USAFA, Colo.
16-00	Dennis Fuller	2/10/79	Oklahoma City, Okla.
16-00	Dennis Fuller	2/24/79	Oklahoma City, Okla.
16-00	Dennis Fuller	2/4/79	USAFA, Colo.
16-00	Dennis Fuller	3/3/79	Boulder
15-07.50	Don Jurries	2/1/86	Pocatello, Idaho
15-06	Marc Fish	1/19/85	Lincoln, Neb.

Pole Vault Top Performers

17-02	Dennis Fuller	2/2/80	Boulder
17-01.25	Mike Wedman	3/11/72	Detroit, Mich.
17-01	Jim Speer	3/17/73	Boulder
16-04.75	Scott Porter	2/5/95	US West Invitational
16-00.75	James Nixon	2/12/10	USAFA, Colo.
16-00	Marc Fish	2/16/85	USAFA, Colo.
15-07.50	Don Jurries	2/1/86	Pocatello, Idaho
15-06	Anthony Garcia	1/21/84	Boulder
15-06	Jason Rippon	3/2/91	Boulder
15-06	Blake Vanier	2/18/05	Golden, Colo.
15-06	John Weigel	1/29/77	USAFA, Colo.
15-06	Brian Morrisette	2/4/1979	USAFA, Colo.
15-06	Mark Sambrillo	3/4/78	Boulder
15-03.50	Adam Salzmann	2/18/11	Golden, Colo.
15-01.75	Chris Olson	2/23/96	Big Eight, Lincoln, Neb.

TRACK & FIELD

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
4,990	Brock Emory	2/23/13	MPSF, Seattle, Wash.
4,984	Jason DeWitt	2/10/12	Ames, Iowa
4,967	Alex Von Hagen	2/28/09	Big 12, College Station, Texas

Heptathlon Top Performers

5,392	Drew Hildner	2/26/00	Big 12, Ames, Iowa
5,337	Jordan Hudgens	2/22/97	Lincoln, Neb.
5,282	Adam Salzmann	2/26/11	Albuquerque, N.M.
5,083	Alex Von Hagen	2/27/10	Big 12, Ames, Iowa
5,035	Jason DeWitt	2/25/12	MPSF, Seattle, Wash.
4,990	Brock Emory	2/23/13	MPSF, Seattle, Wash.
4,927	Chris Olson	2/28/98	Ames, Iowa
4,896	Eddie Taylor	1/20/12	Boulder
4,856	Grant Cleghorn	2/24/96	Big Eight, Lincoln, Neb.
4,549	Andy Miller	1/12/05	USAFA, Colo.

4x400-Meter Relay Top Performances

3:07.9	Branch/Windle/Bennet/Davis	1972	Houston, Texas
3:08.34	Kelly/Horton/Queen/Davis	2/26/99	Ames, Iowa
3:10.73	Procanzano/Ramsey/Dunn/Hargett	2/20/88	Greeley, Colo.
3:10.78	Horton/Kelly/Queen/Davis	3/6/99	Indianapolis, Ind.
3:12.38	no order listed	2/28/98	Ames, Iowa
3:13.47	DePass/Butler/Queen/Whisenton	2/23/02	Big 12, Lincoln, Neb.
3:13.81	no order listed	1/28/89	Pocatello, Idaho
3:14.25	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/Alsdorf/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
24.31	Eileen Gehring	2/9/13	Fayetteville, Ark.
24.43	Leona Russell	1/27/96	USAFA, Colo.
24.44	Eileen Gehring	1/26/13	USAFA, Colo.
24.49	Eileen Gehring	1/25/13	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.
24.31	Eileen Gehring	2/9/13	Fayetteville, Ark.
24.43	Leona Russell	1/27/96	USAFA, Colo.
24.52	Cynthia Newsome	2/14/98	USAFA, Colo.
24.61	Tanisha Johns	2/28/93	Ames, Iowa
24.70	Yolanda Johnson	2/3/90	USAFA, Colo.

400-Meters Top Performances

54.00	Leona Russell	3/1/96	Ames, Iowa
54.46	Leona Russell	2/24/96	Lincoln, Neb.
54.67	Eileen Gehring	2/8/13	Fayetteville, Ark.
54.70	Tamara Ards	3/1/96	Ames, Iowa
54.96	Leona Russell	2/10/96	Lincoln, Neb.
55.00	Eileen Gehring	1/26/13	USAFA, Colo.
55.17	Eileen Gehring	1/25/13	USAFA, Colo.
55.24	Eileen Gehring	2/23/13	MPSF, Seattle, Wash.
55.31	Eileen Gehring	2/25/12	MPSF, Seattle, Wash.
55.54	Eileen Gehring	2/10/12	Seattle, Wash.
55.57	Leona Russell	1/27/96	USAFA, Colo.
55.75	Leona Russell	2/23/96	Lincoln, Neb.
55.76	Leona Russell	2/23/96	Lincoln, Neb.
55.94	Leona Russell	2/3/96	USAFA, Colo.
55.94	Michelle Outlaw	2/27/88	Lincoln, Neb.

400-Meters Top Performers

54.00	Leona Russell	3/1/96	Ames, Iowa
54.67	Eileen Gerhing	2/8/13	Fayetteville, Ark.
54.70	Tamara Ards	3/1/96	Ames, Iowa
55.94	Michelle Outlaw	2/27/88	Lincoln, Neb.
55.96	Lindsy Mattson	2/23/13	MPSF, Seattle, Wash.
56.33	Cynthia Newsome	1/30/99	USAFA, Colo.

600-Yard Run Top Performances

2:05.29	Mary Decker	2/19/78	Lincoln, Neb.
2:07.18	Elizabeth Tremblay	2/9/13	Seattle, Wash.
2:08.91	Elizabeth Tremblay	1/26/13	Seattle, Wash.
2:09.23	Elizabeth Tremblay	2/25/11	Big 12, Lincoln, Neb.
2:09.51	Elizabeth Tremblay	1/29/11	Seattle, Wash.
2:10.23	Elizabeth Tremblay	2/26/11	Big 12, Lincoln, Neb.
2:10.45	Elizabeth Tremblay	2/11/12	Seattle, Wash.
2:11.71	Brianne Beemer	3/4/12	USA, Bloomington, Ind.

Women's All-Time Indoor Bests

2:11.75	Brianne Beemer	2/8/13	Fayetteville, Ark.
2:12.98	Kelly Smith	2/21/97	Lincoln, Neb.
2:13.03	Chris McNamara	2/26/88	Lincoln, Neb.
2:13.55	Carrie Zografos	2/25/00	Big 12, Lincoln, Neb.
2:13.62	Kelly Smith	2/22/97	Lincoln, Neb.
2:13.79	Brianne Beemer	3/1/13	USA, Albuquerque, N.M.
2:13.96	Elizabeth Tremblay	2/13/10	Seattle, Wash.

600-Yard Run Top Performers

1:21.60	Lee Ballenger	1979	AIAW
1:23.66	Brooke Regan	2/25/11	Big 12, Lincoln, Neb.
1:24.07	Elizabeth Tremblay	1/22/11	Boulder
1:24.64	Evelyn Miller	2/3/01	Lincoln, Neb.
1:24.76	Erin Lowe	2/22/02	Lincoln, Neb.
1:24.85	Sherri Jackson	2/24/89	
1:25.21	Joi Windham	2/29/08	Big 12, Lincoln, Neb.
1:25.72	Mikaela Raddatz	2/24/06	Lincoln, Neb.
1:25.77	Jenny Cathey	2/21/97	Lincoln, Neb.
1:26.67	Alex Boksay	2/14/04	Adidas Classic

800-Meter Run Top Performances

2:05.29	Mary Decker	2/19/78	Lincoln, Neb.
2:07.18	Elizabeth Tremblay	2/9/13	Seattle, Wash.
2:08.91	Elizabeth Tremblay	1/26/13	Seattle, Wash.
2:09.23	Elizabeth Tremblay	2/25/11	Big 12, Lincoln, Neb.
2:09.51	Elizabeth Tremblay	1/29/11	Seattle, Wash.
2:10.23	Elizabeth Tremblay	2/26/11	Big 12, Lincoln, Neb.
2:10.45	Elizabeth Tremblay	2/11/12	Seattle, Wash.
2:11.71	Brianne Beemer	3/4/12	USA, Bloomington, Ind.
2:11.75	Brianne Beemer	2/8/13	Fayetteville, Ark.
2:12.98	Kelly Smith	2/21/97	Lincoln, Neb.
2:13.03	Chris McNamara	2/26/88	Lincoln, Neb.
2:13.55	Carrie Zografos	2/25/00	Big 12, Lincoln, Neb.
2:13.62	Kelly Smith	2/22/97	Lincoln, Neb.
2:13.79	Brianne Beemer	3/1/13	USA, Albuquerque, N.M.
2:13.96	Elizabeth Tremblay	2/13/10	Seattle, Wash.

800-Meters Top Performers

2:05.29	Mary Decker	2/19/78	Lincoln, Neb.
2:07.18	Elizabeth Tremblay	2/9/13	Seattle, Wash.
2:11.71	Brianne Beemer	3/4/12	USA, Bloomington, Ind.
2:12.98	Kelly Smith	2/21/97	Lincoln, Neb.
2:13.03	Chris McNamara	2/26/88	Lincoln, Neb.
2:13.55	Carrie Zografos	2/25/00	Big 12, Lincoln, Neb.
2:14.23	Sara (Gorton) Slattery	2/8/03	USAFA, Colo.
2:15.22	Lesley Higgins	1/27/01	USAFA, Colo.
2:15.22	Tamara Ards	2/7/94	Pocatello, Idaho
2:15.75	Brooke Baughman	2/1/92	USAFA, Colo.

1,000-Meter Run Top Performances

2:49.10	Mary Decker	1978	L.A. Times Games
2:49.70	Lesley Higgins	2/24/01	Big 12, Lincoln, Neb.
2:50.46	Carrie Messner	2/22/97	Lincoln, Neb.
2:50.61	Laura Zeigle	2/28/04	Big 12, Lincoln, Neb.
2:50.89	Lesley Higgins	2/20/99	Big 12, Manhattan, Kan.
2:51.22	Kelly Smith	2/28/98	Ames, Iowa
2:51.94	Carrie Messner	2/24/96	Lincoln, Neb.
2:52.43	Emma Coburn	2/27/09	Big 12, College Station, Texas
2:52.64	Carrie Messner	2/23/96	Lincoln, Neb.
2:53.13	Kelly Smith	2/27/98	Ames, Iowa
2:53.18	Lesley Higgins	2/3/01	Lincoln, Neb.
2:53.55	Carol McMordie	2/26/88	Lincoln, Neb.

1,000-Meters Top Performers

2:49.10	Mary Decker	1978	L.A. Times Games
2:49.70	Lesley Higgins	2/24/01	Big 12, Lincoln, Neb.
2:50.46	Carrie Messner	2/22/97	Lincoln, Neb.
2:50.61	Laura Zeigle	2/28/04	Big 12, Lincoln, Neb.
2:51.22	Kelly Smith	2/28/98	Ames, Iowa

2:51.94	Carrie Messner	2/24/96	Lincoln, Neb.
2:52.43	Emma Coburn	2/28/09	Big 12, College Station, Texas
2:53.55	Carol McMordie	2/26/88	Lincoln, Neb.

Mile Run Top Performances

4:25.91	Jenny Barringer	2/28/09	Big 12, College Station, Texas
4:29.86	Emma Coburn	2/16/13	Millrose Games, New York
4:29.91	Emma Coburn	3/9/13	NCAA, Fayetteville, Ark.
4:36.08	Emma Coburn	3/12/11	NCAA, College Station, Texas
4:36.99	Emma Coburn	3/11/11	NCAA, College Station, Texas
4:37.44	Emma Coburn	2/12/11	Seattle, Wash.
4:37.47	Emma Coburn	3/8/13	NCAA, Fayetteville, Ark.
4:40.02	Sara (Ensrud) Vaughn	3/8/08	South Bend, Ind.
4:40.35	Sara (Gorton) Slattery	2/23/02	Big 12, Lincoln, Neb.
4:41.21	Mary Decker	2/19/78	Lincoln
4:41.22	Jenny Barringer	2/24/07	Big 12, Ames, Iowa
4:41.47	Carrie Messner	3/7/97	NCAA, Indianapolis, Ind.
4:42.05	Carrie Messner	2/26/00	Big 12, Ames, Iowa
4:42.34	Carrie Messner	3/5/99	NCAA, Indianapolis, Ind.
4:42.36	Lesley Higgins	3/10/01	NCAA, Indianapolis, Ind.

Mile Run Top Performers

4:25.91	Jenny Barringer	2/28/09	Big 12, College Station, Texas
4:29.86	Emma Coburn	2/16/13	Millrose Games, New York
4:40.02	Sara (Ensrud) Vaughn	3/8/08	South Bend, Ind.
4:40.35	Sara (Gorton) Slattery	2/23/02	Big 12, Lincoln, Neb.
4:41.21	Mary Decker	2/19/78	Lincoln
4:41.47	Carrie Messner	3/7/97	NCAA, Indianapolis, Ind.
4:42.36	Lesley Higgins	3/10/01	NCAA, Indianapolis, Ind.
4:42.87	Jennifer Smith	3/7/98	Indianapolis, Ind.
4:43.68	Kelly Smith	2/14/98	Boston, Mass.
4:45.94	Renee Metivier	2/28/04	Big 12, Lincoln, Neb.

3,000-Meter Run Top Performances

8:42.03	Jenny Barringer	3/14/09	NCAA, College Station, Texas
8:53.88	Jenny Barringer	1/31/09	Seattle, Wash.
9:07.16	Sara (Gorton) Slattery	3/15/03	NCAA, Fayetteville, Ark.
9:11.59	Sara (Gorton) Slattery	2/3/01	Lincoln, Neb.
9:12.89	Renee Metivier	3/12/04	NCAA, Fayetteville, Ark.
9:13.45	Natalie Raveling	3/10/96	Indianapolis, Ind.
9:14.23	Renee Metivier	2/12/05	Seattle, Wash.
9:16.36	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.

Women's All-Time Indoor Bests

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.

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.
5-09.25	Kelsey English	2/9/13	USAFA, Colo.
5-08.75	Anna Magle	2/5/05	USAFA, Colo.
5-08.00	Katie Dreher	2/3/12	Albuquerque, N.M.
5-08.00	Brianne Beemer	3/1/13	USA, Albuquerque, N.M.

Long Jump Top Performances

20-10.5	Annette Tannander	3/10/1982	
20-01.00	Heather Sterlin	3/1/96	Laramie, Wyo.
20-00.50	Heather Sterlin	2/23/96	Lincoln, Neb.
19-11.75	Heather Sterlin	2/15/97	USAFA, Colo.
19-08.75	Abrianna Torres	2/9/13	USAFA, Colo.
19-08.25	Abrianna Torres	2/22/13	MPSF, Seattle, Wash.
19-08.00	Amberly Casey	2/2/07	USAFA, Colo.
19-07.50	Amberly Casey	1/19/07	Boulder
19-06.25	Amberly Casey	2/11/06	Seattle, Wash.
19-05.25	Hannah Cooper	2/3/01	Lincoln, Neb.
19-04.75	Amberly Casey	2/4/06	USAFA, Colo.
19-04.25	Heather Sterlin	2/9/96	Lincoln, Neb.
19-03.25	Heather Sterlin	2/1/97	USAFA, Colo.
19-02.50	Heather Sterlin	2/7/97	Lincoln, Neb.
19-01.50	Heather Sterlin	3/2/96	Boulder

Long Jump Top Performers

20-10.5	Annette Tannander	3/10/1982	
20-01.00	Heather Sterlin	3/1/96	Laramie, Wyo.
19-08.75	Abrianna Torres	2/9/13	USAFA, Colo.
19-08.00	Amberly Casey	2/2/07	USAFA, Colo.
19-05.25	Hannah Cooper	2/3/01	Lincoln, Neb.
19-00.50	Wanda Evans	1/16/88	Seattle, Wash.
18-11.25	Michelle Outlaw	1/30/88	Lincoln, Neb.

Pole Vault Top Performances

11-06.50	Megan Buttner	2/8/02	Lincoln, Neb.
11-04.25	Mary French	2/28/03	Big 12, Lincoln, Neb.
11-02.50	Mary French	2/15/03	Lincoln, Neb.
11-02.25	Megan Baker	2/5/05	USAFA, Colo.
11-00.25	Megan Buttner	2/23/01	Big 12, Lincoln, Neb.
10-11.75	Megan Buttner	2/3/01	Lincoln, Neb.
10-10.25	Brianna McDevitt	2/28/03	Big 12, Lincoln, Neb.
10-10.25	Megan Buttner	2/22/02	Big 12, Lincoln, Neb.
10-08.75	Brianna McDevitt	2/15/03	Lincoln, Neb.
10-08.00	Megan Muttner	1/19/01	Boulder
10-08.00	Sunny Nordmarken	2/25/00	Big 12, Ames, Iowa
10-06.00	Brianna McDevitt	2/8/03	USAFA, Colo.
10-06.00	Brianna McDevitt	2/19/05	Golden, Colo.

Pole Vault Top Performers

11-06.50	Megan Buttner	2/8/02	Lincoln, Neb.
11-04.25	Mary French	2/28/03	Big 12, Lincoln, Neb.
11-02.25	Megan Baker	2/5/05	USAFA, Colo.
10-10.25	Brianna McDevitt	2/28/03	Big 12, Lincoln, Neb.
10-08.00	Megan Muttner	1/19/01	Boulder
10-08.00	Sunny Nordmarken	2/25/00	Big 12, Ames, Iowa
10-04.00	Tracy Sawczak	1/23/04	USAFA, Colo.
10-02.75	Liza Negriff	2/15/03	Lincoln, Neb.
10-00.00	Julie Rosso	1/21/00	Boulder

Triple Jump Top Performances

40-07.75	Amberly Casey	2/26/05	Big 12, Lincoln, Neb.
40-00.50	Udie Ekiko	2/13/94	USAFA, Colo.
39-09.75	Amberly Casey	1/27/07	USAFA, Colo.
39-06.25	Amberly Casey	2/3/07	USAFA, Colo.
39-05.25	Amberly Casey	1/22/05	USAFA, Colo.
39-05.00	Liza Negriff	1/23/04	USAFA, Colo.
39-03.00	Liza Negriff	2/14/04	Seattle, Wash.
39-01.75	Amberly Casey	2/25/06	Big 12, Lincoln, Neb.
39-00.50	Amberly Casey	1/19/07	USAFA, Colo.
39-09.00	Udie Ekiko	2/7/94	Pocatello, Idaho
38-09.50	Udie Ekiko	2/3/96	USAFA, Colo.
38-09.50	Amberly Casey	2/10/07	Seattle, Wash.
38-09.00	Liza Negriff	2/28/04	Big 12, Lincoln, Neb.
38-08.50	Udie Ekiko	3/5/94	Boulder
38-08.25	Udie Ekiko	2/10/96	Lincoln, Neb.

Triple Jump Top Performers

40-07.75	Amberly Casey	2/26/05	Big 12, Lincoln, Neb.
40-00.50	Udie Ekiko	2/13/94	USAFA, Colo.
39-05.00	Liza Negriff	1/23/04	USAFA, Colo.
37-11.50	Katie Dreher	2/13/10	USAFA, Colo.
37-09.25	Maxine Marlow	2/8/03	USAFA, Colo.
37-07.75	Jill Hassebrock	2/13/93	USAFA, Colo.
37-06.00	Anne Zentner	3/5/88	Boulder
36-08.00	Diane Keller	1/23/88	Boulder
35-07.50	Tammy Lawrence	1/23/88	Boulder
34-11.00	Heather Dzick	2/3/96	USAFA, Colo.
34-08.00	Jodi Pilcher	3/5/94	Boulder

Shot Put Top Performances

54-07.25	Melisa Weis	3/13/93	Indianapolis, Ind.
54-02.00	Melisa Weis	2/7/94	Pocatello, Iowa
53-07.00	Melisa Weis	1994	NCAA Finals
52-09.50	Melisa Weis	1994	NCAA Finals
52-08.75	Melisa Weis	2/26/94	Big Eight Championships
52-00.50	Melisa Weis	1994	Laramie, Wyoming
51-02.25	Melisa Weis	2/13/94	USAFA, Colo.
50-02.00	Annie King	1/26/01	USAFA, Colo.
49-11.00	Emily Hunsucker	2/18/11	Golden, Colo.
48-02.75	Janet Visosky	2/1/97	USAFA, Colo.
47-11.25	Starla Ahu	3/7/92	Boulder
47-07.75	Rosario Roamos	3/7/80	AIW, Pocatello, Idaho
47-06.25	Janet Visosky	2/8/97	Lincoln, Neb.
47-05.75	Carly Newlands	2/18/05	USAFA, Colo.
47-05.00	Starla Ahu	2/28/92	Big Eight Championships

TRACK & FIELD Women's All-Time Indoor Bests

Shot Put *Top Performers*

54-07.25	Melisa Weis	3/13/93	Indianapolis, Ind.
50-02.00	Annie King	1/26/01	USAFA, Colo.
49-11.00	Emily Hunsucker	2/18/11	Golden, Colo.
48-02.75	Janet Visosky	2/1/97	USAFA, Colo.
47-11.25	Starla Ahu	3/7/92	Boulder
47-07.75	Rosario Roamos	3/7/80	AIWA, 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 Huttmacher	3/3/06	USAFA, Colo.
61-08.50	Cortney Huttmacher	2/24/06	Big 12, Lincoln, Neb.
61-00.75	Cortney Huttmacher	2/26/05	Big 12, Lincoln, Neb.
61-00.00	Cortney Huttmacher	2/3/07	USAFA, Colo.
60-04.50	Cortney Huttmacher	1/19/07	Boulder
60-01.75	Cortney Huttmacher	3/3/07	Ames, Iowa
59-10.50	Cortney Huttmacher	2/24/06	Big 12, Lincoln, Neb.
59-09.50	Cortney Huttmacher	1/13/07	USAFA, Colo.
58-03.25	Cortney Huttmacher	2/11/06	Seattle, Wash.
57-11.00	Cortney Huttmacher	2/4/06	USAFA, Colo.
57-07.00	Cortney Huttmacher	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 Huttmacher	2/10/07	Seattle, Wash.
55-05.00	Janet Visosky	2/27/98	Ames, Iowa

Weight Throw *Top Performers*

62-08.50	Cortney Huttmacher	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*

4,059	Brianne Beemer	3/1/13	USA, Albuquerque, N.M.
4,046	Pam Owen	2/27/93	Ames, Iowa
3,960	Brianne Beemer	3/4/12	USA, Bloomington, Ind.
3,950	Brianne Beemer	2/9/12	Ames, Iowa
3,854	Brianne Beemer	2/22/13	MPSF, Seattle, Wash.
3,847	Pam Owen	2/28/92	Big Eight Championship
3,847	Pam Owen	2/28/92	Big Eight
3,840	Carol Hood	1991	Big Eight
3,832	Abrianna Torres	2/22/13	MPSF, Seattle, Wash.
3,823	Brianne Beemer	1/26/13	Seattle, Wash.
3,795	Genny Mayden	3/1/13	USA, Albuquerque, N.M.
3,788	Carol Hood	2/26/88	Lincoln, Neb.
3,771	Brianne Beemer	2/24/12	MPSF, Seattle, Wash.
3,769	Brianne Beemer	1/20/12	Boulder
3,764	Pam Owen	1993	USAFA, Colo.

Pentathlon *Top Performers*

4,059	Brianne Beemer	3/1/13	USA, Albuquerque, N.M.
4,046	Pam Owen	2/27/93	Ames, Iowa
3,840	Carol Hood	1991	Big Eight
3,832	Abrianna Torres	2/22/13	MPSF, Seattle, Wash.
3,795	Genny Mayden	3/1/13	USA, Albuquerque, N.M.
3,665	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

Pentathlon (before to 1985) *Top Performances*

4,071	Annette Tannander	2/26/83	Big Eight, Lincoln, Neb.
3,783	Lori West	2/26/77	Provo, Utah
3,665	Lori West	2/14/76	Pocatello, Idaho
3,485	Lisa Greenfield	2/26/83	Lincoln, Neb.

