

# All-Time Top Outdoor Performers - Women (updated May 15, 2005)

## 100 METERS

1	Enjoli Smith	c12.04	1999
2	Kelli Enos	12.09	2003
<b>3</b>	<b>DANIELLE GREEN</b>	<b>12.12</b>	<b>2005</b>
4	Janeane Hamilton	12.20	1991
5	Keisha Fykes	12.25	1990
6	Phonecia Holly	12.27	2000
7	Angela Jensen	12.35	2004
18	Cori Evans	12.36	1998
18	Kerry Kirkman	12.36	1993
10	KALANI HOLLEMAN	12.39	2002

Evans had wind-aided 12.07, 4/27/96

## 200 METERS

1	Katie Nash	24.63	ncaa2003
2	Kelli Enos	24.76	2003
3	DANIELLE GREEN	24.87	2004
4	Enjoli Smith	25.04	1999
5	Janeane Hamilton	25.13	1993
T6	CAROLINE SHELDON	25.17	2003
T6	Phonecia Holly	25.17	1999
8	LaVera Harris	25.24	2000
9	Cori Evans	25.34	1998
<b>10</b>	<b>SEANTE BAKER</b>	<b>25.38</b>	<b>2005</b>

## 400 METERS

1	Kameelah Elarms	54.73	2001
2	Katie Nash	55.40	2003
3	Amber Taylor	55.65	ccaa2002
4	Jioni Lewis	55.67	2001
5	Tanisha Silas	56.08	2000
6	Rose Criss	56.16	1999
7	Cyndy Poor	56.34	1973
<b>8</b>	<b>SEANTE BAKER</b>	<b>56.37</b>	<b>2005</b>
9	Jill Moss	56.41	1987
<b>10</b>	<b>ROCHELLE CARTER</b>	<b>56.62</b>	<b>2005</b>

## 800 METERS

1	Rose Criss	2:07.91	ncaa2001
2	Jamila Demby	2:09.24	1999
3	Suzy Jones	2:09.27	1993
4	Jessica Altnow	2:10.09	ccaa2000
5	Jill Moss	2:10.19	1987
6	Susie Lehmkuhl	2:10.35	1990
7	Michelle Rodda	2:11.01	1992
8	Jenn Thatcher	2:11.44	1987
9	Katy Berkes	2:12.42	2001
10	Shannon Phares	2:13.09	1990

## 1,500 METERS

1	Suzy Jones	4:19.94	1995
2	Jenn Thatcher	4:23.53	1987
3	Paige Tully	4:23.79	1987
4	Pam Bragg	4:28.30	1989
5	Patti Gray	4:30.74	1985
6	Katy Berkes	4:31.36	ccaa2001
7	Jill Peckler	4:31.38	1996
8	Nancy Riedel	4:33.72	1985
9	Maria Rodriguez	4:33.87	2003
10	Janet Roller	4:33.95	1994

## 3,000 METERS

1	Patti Gray	9:28.24	1985
2	Jenn Thatcher	9:32.44	1988
3	Suzy Jones	9:37.64	1995
4	Pam Bragg	9:41.74	1989
5	Nancy Riedel	9:42.56	1986
6	Sally Carlson	9:43.36	1986
7	Diana Harlick	9:43.75	1997
8	Sopagna Eap	9:46.00	ccaa2003
9	Jennifer Feller	9:52.00	1990
10	Yvonne Liebig	9:52.85	1999

## 3,000 STEEPLECHASE

1	Heather Gibson	10:31.65	2002
2	Jessica Neu	11:04.39	2004
3	Melissa Barrett	11:21.66	2002
<b>4</b>	<b>LORIN SCOTT</b>	<b>11:39.41</b>	<b>2005</b>
<b>5</b>	<b>ABBIE GALLOWAY</b>	<b>11:42.44</b>	<b>2005</b>
6	Michaela Brook	11:45.06	2003

## 5,000 METERS

1	Patti Gray	16:34.87	1985
2	Sopagna Eap	16:43.89	2003
3	Jenn Thatcher	16:49.24	1988
4	Yvonne Liebig	16:52.28	2001
5	Jill Perry	16:59.98	1985
6	Sally Carlson	17:04.94	1987
7	Diana Harlick	17:10.27	ncaa1997
8	Sarah Shuler	17:12.05	1998
9	Heather Gibson	17:12.67	2001
10	Janet Roller	17:17.00	1991

