

2004 COLORADO TRACK & FIELD

2004 CU Track & Field Schedule

Date	Meet	Site
Jan 16	CU OPEN	BOULDER
Jan 24	Air Force Open	M-4th/ W-7th
Feb 07	Air Force Classic	M-3rd/W-3rd
Feb 14	Adidas Invitational	NTS
Feb 27 -		
Feb 28	Big 12 Indoor Championships	
Mar 12-13	NCAA Indoor Championships	

OUTDOOR SEASON

Mar 20	POTTS INVITATIONAL	
Mar 26	Arizona State Invitational	
Apr 10	Adidas Invitational (Oregon)	
Apr 16-18	Mt. Sac Relays	
Apr 24	Christiansen Invitational at CSU	
Apr 29 -		
May 01	Big 12 Outdoor Championships	
May 07	Cardinal Invitational	
May 15	TBA BOULDER TBA	
May 28 -		
May 29	NCAA Regional at Texas A&M	
Jun 09 -		
Jun 12	NCAA Championships (Texas)	

For more information on CU track and field, including past results and schedule, please go to our website at: www.cubuffs.com

CU's NCAA Indoor Track & Field Champions

1998	Adam Goucher, 5,000 Meters
1997	Adam Goucher, 5,000 Meters
2001	Jodie Hughes, 5,000 Meters
2003	Sara Gorton, 5,000 Meters

February 27-28, 2004

Big 12 Indoor Track & Field Championships

University of Nebraska • Lincoln, Neb. • Bob Devaney Center

Events below (Central Standard Time)

Friday, Feb. 28	First Track Event:	2 p.m.	W 60 Meter Hurdles Prelims
	First Field Event:	2:45 p.m.	M Weight Throw
Saturday, Feb. 29:	First Track Event	3 p.m.	W 60 Meter Hurdles Final
	First Field Event	1:30 p.m.	W Triple Jump

Results available via the Internet at

http://www.huskers.com/liveStats/liveStats.dbml?DB_OEM_ID=100&DB_LANG=&KEY

Quickly...The University of Colorado track & field team heads to Lincoln, Nebraska for the Eighth Annual Big 12 Indoor Track & Field Championships at the Bob Devaney Center at the University of Nebraska. The meet gets underway on Friday, February 27, and runs through Saturday, February 28. Colorado is sending 38 of it's finest to the state capital of Nebraska, including past champion Dathan Ritzenhein. This marks the fifth time the meet has been held at the University of Nebraska, and the fourth time in a row.

Bufs at the Big 12 Indoor Championships...A year ago, the Buffalo men were eighth and the women sixth with two Buffaloes claiming individual titles. Historically, the Buffs have finished as high as second in the Big 12 meet.

	Men	Women	Men NCAA	Women NCAA
1997	3rd	3rd	t-19th	t-38th
1998	4th	6th	25th	14th
1999	2nd	5th	t-47th	31st
2000	6th	11th	55th	NTS
2001	7th	4th	NTS	6th
2002	6th	5th	11th	16th
2003	8th	6th	NTS	12th

From an individual perspective, the Buffaloes have claimed 14 women's titles and nine men's in Big 12 competition:

Men's:	Mile Run	Tom Reese, 1998
	3,000 Meter Run	Adam Goucher, 1997, 98
		Dathan Ritzenhein, 2002
	5,000 Meter Run	Ron Roybal, 1997
		Adam Goucher, 1998
		Mike Friedberg, 1999
		Jorge Torres, 2000, 2002
		Lesley Higgins, 1999
		Sara Gorton 2001, 2002
		Shayne Wille, 1997
		Jennifer Smith, 1998
		Kara Grgas-Wheeler, 1999
		Sara Gorton, 2003
	5,000 Meter Run	Jen Gruia, 1998
		Jodie Hughes, 2001, 2002
		Sara Gorton, 2003
	55 Meter Hurdles	Mandi Farquhar, 1997
	DMR	Smith/Newsome/Bredfield/Smith 1998
		Messner/Newsome/Higgins/Grgas-Wheeler, 1999