Pentathlon *Top Performers*

4071	Annette Tannander	2/26/83	Big Eight, Lincoln, Neb.
3783	Lori West	2/26/77	Provo, Utah
3485	Lisa Greenfield	2/26/83	Lincoln, Neb.

Mile Relay *Top Performances*

3:45.53	Russell/Ards/Owen/Johns	2/27/93	Ames, Iowa
3:49.49	J.Windham/Dreher/Beemer/E.Tremblay	2/26/10	USAFA, Colo.
3:50.98	Simmons/Fox/Ballenger/Decker	2/19/78	Lincoln, Neb.
3:49.50	no order lister	2/25/94	Oklahoma City
3:49.59	Sterlin/Cathy/Ards/Russell	1/26/96	USAFA, Colo.
3:50.00	Mattson/Elliott/Gehring/Sweeney	1/28/12	USAFA, Colo.
3:51.24	no order lister	2/13/99	USAFA, Colo.
3:54.78	J.Windham/Dreher/Hubbard/Regan	1/29/11	USAFA, Colo.
3:54.82	Dreher/J.Windham/Beemer/E.Tremblay	1/30/10	USAFA, Colo.
3:55.20	Maul/T.Windham/J.Windham/Seay	2/9/08	USAFA, Colo.
3:55.59	Maul/T.Windham/J.Windham/Seay	2/2/08	USAFA, Colo.
3:58.00	T.Windham/Lyons/Grandi/Garbowski	1/30/10	USAFA, Colo.
3:59.62	no order lister	2/1/97	USAFA, Colo.
3:59.85	Maul/Abuan/Haverty/T.Smith	1/27/07	USAFA, Colo.
3:53.62	Ward/Sterlin/Waldman/Cathey	2/5/95	USAFA, Colo.

4x400-Meter Relay *Top Performances*

3:43.52	Mattson/Beemer/Gehring/Sweeney	2/9/13	Fayetteville, Ark.
3:45.11	Mattson/Beemer/Gehring/Sweeney	2/25/12	MPSF, Seattle, Wash.
3:47.04	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.
3:53.34	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	13.46, Brendan Ames, unattached CU Invitational, 2013
200 Meters	20.37, Jeremy Dodson Big 12 Outdoors, 2008	20.29, Gerald Phiri, Texas A&M Big 12 Outdoors, 2008
400 Meters	45.54, James Davis Big Three, 1996	44.45, Todd Long, Oklahoma Big Eight Outdoors, 1983
400-meter Hurdles	49.66, Maurice Mitchell Big Eight Outdoors, 1993	48.80, Danny Harris, Iowa State Big Eight Outdoors, 1986
800 Meters	1:47.52, Mike Macinko World Cup, 1989	1:48.28, Jacob Hernandez, Texas Big 12 Outdoors, 2008
1,500 Meters	3:39.77, Alan Culpepper Big Eight Championships, 1996	3:41.80, Leo Manzano, Texas Big 12 Outdoors, 2008
3,000 Meters	7:50.39, Dathan Ritzenhein Adidas Invitational, 2004	8:08.04, Brent Vaughn, Nike CU Invitational, 2010
3,000-meter Steeplechase	8:26.45, Steve Slattery USATF Championships, 2001	8:53.84, Billy Nelson, Colorado Big 12 Outdoors, 2008
5,000 Meters	13:18.46, Brent Vaughn Payton Jordan, 2008	14:13.99, Brent Vaughn, Colorado Big 12 Outdoors, 2008
10,000 Meters	27:38.50, Dathan Ritzenhein Cardinal Invitational, 2004	30:02.3, Charlie Vigil, Colorado Track Club, CU Relays, 1978
4x100-meter Relay	39.47, (Charles/Campbell/Terry/ Dodson), Big 12 Outdoors, 2008	38.85, Texas A&M, Big 12 Outdoors, 2008
4x400-meter Relay	3:05.16, (Johnson/Carruth/Warren/ Mitchell), George Mason, 1994	3:03.82, Baylor Big 12 Outdoors, 2008
4x800-meter Relay	7:25.55 (Reese/Quenn/Elmuccio/ Schafer) Drake Relays, 1999	
High Jump	7-4, Bill Jankunis Big Eight Outdoors, 1975	7-4 ¹ / ₄ , Jim Howard, Mazda Track Club Colorado Relays, 1989
Long Jump	26-1 ³ / ₄ , Kingsley Adams Drake Relays, 1974	26-6 ¹ / ₂ , Kenny Harrison Kan. St., Big Eight Outdoors, 1986
Triple Jump	53-6 ¹ / ₂ , James Nyumutei Drake Relays, 1974	55-4 ¹ / ₄ , Kenny Harrison, Kansas State Big Eight Outdoors, 1986
Discus	209-7, Art Burns CU-Air Force Dual, 1977	209-7, Art Burns, Colorado CU-Air Force Dual, 1977
Shot Put	60-11 ¹ / ₂ , Chris Volgenau Big Eight Outdoors, 1992	64-7 ¹ / ₂ , C.J. Hunter Colorado Relays, 1992
Javelin	241-4.50, Dick Clark, Big Eight, 1962	245-0, Mike Brennan, Iowa State Big Eight Outdoors, 1986
Pole Vault	17-6 ¹ / ₂ , Dennis Fuller Big Eight Outdoors, 1981	18-0 ³ / ₈ , Scott Huffman, Kansas Big Eight Outdoors, 1986
Decathlon	7,645, Mike Hill NCAA Outdoors, 1974	7,675, Donovan Kilmartin, Texas Big 12 Outdoors, 2008
Hammer Throw	210-11, Zach Hazen Big 12, 2007	242-07, Drew Loftin, unattached CU Invitational, 2013

TRACK & FIELD Women's Outdoor Records

Event	CU Record	Potts Field Record
100 Meters	11.65, Yolanda Johnson Colorado Relays, 1990	10.95, Simone Facey, Texas A&M Big 12 Final, 2008
100-meter Hurdles	12.98, Yvonne Scott NCAA Outdoors, 1996	13.11, Janay DeLoach, Nike CU Invitational, 2013
200 Meters	23.80, Eileen Gehring Mt. SAC Relays, 2013	22.05, Angela Thacker, Nebraska Big Eight Outdoors, 1986
400 Meters	53.23, Eileen Gehring Mt. SAC Relays, 2013	51.09, Jessica Beard, Texas A&M Big 12 Outdoors, 2008
400-meter Hurdles	57.77, Leona Russell NCAA Championships, 1996	56.88, Leisha Knowles Okla. St., Big Eight Outdoors, 1986
800-meter Run	2:02.54, Jenny Barringer Cottbus, Germany, 2009	2:05.32, Lauren Hagans, Baylor. Big 12 Outdoors, 2008
1,500 Meters	3:59.90, Jenny Barringer Prefontaine Classic, 2009	4:25.00, Sally Kipyego, Texas Tech Big 12 Outdoors, 2008
3,000 Meters	8:54.22, Kara Grgas-Wheeler Stanford Invitational, 2000	9:31.40, Christine McMiken Okla. St., Big Eight Outdoors, 1986
3,000 Meter Steeplechase	9:12.50, Jenny Barringer IAAF Championship, Berlin, 2009	10:15.43, Irene Kimaiyo, Texas Tech Big 12 Outdoors, 2008
5,000 Meters	15:05.25, Jenny Barringer DN Galan Grand Prix, Stockholm, 2009	16:34.7, Meeumi Fujiwara, Wacura (Japan), CU Relays, 1992
10,000 Meters	32:50.80, Jodie Hughes Mt. SAC Relays, 2002	35:37.5, Lisa Wakem, Kansas St. Big Eight Outdoors, 1986
4x100-meter Relay	44.95 (Cooper, Buchanan, Schuler, Joy) Cowtown Classic, 2001	42.88, Texas A&M Big 12 Outdoors, 2008
4x400-meter Relay	3:33.07 (Ward/Ards/Sterlin/Russell) NCAA Championships, 1996	3:32.28, Baylor Big 12 Outdoors, 2008
Mile Relay	3:49.1, (Ballenger/Chambers/McClendon/Dolas) Big Eight Outdoors, 1980	
4x1,500-meter Relay	17:36.60, (Messner/Raveling/Wille/Smith) Penn Relays, 1996	
Distance Medley Relay	11:03.82, (Higgins/Schuler/Zografos/Wheeler) Penn Relays, 2000	
High Jump	6-3, Karol Damon New Mexico Invite, 1991	6-2 ¹ / ₄ , Barbara Szabo, Western State CU Invitational, 2013
Long Jump	20-8, Annette Tannander NCAA Outdoors, 1983	21-9 ³ / ₄ , Angela Thacker, Nebraska Big Eight Outdoors, 1993
Triple Jump	40-11.5, Liza Negriff, Colorado Invitational, 2005	45-3 ¹ / ₄ , Yasmine Reys, Texas A&M Big 12 Outdoors, 2008
Discus	181-7, Melisa Weis Modesto Relays, 1994	181-10, Liz Podominick, unattached Colorado Invitational, 2012
Shot Put	54-6, Melisa Weis USATF Championships, 1993	56-02 ¹ / ₂ , Patience Knight, Texas Tech Big 12 Outdoors, 2008
Javelin	169-5, Liz Lampros NCAA Outdoors, 1986	186-10, Dana Pounds, AFA Colorado Invitational, 2006
Heptathlon	5,893, Annette Tannander NCAA Outdoors, 1983	5,643, Megan Wheatley, Nebraska Big 12 Outdoors, 2008
Hammer Throw	207-10, Emily Hunsucker NCAA West Prelims, 2013	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
10.24	Joe Morris	6/5/13	NCAA, Eugene, Ore.
10.27	Jeremy Dodson	5/18/08	Big 12, Boulder
10.27	Joe Morris	5/11/13	Pac-12, L.A.
10.30	Scott Sanders	1977	Las Vegas, Nev.
10.30	Joe Morris	5/23/13	NCAA Prelims, Austin, Texas
10.31	Joe Morris	5/24/12	Austin, Texas
10.32	Jeremy Dodson	5/3/08	Laramie, Wyo.
10.32	Joe Morris	4/23/11	Baton Rouge, La.
10.33	Ryan Campbell	3/31/07	Greeley, Colo.
10.33	Ryan Campbell	4/28/07	Laramie, Wyo.
10.33	Joe Morris	4/19/13	Walnut, Calif.

100-Meters Top Performers

10.0	Cliff Branch	6/1/72	Eugene, Ore.
10.10	Devlon Dunn	5/14/88	Big Eight
10.24	Joe Morris	6/5/13	NCAA, Eugene, Ore.
10.27	Jeremy Dodson	5/18/08	Big 12, Boulder
10.30	Scott Sanders	1977	Las Vegas, Nev.
10.33	Ryan Campbell	3/31/07	Greeley, Colo.
10.39	Kelly Johnson	5/12/84	Big Eight, Lincoln, Neb.
10.48	Erik Mitchell	5/1/93	
10.50	Marcus Askins	5/4/91	USAFA, Colo.
10.50	Gary Ramsey	5/14/88	Big Eight

110 Meter Hurdles Top Performances

13.3	Marcus Walker	1970	Paris
13.6	Marcus Walker	6/19/70	Des Moines, Iowa
13.3	Marcus Walker	1971	Wichita, Kan.
13.79	Reggie DePass	5/13/99	Greeley, Colo.
13.81	Lex Butler	5/13/99	Greeley, Colo.
13.84	Lex Butler	5/19/02	Big 12, Columbia, Mo.
13.90	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
20.45	Joe Morris	4/27/13	Ft. Collins, Colo.
20.58	Ray Prior	4/9/76	Boulder
20.59	Devlon Dunn	4/23/88	Walnut, Calif.
20.63	Devlon Dunn	4/17/88	El Paso, Texas
20.63	Jeremy Dodson	5/16/10	Big 12, Columbia, Mo.
20.64	Kyle Hargett	5/14/88	Big Eight
20.64	Devlon Dunn	5/14/88	Big Eight
20.64	Jeremy Dodson	5/12/07	Big 12, Lincoln, Neb.
20.65	Jeremy Dodson	5/1/10	Austin, Texas
20.65	Jeremy Dodson	6/12/10	NCAA, Eugene, Ore.
20.66	Jeremy Dodson	5/13/07	Big 12, Lincoln, Neb.
20.66	Jeremy Dodson	5/17/08	Big 12, Boulder
20.69	James Davis	5/21/96	Ft. Collins, Colo.

200-Meters Top Performers

20.37	Jeremy Dodson	5/18/08	Big 12, Boulder
20.45	Joe Morris	4/27/13	Ft. Collins, Colo.
20.58	Ray Prior	4/9/76	Boulder
20.59	Devlon Dunn	4/23/88	Walnut, Calif.
20.64	Kyle Hargett	5/14/88	Big Eight
20.69	James Davis	5/2/96	Ft. Collins, Colo.
20.78	Ryan Campbell	5/12/07	Big 12, Lincoln, Neb.
20.8	Ted Woods	1960	Bakersfield, Calif.
20.87	Erik Mitchell	5/1/93	
20.9	Dean Breenaway	5/5/79	USAFA, Colo.

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.

TRACK & FIELD

Men's All-Time Outdoor Bests

1500 Meters Top Performances

3:39.77	Alan Culpepper	5/21/96	Lincoln, Neb.
3:40.51	Stephen Pifer	5/1/05	Palo Alto, Calif.
3:40.63	Jake Hurysz	4/28/13	Palo Alto, Calif.
3:40.70	Stephen Pifer	5/14/06	Big 12, Waco, Texas
3:40.78	Stephen Pifer	5/26/07	Des Moines, Iowa
3:41.45	Rick Musgrave	4/16/76	Lawrence, Kan.
3:41.55	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.

1500-Meters Top Performers

3:39.77	Alan Culpepper	5/21/96	Lincoln, Neb.
3:40.51	Stephen Pifer	5/1/05	Palo Alto, Calif.
3:40.63	Jake Hurysz	4/28/13	Palo Alto, Calif.
3:41.45	Rick Musgrave	4/16/76	Lawrence, Kan.
3:41.96	Adam Goucher	5/21/96	Big Eight, Lincoln, Neb.
3:42.09	Jorge Torres	5/10/02	Palo Alto, Calif.
3:42.31	Mike Macinko	5/20/89	Santa Monica, Calif.
3:42.36	Steve Slattery	5/13/01	Palo Alto, Calif.
3:42.54	Anthony Chiulli	5/14/06	Big 12, Waco, Texas
3:42.99	Dathan Ritzenhein	5/10/02	Palo Alto, Calif.

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
8:35.56	Pierce Murphy	3/16/13	Boulder
8:36.99	Jay Johnson	3/16/96	Boulder
8:37.99	Payton Batliner	3/17/07	Boulder
8:40.33	Ron Roybal	3/16/96	Boulder
8:40.94	Jorge Torres	4/13/02	USAFA, Colo.
8:40.97	Dathan Ritzenhein	4/13/02	USAFA, Colo.
8:41.09	Austin Baillie	3/19/05	Boulder

3000-Meters Top Performers

7:50.39	Dathan Ritzenhein	4/10/04	Eugene, Ore.
8:27.40	Erik Heinonen	4/10/04	Eugene, Ore.
8:27.91	Casey Burchill	4/12/03	
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
8:35.56	Pierce Murphy	3/16/13	Boulder
8:36.99	Jay Johnson	3/16/96	Boulder
8:40.33	Ron Roybal	3/16/96	Boulder

Steeplechase Top Performances

8:26.45	Steve Slattery	6/22/01	USATF, Eugene, Ore.
8:26.51	Steve Slattery	5/31/02	NCAA, Baton Rouge, La.
8:28.85	Billy Nelson	6/13/08	NCAA, Des Moines, Iowa
8:33.33	Billy Nelson	6/8/07	NCAA, Sacramento, Calif.
8:35.15	Steve Slattery	4/27/00	Philadelphia, Pa.
8:36.44	Billy Nelson	5/4/08	Palo Alto, Calif.
8:36.64	Steve Slattery	4/19/02	Walnut, Calif.
8:37.10	Dan Reese	5/23/87	NCAA
8:37.45	Aric Van Halen	6/13/12	Indianapolis
8:37.69	Steve Slattery	4/20/01	Walnut, Calif.
8:37.7	Clint Wells	4/20/96	Walnut, Calif.
8:38.23	Aric Van Halen	5/24/13	NCAA Prelims, Austin, Texas
8:38.37	Clint Wells	5/31/96	NCAA
8:38.85	Aric Van Halen	6/23/13	USATF, Des Moines, Iowa
8:39.30	Steve Slattery	5/29/02	NCAA

Steeplechase Top Performers

8:26.45	Steve Slattery	6/22/01	USATF, Eugene, Ore.
8:28.85	Billy Nelson	6/13/08	NCAA, Des Moines, Iowa
8:37.10	Dan Reese	5/23/87	NCAA
8:37.45	Aric Van Halen	6/13/12	Indianapolis
8:37.7	Clint Wells	4/20/96	Walnut
8:40.87	Adam Batliner	6/5/98	Eugene, Ore.
8:42.83	Tom Reese	4/10/99	Hayward, Calif.
8:43.28	Pete Janson	5/4/08	Palo Alto, Calif.
8:46.04	Adam Goucher	4/27/95	Penn Relays
8:47.10	Terry Johnson	1979	NCAA, Champaign, Ill.

5000 Meters Top Performances

13:18.46	Brent Vaughn	5/4/08	Palo Alto, Calif.
13:24.56	Jorge Torres	5/3/03	Palo Alto, Calif.
13:26.00	Jorge Torres	5/3/02	Palo Alto, Calif.
13:27.77	Dathan Ritzenhein	5/3/02	Palo Alto, Calif.
13:30.12	Brent Vaughn	4/29/07	Palo Alto, Calif.
13:31.64	Adam Goucher	6/6/98	Buffalo, NY
13:31.7	Alan Culpepper	4/20/96	Walnut, Calif.
13:33.20	Adam Goucher	5/31/98	Eugene, Ore.
13:33.3	Adam Goucher	4/20/96	Walnut, Calif.
13:34.13	Adam Goucher	4/19/97	Walnut, Calif.
13:34.44	Joe Bosshard	5/28/11	NCAA Prelims, Eugene, Ore.
13:34.57	Joe Bosshard	5/1/11	Palo Alto, Calif.
13:35.4	Ted Castaneda	1974	Westwood, Calif.
13:38.58*	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.
197-00	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
208-09	Brian Owens	5/25/13	NCAA Prelims, Austin, Texas
206-00	Brian Owens	5/13/11	Big 12, Norman, Okla.
205-00	Brian Owens	5/12/13	Pac-12, L.A.
204-02	Kevin Fasing	3/22/08	Boulder
203-08	Brandin Williams	4/17/09	Walnut, Calif.

Javelin Top Performers

241-04.50	Dick Clark	5/19/62	Big Eight, Lawrence, Kan.
227-09.50	Glenn Arbeau	5/16/65	Lawrence, Kan.
222-01	Brandin Williams	5/17/09	Big 12, Lubbock, Texas
221-00	Brian Owens	4/8/11	Boulder
216-06	Kevin Fasing	6/22/07	USATF, Indianapolis
190-05	Kevin Waldron	5/17/08	Big 12, Boulder
188-06	Alex Von Hagen	5/15/10	Big 12, Columbia, Mo.
184-01	Chase Dukes	4/5/08	Greeley, Colo.
181-01	Sam Gluck	1990	El Paso, Texas
180-10.25	Jamie Hallum	3/26/88	Albuquerque, N.M.

Hammer Throw Top Performances

210-11	Zach Hazen	5/12/07	Big 12, Lincoln, Neb.
204-10	Zach Hazen	5/26/07	Des Moines, Iowa
201-02	Zach Hazen	6/6/07	NCAA, Sacramento, Calif.
200-09	Zach Hazen	3/30/07	Ft. Collins, Colo.
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

7-04.00	Bill Jankunis	5/17/75	Big Eight, Norman, Okla.
7-03.00	Jason Dudley	3/24/90	Albuquerque, N.M.
7-02.50	Mark Jones	5/12/13	Pac-12, L.A.
7-02.25	Bill Jankunis	5/3/75	Salt Lake City, Utah
7-02.00	Bill Jankunis	5/18/74	Big Eight, Norman, Okla.
7-02.00	Bill Jankunis	3/23/74	San Jose, Calif.
7-01.75	Jason Dudley	5/21/90	Big Eight
7-01.75	Jason Dudley	6/1/89	NCAA
7-01.75	Jason Dudley	5/5/90	USAFA, Colo.
7-01.50	Jason Dudley	4/15/89	Big Eight
7-01.50	Jason Dudley	4/30/88	Des Moines, Iowa
7-01.50	Jason Dudley	4/17/88	El Paso, Texas
7-01.00	Jason Dudley	3/7/90	Austin, Texas
7-01.00	Jason Dudley	3/31/90	Ft. Collins, Colo.
7-00.50	Jason Dudley	4/15/89	Eugene, Ore.

High Jump Top Performers

7-04.00	Bill Jankunis	5/17/75	Big Eight, Norman, Okla.
7-03.00	Jason Dudley	3/24/90	Albuquerque, N.M.
7-2.50	Mark Jones	5/12/13	Pac-12, L.A.
7-00.00	Brent Vaughan	4/13/91	Boulder
7-00.00	Travis Williams	3/19/94	Boulder
6-11.50	Greg Walton	4/25/87	Walnut, Calif.
6-11.50	Tim Ross	5/1/93	
6-10.75	Andy Miller	4/2/05	Greeley, Colo.
6-10.75	Mark McDonald	3/24/90	Albuquerque, N.M.
6-08.75	Brandon Johnson	4/10/04	Eugene, Ore.

Long Jump Top Performances

26-01.75	Kingsley Adams	4/27/74	Des Moines, Iowa
26-01.50 W	Kingsley Adams	4/20/74	Lawrence, Kan.
26-01	Kingsley Adams	5/17/75	Des Moines, Iowa
26-00	Kingsley Adams	5/17/74	Big Eight, Norman, Okla.
25-11.75	Kingsley Adams	4/28/73	Des Moines, Iowa
25-00.00	Don Meyers	1961	NCAA Championships
24-05.00	Hugh Charles	3/18/06	Boulder
24-04.25	Torey Barr	5/14/88	Big Eight
24-00.25	Brandon Johnson	3/21/04	Boulder
23-10.25	Brandon Johnson	5/7/04	USAFA, Colo.
23-10.25	Matt Rice	3/31/90	Boulder
23-09.75	Matt Rice	4/6/91	Tallahassee, Fla.
23-09	Josh Williams	3/30/96	Albuquerque, N.M.
23-08.50	Matt Rice	5/19/90	Big Eight
23-08.00	Torey Barr	3/26/88	Albuquerque, N.M.

TRACK & FIELD

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 Portner	1994	Big Eight
16-00.75	Kevin Cash	5/21/90	Big Eight
15-09.75	Jordan Hudgens	5/18/97	Big 12
15-09.00	Chris Olsen	4/18/98	Eugene, Ore.