## 10,000 METERS

1	Patti Gray	33:42.33	1983
2	Linda Somers	34:38.64	1983
3	Ann Glenn	35:49.39	2002
4	Sopagna Eap	35:51.84	2003
5	Laura Cherdack	36:12.98	ncaa2003
6	Kirstin Kabo	36:13.66	1997
7	Francie Negri	36:18.34	1984
8	Holly Stevenson	36:26.24	1987
9	Megan Canova	36:44.63	2000
10	Jill Perry	36:51.54	1986

## 100 HURDLES

<b>1</b>	<b>EMILY AZEVEDO</b>	<b>14.23</b>	<b>2005</b>
2	GRETCHEN HAUSSLER	14.32	2004
3	Celise Carroll	14.46	1997
4	Julita Patil	14.50	1994
<b>5</b>	<b>CAROLINE SHELDON</b>	<b>14.56</b>	<b>2005</b>
6	Michele Dwyre	14.74	1989
7	Melissa Ferguson	14.77	ccaa2002
8	Stefanie Hanf	15.00	1995
9	Diann Robinson	15.04	1984
10	Katie McCanless	15.08	ccaa2003

**Note:** Emily Azevedo (14.14) & Gretchen Haussler (14.31) posted wind-aided (+2.6 m/s) times at 2005 Woody Wilson Classic.

## 400 HURDLES

1	Kameelah Elarms	58.82	2001
2	Celise Carroll	59.01	1997
3	Sara Garcia	1:01.20	1996
<b>4</b>	<b>ROCHELLE CARTER</b>	<b>1:01.30</b>	<b>2005</b>
5	Melissa Ferguson	1:01.59	ncaa2000
<b>6</b>	<b>JESSICA LORSON</b>	<b>1:02.01</b>	<b>2005</b>
7	Julita Patil	1:02.18	1993
8	Cynthia Snyder	1:02.54	1979
9	Jody Egan	1:02.70	1990
<b>10</b>	<b>AMY PURTLE</b>	<b>1:02.77</b>	<b>2005</b>

## 4x100 RELAY

1	Rochelle Carter, Kalani Holleman, Katie Nash, Kelli Enos	46.67	2003
2	Rochelle Carter, Katie Nash, Mary Jo Alexander, Amber Taylor	46.82	2003
3	Phonecia Holly, Enjoli Smith, Rhonda Jaeger, Amber Taylor	46.88	ncaa2000
T4	Mary Jo Alexander, DANIELLE GREEN, AMAYA GREENWOOD, Angela Jensen	46.95	2004
<b>T4</b>	<b>UC DAVIS at Causeway Classic (4/1/05)</b>	<b>46.95</b>	<b>2005</b>



# All-Time Top Outdoor Performers - Women

## 4x400 RELAY

1	Amber Taylor, Tanisha Silas, Rose Criss, Kameelah Elarms	3:40.57	2000
2	Rose Criss, Tanisha Silas, LaVera Harris, Kameelah Elarms	3:41.47	2000
3	Tanisha Silas, Amber Taylor, Rose Criss, Kameelah Elarms	3:42.66	2001
4	Tanisha Silas, Rose Criss, Kameelah Elarms, Jamila Demby	3:42.73	1999
5	Amber Taylor, Jioni Lewis, Tanisha Silas, Kalani Holleman	3:43.95	2002

## HIGH JUMP

1	Liz Berger	1.74	(5-08.50)	1987
2	STEPHANIE MARKS	1.73	(5-08.00)	2004
3	Mary Prince	†	(5-07.50)	1992
t4	CHELSEY MAUCK	1.71	(5-07.25)	2004
t4	Kalina Freeman	1.71	(5-07.25)	1995
6	Samantha Rogers	†	(5-06.75)	2003
t7	Anita Engelman	1.69	(5-06.50)	1999
t7	Jennifer Lee	1.69	(5-06.50)	1999
9	Amy Gale	1.68	(5-06.00)	1991
t10	Kristina McMillan	1.67	(5-05.75)	2001
t10	Kristen Hertzog	1.67	(5-05.75)	1988