COLORADO WOMEN'S INDOOR CONFERENCE INDIVIDUAL CHAMPIONS

Women's Indoor Individual Conference Champions

400-meter Dash	Year	Mark	Pentathlon	
Mary Decker	1977	56.7	Annette Tannander	1983
Lee Ballenger	1979	56.40	4071	
Leona Russell	1996	54.46	Pam Owen	1991
			3725	
			Pam Owen	1993
			4046	
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	2001	4:43.57		
Sara Gorton	2002	4:40.35		
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	2003	9:23.11		
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	2003	15:58.86		
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		
Ward/Ards/Sterlin/Russell				
	1996	:45.15		
Distance Medley Relay				
Smith/Newsome/Bredfield/Smith				
	1998	11:32.81		
Messner/Newsome/ Higgins/Grgas-Wheeler				
	1999	11:34.35		
High Jump				
Lori West	1976	5-5		
Annette Tannander	1979	5-11		
Shot Put				
Rosario Ramos	1980	47-2		
Melisa Weis	1993	53-11 1/4		
Long Jump				
Annette Tannander	1979	18-11 1/4		
4x800-meter Relay				
No Order Listed	1979	6.88		

COLORADO MEN'S OUTDOOR CONFERENCE INDIVIDUAL CHAMPIONS

Men's Indoor Individual Conference Champions

60-yard/55-meter Dash		Pole Vault	
Augie Raso	1951	Dennis Plooster and Stew Walker	
Clifford Branch	1971	:6.03	1954 13-61 1/2
Clifford Branch	1972	:6.1	Stew Walker 1955
		:6.0	13-73 1/4
		Bill Curnow	1975
		16-8	
60-yard Low Hurdles			
Merwin Hodel	1950	:7.0	
Jim Miller	1964	:6.8	Shot Put
Marcus Walker	1971	:6.1	Wally Tanner 1951
Ohene Karikari	1973	:6.7	50-11
Ohene Karikari	1974	:6.7	Wally Tanner 1952
		50-4	
		Barry King	1967
60-yard/55-meter High Hurdles		:7.7	55-81 1/2
Ray Magsamen	1950	:7.6	Clint Moore 1995
Fritz Hageboeck	1956	:7.5	58-111 1/4
Fritz Hageboeck	1956		
60-meter Hurdles		Triple Jump	
Lex Butler	2000	:7.75	Don Duvall 1975
		52-81 1/4	
440-yard/400-meter Dash			
Chuck Carlson	1958	:50.5	Distance Medley Relay
Ted Woods	1960	:49.8	Zach Hancock/Charles Johnson/Brett
George Daniels	1972	:49.4	Larsen/Alan Culpepper
Tony Page	1987	:48.31	1994 9:50.92
Kyle Hargett	1988	:47.02	John Reyes/Jason Cisneros/Matt
			Napier/Alan Culpepper
			1996 9:50.02
600-yard Dash		1:12.1	Clint Wells/Carter Piper/John Reyes/
Jim Heath	1961		Adam Goucher 1997
			9:50.22
880-yard/800-meter Run			
Mike Macinko	1988	1:50.80	
Mike Macinko	1990	1:50.36	
Mile Run			
Tom Reese	1998	4:04.77	
2-mile/3000-meter Run			
Bernie Frakes	1958	9:15.3	
Dave Wighton	1965	9:08.4	
Craig Runyan	1969	8:51.0	
Mark Spilsbury	1978	8:47.8	
Mark Spilsbury	1979	8:48.2	
Mark Scrutton	1981	8:41.3	
Mark Scrutton	1982	8:50.95	
Mark Scrutton	1983	8:30.10	
Adam Goucher	1995	8:10.48	
Adam Goucher	1997	8:01.23	
Adam Goucher	1998	7:55.57	
Dathan Ritzenhein	2002	8:01.72	
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	
High Jump			
Leander Durley	1963	6-101 1/4	
Jason Dudley	1989	7-11 1/4	
Long Jump			
Don Meyers	1960	23-101 1/2	
Don Meyers	1961	24-1	
Kingsley Adams	1973	25-5	
Kingsley Adams	1974	25-71 1/2	