Decathlon *Top Performances*

7,645	Mike Hill	6/6/74	Austin, Texas
7,543	Mike Hill	unknown	
7,470	Mike Wedman	1972	Lawrence, Kan.
7,245	Mike Hill	1974	NCAA, Austin, Texas
7,214	Adam Salzmänn	5/6/12	Pac-12, Eugene, Ore.
7,184	Steve Brittenham	1977	Des Moines, Iowa
7,144	Jordan Hudgens	3/28/97	Tempe, Ariz.
7,045	Mike Wedman	6/20/70	Des Moines, Iowa
7,042	Jordan Hudgens	4/18/97	Walnut, Calif.
7,037	Jordan Hudgens	5/17/97	Waco, Texas
6,927	Brock Emory	5/5/13	Pac-12, L.A.
6,899	Adam Salzmänn	5/14/11	Big 12, Norman, Okla.
6,897	Rob Martin	5/19/90	Big 12, Columbia, Mo.
6,879	Adam Salzmänn	5/15/10	Big 12, Columbia, Mo.
6,877	Rob Martin	5/20/91	

Decathlon *Top Performers*

7645	Mike Hill	6/6/74	Austin, Texas
7470	Mike Wedman	1972	Lawrence, Kan.
7214	Adam Salzmänn	5/6/12	Pac-12, Eugene, Ore.
7184	Steve Brittenham	1977	Des Moines, Iowa
7144	Jordan Hudgens	3/28/97	Walnut, Calif.
6927	Brock Emory	5/5/13	Pac-12, L.A.
6897	Rob Martin	5/19/90	
6725	Chris Olsen	5/15/98	Columbia, Mo.
6724	Alex Von Hagen	4/1/11	Tucson, Ariz.
6718	Grant Cleghorn	5/17/97	Big 12, Waco, Texas

4x100-Meter Relay *Top Performances*

39.47	Charles/Campbell/Terry/Dodson	5/31/08	NCAA, Des Moines, Iowa
39.59	Charles/Campbell/Terry/Dodson	5/18/08	Big 12, Boulder
39.6	Daniels/Brunson/Walker/Branch	1971	Albuquerque, N.M.
39.77	Pincok/Dodson/Abuan/Campbell	4/28/07	Laramie, Wyo.
39.80	Charles/Campbell/Terry/Dodson	5/30/08	NCAA Regional, Lincoln, Neb.
39.8	Daniels/Brunson/Bennett/Branch	5/20/72	Big 8, Boulder
39.85	Dodson/Pincok/Abuan/Campbell	6/6/07	NCAA, Sacramento, Calif.
39.85	Abuan/Pincok/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/Pincok/Abuan/Campbell	6/8/07	NCAA, Sacramento, Calif.
39.98	Pincok/Dodson/Abuan/Campbell	5/25/07	Des Moines, Iowa
40.00	Pincok/Dodson/Abuan/Campbell	5/26/07	Des Moines, Iowa
40.05	Pincok/Dodson/Abuan/Campbell	5/13/07	Big 12, Lincoln, Neb.
40.1	Branch/Bennett/Brunson/Daniels	4/29/72	Des Moines, Iowa
40.14	Charles/Campbell/Terry/Dodson	4/19/08	Waco, Texas

4x400-Meter Relay *Top Performances*

3:05.16	Johnson/Carruth/Warren/Mitchell	1994	Fairfax, Va.
3:06.11	Horton/Queen/DePass/Davis	4/18/99	Walnut, Calif.
3:07.72	Horton/DePass/Queen/Davis	3/20/99	Tucson, Ariz.
3:08.74	Johnson/Pincok/Terry/Abuan	4/7/06	Austin, Texas
3:08.86	no order listed	5/16/99	Tucson, Ariz.
3:08.86	Pincok/Zichterman/Terry/Abuan	5/28/05	Norman, Okla.
3:08.96	Johnson/Pincok/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/Salzmänn/MacIntosh	5/13/12	Pac-12, Eugene, Ore.
3:09.76	Friesen/Pincok/Terry/Abuan	4/28/07	Laramie, Wyo.
3:09.80	Pincok/Campbell/Friesen/Abuan	5/26/07	Des Moines, Iowa
3:09.84	Baker/Morris/Gifford/Berens	5/12/13	Pac-12, L.A.
3:09.84	Queen/DePass/Horton/Davis	4/10/99	Eugene, Ore.
3:09.86	Friesen/Campbell/Dodson/Terry	5/13/07	Big 12, Lincoln, Neb.
3:09.93	Baker/Gifford/Berens/Morris	4/20/13	Walnut, Calif.

Distance Medley Relay *Top Performances*

9:40.49	Goucher/Davis/Batliner/Culpepper	4/26/96	Philadelphia, Pa.
9:41.7	Napier/A.Amador/Schafer/Goucher	4/25/97	Philadelphia, Pa.
9:45.82	Napier/Butler/Schafer/Tessman	4/10/99	Eugene, Ore.
9:49.25	Schafer/DePass/Queen/Slattery	4/27/01	Philadelphia, Pa.
9:53.14	Slattery/Queen/Napier/Roybal	4/8/00	Eugene, Ore.

4x1,500-Meter Relay *Top Performances*

15:10.19	Goucher/Hancock/Reese/Napier	4/26/96	Philadelphia, Pa.
15:15.54	Reese/Wells/Culpepper/Goucher	4/27/96	Philadelphia, Pa.

4x800-Meter Relay *Top Performances*

7:25.55	Reese/Queen/Elmuccio/Schafer	4/24/99	Philadelphia, Pa.
7:26.12	no order listed	1985	Des Moines, Iowa
7:28.97	no order listed	4/10/99	Eugene, Ore.

Four-Mile Relay *Top Performances*

16:19.85	Napier/J.Torres/Roybal/Slattery	4/29/00	Philadelphia, Pa.
16:26.78	Slattery/Roybal/Tessman/Reese	4/24/99	Philadelphia, Pa.
16:28.3	Gregorio/Lambert/Peterson/Castaneda	4/27/73	Des Moines, Iowa
16:29.2	Lambert/Peterson/Castaneda/Gregorio	4/21/73	Lawrence, Kan.

Women's All-Time Outdoor Bests

100-Meter Top Performances

11.65	Yolanda Johnson	4/14/90	Boulder
11.68	Yvonne Scott	5/4/96	Ft. Collins, Colo.
11.68	Yolanda Johnson	5/21/90	Big Eight, Norman, Okla.
11.69	Tanisha Johns	5/1/93	Ft. Collins, Colo.
11.69	Amaris Buchanan	5/18/01	Big 12, College Station, Texas
11.70	Amaris Buchanan	3/31/01	San Diego, Calif.
11.76	Amaris Buchanan	3/31/01	San Diego, Calif.
11.78	Yolanda Johnson	5/21/90	Big Eight, Norman, Okla.
11.80	Tanisha Johns	5/21/94	Lawrence, Kan.
11.80	Mandi Farquhar	3/30/96	Albuquerque, N.M.
11.83	Yvonne Scott	5/20/96	Lincoln, Neb.
11.83	Yolanda Johnson	5/21/91	Big Eight
11.87	Deanna Salvaryn	5/12/00	USAFA, Colo.
11.89	Yolanda Johnson	3/24/90	Albuquerque, N.M.
11.90	Yolanda Johnson	4/14/90	Boulder

100-Meters Top Performers

11.65	Yolanda Johnson	4/14/90	Boulder
11.68	Yvonne Scott	5/4/96	Ft. Collins, Colo.
11.69	Tanisha Johns	5/1/93	Ft. Collins, Colo.
11.69	Amaris Buchanan	5/18/01	Big 12, College Station, Texas
11.8	Mandi Farquhar	3/30/96	Albuquerque, N.M.
11.87	Deanna Salvaryn	5/12/00	USAFA, Colo.
11.96	Cassie Hirschfeld	4/3/09	Austin, Texas
11.97	Deneeka Torrey	4/13/02	Big 12
11.99	Keena Schuler	4/7/01	Greeley, Colo.
12.02	Rachel Joy	4/11/98	Boulder

100-Meter Hurdles Top Performances

12.98	Yvonne Scott	6/1/96	Eugene, Ore.
13.01	Yvonne Scott	5/15/95	Big Eight, Ames, Iowa
13.09	Yvonne Scott	4/6/96	Boise, Idaho
13.11	Yolanda Johnson	6/4/90	NCAA
13.12	Yvonne Scott	4/13/96	Boulder
13.12	Mandi Farquhar	6/8/96	USAFA, Colo.
13.16	Hannah Cooper	5/19/02	Big 12, Columbia, Mo.
13.16	Yvonne Scott	3/30/96	Albuquerque, N.M.
13.16	Yolanda Johnson	3/1/91	NCAA
13.18	Yvonne Scott	5/31/96	Eugene, Ore.
13.19	Yolanda Johnson	6/4/90	NCAA
13.20	Mandi Farquhar	5/4/96	Ft. Collins, Colo.
13.20	Mandi Farquhar	5/20/96	Big Eight
13.21	Yvonne Scott	4/27/96	Penn Relays
13.21	Hannah Cooper	5/30/02	NCAA, Baton Rouge, La.

100-Meter Hurdles Top Performers

12.98	Yvonne Scott	6/1/96	Eugene, Ore.
13.11	Yolanda Johnson	6/4/90	NCAA
13.12	Mandi Farquhar	6/8/96	USAFA, Colo.
13.16	Hannah Cooper	5/19/02	Big 12, Columbia, Mo.
13.25	Rachel Joy	4/14/01	Greeley, Colo.
13.33	Donna Waller	5/16/87	Big Eight, Lawrence, Kan.

200 Meters Top Performances

23.80	Eileen Gehring	4/19/13	Walnut, Calif.
23.86	Tanisha Johns	5/18/93	Big Eight, Boulder
23.95	Amaris Buchanan	3/31/01	San Diego, Calif.
23.95	Eileen Gehring	4/6/13	Tempe, Ariz.
23.97	Yvonne Scott	3/30/96	Albuquerque, N.M.
24.03	Yvonne Scott	4/6/96	Boise, Idaho
24.08	Yvonne Scott	5/4/96	Ft. Collins, Colo.
24.17	Eileen Gehring	5/11/13	Pac-12, L.A.
24.18	Yolanda Johnson	3/24/90	Albuquerque, N.M.
24.20	Donna Waller	4/18/87	Albuquerque, N.M.
24.20	Tanisha Johns	5/15/94	Boulder
24.21	Eileen Gehring	5/24/13	NCAA Prelims, Austin, Texas
24.21	Eileen Gehring	4/28/12	Fort Collins, Colo.
24.23	Eileen Gehring	3/16/13	Boulder
24.24	Eileen Gehring	4/7/12	Tempe, Ariz.

200-Meters Top Performers

23.80	Eileen Gehring	4/19/13	Walnut, Calif.
23.86	Tanisha Johns	5/18/93	Big Eight, Boulder
23.95	Amaris Buchanan	3/31/01	San Diego, Calif.
23.97	Yvonne Scott	3/30/96	Albuquerque, N.M.
24.18	Yolanda Johnson	3/24/90	Albuquerque, N.M.
24.20	Donna Waller	4/18/87	Albuquerque, N.M.
24.25	Lindsey Mattson	4/20/13	Cerritos, Calif.
24.26	Tamara Ards	5/21/94	Lawrence, Kan.
24.37	Heather Sterlin	5/17/97	Waco, Texas
24.63	Mandi Farquhar	4/6/96	Boise, Idaho

400 Meters Top Performances

53.23	Eileen Gehring	4/20/13	Walnut, Calif.
53.38	Eileen Gehring	4/6/13	Tempe, Ariz.
54.21	Eileen Gehring	4/20/12	Walnut, Calif.
54.22	Tamara Ards	5/21/94	Lawrence, Kan.
54.33	Eileen Gehring	3/30/13	Ft. Collins, Colo.
54.34	Lindsey Mattson	5/11/13	Pac-12, L.A.
54.41	Eileen Gehring	4/7/12	Tempe, Ariz.
54.42	Tamara Ards	4/6/96	Boise, Idaho
54.42	Eileen Gehring	5/11/13	Pac-12, L.A.
54.51	Tamara Ards	5/4/96	Ft. Collins, Colo.
54.57	Lindsey Mattson	5/23/13	NCAA Prelims, Austin, Texas
54.59	Tamara Ards	5/21/96	Lincoln, Neb.
54.66	Lindsey Mattson	4/19/13	Walnut, Calif.
54.68	Eileen Gehring	5/23/13	NCAA Prelims, Austin, Texas
54.73	Tamara Ards	4/20/96	Walnut, Calif.

400-Meters Top Performers

53.23	Eileen Gehring	4/20/13	Walnut, Calif.
54.22	Tamara Ards	5/21/94	Lawrence, Kan.
54.34	Lindsey Mattson	5/11/13	Pac-12, L.A.
54.82	Tasha Ward	5/21/96	Lincoln, Neb.
54.92	Evelyn Miller	5/19/01	Big 12, College Station, Texas
55.00	Micki Brown	4/22/90	Walnut, Calif.
55.18	Lee Ballenger	5/13/78	Eugene, Ore.
55.39	Cynthia Newsome	4/18/98	Eugene, Ore.
55.47	Bridget Sweeney	4/14/12	Boulder
55.49	Diamond Seay	4/11/09	Boulder

400 Meter Hurdles Top Performances

57.77	Leona Russell	5/29/96	Eugene, Ore.
58.13	Leona Russell	5/21/96	Lincoln, Neb.
58.34	Leona Russell	6/14/96	Atlanta, Ga.
58.36	Leona Russell	4/25/96	Philadelphia, Pa.
58.38	Leona Russell	5/4/96	Ft. Collins, Colo.
58.63	Brenda Chambers	5/24/80	Eugene, Ore.
58.90	Brenda Chambers	6/13/80	Walnut, Calif.
59.22	Leona Russell	5/20/96	Lincoln, Neb.
59.27	Leona Russell	4/27/95	Philadelphia, Pa.
59.42	Brenda Chambers	5/23/80	Eugene, Ore.

400-Meter Hurdles Top Performers

57.77	Leona Russell	5/29/96	Eugene, Ore.
58.63	Brenda Chambers	5/24/80	Eugene, Ore.
59.22	Leona Russell	5/20/96	Lincoln, Neb.
59.48	Heather Sterlin	5/3/97	USAFA, Colo.
59.50	Deneeka Torrey	5/19/02	Big 12, Columbia, Mo.
59.55	Debbie McClendon	5/12/80	Ft. Collins, Colo.

800 Meters Top Performances

2:02.54	Jenny Barringer	8/8/09	Cottbus, Germany
2:03.7	Lee Ballenger	5/13/78	Eugene, Ore.
2:05.43	Jenny Barringer	4/25/09	Eugene, Ore.
2:05.5	Lee Ballenger	6/13/80	Walnut, Calif.
2:05.97	Lee Ballenger	5/26/78	Knoxville, Tenn.
2:06.30	Lee Ballenger	4/29/79	Walnut, Calif.
2:06.59	Elizabeth Tremblay	5/6/11	Eugene, Ore.
2:07.07	Elizabeth Tremblay	5/15/11	Big 12, Norman, Okla.
2:07.51	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

TRACK Women's All-Time Outdoor Bests

800-Meters Top Performers

2:02.54	Jenny Barringer	8/8/09	Cottbus, Germany
2:03.7	Lee Ballenger	5/13/78	Eugene, Ore.
2:06.59	Elizabeth Tremblay	5/6/11	Eugene, Ore.
2:08.23	Jessica Pixler	4/9/11	Boulder
2:08.87	Kelly Smith	5/16/95	Big Eight, Ames, Iowa
2:09.24	Brianne Beemer	5/5/12	Pac-12, Eugene, Ore.
2:09.81	Emma Coburn	5/15/10	Big 12, Columbia, Mo.
2:10.00	Catrina Campbell	5/13/89	Big Eight
2:10.17	Sara (Gorton) Slattery	4/12/03	Eugene, Ore.
2:10.60	Carol McMordie	4/12/86	USAFA, Colo.

1500 Meters Top Performances

3:59.90	Jenny Barringer	6/7/09	Eugene, Ore.
4:06.87	Emma Coburn	5/17/13	Los Angeles
4:08.38	Jenny Barringer	4/24/09	Eugene, Ore.
4:09.42*	Emma Coburn	5/18/12	Los Angeles
4:10.80	Shayne Wille	1997	New Orleans, La.
4:11.36	Jenny Barringer	7/16/08	Switzerland
4:11.36	Emma Coburn	4/26/13	Des Moines, Iowa
4:12.15	Kara Grgas-Wheeler	3/21/00	Big 12, Columbia, Mo.
4:12.69	Shayne Wille	1997	New Orleans, La.
4:12.97	Emma Coburn	7/30/11	Ghent, Belgium
4:13.88	Kelly Smith	6/6/97	Bloomington, Ind.
4:14.34	Emma Coburn	4/15/11	Walnut, Calif.
4:15.06	Jessica (Pixler) Tebo	5/13/12	Pac-12, Eugene, Ore.
4:15.15	Jessica (Pixler) Tebo	4/20/12	Walnut, Calif.
4:15.48	Sara (Gorton) Slattery	5/3/03	Palo Alto, Calif.

1500-Meters Top Performers

3:59.90	Jenny Barringer	6/7/09	Eugene, Ore.
4:06.87	Emma Coburn	5/17/13	Los Angeles
4:10.80	Shayne Wille	1997	New Orleans, La.
4:12.15	Kara Grgas-Wheeler	3/21/00	Big 12, Columbia, Mo.
4:13.88	Kelly Smith	6/6/97	Bloomington, Ind.
4:15.06	Jessica (Pixler) Tebo	5/13/12	Pac-12, Eugene, Ore.
4:15.48	Sara (Gorton) Slattery	5/3/03	Palo Alto, Calif.
4:19.70	Sara Ensrud	4/29/07	Palo Alto, Calif.
4:20.93	Katie Cumming	5/1/11	Palo Alto, Calif.
4:21.05	Laura Thweatt	5/1/11	Palo Alto, Calif.

Mile Top Performances

4:33.24*	Emma Coburn	7/25/12	Dublin, Ireland
4:40.31	Shalaya Kipp	7/25/12	Dublin, Ireland

Mile Top Performers

4:33.24*	Emma Coburn	7/25/12	Dublin, Ireland
4:40.31	Shalaya Kipp	7/25/12	Dublin, Ireland

* Time ran while competing unattached with eligibility remaining.

3000 Meters Top Performances

8:54.22	Kara Grgas-Wheeler	5/5/00	Palo Alto, Calif.
9:02.15	Kara Grgas-Wheeler	6/2/00	NCAA, 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
9:28.26	Emma Coburn	4/28/13	Palo Alto, Calif.
9:29.20	Jenny Barringer	8/15/08	Olympic Games, Beijing
9:29.20	Jenny Barringer	6/13/08	NCAA, Des Moines, Iowa
9:29.38	Jenny Barringer	6/28/09	USATF Champs, Eugene, Ore.
9:31.55*	Emma Coburn	8/17/12	Stockholm, Sweden
9:32.78*	Emma Coburn	6/29/12	U.S. Trials, Eugene, Ore.

Steeplechase Top Performers

9:12.50	Jenny Barringer	8/17/09	IAAF, Berlin, Germany
9:23.54*	Emma Coburn	8/6/12	Olympic Games, London
9:35.73	Shalaya Kipp	6/29/12	U.S. Trials, Eugene, Ore.
10:07.51	Natalie Florence	6/26/05	USATF, Carson, Calif.
10:13.80	Lesley Higgins	4/16/02	Walnut, Calif.
10:13.80	Renee Metivier	4/15/05	Walnut, Calif.
10:20.51	Diane George	5/24/13	NCAA Prelims, Austin, Texas
10:30.06	Courtney Bouchet	5/12/12	Pac-12, Eugene, Ore.
10:43.05	Kendal Grgas-Wheeler	4/16/04	Walnut, Calif.
10:45.80	Allison Sawyer	4/17/08	Walnut, Calif.

* Time ran while competing unattached with eligibility remaining

5000 Meters Top Performances

15:05.25	Jenny Barringer	7/31/09	Stockholm, Sweden
15:07.64	Jenny Barringer	5/2/09	Palo Alto, Calif.
15:19.43	Jessica (Pixler) Tebo	4/29/12	Palo Alto, Calif.
15:24.97	Sara (Gorton) Slattery	4/15/03	Walnut, Calif.
15:25.58	Jessica (Pixler) Tebo	3/25/11	Palo Alto, Calif.
15:28.79	Kara Grgas-Wheeler	4/14/00	Walnut, Calif.
15:40.14	Sara (Gorton) Slattery	6/14/03	NCAA, Sacramento, Calif.
15:41.78	Kara Grgas-Wheeler	5/13/01	Stanford, Calif.
15:48.24	Jenny Barringer	4/29/07	Palo Alto, Calif.
15:49.08	Renee Metivier	4/16/04	Walnut, Calif.
15:51.55	Sara (Gorton) Slattery	5/3/02	Palo Alto, Calif.
15:54.30	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 Stoltzing	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 Stoltzing	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.
5362	Brianne Beemer	4/5/13	Tucson, Ariz.
5360	Heather Sterlin	5/16/95	Big Eight, Ames, Iowa
5357	Abrianna Torres	5/5/13	Pac-12, L.A.

Heptathlon *Top Performers*

5863	Annette Tannander	1983	Houston, Texas
5688	Heather Sterlin	1997	New Orleans, La.
5375	Carol Hood	5/20/97	
5362	Genny Mayden	5/6/12	Pac-12, Eugene, Ore.
5362	Brianne Beemer	4/5/13	Tucson, Ariz.
5357	Abrianna Torres	5/5/13	Pac-12, L.A.
5321	Pam Owen	3/27/93	Tempe, Ariz.
4983	Katie Dreher	3/30/12	Tucson, Ariz.
4977	Brittany Lewis	4/27/12	Fort Collins, Colo.
4925	Alyssa Frank	5/6/12	Pac-12, Eugene, Ore.

High Jump *Top Performances*

6-03.00	Karol Damon	3/23/91	Albuquerque, N.M.
6-00.75	Karol Damon	3/24/90	Albuquerque, N.M.
6-00.75	Karol Damon	4/6/91	Fort Collins, Colo.
6-00.75	Karol Damon	5/3/91	NCAA, Eugene, Ore.
6-00.75	Karol Damon	5/18/92	Big Eight
6-00.50	Karol Damon	4/18/92	Long Beach, Calif.
6-00.00	Karol Damon	4/25/92	Boise, Idaho
5-11.50	Annette Tannander	4/29/83	Des Moines, Iowa
5-11.50	Karol Damon	5/21/90	Big Eight, Norman, Okla.
5-11.50	Karol Damon	1991	Big Eight, Lincoln, Neb.
5-11.50	Karol Damon	4/10/93	
5-11.50	Pam Owen	4/10/93	Los Angeles, Calif.
5-11.50	Annette Tannander	5/30/83	Houston, Texas

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.
5-10.75	Kelsey English	4/27/13	Fort Collins, Colo.
5-10.00	Lisa Greenfield	4/22/83	Lawrence, Kan.
5-10.00	Amy Rehagee	4/12/86	USAFA, Colo.
5-09.25	Anna Magle	twice	Ft. Collins, Colo.
5-08.75	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

Pole Vault *Top Performances*

12-04.00	Megan Buttner	4/19/03	Ft. Collins, Colo.
12-02.00	Megan Buttner	4/26/03	Ft. Collins, Colo.
11-06.00	Megan Buttner	5/1/03	Boulder
11-06.00	Megan Baker	5/1/03	Boulder
11-06.00	Megan Buttner	4/27/02	Ft. Collins, Colo.
11-06.00	Megan Buttner	3/23/02	Boulder
11-05.75	Megan Buttner	4/12/03	Eugene, Ore.
11-05.75	Megan Buttner	3/30/02	Tempe, Ariz.
11-05.25	Megan Buttner	4/5/03	Greeley, Colo.
11-03.75	Megan Buttner	3/25/00	Palo Alto, Calif.

Pole Vault *Top Performers*

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

Long Jump *Top Performances*

20-08.00	Annette Tannander	5/4/83	Big Eight, Stillwater, Okla.
20-08.00	Annette Tannander	5/4/83	Big Eight, Stillwater, Okla.
20-06.50	Heather Sterlin	4/19/97	Walnut, Calif.
20-05.50	Heather Sterlin	5/4/96	Ft. Collins, Colo.
20-05.25	Heather Sterlin	5/30/96	Eugene, Ore.
20-05.00	Heather Sterlin	4/19/96	Walnut, Calif.
20-03.75	Heather Sterlin	6/15/96	Atlanta, Ga.
20-03.00	Heather Sterlin	5/20/96	Atlanta, Ga.
20-02.25	Heather Sterlin	1997	New Orleans, La.
20-02.25	Abrianna Torres	4/20/13	Cerritos, Calif.
20-01.00	Heather Sterlin	5/21/96	Lincoln, Neb.
20-00.25	Abrianna Torres	4/19/13	Walnut, Calif.
19-11.75	Abrianna Torres	5/11/13	Pac-12, L.A.
19-11.50	Heather Sterlin	5/21/96	Lincoln, Neb.
19-08.75	Annette Tannander	5/31/83	NCAA, Houston, Texas

Long Jump *Top Performers*

20-08.00	Annette Tannander	5/4/83	Big Eight, Stillwater, Okla.
20-06.50	Heather Sterlin	4/19/97	Walnut, Calif.
20-02.25	Abrianna Torres	4/20/13	Cerritos, Calif.
19-08.75	Amberly Casey	4/30/04	Big 12, Norman, Okla.
19-07.00	Brittany Lewis	4/21/12	Cerritos, Calif.
19-02.25	Hannah Cooper	3/28/98	Tempe, Ariz.
19-02.00	Stacey Whitfield	4/2/83	Boulder
19-00.75	Maxine Marlow	4/5/03	Greeley, Colo.
19-00.25	Jill Hassebrock	5/21/94	Lawrence, Kan.