## POLE VAULT

1	Jennifer Swanson	4.00	(13-01.50)	2000
2	Gaea Schwaebe	3.87	(12-08.25)	ccaa2002
3	Kaley Kitto	3.75	(12-03.50)	ncaa1999
4	Ali Fisher	3.50	(11-05.75)	2003
5	Heather Modesti	3.45	(11-03.75)	ccaa2003
6	Janna Smith	3.40	(11-01.75)	2000
7	Cheryl Miller	3.20	(10-06.00)	2003
8	<b>COURTNEY DOUGHTY</b>	<b>3.05</b>	<b>(10-03.25)</b>	<b>2005</b>
9	<b>BROOKE HIENEY</b>	<b>2.74</b>	<b>(10-00.00)</b>	<b>2005</b>

## LONG JUMP

1	Teri Serrano	6.35	(20-10.00)	1982
2	Angela Orlando	6.09	(19-11.75)	1997
3	Demetria Summers	5.94	(19-06.00)	2000
4	Amy Tran	5.83	(19-01.50)	2001
5	Stefanie Hanf	5.79	(19-00.00)	1995
6	Sarah Chan	5.75	(18-10.50)	2001
7	Sybil Rouse	5.74	(18-10.00)	1987
8	Tammy Graham	†	(18-07.50)	1996
9	Crystal Farmer	5.64	(18-06.00)	1999
10	Vanessa Kale	5.60	(18-04.50)	1997

## TRIPLE JUMP

1	Angela Orlando	12.31	(40-04.75)	1998
2	Tammy Graham	12.29	(40-04.00)	1996
3	Sarah Chan	12.26	(40-02.75)	2002
4	Stefanie Hanf	11.99	(39-04.00)	1995
5	<b>JADE MYLES</b>	<b>11.61</b>	<b>(38-09.50)</b>	<b>2005</b>
6	Demetria Summers	11.73	(38-06.00)	2000
7	Jennifer Lagle	11.71	(38-05.00)	1995
8	Dorothy Smith	†	(38-02.50)	1985
9	Vanessa Kale	11.51	(37-09.25)	1997
10	Michelle Burt	11.48	(37-08.00)	1997

Orlando had a wind-aided 40-10.25 at 1999 NCAA's

## SHOT PUT

1	<b>KIM GLEESON</b>	<b>13.63</b>	<b>(47-06.25)</b>	<b>2005</b>
2	Michelle Reis	14.12	(46-04.00)	1998
3	Maureen Pacheco	13.49	(44-03.25)	ccaa2003
4	Dawn Valentine	13.39	(43-11.25)	ncaa2000
5	Sara Oesch	13.00	(42-08.00)	1997
6	Kathy Neuberger	†	(41-09.00)	1990
7	Alicia Cruz	12.56	(41-02.50)	2003
8	Carin Sheehan	12.47	(40-11.00)	1991
9	Dottie Trimble	†	(40-08.00)	1977
10	Pamela Thompson	12.30	(40-04.25)	1986

## DISCUS

1	Sara Oesch	50.92	(167-01)	1999
2	<b>KIM GLEESON</b>	<b>50.13</b>	<b>(164-06)</b>	<b>2003</b>
3	Michelle Reis	†	(158-09)	1997
4	Ginger Verneuil	†	(150-03)	1990
5	Paula Sarmento	†	(144-03)	1991
6	Dawn Valentine	43.65	(143-02)	2000
7	Cassidy Kilburn	43.06	(141-03)	ccaa2000
8	Rebecca Schacker	†	(138-06)	1997
9	Mary Moran	†	(137-01)	1991
10	Maureen Pacheco	41.53	(136-03)	2003

## JAVELIN

1	Kim Marsh	†	(161-01)	1983
2	Jolie Taylor	46.50	(152-07)	ncaa1999
2	Pilar Varela	†	(144-10)	1997
3	Jolie Taylor	†	(134-11)	1997
4	Jennifer Easter	†	(134-08)	1985
5	<b>CAROLINE SHELDON</b>	<b>39.66</b>	<b>(157-00)</b>	<b>2005</b>
6	Christina Sternberg	†	(128-06)	1993
7	Kathy Neuberger	†	(126-07)	1990
8	Brenna Day	†	(126-00)	1997
9	Kim Watts	38.14	(125-01)	ccaa1999
10	Jennifer Lloyd	†	(122-07)	1998