COLORADO TRACK & FIELD INDOOR RECORDS

University of Colorado Women's Indoor Track & Field Records

Event	CU Record
55 Meters	6.92, Amaris Buchanan Colorado Invitational, 2001
55-meter Hurdles	7.62, Yolanda Johnson NCAA Indoors, 1990
60-meters	7.34, Amaris Buchanan Big 12 Indoors, 2001
60-meter Hurdles	8.27, Hannah Cooper NCAA Championships, 2002
200 Meters	23.81, Amaris Buchanan Big 12 Indoors, 2001
300 Yards	36.68, Julie Seaberg AFA Invite, 1985
400 Meters	55.10, Lee Ballenger Big Eight Indoors, 1979
600 Yards	1:21.60, Lee Ballenger AIAW Indoors, 1979
800 Meters	2:04.69, Mary Decker Big Eight Indoors, 1978
1,000 Meters	2:49.1, Mary Decker L.A. Times Games, 1978
Mile Run	4:40.35, Sara Gorton Big 12 Championships, 2002
3,000 Meters	9:07.16, Sara Gorton NCAA Championships, 2003
5,000 Meters	15:39.35, Sara Gorton NCAA Championships, 2003
4x400-meter Relay	3:45.15, (Ward/Ards/Sterlin/Russell) Big Eight Indoor Championships, 1996
4x800-meter Relay	9:04.28, (Powers/Wilson/Ballenger/Decker) Big Eight Indoors, 1979
Distance Medley Relay	11:23.34 (Messner/Newsome/Higgins/Wheeler) Cannon IV Classic, 1999
High Jump	6-2, Karol Damon NCAA Indoors
Long Jump	20-10 1/2, Annette Tannander AIAW, 1982
Triple Jump	40-2, Udie Ekiko Colorado Classic, 1994
Shot Put	50-4 3/4, Tonya Roach U S West Invitational, 1996
20-lb. Weight	55-3, Janet Visosky Big 12 Championships, 1997
Pentathlon	4,046, Pam Owen Big Eight Indoors, 1993
Pole Vault	11-6 1/2, Megan Buttner Husker Invitational, 2002

University of Colorado Men's Indoor Track & Field Records

Event	CU Record
55 Meters	6.14, Cliff Branch Oklahoma City Invite, 1972
55-meter Hurdles	7.14, Marcus Walker Albuquerque Invite, 1971
60 Meters	6.67, Jonathan Prather Air Force Invite, 1999
60-meter Hurdles	*7.75 Lex Butler Big 12 Indoors, 2000
200 Meters	21.34, Erik Mitchell Big Eight Indoors, 1993
300 Yards	30.2, Cliff Branch Idaho State Invite, 1971
400 Meters	46.13, James Davis Rocky Mountain Cup, 1996
600 Yards	1:10.2, Mike Macinko Kansas Invite, 1987
800 Meters	1:49.37, Chris Schafer Indianapolis Open, 1998
1,000 Meters	2:21.5, Rick Musgrave NCAA Indoors, 1976
Mile Run	4:03.16, Tom Reese Ames, 1997
3,000 Meters	7:46.03, Adam Goucher NCAA Indoors, 1998
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
4x800-meter Relay	7:25.55, (Reyes/Queen/Elmuccio/Schafer) Penn Relays Carnival, 1999
Distance Medley Relay	9:42.9, (Castaneda/Endean/Musgrave/Peterson) Idaho State Relays, 1974
High Jump	7-3 1/2, Jason Dudley Air Force Invite, 1989
Long Jump	25-7 1/2, Kingsley Adams Big Eight Indoors, 1974
Triple Jump	52-10, Don Duvall Idaho State Invite, 1975
Shot Put	61-2 1/4, Demetry Gemolas Air Force Open, 1997
35-lb. Weight	60-5, Jeff Singleton Big 12 Championships, 1997
Pole Vault	17-2, Dennis Fuller CU All-Comers, 1980
Pentathlon	3,982, Rob Martin CU Potts Invite, 1990