Triple Jump *Top Performances*

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

Triple Jump *Top Performers*

40-11.50	Liza Negriff	4/6/05	Boulder
40-02.00	Udie Ekiko	4/17/94	USAFA, Colo.
40-00.00	Amberly Casey	4/28/07	Laramie, Wyo.
39-00.50	Wanda Evans	4/8/89	Boulder
38-10.00	Dayna Cavener	5/5/90	USAFA, Colo.
38-04.00	Jill Hassebrock	5/1/93	Ft. Collins, Colo.
37-05.00	Heather Weisacosky	4/18/87	Albuquerque, N.M.
37-02.50	Anne Zentner	4/11/87	USAFA, Colo.
37-02.25	Katie Dreher	5/16/10	Big 12, Columbia, Mo.
37-00.00	Jodi Pilcher	5/4/96	Ft. Collins, Colo.

TRACK 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

207-10	Emily Hunsucker	5/23/13	NCAA Prelims, Austin, Texas
204-8	Emily Hunsucker	6/5/13	NCAA, Eugene, Ore.
203-9	Emily Hunsucker	5/3/13	Laramie, Wyo.
200-3	Emily Hunsucker	4/19/13	Walnut, Calif.
199-0	Emily Hunsucker	5/11/13	Pac-12, L.A.
197-8	Emily Hunsucker	3/30/13	Ft. Collins, Colo.
197-4	Emily Hunsucker	4/12/13	Boulder
196-10	Janet Visosky	5/15/98	Columbia, Mo.
196-1	Janet Visosky	4/25/98	Ft. Collins, Colo.
195-10	Emily Hunsucker	3/15/13	Boulder
192-7	Emily Hunsucker	4/6/13	USAFA, Colo.
191-6	Janet Visosky	6/6/98	Buffalo, N.Y.
191-2	Janet Visosky	4/18/98	Eugene, Ore.
191-11	Janet Visosky	4/11/98	Boulder
189-6	Janet Visosky	5/23/98	Boulder

Hammer Throw Top Performers

207-10	Emily Hunsucker	5/23/13	NCAA Prelims, Austin, Texas
196-10	Janet Visosky	5/15/98	Columbia, Mo.
173-11	Marlaina Corbett	4/18/98	Eugene, Ore.

4x100-Meter Relay Top Performances

44.95	no order listed	4/14/01	Greeley, Colo.
45.37	no order listed	4/22/01	Walnut, Calif.
45.75	no order listed	5/18/01	Big 12, College Station, Texas
45.76	Scott/Ards/Farquhar/Johns	4/6/96	Boise, Idaho
45.91	Johns/Scott/Farquhar/Ward	3/23/96	Albuquerque, N.M.
45.94	no order listed	5/4/96	Ft. Collins, Colo.
46.26	Russell/Scott/Johns/Ards	5/18/93	Big Eight, Boulder
46.33	no order listed	5/21/94	Lawrence, Kan.
46.4	no order listed	3/18/95	Boulder
46.62	Mattson/Gehring/Beemer/Sweeney	4/28/12	Fort Collins, Colo.
46.68	no order listed	4/21/96	Walnut, Calif.

4x400-Meter Relay Top Performances

3:33.07	Ward/Ards/Sterlin/Russell	6/1/96	Eugene, Ore.
3:34.47	Ward/Ards/Sterlin/Russell	5/21/96	Lincoln, Neb.
3:36.95	Mattson/Beemer/Sweeney/Gehring	5/12/13	Pac-12, L.A.
3:37.60	Ward/Ards/Sterlin/Russell	4/20/96	Walnut, Calif.
3:37.78	no order listed	5/15/94	Boulder
3:38.09	Ward/Ards/Sterlin/Russell	5/30/96	Eugene, Ore.
3:38.17	Mattson/Beemer/Sweeney/Gehring	4/19/13	Walnut, Calif.
3:38.39	Mattson/Beemer/Sweeney/Gehring	5/25/13	NCAA Prelims, Austin, Texas
3:38.94	Ards/Russell/Sterlin/Ward	3/23/96	Albuquerque, N.M.
3:40.30	Mattson/Gehring/Beemer/Sweeney	5/13/12	Pac-12, Eugene, Ore.
3:40.40	Mattson/Gehring/Beemer/Sweeney	4/20/12	Walnut, Calif.
3:40.45	Ward/Ards/Sterlin/Russell	4/27/96	Philadelphia, Pa.
3:40.85	no order listed	4/25/96	Philadelphia, Pa.
3:42.21	Mattson/Gehring/Beemer/Sweeney	5/26/12	Austin, Texas
3:44.10	no order listed	5/4/96	Ft. Collins, Colo.

Distance Medley Relay Top Performances

11:03.82	Higgins/Schuler/Zografos/Wheeler	4/29/00	Philadelphia, Pa.
11:14.84	Messner/Sterlin/Smith/Wille	4/24/97	Philadelphia, Pa.
11:18.74	Higgins/Schuler/Zografos/Wheeler	4/8/00	Eugene, Ore.

4x1,500-Meter Relay Top Performances

17:36.10	Messner/Raveling/Wille/Smith	4/26/96	Philadelphia, Pa.
17:37.21	Wheeler/Sterlin/Smith/Wille	4/24/97	Philadelphia, Pa.
17:50.66	Moody/Higgins/Hughes/Wheeler	4/29/00	Philadelphia, Pa.
18:02.36	Burroughs/Higgins/Wheeler/Messner	4/24/99	Philadelphia, Pa.

Men's Conference History

TEAM FINISHES

Indoor Outdoor

Big Seven Conference

1949	5th	2nd
1950	5th	2nd
1951	7th	6th
1952	3rd	6th
1953	6th	7th
1954	4th	4th
1955	4th	7th
1956	4th	3rd
1957	6th	2nd

Big Eight Conference

1958	7th	7th
1959	4th	6th
1960	4th	5th
1961	5th	6th
1962	6th	3rd
1963	4th	4th
1964	5th	6th
1965	7th	6th
1966	No Entry	6th
1967	8th	5th
1968	6th	6th
1969	6th	6th
1970	8th	7th
1971	2nd	5th
1972	2nd	4th
1973	5th	5th
1974	3rd	3rd
1975	4th	4th
1976	6th	(t)3rd
1977	6th	7th
1978	5th	7th
1979	6th	5th
1980	6th	6th
1981	(t)7th	8th
1982	7th	8th
1983	6th	7th
1984	7th	8th
1985	8th	8th
1986	8th	4th
1987	(t)5th	7th
1988	7th	7th
1989	5th	5th
1990	6th	4th
1991	7th	6th
1992	6th	5th
1993	6th	3rd
1994	3rd	4th
1995	5th	6th
1996	4th	3rd

Big 12 Conference

1997	3rd	8th
1998	4th	6th
1999	2nd	5th
2000	6th	10th
2001	7th	8th
2002	6th	8th
2003	8th	7th
2004	8th	9th
2005	7th	7th
2006	7th	4th
2007	8th	4th
2008	7th	1st
2009	12th	11th
2010	12th	6th
2011	12th	8th

MPSF Indoor/Pac-12 Outdoor

2012	11th	9th
2013	10th	6th

INDOOR CHAMPIONS

60-yard/55-meter Dash

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

60-yard Low Hurdles

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

60-yard/55-meter High Hurdles

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

60-meter Hurdles

Lex Butler	2000	:7.75
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60-meter Dash

Joe Morris	2013	6.72
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200-meter Dash

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

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

600-yard Dash

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

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

1000-meter Run

Anthony Chiulli	2007	2:21.82
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OUTDOOR CHAMPIONS

100-yard/meter Dash

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

220-yard/200-meter Dash

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

440-yard/400-meter Dash

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

880-yard/800-meter Run

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

1-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

1-mile Run

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

Bernie Frakes	1958	9:15.3
Dave Wighton	1965	9:08.4
Craig Runyan	1969	8:51.0
Mark Spilsbury	1978	8:47.8
Mark Spilsbury	1979	8:48.2
Mark Scrutton	1981	8:41.3
Mark Scrutton	1982	8:50.95
Mark Scrutton	1983	8:30.10
Adam Goucher	1995	8:10.48
Adam Goucher	1997	8:01.23
Adam Goucher	1998	7:55.57
Dathan Ritzenhein	2002	8:01.72
Dathan Ritzenhein	2004	8:01.18
Brent Vaughn	2005	8:05.90
Brent Vaughn	2006	8:04.03

3-mile/5000-meter Run

Mark Scrutton	1980	13:33.60
Mark Scrutton	1981	13:33.41
Mark Scrutton	1982	13:23.3
Mark Scrutton	1983	13:32.4
Shawn Found	1994	14:00.33
Adam Goucher	1995	14:05.07
Ron Roybal	1997	14:18.54
Adam Goucher	1998	13:38.23
Mike Friedberg	1999	14:25.68
Jorge Torres	2000	14:05.56
Jorge Torres	2002	13:51.32
Dathan Ritzenhein	2004	13:55.50
Brent Vaughn	2005	13:59.55
Billy Nelson	2006	13:54.70
Brent Vaughn	2007	13:48.74
Bradley Harkrader	2008	14:11.09

Ron Roybal	1999	14:23.13
Dathan Ritzenhein	2002	13:56.21
Jorge Torres	2003	14:16.37
Dathan Ritzenhein	2004	14:08.40
Brent Vaughn	2005	13:53.01
Bret Schoolmeester	2006	14:06.48
Brent Vaughn	2007	14:21.46
Brent Vaughn	2008	14:13.99
Joe Bosshard	2011	13:50.62

3-mile Run

Ted Castenada	1973	13:37.4
Ted Castenada	1974	13:24.6

10000-meter Run

Mark Scrutton	1980	29:35.23
Mark Scrutton	1981	29:44.98
Mark Scrutton	1982	30:11.39
Mark Scrutton	1983	29:02.87
Chuck Trujillo	1986	31:14.63
Brent Vaughn	2006	30:28.17
Kenyon Neuman	2008	30:40.78
Joe Bosshard	2011	28:52.85

110-meter High Hurdles

Maurice Mitchell	1994	14.09
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120-yard High Hurdles

Pat Hindman	1954	:14.2
Jim Miller	1964	:14.0
Marcus Walker	1970	:13.7

330-yard Intermediate Hurdles

Jim Miller	1963	:36.5
Jim Miller	1964	:36.4
Jim Miller	1965	:36.4

3000-meter Steeplechase

Terry Johnson	1979	8:58.9
Dan Reese	1987	8:51.71
Steve Slattery	2001	8:47.16
Steve Slattery	2002	8:51.25
Pete Janson	2006	8:44.76
Billy Nelson	2007	8:47.89
Billy Nelson	2008	8:53.84
Aric Van Halen	2013	8:41.73

1-mile Relay

No Order Listed	1962	3:12.5
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440-yard/400-meter Relay

No Order Listed	1964	:40.5
No Order Listed	1972	:40.6

High Jump

Leander Durlley	1963	6-10 1/4
Jason Dudley	1989	7-1 1/2

Long Jump

Don Meyers	1960	23-10 1/2
Don Meyers	1961	24-1
Kingsley Adams	1973	25-5
Kingsley Adams	1974	25-7 1/2

Pole Vault

Dennis Plooster		
and Stew Walker	1954	13-6 1/2
Stew Walker	1955	13-7 3/4
Bill Curnow	1975	16-8
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 Duval	1975	52-8 1/4
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Distance Medley Relay

Zach Hancock/Charles Johnson/Brett Larsen/Alan Culpepper	1994	9:50.92
John Reyes/Jason Cisneros/Matt Napier/Alan Culpepper	1996	9:50.02
Clint Wells/Carter Piper/John Reyes/Adam Goucher	1997	9:50.22

400-meter Hurdles

Maurice Mitchell	1993	49.66
Maurice Mitchell	1994	50.27

High Jump

Joe Gold	1949	6-1 7/8
Bill Jankunis	1975	7-4
Jason Dudley	1988	6-11 1/2
Jason Dudley	1990	7-1 3/4

Long Jump

Don Meyers and Bill Toomey	1960	23-5 1/2
Don Meyers	1961	24-6
Lynn Baker	1965	24-6
Kingsley Adams	1972	25-1
Kingsley Adams	1972	25-10 1/4

Triple Jump

James Nyumutei	1974	52-0 3/4
Don Duval	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

1977	3rd	6th
1978	4th	5th
1979	3rd	3rd
1980	7th	3rd
1981	7th	7th
1982	6th	7th
1983	4th	7th
1984	7th	8th
1985	8th	8th
1986	8th	7th
1987	8th	8th
1988	4th	7th
1989	3rd	5th
1990	6th	6th
1991	4th	5th
1992	6th	5th
1993	7th	4th
1994	4th	2nd
1995	3rd	2nd
1996	2nd	1st

Big 12 Conference

1997	3rd	4th
1998	6th	7th
1999	5th	6th
2000	11th	6th
2001	4th	10th
2002	5th	6th
2003	6th	8th
2004	5th	9th
2005	8th	9th
2006	11th	10th
2007	11th	10th
2008	12th	12th
2009	12th	12th
2010	12th	11th
2011	11th	10th

MPSF Indoor/Pac-12 Outdoor

2012	11th	7th
2013	11th	10th

INDOOR CHAMPIONS

400-meter Dash

Mary Decker	1977	56.7
Lee Ballenger	1979	56.40
Leona Russell	1996	54.46

800-meter Run

Mary Decker	1978	2:05.29
Leigh Ballenger	1980	2:11.5

1000-meter Run

Carrie Messner	1996	2:51.94
Lesley Higgins	1999	2:50.89

Mile Run

Mary Decker	1978	4:41.21
Chris McNamara	1988	4:49.88
Brooke Baughman	1994	4:51.59
Kelly Smith	1995	4:50.07
Shayne Wille	1996	4:48.23
Shayne Wille	1997	4:49.67
Sara (Gorton) Slattery	2001	4:43.57
Sara (Gorton) Slattery	2002	4:40.35
Renee Metivier	2004	4:45.94
Jenny Barringer	2009	4:25.91

3000-meter Run

Heather Burroughs	1995	9:44.54
Shayne Wille	1997	9:37.83
Jennifer Smith	1998	9:39.95
Kara Grgas-Wheeler	1999	9:32.55
Sara (Gorton) Slattery	2003	9:23.11
Renee Metivier	2005	9:29.35
Emma Coburn	2011	9:17.46

5000-meter Run

Natalie Raveling	1996	16:36.51
Jen Gruia	1998	16:50.50
Jodie Hughes	2001	15:23.65
Jodie Hughes	2002	16:14.00
Sara (Gorton) Slattery	2003	15:58.86
Renee Metivier	2005	16:59.38
Christine Bolf	2006	16:12.60

55-meter Hurdles

Donna Waller	1986	7.87
Donna Waller	1987	7.73
Yolanda Johnson	1991	7.66
Mandi Farquhar	1995	7.87
Yvonne Scott	1996	7.71
Mandi Farquhar	1997	7.64

4x400-meter Relay

No Order Listed	1978	3:50.98
Tasha Ward/Tamara Ards/Heather Sterlin/Leona Russell	1996	:45.15

Distance Medley Relay

Jennifer Smith/Cynthia Newsome/Lindsay Bredfield/Kelly Smith	1998	11:32.81
Carrie Messner/Cynthia Newsome/Lesley Higgins/Kara Grgas-Wheeler	1999	11:34.35

High Jump

Lori West	1976	5-5
Annette Tannander	1979	5-11

Shot Put

Rosario Ramos	1980	47-2
Melisa Weis	1993	53-11 1/4

Long Jump

Annette Tannander	1979	18-11 1/4
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4x800-meter Relay

No Order Listed	1979	6.88
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Pentathlon

Annette Tannander	1983	4071
Pam Owen	1991	3725
Pam Owen	1993	4046

OUTDOOR CHAMPIONS

800-meter Run

Leigh Ballenger	1978	2:08.7
Leigh Ballenger	1980	2:07.7

1500-meter Run

Kelly Smith	1996	4:21.46
Shayne Wille	1997	4:16.66
Kara Grgas-Wheeler	2000	4:12.15

3000-meter Run

Dana Slater	1979	9:42.37
Natalie Raveling	1995	9:31.62
Natalie Raveling	1996	9:40.68
Shayne Wille	1997	9:36.48
Jennifer Smith	1998	9:38.57

5000-meter Run

Sada Slater	1979	17:08.71
Patty Roberts	1995	16:43.20
Natalie Raveling	1996	16:51.29
Sara (Gorton) Slattery	2002	16:11.83
Sara (Gorton) Slattery	2003	16:19.99
Sara (Gorton) Slattery	2005	15:58.58
Jessica Tebo	2012	16:03.70

10000-meter Run

Amy McNitt	1995	35:26.24
Jen Gruia	1998	35:42.72
Tera Moody	2000	34:50.43
Sara Slattery	2005	33:43.10

100-meter Hurdles

Donna Waller	1986	13.76
Donna Waller	1987	13.33
Yolanda Johnson	1990	13.50
Yolanda Johnson	1991	13.47
Yvonne Scott	1994	13.69
Yvonne Scott	1995	13.49
Yvonne Scott	1996	13.35
Hannah Cooper	2002	13.16

400-meter Hurdles

Leona Russell	1995	58.31
Leona Russell	1996	58.13

3000-meter Steeplechase

Lesley Higgins	2002	10:26.16
Jenny Barringer	2007	10:19.34
Jenny Barringer	2009	9:58.14
Emma Coburn	2010	9:56.53
Emma Coburn	2011	9:57.39
Shalaya Kipp	2012	9:57.39
Emma Coburn	2013	9:55.67

Heptathlon

Annette Tannander	1982	5671
Annette Tannander	1983	5638
Carol Hood	1991	5375
Pam Owen	1993	5279
Heather Sterlin	1994	5045
Heather Sterlin	1995	5360
Heather Sterlin	1996	5391
Heather Sterlin	1997	5483

Javelin

Liz Lampros	1987	157-8
Hannah Warfield-Ruffatto	2007	161-01

Long Jump

Annette Tannander	1979	19-2
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Discus

Brenda Denny	1979	164-0
Nicole Roberts	1990	165-5
Nicole Roberts	1992	163-11
Melisa Weis	1993	171-8
Melisa Weis	1994	179-5

High Jump

Annette Tannander	1979	5-10
Karol Damon	1991	5-11 1/2
Anna Magle	2005	5-8 3/4

Shot Put

Rosario Ramos	1979	45-1 3/4
Melisa Weis	1994	54-0

4x400-meter Relay

Tasha Ward/Tamara Ards/Heather Sterlin/Leona Russell	1996	3:34.47
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1996 Big Eight Champions

Men's NCAA History

TEAM FINISHES

	Indoor	Outdoor
1979	NTS	NTS
1980	NTS	(t)50th
1981	NTS	NTS
1982	NTS	NTS
1983	(t)15th	NTS
1984	NTS	NTS
1985	NTS	NTS
1986	NTS	NTS
1987	NTS	NTS
1988	NTS	NTS
1989	NTS	NTS
1990	NTS	NTS
1991	NTS	NTS
1992	NTS	NTS
1993	NTS	42nd
1994	NTS	NTS
1995	(t)21st	(t)37th
1996	NTS	(t)10th
1997	(t)19th	(t)44th
1998	25th	14th
1999	(t)47th	(t)22nd
2000	55th	(t)53rd
2001	NTS	(t)25th
2002	11th	9th
2003	NTS	(t)65th
2004	31st	31st
2005	53rd	31st
2006	31st	NTS
2007	(t)32nd	NTS
2008	NTS	10th
2009	NTS	NTS
2010	NTS	t37th
2011	NTS	64th
2012	NTS	NTS
2013	NTS	t75th

INDOOR PARTICIPANTS

Year	Name	Event	Finish
1972	Mike Hill	Long Jump	no result
	Cliff Branch	440 Yd Run	no result
		60 Yd Dash	1st
	George Daniels	440 Yd Run	3rd
		60 Yd Dash	no result
	Dave Bussabarger	Pole Vault	no result
	Jim Speer	Pole Vault	no result
	Mike Wedman	Pole Vault	no result
	Larry Brunson	60 Yd Dash	no result
	Cliff Branch/George Daniels/Windle Brown/ Charlie Bennett	Mile Relay	
1973	Kingsley Adams	Long Jump	4th
		Triple Jump	17th
	John Gregorio	Mile Run	7th (Prelims)
	Brown Eindle/Mike Peterson/John Gregorio/ Ted Castaneda	Distance Medley Relay	2nd
1974	Ohene Karikari	60 Yd Dash	2nd
	Bill Jankunis	High Jump	4th
1975	Kingsley Adams	Triple Jump	6th
		Long Jump	3rd
1976	Bruce Lundy	1000 Yd Run	4th (Prelims)
1978	Bruce Lundy	1000 Yd Run	3rd (Prelims)
1979	Mitch Monismith	High Jump	(Prelims)
1983	Mark Scrutton	2 Mile Run	1st
	David Brown/Jeff Pixler/Colin Harris/ Mike Robinson	800 Meter Relay	NM
1985	Colin Harris	800 Meter	5th (Prelims)
	Mick Bannister	2 Mile Run	10th (Prelims)
1987	Nate Craze/Andy Dunn/Darby Ibobosh/ Mike Macinko	Two Mile Relay	DQ
1988	Kyle Hargett	400 Meter Dash	4th
1989	Jason Dudley	High Jump	t-11th
	Mike Macinko	800 Meter Run	6th (Prelims)
1990	Jason Dudley	High Jump	NR
	Mike Macinko	800 Meter Run	4th
1991	Erik Mitchell	55 Meter Dash	5th (Prelims)
	Rico Smith	55 Meter Dash	6th (Semfinals)
	Chris Volgenau	Shot Put	16th
1992	Chris Volgenau	Shot Put	6th
1993	Maurice Mitchell/Lamont Warren/Charles Johnson/ Rae Carruth	Mile Relay	NR
1994	Alan Culpepper	5,000 Meter Run	11th
	Shawn Found	5,000 Meter Run	2nd
	Fritz Rogers	3,000 Meter Run	9th
	Bryant Amador/Brett Larsen/Jason Drake/ Shawn Found	Distance Medley Relay	8th

Year	Name	Event	Finish
1995	Alan Culpepper	3,000 Meter Run	5th
	Adam Goucher	5,000 Meter Run	3rd
	Clint Moore	Shot Put	11th
1996	Alan Culpepper	3,000 Meter Run	6th (Prelims)
	James Davis	400 Meter Dash	8th (DQ)
1997	Adam Goucher	3,000 Meter Run	1st
	Tom Reese	Mile Run	8th
1998	Adam Batliner	3,000 Meter Run	15th
	James Davis	400 Meter Dash	10th (Prelims)
	Adam Goucher	3,000 Meter Run	1st
1999	James Davis	400 Meter Dash	3rd
	Ben Kelly/Jason Horton/Matt Queen/ James Davis	4x400 Meter Relay	7th
2000	Lex Butler	60 Meter Hurdles	9th (Prelims)
	Steve Slattery	3,000 Meter Run	10th
	Jorge Torres	5,000 Meter Run	7th
2001	Steve Slattery	3,000 Meter Run	3rd
2002	Dathan Ritzenhein	5,000 Meter Run	3rd
	Steve Slattery	3,000 Meter Run	9th
	Jorge Torres	5,000 Meter Run	2nd
2003	Ed Torres	5,000 Meter Run	10th
2004	Dathan Ritzenhein	5,000 Meter Run	4th
	Bret Schoolmeester	3,000 Meter Run	7th
2005	Brent Vaughn	5,000 Meter Run	8th
2006	Billy Nelson	5,000 Meter Run	9th
	Stephen Pifer	Mile Run	5th
	Bret Schoolmeester	5,000 Meter Run	6th
	Brent Vaughn	5,000 Meter Run	10th
2007	Ryan Campbell	200 Meter Dash	14th (prelims)
	Stephen Pifer	Mile Run	3rd
	Brent Vaughn	5,000 Meter Run	DNF
2008	Bradley Harkrader	5,000 Meter Run	12th
	Matt Tebo	5,000 Meter Run	10th
2009	Jeremy Dodson	200 Meter Dash	12th
	Kenyon Neuman	5,000 Meter Run	12th
2011	Joe Morris	60 Meter Dash	9th (prelims)
2012	Joe Morris	60 Meter Dash	15th (Prelims)
2013	Joe Morris	60 Meter Dash	11th (Prelims)
	Aric Van Halen	3,000 Meter Run	14th

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		James Davis	400 Meter Dash	18th (Semifinals)
	Pat Hindman	120 Yd H. Hurdles	15th		Dave Bussabarger	Pole Vault	Prelim		Reggie DePass	110 Meter Hurdles	20th (Prelims)
	Doug Fuchs	Discus	17th	1971	Cliff Branch	100 Meter	1st		Tom Reese	3,000 Meter Steeplechase	4th
1955	Eddie Dove, Bob Spykstra, Jack Dessire,				George Daniels	220 Yd Dash	2nd		Ron Roybal	5,000 Meter Run	19th
	Chuck Smith	880 Yd Relay	5th	1972	John Gregorio	3 mile run	3rd		Steve Slattery	3,000 Meter Steeplechase	19th (Prelims)
1957	Eddie Dove	220 Yd L. Hurdles	3rd		Mike Wedman	Pole Vault	no result	2000	Ron Roybal	5,000 Meter Run	DNF
	Ken Yob	Javelin	5th		George Daniels/Larry Brunson/Charlie Bennett/Cliff Branch	440-yard relay	3rd (semis)		Jorge Torres	5,000 Meter Run	8th
	Eddie Dove, Bob Spykstra, Jack Dessire,			1973	Mike Peterson	3 mile run	no result		Steve Slattery	3,000 Meter Steeplechase	7th
	Chuck Smith	1 Mile Relay	5th		Ted Castaneda	3 mile run	2nd	2001	Aaron Blondeau	5,000 Meter Run	14th
	Eddie Dove, Bob Spykstra, Jack Dessire,			1974	Bruce Lundy	1,500 Meter Run	12th		Steve Slattery	3,000 Meter Steeplechase	3rd
	Chuck Smith	440 Yd Relay	7th		Steve Brittenham	Decathlon	no result		Ed Torres	10,000 Meter Run	13th
1958		200 Meter	* NAAU Prelims		Kingsley Adams	Long Jump	no result		Jorge Torres	5,000 Meter Run	5th
	Chuck Carlson	440 Yd Dash	6th			Triple Jump	no result	2002	Reggie DePass	400 Meter Hurdles	8th
	Mike Peake	880 Yd Run	9th		Ted Castaneda	6 mile run	1st		Dathan Ritzenhein	5,000 Meter Run	3rd
1959	Bob Greenfield	880 Yd Run	no result			3 mile run	no result		Steve Slattery	3,000 Meter Steeplechase	2nd
	Bill Toomey	Broad Jump	* NAAU prelims		Bill Jankunis	High Jump	no result			5,000 Meter Run	8th
	Mike Peake	800 Meter run	* NAAU Prelims		Dick Moritz	3000 Meter Steeplechase	no result		Ed Torres	10,000 Meter Run	9th
	Chuck Carlson	400 Meter	* NAAU Prelims						Jorge Torres	5,000 Meter Run	2nd
1959	Ted Woods	440 Yd Dash	1st		Rick Musgrave	1 mile run	no result	2003	Billy Nelson	5,000 Meter Run	7th
	Mike Peake	1 Mile Run	no result			880 Yd run	no result		Ed Torres	10,000 Meter Run	9th
		880 Yd Run	no result		James Nyumutei	Triple Jump	no result		Jorge Torres	1,500 Meter Run	9th
	Chuck Carlson	440 Yd Dash	no result		Tony Krzyzosiak	440 Yd Dash	no result	2004	Dathan Ritzenhein	5,000 Meter Run	2nd
		220 Yd Dash	no result		Ray Pryor	440 Yd Dash	no result		Bret Schoolmeester	3,000 Meter Run	13th
	Eddie Dove	120 Yd H. Hurdles	no result	1980	Mark Scrutton	5,000 Meter Run	10th (Prelims)	2005	Bret Schoolmeester	10,000 Meter Run	5th
		220 Yd L. Hurdles	no result		Dennis Fuller	Pole Vault	Prelim		Brent Vaughn	5,000 Meter Run	4th
	Boyd Dowler	120 Yd H. Hurdles	no result		Tom Smith	1,500 Meter Run	11th		Billy Nelson	Steeplechase	17th (Prelims)
	Berrie Frakes	3 Mile Run	no result		Kirk Pfeffer	1,000 Meter Run	11th (Prelims)	2006	Anthony Chiulli	1,500 Meter Run	22nd (Prelims)
	Bill Toomey	Broad Jump	no result		Mark Anderson	1,000 Meter Run	24th (Prelims)		Pete Janson	3,000 Meter Steeplechase	15th (Prelims)
1960	Robert Crumacker	Shot Put	13th	1986	Chuck Trujillo	10,000 Meter Run	9th			1,500 Meter Run	23rd (Prelims)
	Don Meyers	Broad Jump	5th	1987	Dan Reese	3,000 Meter Steeplechase	4th (Prelims) DQ Final		Bret Schoolmeester	10,000 Meter Run	14th
1961		3,000 Meter Steeplechase	no result						Brent Vaughn	5,000 Meter Run	9th
	Jim Heath	440 Yd Dash	7th	1988	Devlon Dunn	100 Meter Dash	4th	2007	Payton Batliner	10,000 Meter Run	17th
	William Toomey	440 Int. Hurdles	7th			200 Meter Dash	6th		Ryan Campbell	200 Meter Dash	16th (semis)
	Don Meyers	Pole Vault	Prelim	1989	Jason Dudley	High Jump	NH (Finals)		Jeremy Dodson	200 Meter Dash	21st (prelims)
		Broad Jump	1st		Kyle Hargett	400 Meter Dash	8th		Jeremy Dodson/George Pincock/Chris Abuan/Ryan Campbell	4x100 meter relay	6th
1962	Roger Olander	Pole Vault	5th (Prelims)		Mike Macinko	1,500 Meter Run	10th		Zach Hazen	Hammer Throw	20th (prelims)
	Don Meyers	Pole Vault	10th		Chuck Trujillo	10,000 Meter Run	10th		Billy Nelson	3,000 Meter Steeplechase	4th
		Broad Jump	no result	1990	Jason Dudley	High Jump	11th		Kenyon Neuman	5,000 Meter Run	24th (prelims)
		High Jump	no result		Mike Macinko	800 Meter Run	7th (Prelims)		Stephen Pifer	1,500 Meter Run	11th
	Ted Woods	220 Yd Dash	8th		Maurice Mitchell	400 Meter Hurdles	DQ		Brent Vaughn	5,000 Meter Run	15th
		440 Yd Dash	t-2nd	1992	Shawn Found	10,000 Meter Run	DNF	2008	Jeremy Dodson	200 Meter Run	13th (semis)
	Jim Heath	440 Yd Dash	no result		Maurice Mitchell	400 Meter Hurdles	7th (Semifinals)		Pete Janson	Steeplechase	24th
	Richard Clark	Javelin	6th		Chris Volgenau	Shot Put	12th		Richard Medina	5,000 Meter Run	24th
	Robert Griffith	1 mile run	no result	1993	Charles Johnson	400 Meter Hurdles	4th (Prelims)		Billy Nelson	Steeplechase	2nd
1963	Mel Chesnik, David Wrighton, Dick Burns,				Maurice Mitchell	400 Meter Hurdles	3rd		Kenyon Neuman	5,000 Meter Run	7th
	Jim Miller	880 Yd Relay	4th	1994	Alan Culpepper	1,500 Meter Run	13th (Semifinals)		Chris Pannone	10,000 Meter Run	18th
	Bob Griffith	1 mile run	6th		Matt Lepsis	Discus	14th (Prelims)		Stephen Pifer	5,000 Meter Run	2nd
	Dick Burns	100 Yd Dash	5th		Maurice Mitchell	400 Meter Hurdles	6th (Prelims)		Brent Vaughn	5,000 Meter Run	3rd
		220 Yd Dash	5th	1995	Fritz Rogers	5,000 Meter Run	13th (Prelims)		Hugh Charles/Ryan Campbell/Nate Terry/ Jeremy Dodson	4x100 Meter Relay	DNF
	Jim Miller	120 High Hurdles	6th (Prelims)		James Davis	400 Meter Dash	17th (Prelims)	2009	Jordan Kyle	10,000 Meter Run	12th
		440 Yd Int. Hurdles	4th		Adam Goucher	5,000 Meter Run	6th		Matt Tebo	5,000 Meter Run	24th (prelims)
	Leander Durley	High Jump	5th		Matt Lepsis	Discus	7th		Christian Thompson	3,000 Meter Steeplechase	20th (prelims)
1965	Robert Bauers	Broad Jump	12th		Clint Wells	3,000 Meter Steeplechase	7th		Brandin Williams	Javelin	23rd (prelims)
	Jim Miller	220 Yd Dash	3rd	1996	Alan Culpepper	5,000 Meter Run	1st	2010	Jeremy Dodson	200 Meter Dash	5th
		High Hurdles	8th (Prelims)		James Davis	400 Meter Dash	12th (Prelims)		Richard Medina	5,000 Meter Run	9th
		400 Meter hurdles	Prelim		Adam Goucher	5,000 Meter Run	4th		Joe Bosshard	10,000 Meter Run	6th
	Dick Burns	200 Meter dash	no result		Matt Lepsis	Discus	14th		A.J. Whitaker/Quinton Dodson/Kyle MacIntosh/ Jeremy Dodson	4x100-Meter Relay	17th
	David Wighton	1,500 Meter Run	no result		Clint Wells	3,000 Meter Steeplechase	5th	2011	Joe Bosshard	10,000 Meter Run	8th
	Mel Chesnik	200 Meter dash	no result	1997	Adam Goucher	5,000 Meter Run	3rd			5,000 Meter Run	13th
	Mel Chesnik, Dick Burns, Chuck Morton,				Tom Reese	3,000 Meter Steeplechase	17th (Semifinals)	2012	Aric Van Halen	3,000 Meter Steeplechase	10th
	Jim Miller	440 Yd Relay	6th					2013	Mark Jones	High Jump	t21st
1966	Charles Rogers	Pole Vault	7th		Zeke Tiernan	10,000 Meter Run	11th		Joe Morris	100 Meter Dash	15th (Semis)
	Charles Rogers	Pole Vault	1st	1998	Adam Batliner	3,000 Meter Steeplechase	3rd			200 Meters Dash	22nd (Prelims)
1967	Bill Aeschlimann	Long Jump	Prelim		James Davis	400 Meter Dash	5th (Prelims)		Aric Van Halen	3,000 Meter Steeplechase	8th
	Craig Runyan	6 mile run	10th		Adam Goucher	5,000 Meter Run	1st				
1969	Marcus Walker	120 Yd Hurdles	2nd		Clint Wells	3,000 Meter Steeplechase	11th				
1970		100 Yd Dash	6th	1999	Adam Batliner	3,000 Meter Steeplechase	3rd				
	Rory Kenward	Decathlon	Finals- DNF		Aaron Blondeau	5,000 Meter Run	17th				

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
2013	t20th	t25th

*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
	Sarah Goodwin	High Jump	12th
	Carrie Messner	Mile Run	10th
	Shayne Wille	3,000 Meter Run	7th
1998	Heather Burroughs	5,000 Meter Run	8th
	Jen Gruia	5,000 Meter Run	5th
	Jennifer Smith	Mile Run	5th
	Kelly Smith	Mile Run	11th (Prelims)
1999	Heather Burroughs	5,000 Meter Run	15th
	Kara Grgas-Wheeler	3,000 Meter Run	7th
	Carrie Messner	Mile Run	4th
2000	Carrie Messner	Mile Run	12th (Prelims)
2001	Amaris Buchanan	60 Meter Dash	6th (Prelims)
	Hannah Cooper	60 Meter Hurdles	8th
	Sara Gorton	3,000 Meter Run	6th
	Lesley Higgins	Mile Run	2nd
	Jodie Hughes	5,000 Meter Run	1st
2002	Molly Austin	5,000 Meter Run	5th
	Hannah Cooper	60 Meter Hurdles	8th
	Sara (Gorton) Slattery	Mile Run	6th
	Jodie Hughes	5,000 Meter Run	3rd
2003	Natalie Florence	5,000 Meter Run	9th
	Sara (Gorton) Slattery	3,000 Meter Run	3rd
		5,000 Meter Run	1st
2004	Christine Bolf	5,000 Meter Run	13th
	Renee Metivier	3,000 Meter Run	6th
	Kalin Toedebusch	5,000 Meter Run	16th
2005	Christine Bolf	5,000 Meter Run	10th
	Renee Metivier	5,000 Meter Run	6th
	Renee Metivier	3,000 Meter Run	1st
2006	Liza Pasciuto	3,000 Meter Run	7th
	Christine Bolf	5,000 Meter Run	12th
2007	Jenny Barringer	3,000 Meter Run	12th
2008	Sara Vaughn	Mile Run	17th
2009	Jenny Barringer	3,000 Meter Run	1st
2011	Emma Coburn	Mile Run	8th
2013	Emma Coburn	Mile Run	1st

OUTDOOR PARTICIPANTS

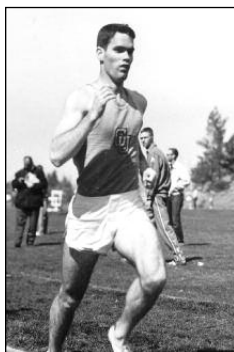
Year	Name	Event	Finish
1973	Mitzi McMillin	Pentathlon	1st
	Jane Frederick	Pentathlon	1st
1975	Michelle Irving	Javelin	no result
1976	Lori West	Pentathlon	no result
	Lori West	Pentathlon	2nd
	Doni Fischer	Discus	no result
1977	Yvonne Rieman	500 Meter Dash	6th (Prelims)
	Lee Ballenger	800 Meter Run	no result
	Cindy Ike	5,000 Meter Run	no result
	Kathy Woodbridge	5,000 Meter Run	no result
		3,000 Meter Run	no result
	Kim Hills	1,500 Meter Run	no result
1978	Annette Tannander	High Jump	Prelim
	Lee Ballenger	800 Meter Run	2nd
1979	Lee Ballenger	800 Meter Run	no result
	Brenda Chambers	400 Meter Hurdles	Prelim
	Glenda Zaphiropoulos	Discus	Prelim
	Brenda Denny	Discus	8th
1980	Deborah McClendon	400 Meter Hurdles	6th (Semifinal)
1981	Lisa Greenfield	High Jump	Finals
	Brenda Denny	Discus	Prelim
1983	Sarah Hanson	3,000 Meter Run	9th
	Annette Tannander	High Jump	9th
		Heptathlon	no result
1986	Donna Waller	100 Meter Hurdles	7th
1987	Donna Waller	100 Meter Hurdles	4th
1990	Karol Damon	High Jump	9th
	Yolanda Johnson	100 Meter Hurdles	5th
1991	Karol Damon	High Jump	3rd
	Yolanda Johnson	100 Meter Hurdles	6th
1992	Karol Damon	High Jump	4th
	Carol Hood	Heptathlon	10th
1993	Melisa Weis	Shot Put	3rd
		Discus	4th
1994	Amy McNitt	10,000 Meter Run	15th
	Melisa Weis	Shot Put	6th
		Discus	3rd
1995	Mandi Farquhar	100 Meter Hurdles	7th (Semifinal)
	Amy McNitt	10,000 Meter Run	16th
	Natalie Raveling	3,000 Meter Run	4th
	Patty Roberts	10,000 Meter Run	3rd
	Leona Russell	400 Meter Hurdles	17th
	Yvonne Scott	100 Meter Hurdles	8th (Semifinal)
	Kelly Smith	1,500 Meter Run	3rd
1996	Heather Burroughs	5,000 Meter Run	20th (Prelims)
	Mandi Farquhar	100 Meter Hurdles	7th
	Colleen Glyde	10,000 Meter Run	10th
	Amy McNitt	10,000 Meter Run	17th
	Natalie Raveling	5,000 Meter Run	9th
	Leona Russell	400 Meter Hurdles	9th (Prelims)
	Yvonne Scott	100 Meter Hurdles	5th
	Kelly Smith	1,500 Meter Run	2nd
	Heather Sterlin	Heptathlon	3rd
	Shayne Wille	3,000 Meter Run	13th (Prelims)
	Tamara Ard/Tasha Walsh/Heather Sterlin/Leona Russell	4x400 Meter Relay	7th
1997	Mandi Farquhar	100 Meter Hurdles	15th (Semifinal)
	Sarah Goodwin	High Jump	No Height
	Kelly Smith	1,500 Meter Run	2nd
	Heather Sterlin	Heptathlon	6th
	Janet Visosky	Hammer Throw	15th
	Shayne Wille	3,000 Meter Run	3rd

1998	Jen Gruia	5,000 Meter Run	18th
	Jennifer Smith	3,000 Meter Run	8th
	Kelly Smith	1,500 Meter Run	2nd
	Janet Visosky	Hammer Throw	7th
1999	Heather Burroughs	5,000 Meter Run	19th
		10,000 Meter Run	18th
	Kara Grgas-Wheeler	3,000 Meter Run	2nd
	Jen Gruia	10,000 Meter Run	12th
	Rachel Joy	100 Meter Hurdles	22nd (Prelims)
	Carrie Messner	3,000 Meter Run	7th (Prelims)
	Briana Stott-Messick	5,000 Meter Run	20th
2000	Kara Grgas-Wheeler	3,000 Meter Run	1st
		5,000 Meter Run	1st
	Jen Gruia	10,000 Meter Run	4th
	Lesley Higgins	3,000 Meter Run	8th
	Jodie Hughes	3,000 Meter Run	10th (Prelims)
2001	Molly Austin	10,000 Meter Run	5th
	Hannah Cooper	100 Meter Hurdles	6th (Semifinal)
	Kara Grgas-Wheeler	5,000 Meter Run	7th
	Lesley Higgins	3,000 Meter	
		Steeplechase	7th (Semifinal)
	Jodie Hughes	5,000 Meter Run	21st
		10,000 Meter Run	8th
2002	Molly Austin	10,000 Meter Run	6th
	Hannah Cooper	100 Meter Hurdles	7th
	Sara (Gorton) Slattery	5,000 Meter Run	4th
	Lesley Higgins	3,000 Meter	
		Steeplechase	17th (Prelims)
	Jodie Hughes	10,000 Meter Run	4th
		5,000 Meter Run	9th
2003	Molly Austin	10,000 Meter Run	13th
	Natalie Florence	3,000 Meter	
		Steeplechase	14th (Prelims)
	Sara (Gorton) Slattery	5,000 Meter Run	3rd
	Brianna Torres	10,000 Meter Run	24th
2004	Christine Bolf	10,000 Meter Run	9th
	Natalie Florence	3,000 Meter	
		Steeplechase	12th
	Renee Metivier	3,000 Meter Run	6th
2005	Christine Bolf	10,000 Meter Run	5th
	Natalie Florence	Steeplechase	10th
	Renee Metivier	5,000 Meter Run	4th
	Sara (Gorton) Slattery	10,000 Meter Run	1st
2006	Jenny Barringer	3,000 Meter Steeplechase	1st
	Christine Bolf	10,000 Meter Run	17th
	Carly Newlands	Shot Put	26th (Prelims)
	Liza Pasciuto	1,500 Meter Run	15th (Prelims)
2007	Jenny Barringer	3,000 Meter Steeplechase	7th
	Sara Ensrud	1,500 Meter Run	22nd
	Hannah		
	Warfield-Ruffatto	Javelin	18th (prelims)
2008	Jenny Barringer	3,000 Meter Steeplechase	1st
2009	Jenny Barringer	3,000 Meter Steeplechase	1st
	Emma Coburn	3,000 Meter Steeplechase	11th
2010	Emma Coburn	3,000 Meter Steeplechase	2nd
	Shalaya Kipp	3,000 Meter Steeplechase	5th
2011	Emma Coburn	3,000 Meter Steeplechase	1st
	Shalaya Kipp	3,000 Meter Steeplechase	3rd
2012	Shalaya Kipp	3,000 Meter Steeplechase	1st
	Jessica (Pixler) Tebo	5,000 Meter Run	3rd
2013	Emma Coburn	3,000 Meter Steeplechase	1st
	Emily Hunsucker	Hammer Throw	9th

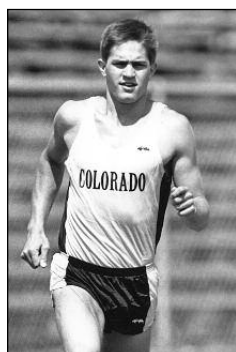
Men's All-Americans



David Bolen



Bill Toomey



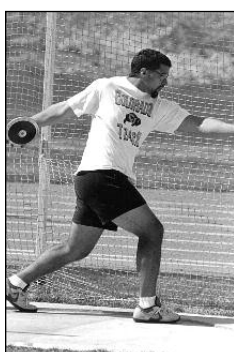
Mike Macinko



Maurice Mitchell



Tom Reese



Jeff Singleton



Stephen Pifer



Ted Woods

Chris Abuan	4x100 Meter Relay	2007
Kingsley Adams	Long Jump*	1974
Bryant Amador	Distance Medley Relay	1994
Mark Anderson	Cross Country	1979
	10,000-meter run	1980
Warren Bateman	Pole Vault	1948
Adam Batliner	Cross Country	1997
	Steeplechase	1998
Dave Bolen	440-yard Dash*	1947
Joe Bosshard	10,000-meter run	2010, 11
	5,000-meter run	2011
	Cross Country	2010, 11
Cliff Branch	440-yard Dash	1971
Michael Buhmann	Cross Country	1979
Art Burns	Discus	1977
Lex Butler	60-meter dash	2000
Don Campbell	100-yard Dash	1948
Ryan Campbell	4x100 Meter Relay	2007
Chuck Carlson	440-yard Dash	1959
Ted Casteneda	Cross Country	1973
	Three-mile Run	1973
	Distance Medley Relay	1973
	Two-mile Run	1974
	Six-mile Run	1974
Jay Cleckler	Cross Country	1994
Jon Cooper	Cross Country	1994, 95
Ricky Cron	Cross Country	1996
Gil Cruter	High Jump	1937, 38
Alan Culpepper	Cross Country	1993, 94, 95
	1,500-meter Run	1994
	Mile (I)	1996
	3,000-meter (I)	1996
	5,000-meter (O)*	1996
George Daniels	220-yard Dash	1971
	440-yard Dash	1972
James Davis	400-meter Dash (I)	1996, 98
	4x400-meter relay (I)	1999
Reggie DePass	400-meter Hurdles	2002
Jeremy Dodson	4x100 Meter Relay	2007
	200-meter Dash (I)	2009
	200-meter Dash (O)	2010
Jason Drake	Distance Medley Relay	1994
Brown Windle	Distance Medley Relay	1973
Shawn Found	Cross Country	1992
	5,000-meter Run	1994
	Distance Medley Relay	1994
Bernie Frakes	Cross Country	1957, 59
Mike Friedberg	Cross Country	1998, 99, 00
Adam Goucher	Cross Country	1994, 95, 97, 98*
	5,000-meter Run (I)	1995
	5,000-meter (O)	1995, 96, 97, 98
	3,000-meter (I)	1997, 98
John Gregorio	Cross Country	1972, 73
	Three-mile Run	1973
	Distance Medley Relay	1973
Bob Griffith	Cross Country	1962
Kyle Hargett	400-meter Dash	1988, 89
Bradley Harkrader	5,000-meter run (I)	2008
Eric Heinonen	Cross Country	2006
Mike Hill	Decathlon	1974
Jason Horton	4x400-meter relay (I)	1999
John Hughes	Cross Country	1955
John Hunsaker	Cross Country	1978
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, 12, 13
	100-meter dash	2013
Pierce Murphy	Cross Country	2013
Mike Nahom	Cross Country	1989
Matt Napier	Cross Country	1997
Billy Nelson	Cross Country	2002, 03
	5,000 Meter Run (O)	2003
	5,000 Meter Run (I)	2006
	Steeplechase	2007, 08
Kenyon Neuman	5,000 Meter Run (O)	2008
	5,000 Meter Run (I)	2009
Mike Peake	880-yard Run	1958
Morgan Pearson	Cross Country	2013
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 Ritzenein	Cross Country	2001, 03*
	5,000-meter Run (I)	2002, 04
	5,000-meter Run (O)	2002, 04
Chuck Rogers	Pole Vault*	1966
Fritz Rogers	3,000-meter Run	1994
	5,000-meter Run	1994
Ron Roybal	Cross Country	1998
Craig Runyan	Cross Country	1966, 67, 68
Ben Saarel	Cross Country	2013
Bret Schoolmeester	Cross Country	2004, 05
	3,000-meter Run	2004
	10,000-meter Run (O)	2005
	5,000-meter Run (I)	2006
Mark Scrutton	Cross Country	1980, 81, 82*
	Two-mile Run*	1983
Chris Severy	Cross Country	1996
Jon Severy	Cross Country	2004
Steve Slattery	Steeplechase	2000, 01, 02
	5,000-meter Run (O)	2002
	3,000-meter Run (I)	2002
	Cross Country	2000, 01
Sean Smith	Cross Country	2000
Mark Spilsbury	Cross Country	1977, 79
James Strang	Cross Country	2005, 06
Matt Tebo	5,000 Meter Run (I)	2008
Blake Theroux	Cross Country	2012, 13
Zeke Tiernan	Cross Country	1996
	10,000-meter (O)	1997
Bill Toomey	Pentathlon	1960, 61
Ed Torres	Cross Country	2000, 01, 02
	10,000-meter Run	2002, 03
Jorge Torres	Cross Country	2000, 01, 02*
	5,000-meter Run (O)	2000, 01, 02
	5,000-meter Run (I)	2000, 02
Chuck Trujillo	Cross Country	1985, 86
	10,000-meter Run	1986
Rick Trujillo	Cross Country	1967
Aric Van Halen	Steeplechase	2012, 13
	3,000-meter Run (I)	2013
	Cross Country	2012
Brent Vaughn	Cross Country	2004, 06, 07
	3,000-meter Run (I)	2004
	5,000-meter Run (I)	2005, 06
	5,000-meter Run (O)	2005, 06, 08
Chris Volgenau	Shot Put	1992
Andy Wacker	Cross Country	2010, 11
Marcus Walker	120-yard High Hurdles	1970, 71*
Claude Walton	Discus	1937
Mike Wedman	Decathlon	1970
	Pole Vault	1972
Clint Wells	Cross Country	1994, 95
	Steeplechase	1995, 96
Dave Wighton	Cross Country	1963, 64, 65
Ted Woods	440-yard Dash*	1960
Ken Yob	Javelin	1957

* indicates national champion

Women's All-Americans



Tamara Ards



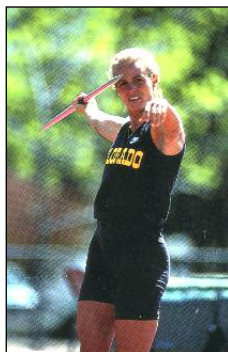
Renee Metivier



Yvonne Scott



Kelly Smith



Heather Sterlin



Melisa Weis

Tamara Ards	4x400 meter Relay	1996
Molly Austin	10,000-meter Run	2001, 02
	Cross Country	2001, 02
Lee Ballenger	800-meter Run	1978, 1980
	600-yard Run *	1978
	Mile Relay	1979
Jenny Barringer	Cross Country	2006, 07
	Steeplechase 2006*, 07, 08*, 09*	
	3,000 Meter Run	2009*
Brooke Baughman	Cross Country	1992, 93
Christine Bolf	Cross Country	2004, 05
	10,000-meter Run (O)	2004, 05
	5,000-meter Run (I)	2005
Heather Burroughs	Cross Country	1994, 95, 98
	5,000-meter Run (I)	1998
Brenda Chambers	Mile Relay	1979
	400-meter Hurdles	1980
Emma Coburn	Steeplechase	2010, 11*, 13*
	Mile Run	2011, 13*
	Cross Country	2011
Karol Damon	High Jump	1990, 91, 92
Heidi Davidson	200-meter Hurdles	1973
Mary Decker	Cross Country	1977, 78
Brenda Denny	Discus	1980
Mandi Farquhar	55-meter Hurdles (I)	1997
Natalie Florence	Cross Country	2002, 04
	5,000-meter Run (I)	2003
	Steeplechase	2005
Jane Frederick	Pentathlon	1973
Colleen Glyde	Cross Country	1995, 96
	5,000-meter Run (I)	1996
Sara (Gorton) Slattery	Cross Country	2000, 02, 04
	Mile Run (I)	2002
	3,000-meter Run (I)	2001, 03
	5,000-meter Run (I)	2003*
	5,000-meter Run (O)	2002, 03
	10,000-meter Run (O)	2005*

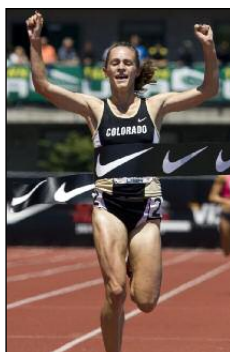
Lisa Greenfield	High Jump	1983
Kara Grgas-Wheeler	3,000-meter Run (I)	1999
	3,000-meter Run (O)	1999, 00*
	Cross Country	1999, 00
	5,000-meter Run (O)	2000*, 01
Jen Gruia	5,000-meter Run (I)	1998
	10,000-meter Run (O)	2000
Lesley Higgins	3,000-meter Run (O)	2000
	Mile (I)	2001
Jodie Hughes	Cross Country	2000
	5,000-meter Run (I)	2001*
	10,000-meter Run (O)	2001, 02
Emily Hunsucker	Hammer Throw	2013
Yolanda Johnson	100-meter Hurdles	1990, 91
	55-meter Hurdles	1990
Shalaya Kipp	Steeplechase	2010, 11, 12*
	Cross Country	2010, 11, 12, 13
Debbie McClendon	Mile Relay	1979
Allie McLaughlin	Cross Country	2009
Mitzi McMillen	Pentathlon	1975
Carol McMordie	Cross Country	1986
Chris McNamara	Cross Country	1986, 87
Amy McNitt	5,000-meter Run	1995
Carrie Messner	Cross Country	1996
	Mile (I)	1997, 99, 00
Renee Metivier	Cross Country	2003, 04
	3,000-meter Run (I)	2004, 05*
	5,000-meter Run (I)	2005
	5,000-meter Run (O)	2004, 05
Liza Pasciuto	Cross Country	2004, 05, 06
	3,000-meter Run (I)	2006
April Powers	Distance Medley Relay	1979
Natalie Raveling	Cross Country	1994
	3,000-meter Run (I)	1995, 96
	3,000-meter Run (O)	1995
	5,000-meter (O)	1996

Patty Roberts	Cross Country	1994, 95
	5,000-meter Run	1995
	10,000-meter Run	1995
Leona Russell	4x400 meter Relay	1996
Yvonne Scott	55-meter Hurdles (I)	1996
	100-meter Hurdles (O)	1996
Dana Slater	Cross Country	1977
	Two mile run*	1978
	Three mile run*	1979
	Distance Medley Relay	1979
Sandy Simmons	Distance Medley Relay	1979
	Mile Relay	1979
Jennifer Smith	Mile (I)	1998
	3,000-meter Run (O)	1998
Kelly Smith	Cross Country	1995, 97
	1,500-meter Run	1995, 96, 97, 98
	Mile (I)	1998
Heather Sterlin	Heptathlon (O)	1996, 97
	4x400 meter Relay	1996
Debbie Swain	Cross Country	1974
Annette Tännander	Heptathlon	1982, 83
Jessica (Pixler) Tebo	5,000-meter Run	2012
Carleen Thom	1,500-meter Run	1981
Laura Tremblay	Cross Country	2010
Kalin Toedebusch	Cross Country	2003
Sara Vaughn	Cross Country	2007
Janet Visosky	Hammer Throw	1998
Donna Waller	55-meter Hurdles	1986, 87
	100-meter Hurdles	1987
Tasha Ward	4x400 meter Relay	1996
Melisa Weis	Shot Put, Discus	1993, 94
Lori West	Pentathlon	1975, 76
Shayne Wille	3,000-meter Run (I)	1996, 97
	3,000-meter Run (O)	1997
Kathy Wilson	Distance Medley Relay	1979

* indicates national champion



Molly Austin



Jenny Barringer



Christine Bolf



Natalie Florence



Natalie Raveling



Sara (Gorton) Slattery



Sara (Gorton) Slattery



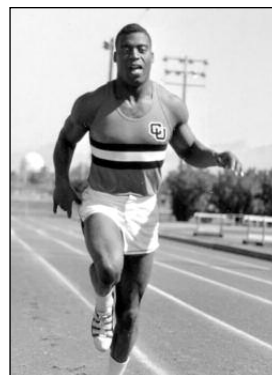
Kara Grgas-Wheeler



Jodie Hughes



Chuck Rogers



Ted Woods

CROSS COUNTRY

Mary Decker	1978
Mark Scrutton	1982
Adam Goucher	1998
Kara Grgas-Wheeler	2000
Jorge Torres	2002
Dathan Ritzenhein	2003

INDOOR TRACK AND FIELD

Marcus Walker	60-yard Hurdles	1971
Kingsley Adams	Long Jump	1974
Lee Ballenger	600-Yard Run	1978
Dana Slater	Two-Mile	1978
	Three-Mile	1979
Mark Scrutton	Two-Mile	1983
Adam Goucher	3,000-m	1997
	3,000-m	1998
Jodie Hughes	5,000-m	2001
Sara (Gorton) Slattery	5,000-m	2003
Renee Metivier	3,000-m	2005
Jenny Barringer	3,000-m	2009
Emma Coburn	Mile Run	2013

OUTDOOR TRACK AND FIELD

Gil Cruter	High Jump	1937
	High Jump	1938
David Bolen	440-yard Dash	1947
Warren Bateman	Pole Vault	1948
Ted Woods	440-yard Dash	1960
Don Meyers	Long Jump	1961
	Pole Vault	1962
Chuck Rogers	Pole Vault	1966
Alan Culpepper	5,000-m	1996
Adam Goucher	5,000-m	1998
Kara Grgas-Wheeler	3,000-m	2000
	5,000-m	2000
Sara (Gorton) Slattery	10,000-m	2005
Jenny Barringer	Steeplechase	2006
	Steeplechase	2008
	Steeplechase	2009
Emma Coburn	Steeplechase	2011
Shalaya Kipp	Steeplechase	2012
Emma Coburn	Steeplechase	2013



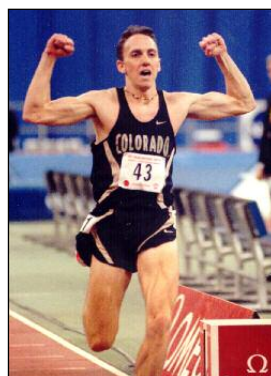
Jenny Barringer



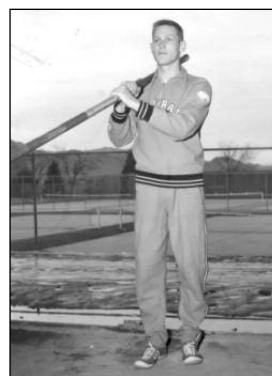
Alan Culpepper



Renee Metivier



Adam Goucher

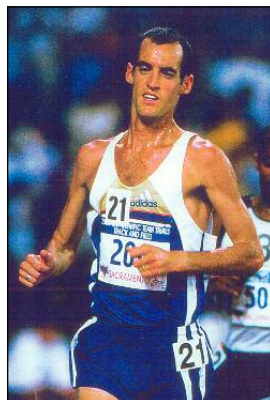


Don Meyers

Olympians

The University of Colorado has produced 60+ Olympians (through the 2008 Summer Games). The majority of the Olympians to come from the Boulder campus are former members of the Buffs' esteemed ski teams, with alumni also competing in figure skating (2), bobsledding (1), equestrian (1), luge (3), basketball (3), cycling (1) while the following list of athletes have competed in track and field during the 20th Century.

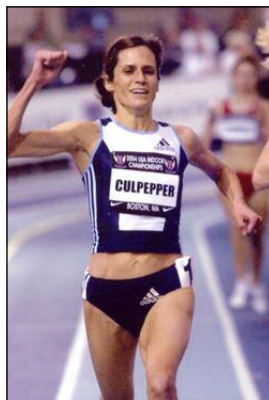
Ambassador David Bolen, Colorado's first Olympian, finished fourth in the 400-m dash during the 1948 Summer Games in London, England. In his name, Colorado established the David Bolen Olympic Award in 1949, awarded to any current CU student-athlete who competes under the United States flag.



Alan Culpepper



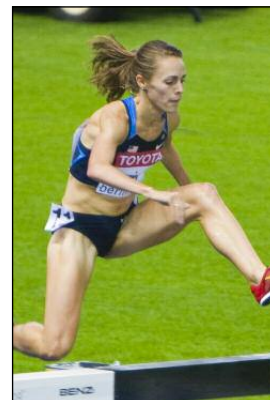
Emma Coburn



Shayne (Wille) Culpepper



Casey Malone



Jenny Barringer



Kara (Grgas-Wheeler) Goucher



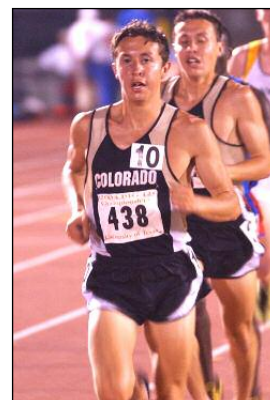
Shalaya Kipp



Billy Nelson



Dathan Ritzenhein



Jorge Torres

1948, The XIVth Olympiad, London, England

David Bolen (USA)4th-400-m

1960, The XVIIth Olympiad, Rome, Italy

Ted Woods (USA)1,600-m Relay

1968, The XIXth Olympiad, Mexico City, Mexico

Bill Toomey (USA)Gold Medal-Decathlon

1972, The XXth Olympiad, Munich, Germany

Jane Wardell Frederick (USA)21st-Pentathlon

1976, The XXIth Olympiad, Montreal, Canada

Annette Tannander (Sweden)7th-High Jump

Jane Wardell Frederick (USA)7th-Pentathlon

Bill Jankunis (USA)High Jump

1984, The XXIIIth Olympiad, Los Angeles, United States

Art Burns (USA)Discus

Mary Decker (USA)3,000-m

Annette Tannander (Sweden)14th-Pentathlon

1996, The XXVIth Olympiad, Atlanta, United States

Yvonne Kanazawa Scott (Japan)100-m Hurdles

2000, The XXVIIth Olympiad, Sydney, Australia

Hannah Cooper (Liberia)100-m Hurdles

Alan Culpepper (USA)10,000-m

Shayne (Wille) Culpepper (USA)1,500-m

Adam Goucher (USA)13th-5,000-m

Karol (Damon) Rovelto (USA)High Jump

Yvonne Kanazawa Scott (Japan)100-m Hurdles

2004, The XXVIIIth Olympiad, Athens, Greece

Alan Culpepper (USA)12th-Marathon

Shayne (Wille) Culpepper5,000-m

Casey Malone (USA)6th-Discus

Dathan Ritzenhein (USA)10,000-m

2008, the XXIXth Olympiad, Beijing, China

Jenny Barringer (USA)9th-3,000-meter steeplechase

Kara (Grgas-Wheeler) Goucher (USA)9th-5,000-m, 10th-10,000-m

Casey Malone (USA)19th(prelims)-Discus

Billy Nelson (USA)29th-3,000-meter steeplechase

Dathan Ritzenhein (USA)9th-Marathon

Jorge Torres (USA)27th-10,000m

2012, the XXXth Olympiad, London, England

Emma Coburn (USA)9th-3,000-meter steeplechase

Kara (Grgas-Wheeler) Goucher (USA)11th-marathon

Shalaya Kipp (USA)semis-3,000-meter steeplechase

Dathan Ritzenhein (USA)13th-10,000-m

Jenny (Barringer) Simpson (USA)semis-1,500

BUFFS IN THE PROS

RENEE METIVIER BAILLIE ('05).....Distance
ClubMizuno

- 2005 USATF Outdoor Championships (5th, 10k)
- 2006 USA XC Championships (3rd, 4k), IAAF World XC Championships (49th)
- 2008 USA XC Championships (2nd), IAAF World XC Championships (49th)
- 2008 USA Olympic Trials Qualifier (5k)
- 2010 USA XC Championships (5th), IAAF World XC Championships (38th)
- **2010 USA Indoor 3k Champion**
- 2010 USA Outdoor Championships (8th, 5k)
- 2011 Boulder Boulder Team USA Member (6th)
- 2012 Chicago Marathon, 1st American, 7th overall (2:27.17)

EMMA COBURN ('13).....Mid Distance
ClubNew Balance

- ***2011 USA Steeplechase Champion**
- *2011 IAAF World Championship Steeplechase Finalist (13th)
- *2011 USA No. 1 Ranked Steeplechaser
- ***2012 USA Olympic Trials Steeplechase Champion**
- *2012 Olympic Games Steeplechase Finalist (9th)
- *2012 USA No. 1 Ranked Steeplechaser

*run while still in college

KARA GOUCHER ('01).....Distance
ClubNIKE

- 2006 USA XC Championships (7th, 4k), IAAF World XC Championships (21st)
- 2006 USA Outdoor Championships (2nd, 5k)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (2nd, 10k)
- **2007 IAAF World Championship Bronze Medalist (10k)**
- 2007 Great North Run Half Marathon Champion (1:06.57)
- **2008 USA Olympic Trials 5k Champion**
- 2008 USA Olympic Trials (2nd, 10k)
- 2008 Olympic Games (10th, 10k; 9th, 5k)
- 2008 NYC Marathon, 1st American, 3rd Overall (2:25.53), fastest U.S. woman debut
- **2009 USA Outdoor 5k Champion**
- 2009 Boston Marathon (3rd overall, 1st American)
- 2009 IAAF World Championships (9th, marathon)
- 2011 USA Outdoor Championships (2nd, 10k)

- 2011 Boston Marathon (5th)
- 2012 USA Olympic Marathon Trials (11th)
- **2012 USA Half Marathon Champion**
- 2012 Olympic Games Marathon (11th)
- 2013 Boston Marathon (6th)

CASEY MALONEDiscus
Clubunattached

- 1996 USA Olympic Trials (18th)
- 2000 USA Olympic Trials (9th)
- 2001 USA Outdoor Championships (10th)
- 2002 USA Outdoor Championships (5th)
- 2002 USA No. 4 thrower (218-5)
- 2003 USA Outdoor Championships (9th), IAAF World Championships (10th)
- 2004 USA Olympic Trials (3rd)
- 2004 Olympic Games (6th)
- 2004 Golden League Meet, Brussels (4th)
- 2004 USTAF Golden League Meet, Berlin (6th)
- 2004 World Athletic Final, Monaco (7th)
- 2005 USA Outdoor Championships (5th)
- 2006 USA Outdoor Championships (2nd)
- 2008 USA Olympic Trials (3rd)
- 2008 Olympic Games participant
- **2009 USA Outdoor Champion**
- 2009 IAAF World Championships (5th)
- **2010 USA Outdoor Champion**
- 2010 Samsung Diamond League Series (5th overall)
- 2012 USA Olympic Trials (6th)

BILLY NELSON ('08).....Steeple
Clubunattached

- 2008 USA Olympic Trials (2nd, steeplechase)
- 2008 Olympic Games (29th, steeplechase)
- 2010 USA Outdoor Championships (5th, steeplechase)
- **2011 USA Steeplechase Champion**
- 2011 IAAF World Championships participant
- 2012 USA Olympic Trials finalist



Renee Metivier Baillie



Emma Coburn



Kara Goucher



Casey Malone



Billy Nelson

DATHAN RITZENHEINDistance
Club.....NIKE

- 2004 USA Olympic Team member (10k)
- **2005 USA XC Champion**
- **2005 USA Road 10k Champion**
- 2006 USA Outdoor Championships (3rd, 5k)
- 2007 USA XC Championships (3rd)
- 2007 USA Outdoor Championships (3rd, 10k)
- 2008 USA Olympic Marathon Trials (2nd)
- **2008 USA XC Champion**
- 2008 Olympic Games Marathon (9th)
- 2009 USA Outdoor Championships (2nd, 10k)
- 2009 IAAF World Championships (6th, 10k)
- **2009 Set USA 5k National Record (12:56.27)**
- **2009 World Half Marathon Championship Bronze Medalist**
- **2010 USA XC Champion**
- 2012 USA Olympic Marathon Trials (4th)
- 2012 USA Olympic Trials (3rd, 10k)
- 2013 USA XC Championships (2nd)
- 2013 USA Outdoor Championships (2nd, 10k)
- 2013 IAAF World Championships (10th, 10k)

JENNY SIMPSON ('09)Middle Distance
Club.....New Balance

- ***2007 USA Steeplechase Champion**
- *2008 USA Olympic Trials (3rd, steeplechase)
- ***2008 Olympic Games (8th, steeplechase), broke the American record**
- ***2009 USA Steeplechase Champion**
- ***2009 IAAF World Championships (5th), broke the American record (9:12.50 - still stands)**
- 2010 USA Outdoor Championships (3rd, 5k)
- **2011 USA Indoor Champion, Mile and 3k**
- 2011 USA Outdoor Championships (2nd, 1,500)
- **2011 IAAF World 1,500 Champion**
- **2012 USA Indoor Champion, Mile and 3k**
- 2012 USA Olympic Trials (3rd, 1,500)
- 2012 USA Olympic 1,500m semifinalist
- **2013 USA Outdoor 5k Champion**
- **2013 IAAF World Championship 1,500 Silver Medalist**

*run while still in college

BRENT VAUGHN ('08)Distance
Club.....NIKE

- 2008 USA Olympic Trials finalist (5k)
- 2009 USA Outdoor Championships (9th, 5k)
- 2010 Boulder Boulder Elite Race (4th), highest American finisher
- 2010 USA Outdoor Championships (5th, 5k)
- 2011 USA Indoor Championships (4th, 3k)
- **2011 USA XC Champion**
- 2012 USA Olympic Trials (7th, 10k)

Retired Buffs

HEATHER STERLIN BIGLOW ('97)Heptathlon/Long Jump

- 1997 USA Outdoor Championships (6th)
- 2001 USA Outdoor Championships (5th)
- 2002 USA No. 3 Ranked Heptathlete
- 2004 USA Olympic Trials (9th)
- 2004 USA No. 7 Ranked Heptathlete

ALAN CULPEPPER ('96)Distance

- 1997 USA Outdoor Championships (2nd, 5k)
- **1999 USA XC Champion (12k)**
- **1999 USA Outdoor 10k Champion**
- 2000 USA XC Championships (2nd, 12k)
- 2000 USA Olympic Trials (2nd, 10k)
- 2000 USA Olympic Team Member (10k)
- 2001 USA Outdoor Championships (2nd, 5k/ 3rd, 10k)
- 2002 USA XC Championships (3rd, 12k)
- **2002 USA Outdoor 5k Champion**
- 2002 USA Outdoor Championships (3rd, 12k)
- **2002 Chicago Marathon, 6th, fastest U.S. debut in history**
- **2003 USA XC Champion, 12k**
- **2003 USA Outdoor 10k Champion**
- **2004 USA Olympic Marathon Trials Champion**
- 2004 Olympic Games Marathon, 12th
- 2005 Boston Marathon, 4th
- 2006 Boston Marathon, 5th
- **2007 USA XC Champion**



Dathan Ritzenhein



Jenny Simpson



Brent Vaughn



Heather Sterlin Biglow



Alan Culpepper

SHAYNE CULPEPPER ('97).....Middle Distance

- 1999 USA XC Championships (4th, 4k)
- 1999 USA Outdoor Championships (3rd, 1,500)
- 2000 USA XC Championships (4th, 4k)
- 2000 USA Olympic Trials (4th, 1,500)
- 2000 USA Olympic Team Member, 1,500
- **2002 USATF Club Cross Country Champion**
- 2003 USA Indoor Championships (2nd, 3k)
- **2003 USA XC Champion, 4k**
- **2004 USA Indoor 3k Champion**
- **2004 IAAF Indoor Championships Bronze Medalist, 3k**
- **2004 USA Olympic Trials 5k Champion**
- 2004 USA Olympic Team Member, 5k
- **2005 USA Indoor 3k Champion**
- 2005 USA XC Championships (2nd, 4k)
- 2005 IAAF World XC Championships (20th, 4k)
- 2009 USA Indoor Championships (2nd, 1,500)

ADAM GOUCHER ('98).....Middle Distance

- **1999 USA Outdoor 5k Champion**
- 1999 IAAF World Championships finalist (12th, 5k)
- **2000 USA XC Champion (4k & 12k - only man to win both in the same year)**
- **2000 USA Olympic 5k Trials Champion**
- 2000 Olympic Games finalist (12th, 5k)
- 2001 USA Outdoor Championships (3rd, 5k)
- 2001 IAAF World Championships finalist (10th, 5k)
- 2001 Ran fastest 3k of the year (7:34.96) by an American
- 2003 USA Outdoor Championships (3rd, 5k)
- **2006 USA Indoor 3k Champion**
- **2006 USA XC Champion, 4k**
- 2006 IAAF World XC Championships (6th, 4k)
- 2006 USA Outdoor Championships (4th, 5k)
- 2007 USA XC Championships (2nd)
- 2007 USA Outdoor Championships (3rd, 5k)

STEVE SLATTERY ('02).....Steeple

- 2002 USA Outdoor Championships (2nd, steeplechase)
- **2003 USA Outdoor Steeplechase Champion**
- 2004 USA Olympic Trials (5th, steeplechase)
- 2005 USA Outdoor Championships (3rd, steeplechase)
- 2006 USA Outdoor Championships (2nd, steeplechase)
- 2010 USA Outdoor Championships (3rd, steeplechase)

JORGE TORRES ('03).....Distance

- 2002 USA XC Championships (2nd, 4k)
- 2003 USA Outdoor Championships (3rd, 5k)
- 2003 IAAF World Championships finalist (15th, 5k)
- 2003 Ranked No. 1 American at 5,000 meters
- 2004 USA Olympic Trials (7th, 5k)
- **2005 USA 8k Road Champion**
- 2005 USA XC Championships (2nd, 12k/4th, 4k)
- 2005 IAAF World XC Championships (13th, 4k)
- **2006 USA Outdoor 10k Champion**
- 2007 USA XC Championships (4th)
- 2007 USA Outdoor Championships (5th, 10k)
- 2008 USA XC Championships (2nd)
- 2008 IAAF XC Championships (19th)
- 2008 USA Olympic Trials (3rd, 10k)
- 2008 Olympic Games (27th, 10k)
- 2009 USA XC Championships (4th)

COLORADO RUNNING HALL OF FAME

CU Inductees

2012

Jerry Quiller

2010

Shayne Culpepper Adam Goucher
Dan Reese Mike Sandrock

2009

Rich Castro Alan Culpepper

2007

Ted Castaneda



Shayne Culpepper



Adam Goucher



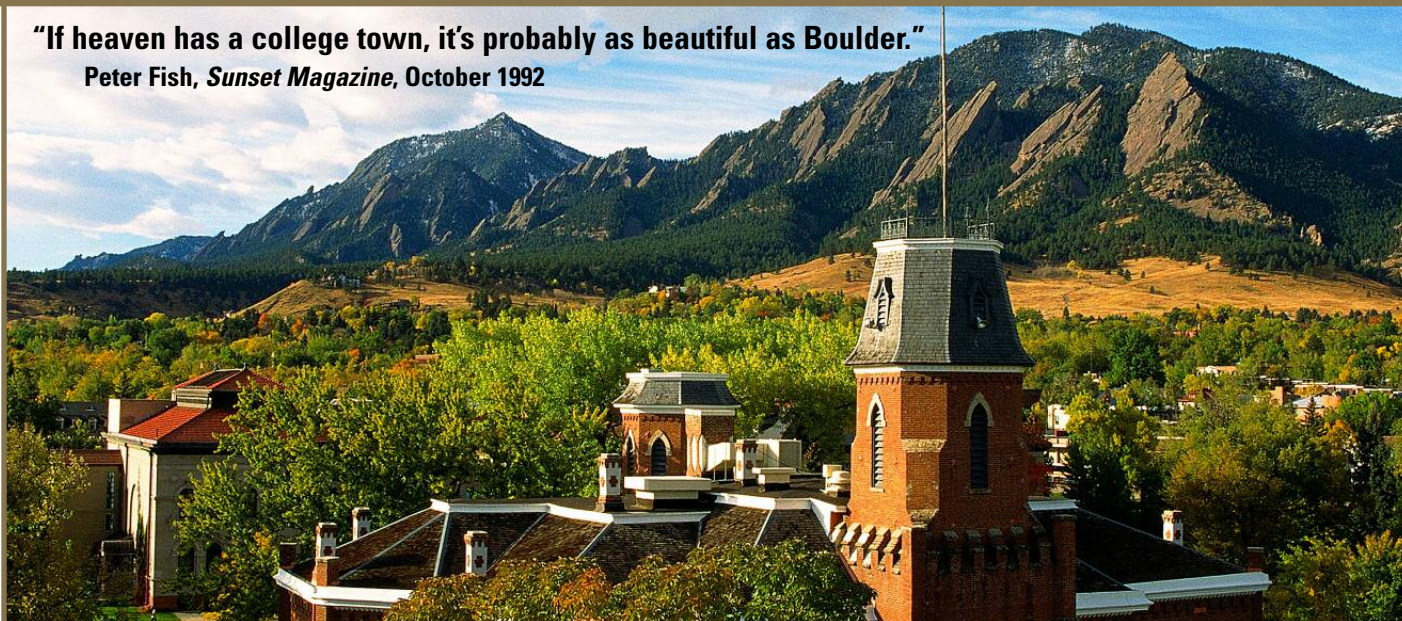
Steve Slattery



Jorge Torres

"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
Engineering7
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
Scott Carpenter Astronaut
Kalpana Chawla Astronaut
Lynn Cheney Former U.S. Vice President's Wife
Kevin Corke NBC News
Chris Fowler ESPN
Jim Gray NBC Sports
Hale Irwin Professional Golfer
Larry Linville Actor (M*A*S*H)
Doug Looney Sports Illustrated
Bill Marolt U.S. Skiing President

Chris Meloni Actor (Law and Order)
Glenn Miller Musician/Big Band Leader
Ellison Onizuka Astronaut (Challenger)
Trey Parker South Park Creator
Robert Redford Actor
Matt Stone South Park Creator
Jack Swigert Astronaut (Apollo 13)
Bill Toomey 1968 Gold Medalist – Decathlon
Byron White Supreme Court Justice
Steve Wozniak Inventor (Apple)



Chris Fowler



Kalpana Chawla



Kevin Corke



Robert Redford



Byron White



RANKINGS

- CU-Boulder was one of only 14 public institutions ranked as a “Best Buy” in the 2009 edition of *The Fiske Guide to Colleges* and annually ranks in its top four most outstanding universities in the United States based on academics, social life and quality of life.
- The *U.S. News & World Report* ranked CU-Boulder 42nd among the nation’s Top 50 Public National Universities in its 2011 Best Colleges issue. The rankings were based on factors such as academic reputation, retention, faculty resources, student selectivity and financial resources.
- Sixteen CU-Boulder graduate school specialty programs were ranked in the top 50 in the nation, including three in the top 10 in the *U.S. News and World Report*’s 2011 America’s Best Graduate Schools issue.
- The University of Colorado at Boulder ranks first in the nation for the number of graduates currently serving as Peace Corps volunteers (2011).
- Four faculty members have received Nobel Prizes, including three since 2001: Thomas Cech of chemistry and biochemistry in 1989 Nobel Prize in chemistry, Carl Wieman and Eric Cornell of JILA and physics won the 2001 Nobel Prize in physics and John Hall of JILA and physics won the 2005 Nobel Prize in physics. The CU-Boulder research faculty shared the 2007 Nobel Peace Prize with former Vice-President Al Gore for their contributions to the international report of the intergovernmental Panel on Climate Change.



- The Boulder campus was ranked fourth in a review of the 50 “most architecturally successful campuses in the country in *The Campus as a Work of Art* by Thomas Gaines.
- Colorado has held company with Brown, Stanford and Virginia as one of the four most outstanding universities in the United States based on academics and quality of life.
- One of only 34 U.S. public research universities in the prestigious Association of American Universities.
- Ranks in the top five universities in the nation, excluding military academies, for astronaut alumni who have flown in space with 17.

THE UNIVERSITY OF COLORADO

“The University of Colorado, and Boulder, is a town which stops where the Rocky Mountains begin. Normally in America such a superb site would be occupied by a golf course, but somebody goofed and instead they built what may be the most beautifully situated campus in the world... if anyone asks you to Boulder, I have one word of advice: ‘Go.’”

From the London (England) Observer Magazine article, “Us and Them,” by Simon Hoggart (April 23, 1989)



BOULDER/DENVER/COLORADO FACTS

Boulder and Denver are known for lots of things. But some things even surprise the lifelong resident, a recent transplant (nearly two-thirds of the state's residents were born outside of Colorado), or first-time visitor to the Mile High City.

- In 2011 Colorado had four of the nation's top 15 fittest cities according to a Time Magazine interpretation of data from the Centers for Disease Control. Boulder was No. 1, Arvada was No. 6, Denver ranked No. 11 and Aurora was No. 15.
- The Denver metro area was ranked fifth in the 2011 American Fitness Index report.
- Boulder was named the "happiest city in America" by Gallup-Heathways Well-Being Index in 2011.
- Denver is called the "Mile High City" because it is exactly 5,280 feet above sea level. In fact, there is a spot on the west steps of the State Capitol building that is exactly 5,280 feet above sea level and there is a row of seats at Coors Field with the same bragging rights.
- Denver is the most educated city in the U.S. It has the greatest percentage of high school and college graduates of any major metropolitan area in the U.S.
- The Denver/Boulder metropolitan area is the 20th largest in the United States. Boulder is not classified as a suburb of Denver; it's nestled in its own valley at the foothills of the Rocky Mountains. Contrary to popular belief, Denver is not in the mountains; it is near them. The "Foothills" start to rise 15 miles west of the city. Slightly beyond that is the Continental Divide and a series of peaks rising to 14,000 feet, known locally as the "Front Range".
- Denver is also the "thinnest" city in America while Boulder is the second "fittest" city in America according to *Shape* Magazine and the state of Colorado is tied as the "thinnest"

state with Hawai'i. *Health* Magazine named Boulder one of America's 10 Fittest Cities. *Self* Magazine proclaimed Boulder one of the 10 healthiest places for women to live, with a perfect 100 in water quality.

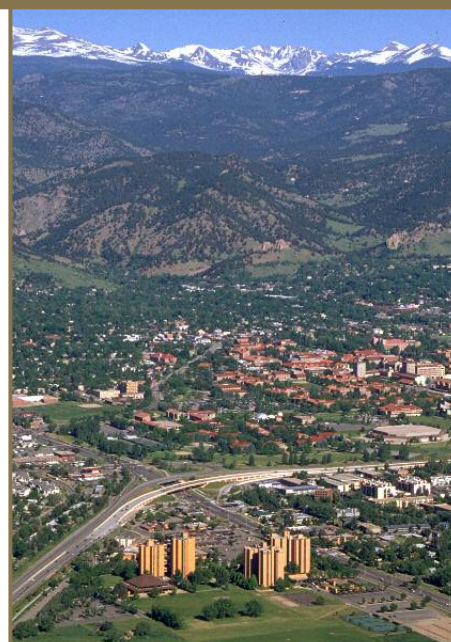
- In 2007 and '08 Boulder was called the "smartest city in America" by Forbes
- Boulder has 200 miles of public hiking and biking trails, approximately 30,000 acres of open space and a 16-mile Boulder Creek Path which runs through the middle of town. The city of Denver offers over 450 miles of paved, designated bike paths, over 70 public golf courses and 143 free tennis courts. Denver also has the largest city park system in the nation with 205 within the city limits.
- As the largest city in a 600-mile radius, Denver is the shopping capital of the Rocky Mountain West. It features the largest sporting goods store in the world and the largest independent book store in America with over 400,000 volumes. The 16th Street Mall is a mile-long pedestrian promenade, not to be outdone by its counterpart in Boulder, the Pearl Street Mall. Boulder is also known for having more used book stores per capita than any other city in the country according to a *Money* magazine count in 1998.
- Among 14 comparable cities, Boulder ranks No. 1 in people who walk to work, work at home and drive with more than one person in the car. It ranks second among those who bike.
- Bicycling is so highly regarded in Boulder that sometimes the city plows the Boulder Creek bike path before it plows the streets.
- The exterior of the house located at 1619 Pine Street was used as the characters' home in the well-known "Mork & Mindy" television show. It is now a private residence.



Boulder's Pearl Street Mall



Downtown Denver



Rocky Mountain Front Range



Indian Peaks National Forest

- Boulder's Third Flatiron towers 1,400 feet high, a few hundred feet higher than the Empire State Building, and has been climbed by people without using their hands, on roller skates, naked and in eight minutes (by separate climbers).
- A 1992 survey by the Centers for Disease Control found that Colorado had fewer overweight people per capita and more people who exercise than any other state.
- A *Colorado Daily* poll found that seven out of ten Boulderites own bicycles. Another guide book states that Boulder's bicycle count is approximately 93,000- almost equal to the total population.
- Every year Boulder Mountain Parks core area receives 1.8 million visits. If that many people made a human chain, it would stretch from Boulder to New York City.

Top 10 Cheap Things To Do In Boulder

1. Go walking, biking or skating on the Boulder Creek Path.
2. Catch a Program Council, Cinema Saver, or International Film Series movie.
3. Play frisbee in Norlin Quad.
4. Enjoy the free Wednesday night jazz concerts offered by the College of Music.
5. People-watch on the Pearl Street Mall or on the Hill.
6. Picnic or hike at Chautauqua Park or Mt. Sanitas.
7. Buy a student season football or basketball ticket to watch the Buffs play at home.
8. Join a class at the Rec Center (anything from Aerobics to Yoga).
9. Stargaze at the top of Flagstaff Mountain.
10. Check out the coffeehouse scene.

COLORADO BY THE NUMBERS

	2
National Parks in Colorado	
	8
National Monuments and Recreation Areas in Colorado	
	15
National Forests and National Grasslands in Colorado	
	21
Scenic and Historic Byways in Colorado	
	40
State Parks in Colorado	
	54
Colorado peaks over 14,000 feet in elevation	
	325
Days of sunshine the Front Range sees each year	
	450
Square miles of bodies of water in Colorado	
	469
Length in miles of the Colorado Trail	
	786
Acres on the main campus in Boulder	
	1,450
Length in miles of the Colorado River and the Rio Grande	
	3,350
Lowest elevation in Colorado (Arkansas River)	
	6,800
Average elevation in Colorado	
	14,443
Highest elevation in Colorado (Mt. Elbert)	
	104,247
Size of Colorado in square miles	
	3.8 million
Colorado population in 1998	
	126 million
Years geologists estimate it will take for the Rocky Mountains to erode away	
	1.7 billion years
How long ago the rock in the Rocky Mountains was formed	

RUNNING TOWN, USA

For 30 years, world class athletes and running enthusiasts have known what the media recently discovered: Boulder is the best running town in the United States. Runner's World has dubbed Boulder, "America's Best Running City" and an "Ideal Location for Runners", while Outside Magazine proclaims it, "The Best Sports Town in America".

These accolades come as no surprise to the host of national and international athletes who have made Boulder their training base. During the 1970's and 1980's, Boulder was home to world record holders such as Steve Jones, Ingrid Kristiansen, Rob de Castella, and Arturo Barrios, as well as Olympic Champions Frank Shorter and Rosa Mota.

The list of contemporary runners who live and train in Boulder is equally impressive: 2000 Olympic Marathon Champion Naoko Takahashi, 2008 Olympic Marathon Champion Constantina Dita-Tomescu, multiple Japanese corporate teams and U.S.-based Kenyan road racers. Numerous CU national and world level alumni have trained in the Boulder area during the last four Olympiads. They include Olympians Jenny (Barringer) Simpson, Alan Culpepper, Shayne Culpepper, Billy Nelson, Jorge Torres, Kara Goucher, Emma Coburn 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 Bolder Boulder, there are well-organized races virtually every weekend: the Boulder Backroads Marathon and Half Marathon, 5K Kickoff Classic, West End 3K, Pearl Street Mile, Rocky Mountain Shootout, Uni-Hill Downtown 1K, Sunrise Stampede 10K, and Boulder Roadrunners All-Comers Track Series.

In February of 2007, Boulder hosted the USA Cross Country Championships which selected our national teams for the IAAF World Championships in Mombasa, Kenya. The crowd of 10,000 spectators was estimated to exceed the combined attendance of the previous five national championships. Former USA Track and Field President Bill Roe remarked, "As usual, every time I come to Boulder I'm blown away." Deena Kastor, 19-time U.S. champion, captured her eighth cross country title and said, "This was, hands down, the most amazing national championship I've been a part of." Beyond the attendance, the most compelling story of the day was arguably the success of CU's alumni: former Buffaloes swept the top four places in the men's senior race while two former NCAA champion Buffaloes qualified for the senior women's team. The USATF announced in 2013 that the USA Cross Country Championships in 2014 and 2015 would be held in Boulder.

In May of 2008, the University of Colorado hosted the Big 12 Conference Track and Field Championships. This three-day competition was one of the most prestigious and competitive meets in the country and featured NCAA champions, World Championship Team members and 2008 Olympians. During the competition, ten Big 12 meet records were broken and two world-leading marks were established. The three-day attendance of over 5,000 cheered the Colorado men to the team title in a victory over No. 1 ranked Texas A&M. The Buffs also hosted the 2013 Pac-12 Cross Country Championship in 2013 in Louisville, Colo. at Coal Creek Golf Course. The CU men won the meet for the third straight year in front of a crowd of just over 5,000, while the CU women took second by just six points.

Summer or winter, cross country or track season, workout day or racing day, for the weekend warrior or the Olympian, Boulder presents the ideal environment. While other cities may claim occasional weekends of running enthusiasm, Boulder is inarguably the year-round "Running Town, USA".

RACING IN BOULDER

Boulder Backroads Marathon

Boulder Backroads Half Marathon

5k Kickoff Classic

High Five Road Race

5430 Triathlon

Sunrise Stampede 10k

Spring Runoff 10k

1992 Big Eight Cross Country Championships

1993 Big Eight Track and Field Championships

2000 Big 12 Cross Country Championships

2008 Big 12 Track and Field Championships

2013 Pac-12 Cross Country Championships

West End 3k

Pearl Street Mile

Boulder Roadrunners All-Comers Series

Run on the Wildside 5k

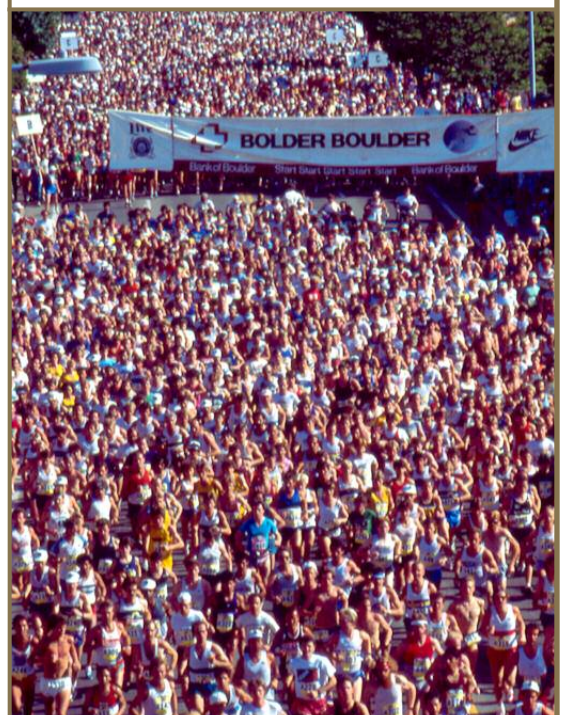
Rocky Mountain Shootout

5k Turkey Trot

Bolder Boulder 10k

Uni-Hill Downhill 1k

Boulder Peaks Triathlon/Duathlon

USATF Cross Country Championships (2007, 2014, 2015)

The start line for the Bolder Boulder

2008 BIG 12 OUTDOOR T&F CHAMPIONSHIP/ 2013 PAC-12 XC CHAMPIONSHIP



The CU men's track and field team won its first Big 12 Conference Outdoor Track & Field title at Potts Field on May 18, 2008. Colorado scored a school record 138 points in a Big 12 meet and defeated top-ranked Texas A&M by 17 points (121). The Buffs had four individual champions in seniors Billy Nelson (3,000-meter steeplechase), Brent Vaughn (5k), James Begley (discus) and junior Kenyon Neuman (10k). CU also recorded 32 points in the 5,000-meter run and 33 points in the 10k.

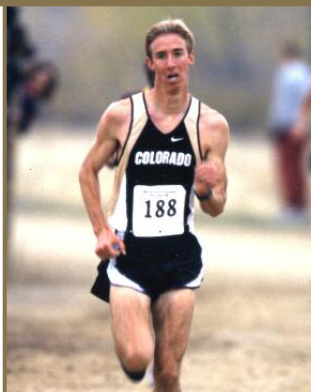


The top-ranked CU men's cross country team captured their third straight Pac-12 Championship in front of a home crowd of over 5,000 at the Coal Creek Golf Course in Louisville, Colo. The Buffs soundly defeated runner-up No. 4 Oregon 28-54. No. 13 Stanford was third with 79 points. CU impressed by placing all five of its scorers in the top nine, going 3-4-5-7-9. Less than a month later, the Buffs went on to win their fourth NCAA Championship.





Tamara Ards



Sean Smith



Chris Abuan



Patty Roberts

FROM WALK-ON TO ALL-AMERICAN

There's something magical in the air at 5,345 feet above sea level. It's something that contributes to developing blue collar, walk-on athletes into All-Americans at Colorado. Combining its reputation of academics and athletics, the coaching staff at CU has had incredible success with non-recruited athletes that have had the drive, determination and work ethic to become All-Americans.

CHRIS ABUAN • 2002 Walk-on – 2007 4x100-m Outdoor All-American

Chris Abuan was a hard worker for the Buffs and showed improvement throughout the years. His biggest impact was in the relays. Abuan is a member of nine of the top 10 times in the 4x100-m relay, where he ran the third leg seven times. In 2007, Abuan and the relay team of George Pincock, Jeremy Dodson and Ryan Campbell placed second in the Big 12 Championships and were the first men's relay team to qualify for the NCAA meet since 1972 after placing fourth in the regionals. The team took sixth at nationals with a time of 39.98.

TAMARA ARDS • 1992 Walk-on – 1996 4x400-m Outdoor All-American

A three-time state 400-m champion, Tamara Ards ran a 56.20 in the event as a freshman and would shave two seconds off her time by her junior year to become the school record holder in the event, running a 54.22 at the 1994 Big Eight Outdoor Championships. As the second leg of CU's 4x400-m relay team, she combined with teammates Tasha Ward, Heather Sterlin and Leona Russell to win the event at the final Big Eight Championship in 1996 and go on to finish seventh in the event at that year's NCAA Championships in Eugene, Ore., in another school record 3:33.07.

JAY CLECKLER • 1991 Walk-on – 1994 Cross Country All-American

Jay Cleckler, was conceivably one of the hardest working guys on the '94 cross country squad. He had begun his collegiate career as walk-on competing in only one meet, which progressed to four meets as a sophomore, which he matched his junior season. He came into his own during his senior campaign when he scored in all six varsity races, including the Big Eight Championships, the NCAA District VII qualifier and the NCAA Championships where he ran his first All-American race.

JON COOPER • 1993 Walk-on – 1994, 1995 Cross Country All-American

Cooper made an immediate impact on the Colorado men's cross country team when he walked on after transferring from Rice. In his first season he traveled to the NCAA Championships as an alternate, but did not compete. A year later he finished 33rd of 178 runners for his first all-American honor. In 1995's national championship race, he was Colorado's fourth finisher, 48th overall to repeat his All-American title.

MIKE FRIEDBERG • 1996 Walk-on – 1998, 1999 Cross Country All-American

In 1996 Mike Friedberg ran in three cross country races. He redshirted the 1997 season and a year later he was one of only three runners to compete in all six races, he finished eighth in the season opener at Colorado State, third at the Rocky Mountain Shootout, 32nd at the loaded Bob Timmons Invite, third at the Big 12 Championships, fifth at the Mountain Region Championships and ran to his first All-American title with a 34th place effort at the national championships. In 1999 he was CU's No. 3 runner during the season, but experienced prevailed and was CU's No. 1 guy at the NCAA Championships in Bloomington and was No. 2 a year later.

MATT NAPIER • 1995 Walk-on – 1997 Cross Country All-American

In his first collegiate season Napier competed in the Shootout and at the Fort Hays State Invitational. As a sophomore, he scored in two of the three postseason races. Originally scheduled to redshirt his junior season, he was forced into action late in the season due to team injuries. In his first race, Oct. 18, he finished third overall at the Tiger Invitational. In the postseason he finished 11th in the league championships and was the individual runner-up, at the Mountain Region Championships. His third season culminated in his first all-America certificate at the NCAA Championships with a 39th-place finish.

GEORGE PINCOCK • 2003 Walk-on – 2007 4x100-m Outdoor All-American

George Pincock earned a spot on the varsity squad as a freshman by placing eighth in the 200-meter dash and scoring in the 4x100 and 4x400-m teams. Pincock is a member of 11 of the 12 best times in the 4x100-m relay. In 2007, Pincock and the relay team of Jeremy Dodson, Chris Abuan and Ryan Campbell placed second in the Big 12 Championships and

became the first men's relay team to qualify for the NCAA meet since 1972 after placing fourth in the regionals. The team took sixth at nationals with a time of 39.98.

PATTY ROBERTS • 1992 Walk-on – 1995 Indoor 5,000-m All-American/ 1994, 1995 Cross Country All-American

Roberts didn't compete in cross until her second season. A year later she was the individual runner-up at the Big Eight Championships and an All-American with a 13th-place finish at the NCAA championships. She took the individual conference title in '96 and followed up with a 32nd-place effort at the NCAAAs for her second all-America cross country honor. 1995 continued to be a success on the track where she was an indoor 5k and outdoor 10k All-American.

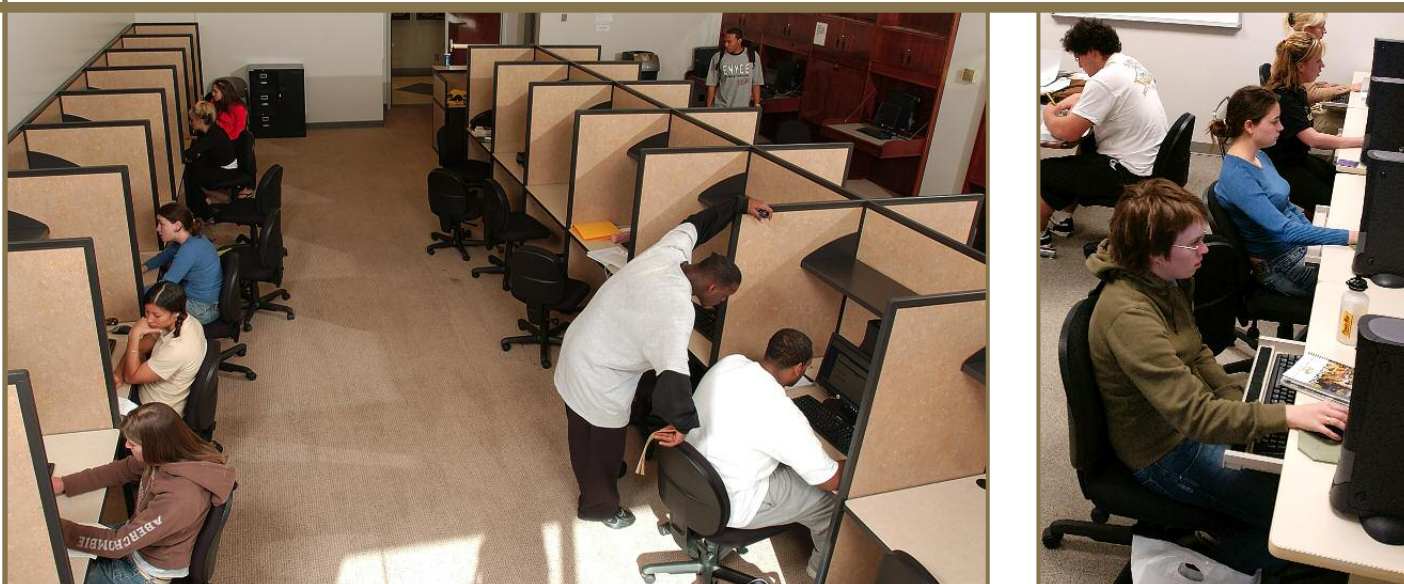
SHAYNE WILLE • 1995 Walk-on – 1996 Indoor 3,000-m All-American/1997 Outdoor 3,000-m All-American

A transfer from Vermont in 1995, Wille failed to make the Buffs' seven-person roster that would compete at the NCAA Cross Country Championships. Three months later she was an all-American in the indoor 3k. During the 1996 fall season, she was Colorado's No. 2 runner, and although she competed in all three postseason race, just missed all-American status at the national championships with a 45th place effort. She set her sights again on the track where she was the Big 12 indoor champion in both the mile and 3,000-m distances and an all-American in the latter. The outdoor season would prove even better where she repeated her conference titles, and she earned her second all-American honor in the outdoor 3,000-m with a third place, school-record finish of 9:06.86.

SEAN SMITH • 1998 Walk-on – 2000 All-American

Smith ran in three non-varsity races in 1998 with a pair of top 20 finishes at the Fort Hays Tiger Invitational and NIKE 3 Series race. In 1999 he went into the national championships with five races under his belt. He earned all-conference and all-region honors before finishing in the top half of the NCAA Championship field. On All-American pace from the first race of the 2000 season, he would score in all five varsity contests, repeat his all-conference and all-region honors with career-best efforts before finishing 44th for the last All-American certificate doled out in Ames, Iowa.

ACADEMICS AND ATHLETICS



DID YOU KNOW?

That the cumulative grade point average of CU's 300 student-athletes following the spring '13 semester was 2.913 and eight of the 14 programs boasted 3.00 overall grade point averages.

- 3.503 Men's Skiing
- 3.341 Women's Soccer
- 3.304 Women's Cross Country
- 3.232 Women's Skiing
- 3.198 Women's Track & Field
- 3.063 Women's Tennis
- 3.006 Women's Golf
- 3.006 Women's Volleyball

11 CU student-athletes earned 4.00 GPA's during the spring '13 semester and 45 had cumulative GPA's of 3.50 or above.

Colorado at Boulder offers student-athletes a world-class education and an elite Division I athletic experience in arguably the most beautiful college setting in America and has been referred to as "the Harvard of the Rockies."

The Herbst Academic Center in the Dal Ward Athletic Center was created to help student-athletes meet and exceed the academic requirements of the University of Colorado. Since its inception, the goal of the Herbst Center has evolved to facilitating the academic and personal excellence of student-athletes. It works to empower student-athletes toward autonomy, personalized goal setting, critical decision making, and both academic and career development. To achieve this goal, the Herbst Academic Center provides numerous services for student-athletes:

- All student-athletes have an academic coordinator who provides academic and personal support from freshmen orientation through graduation.
- Every student-athlete receives free subject tutoring in any course, as well as a personal planner to assist in time management.
- Student-athletes receive priority registration to ensure that necessary courses are "open" for enrollment.
- Specialized academic programs are available to all student-athletes, whether struggling to pass a course or striving to earn a perfect 4.0.
- A computer laboratory with both personal computers and Macs are provided exclusively for student-athletes.
- Athletic eligibility status is monitored in accordance with University, Pac-12, and NCAA academic requirements.
- Confidential counseling is available to help student-athletes with whatever challenges they may be facing.

ACADEMIC ALL-CONFERENCE

PAC-12 ALL-ACADEMIC FIRST TEAM

Matt Biegner.....	2013
Stephen Kasica.....	2012
Nikki Look.....	2012, 13
Jerome Perkins.....	2012
Jessica Tebo.....	2012
Rachel Viger.....	2012
Andy Wacker.....	2012

SECOND TEAM

Matt Biegner.....	2012
Alyssa Frank.....	2012
Diana George.....	2012, 13
Bridget Sweeney.....	2013

HONORABLE MENTION

Brianne Beemer.....	2012, 13
Countney Bouchet.....	2012
Emma Coburn.....	2013
Katie Cumming.....	2012
Katie Dreher.....	2012
Kelsey English.....	2013
Emily Hunsucker.....	2013
Cameron Hutchins.....	2012, 13
Mark Jones.....	2013
Lindsay Mattson.....	2013
Allie McLaughlin.....	2013
Holly Odneal.....	2012, 13
Gwen Ricco.....	2013
Jana Stolting.....	2013
Blake Theroux.....	2012, 13
Jake Timmons.....	2012
Elizabeth Tremblay.....	2012
Kirsten Wicks.....	2012

MPSF ALL-ACADEMIC

Brianne Beemer.....	2012, 13
Matt Biegner.....	2012, 13
Courtney Bouchet.....	2012, 13
Emma Coburn.....	2013
Lara Darco.....	2012
Katie Dreher.....	2012
Kelsey English.....	2013
Alyssa Frank.....	2012
Diana George.....	2012, 13
Lindsey Hubbard.....	2013
Emily Hunsucker.....	2012
Cameron Hutchins.....	2012, 13
Mark Jones.....	2013
Stephen Kasica.....	2012
Nikki Look.....	2012, 13
Lindsay Mattson.....	2013
Holly Odneal.....	2012, 13
Jerome Perkins.....	2012
Gwen Ricco.....	2013
Ryan Savercool.....	2012, 13
Jana Stolting.....	2013
Bridget Sweeney.....	2013
Blake Theroux.....	2012, 13
Jake Timmons.....	2012
Elizabeth Tremblay.....	2012, 13
Rachel Viger.....	2012, 13
Kirsten Wicks.....	2012

Awards Prior to 2012

FIRST TEAM

Steve Allen.....	1990
Andrew Ames.....	1988
Tamara Ards.....	1993
Lindsay Arendt.....	1998, 99, 2000
Molly Austin.....	1999, 2001, 02, 03
Patrick Bachmann.....	2010
Austin Baillie.....	2003, 04, 05
David Barbieri.....	1993
Jenny Barringer.....	2007, 08, 09
Adam Batliner.....	1996, 1998, 99
Payton Batliner.....	2005, 06
Matthew Beigner.....	2010, 11
Nick Bengtston.....	2000, 01
Randy Berkheim.....	1994
Aaron Blondeau.....	1998, 99, 01, 02
Christine Bolf.....	2004, 05, 06
Courtney Bouchet.....	2011
Lindsey Bradfield.....	1998, 99
Megan Burrell.....	2010, 11
Heather Burroughs.....	1995, 96, 98, 99
Megan Buttner.....	1999, 2000, 01, 03
Will Campbell.....	2004
Robert Carmona.....	1992
Amberly Casey.....	2007
Antonio Castro.....	2003
Tim Catalano.....	1993, 94
Anna Chase.....	2008
Anthony Chiulli.....	2007
Jay Clecker.....	1995
Megan Clute.....	1998
Emma Coburn.....	2011
Jon Cooper.....	1995, 96
Alan Culpepper.....	1996
Katie Cumming.....	2010, 11
Kristina Dahlberg.....	1996, 97
James Davis.....	1995
Mike Dickman.....	1985, 87, 89
Pat Dolan.....	1992
Jason Dudley.....	1990
Chase Dukes.....	2008
Andy Dunn.....	1987
Nick Duresky.....	1996
Mark Ebert.....	2007
Matt Elmuccio.....	1998, 99
Mandi Farquhar.....	1994, 95, 96, 97
Kevin Fasing.....	2008, 10, 11
Jennifer Fazioli.....	1999, 2000, 01, 02
Alyssa Frank.....	2010
Rachel Gioscia.....	2007, 09
Sarah Goodwin.....	1996, 97
Adam Goucher.....	1995
Kara Grgas-Wheeler.....	1997, 99, 2000, 01
Jen Grominger.....	1994
Jen Gruia.....	1998, 99
Jamie Hallum.....	1989
Zach Hancock.....	1997
Emily Hanenburg.....	2008, 09, 10, 11
Sarah Hanson.....	1986

Bradley Harkrader.....	2008
Jill Hassebrock.....	1993
Erik Heinonen.....	2006
Lesley Higgins.....	1999, 01, 02
Drew Hildner.....	2001
Jodie Hughes.....	1999, 2000, 01, 02
Erika Hulsman.....	1998
Courtney Hutmacher.....	2005, 06
Peter Janson.....	2006, 07, 08
Andrew Johnson.....	1993
Erik Johnson.....	1993
Jay Johnson.....	1996, 97, 98, 99
Donald Jurries.....	1987
Michell Kantor.....	1989
Kaity Kark.....	2008, 09, 10
Stephen Kasica.....	2010, 11
Daniel Kenney.....	2006, 07
Diane Keller.....	1989, 90, 91
Katie Kissane.....	2004
Tom Kresl.....	1985
Scott Larson.....	1994
Jonathon Lee.....	2001, 02, 03
Eric Lee-O'Brien.....	2003
Nikki Look.....	2011
Gus Lundin.....	2003, 04
Britta Maas.....	2001
Travis Macy.....	2003
Kathleen Majewski.....	2009, 10
Amanda Manatt.....	2002, 03
Lucas Marquardt.....	1999
Erin Marston.....	2007
Robert Martin.....	1991
Veronica Maul.....	2007, 09
Matthew McCathran.....	2010, 11
Brianna McDevitt.....	2004
Carol McMordie.....	1987
Christine McNamara.....	1988
Matt McCue.....	2003, 04, 05
Amy Merten.....	1992
Renee Metivier.....	2005
Andrew Miller.....	2003, 04, 05
Peggy Millican.....	1990
Tera Moody.....	2001, 02, 03, 04
Melinda Mounsey.....	1998
Matt Napier.....	1997, 98, 99, 2000
Sam Napp.....	2004, 05, 06
Liza Negri.....	2003, 04, 05
Kenyon Neuman.....	2007
James Nixon.....	2010
Jeff Nock.....	1987
Holly Odneal.....	2011
Hao Pan.....	2003
Jerome Perkins.....	2010
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 Severy1995, 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 Vanier2005
 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 Wright.....2000, 01, 02
 Shannon Yessak.....2003

SECOND TEAM

Sasha Abuan.....2007
 Patrick Backmann2009
 Megan Baker2005
 Brianne Beemer2010
 James Begley2007
 Joe Bosshard2011
 Amaris Buchanan.....2001, 02

Amberly Casey.....2005, 06
 Greg Castro2007
 Niklas Cederstrom2009
 Anthony Chiulli2005
 Emma Coburn.....2010
 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
 Courtney 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 Peterson2005
 George Pincock2005
 Allison Sawyer.....2009
 Kyle Swartz.....2000
 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 Cade2004
 Dayna Canener1992
 Tracy Carrington.....1996
 Jenny Cathey1998
 Dayna Cavener.....1991

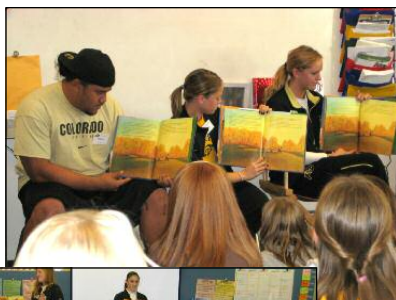
Jessica Civelli1995
 Jay Cleckler1993, 94
 Megan Clute1999
 Jon Cooper.....1994
 Kristina Dahlberg.....1994
 Jason Drake1993, 94
 Nick Duresky1997
 Natalie Florence2004
 Judy Foster1993
 Mike Friedberg.....1999
 Monte Fry.....1994, 1996
 Sarrah Goodwin1994, 95
 Adam Goucher1998
 Colleen Glyde1997
 Mark 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 Swartz.....1999
 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 98 years to December 2, 1915, when the Pacific Coast Conference (PCC) was founded at a meeting at the Oregon Hotel in Portland, Ore. The original membership consisted of four schools - the University of California at Berkeley, the University of Washington, the University of Oregon, and Oregon State College (now Oregon State University). All still are charter members of the Conference.

Pacific Coast Conference play began in 1916 and, one year later, Washington State College (now Washington State University) was accepted into the league, with Stanford University following in 1918.

In 1922, the PCC expanded to eight teams with the admission of the University of Southern California (USC) and the University of Idaho. In 1924, the University of Montana joined the league roster, and in 1928, the PCC grew to 10 members with the addition of UCLA.

The Pacific Coast Conference competed as a 10-member league until 1950, with the exception of 1943-45 when World War II curtailed intercollegiate athletic competition to a minimum. During that time, the league's first commissioner was named. Edwin N. Atherton was Commissioner in 1940 and was succeeded by Victor O. Schmidt in 1944. In 1950, Montana resigned from the Conference and the PCC continued as a nine-team Conference through 1958.

In 1959, the PCC was dissolved and the Athletic Association of Western Universities (AAWU) was formed 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.

Ten years later, on July 1, 1978, the University of Arizona and Arizona State University were admitted to the league and the Pacific-10 Conference became a reality. In 1986-87, the league took on a new look, expanding to include 10 women's sports. Since then, the Conference has been considered the premiere league in women's athletics, securing the most NCAA titles in women's sports of any conference nearly every year.

Thomas C. Hansen was named the Commissioner of the Pac-10 in 1983, a role he would hold for 26 years until 2009. Hansen was succeeded by current Commissioner Larry Scott, who took on the new role in July 2009.

During the 2010-11 academic year, the University of Colorado accepted its invitation to join the Pac-12 on June 11, 2010, and on June 17, 2010, the University of Utah agreed to join the Conference. The Buffaloes and Utes officially became the 11th and 12th members of the Conference on July 1, 2011, the first additions to the league since 1978. Since 1978, member schools have won 274 NCAA titles, including 139 women's and 135 men's.

It was during that 2010-11 academic year that Scott helped deliver monumental changes that transformed the Conference into a modern 12-team league. The Conference expanded to add two more teams, agreed to equal revenue sharing for the first time in Conference history, created two divisions - the North and the 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, establishing the Pac-12 Networks and Pac-12 Digital Network that guaranteed enhanced exposure across all sports.

Currently, the Pac-12 sponsors 11 men's sports and 11 women's sports. Additionally, the Conference is a member of the Mountain Pacific Sports Federation (MPSF) in four other men's sports and three women's sports.

The Pac-12 Conference offices are located 25 miles east of San Francisco in Walnut Creek, Calif.

CONFERENCE OF CHAMPIONS

Built on a firm foundation of academic excellence and superior athletic performance, the Conference ushered in a new era on July 1, 2011, officially becoming the Pac-12 Conference with the additions of the University of Colorado and University of Utah.

Just 27 days after the Conference officially changed its name, Commissioner Larry Scott announced the creation of the Pac-12 Networks on July 27, 2011, solidifying a landmark television deal and putting the Conference on the forefront



Pac-12 Commissioner Larry Scott

of collegiate athletics. The Networks, including one national network, six regional networks, and a robust digital network marked the first-ever integrated media company owned by a college conference. In addition, the "TV Everywhere" rights allow fans to access Pac-12 Networks outside the home on any digital device, including smartphones and tablet computers.

On the field, the Pac-12 rises above the rest, upholding its tradition as the "Conference of Champions ®," claiming an incredible 127 NCAA team titles since 1999-2000, including eight in 2012-13. That is an average of over nine championships per academic year. Even more impressive has been the breadth of the Pac-12's success, with championships coming in 28 different men's and women's sports. The Pac-12 has led or tied the nation in NCAA Championships in 47 of the last 53 years. The only exceptions being in 1980-81, 1988-89, 1990-91 and 1995-96 when the Conference finished second, and only twice finished third (1998-99 and 2004-05).

For the eighth-consecutive year, the Pac-12 had the most NCAA titles or tied for the most of any conference in the country, winning at least six every year since 2000-01. No other conference has won double-digit NCAA crowns in a single year, the Pac-12 doing so six times, including a record 14 in 1996-97.

Spanning nearly a century of outstanding athletics achievements, the Pac-12 was the first conference to reach 400 championships in 2010-11. With the inclusion of Colorado and Utah, the Conference surpassed another major milestone, with league teams capturing 450 titles, outdistancing the next conference by nearly 200. In all, Conference teams have won 459 NCAA Championships (309 men's, 150 women's).

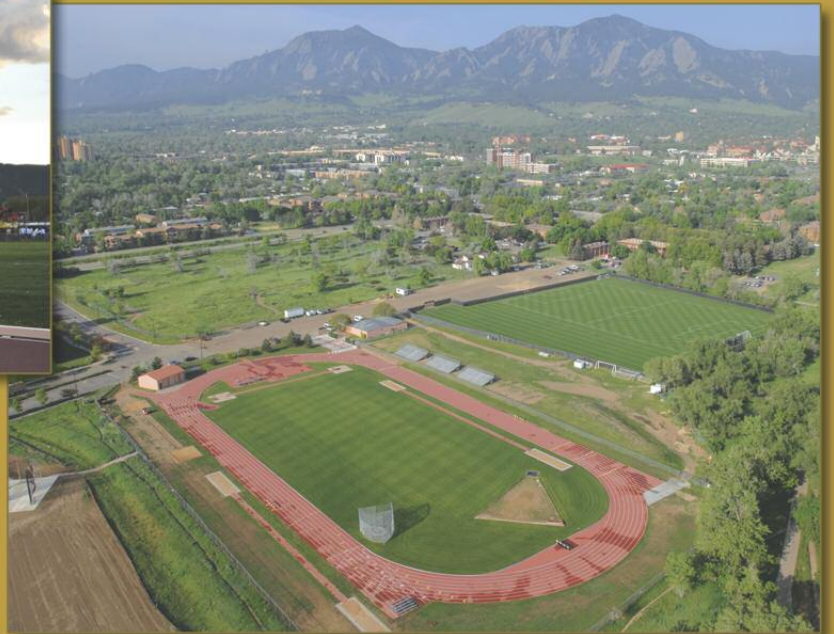
Participation in the postseason was a common occurrence for the Pac-12 in 2012-13. Of the 22 sports sponsored by the Conference, 15 witnessed at least half its teams participating in NCAA or other postseason action. The men sent 59 of a possible 101 teams into the postseason (58.4 percent), while the women sent 70 of a possible 114 teams (61.4 percent).

Pac-12 members have won 309 NCAA team championships on the men's side, 88 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 28 baseball titles. Pac-12 members have won 25 of 44 NCAA titles in volleyball, 39 of 43 in water polo, 28 in skiing, and 23 in swimming & diving national championships.

Individually, the Conference has produced an impressive number of NCAA individual champions. Over 2,000 (2,123) individual crowns have been won by Pac-12 student-athletes over the years with 1,459 by male student-athletes.

On the women's side, the story is much the same. Since the NCAA began conducting women's championships 32 years ago, Pac-12 members have claimed at least four national titles in a single season on 23 occasions, including 13-consecutive years from 2000-2013. Overall, the Pac-12 has captured 150 NCAA women's titles, easily outdistancing the SEC, which is second, with 90. Pac-12 members have dominated a number of sports, winning 23 softball titles, 20 tennis crowns, 14 volleyball titles, 15 of the last 24 trophies in golf, and 13 in swimming & diving.

Pac-12 women student-athletes shine nationally on an individual basis, as well, having captured an unmatched 664 NCAA individual crowns, an average of nearly 21 championships per season.



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