## HAMMER

1	Cassidy Kilburn	53.82	(176-07)	ncaa2002
2	Jenny Cain	51.20	(168-02)	2001
3	Bernadette Purtle	48.34	(158-07)	2004
4	<b>MARISA PARKER</b>	<b>47.62</b>	<b>(156-03)</b>	<b>2005</b>
5	Lindsey Walker	47.58	(156-01)	1999
6	Rebecca Schacker	†	(153-10)	1996
7	<b>KIM GLEESON</b>	<b>46.19M</b>	<b>(151-06)</b>	<b>2005</b>
8	Sara Oesch	44.98	(147-07)	2000
9	Michelle Reis	44.96	(147-06)	1998
t10	<b>JUDY SHELDON</b>	<b>44.36</b>	<b>(145-06)</b>	<b>2005</b>
t10	Alicia Cruz	44.36	(145-06)	2003

## HEPTATHLON

1	<b>CAROLINE SHELDON</b>	<b>4,987</b>	<b>2005</b>
2	Stefanie Hanf	4,893	1995
3	Karen Hsu	4,239	1994
4	Kim Watts	4,209	1999
5	Christina Sternberg	4,069	1993
6	Laurel Damm	3,878	2002
7	Monica Bednar	3,868	1982
8	Kim Marsh	3,815	1983
9	Kim Kendall	3,695	1982
10	Stacey Graffweg	3,393	1981

All times converted

† - no metric equivalent or mark not available

2005 marks in BOLD CAPS



# All-Time Top Outdoor Performers - Men (updated May 15, 2005)

## 100 METERS

1	Walter Cranford.....	10.27	1988
2	Bob Reifer.....	10.49	1969
3	Matt Devine.....	10.58	1988
t4	Shola Adeyemo.....	10.59	1990
t4	Jack Threlkeld.....	10.59	1955
t4	Dave Rhoades.....	10.59	1933
7	Del Daniels.....	10.61	1999
8	Arnold Hardy.....	10.69	1993
9	JOSH FLEXMAN (achieved twice).....	10.70	2005/cccc2001
10	Jayson Sargent.....	10.73	2000

## 200 METERS

1	Walter Cranford.....	21.30	1987
2	Matt Devine.....	21.36	1987
3	<b>KAJARI BURNS.....</b>	<b>21.55</b>	<b>2005</b>
4	JOSH FLEXMAN.....	21.58	ccaa2001
5	Shola Adeyemo.....	21.60	1990
6	Marshall Watwood.....	21.64	1965
7	Del Daniels.....	21.66	1999
8	Mike Connors.....	21.70	1987
t9	Mike Barber.....	21.74	1982
t9	Mariano Javco.....	21.74	1982

## 400 METERS

1	Shawn Rogers.....	47.42	1982
2	Mike Barber.....	47.64	1982
3	Jay Lawson.....	47.94	1984
4	Bill Meehan.....	48.04	1967
5	<b>KAJARI BURNS.....</b>	<b>48.22</b>	<b>2005</b>
6	Marty Waits.....	48.27	1995
7	ALFRED GIBBS.....	48.39	2004
8	Pete Wolbert.....	48.44	1986
8	Temo Trujillo.....	48.47	2001
10	Walter Cranford.....	48.62	1989

## 800 METERS

1	Temo Trujillo.....	1:48.69	2001
2	Steve Gerhart.....	1:49.44	1985
3	Peanut Harms.....	1:50.94	1972
4	Kyle Dunst.....	1:51.03	2003
5	Ted Goyette.....	1:51.23	1990
6	Paul Hill.....	1:51.34	1983
7	Mike Pratt.....	1:51.94	1977
8	Mark McManus.....	1:52.00	1997
9	Roy Harris.....	1:52.24	1975
10	Tom Rogers.....	1:52.54	1964

## 1,500 METERS

1	Steve Gerhart.....	3:42.67	1984
2	Mark McManus.....	3:47.56	1997
3	Jak Kuehn.....	3:49.96	2001
4	Russ Beste.....	3:49.04	1983
5	JUSTIN RAU.....	3:49.11	2003
6	Peanut Harms.....	3:49.34	1972
7	Parker Kelly.....	3:49.50	1991
8	Shawn Smallwood.....	3:49.81	1983
9	John Foley.....	3:50.29	1988
10	Dirk VandePol.....	3:50.54	1992

## 3,000 METERS

1	Steve Laurie.....	8:24.59	2001
2	Nate Bristow.....	8:25.93	2001
3	Jeff Kaiser.....	8:26.20	2001
4	JUSTIN RAU.....	8:26.68	2002
5	Adrian DeWald.....	8:32.33	2001
6	<b>CHRIS PECOT.....</b>	<b>8:35.59</b>	<b>2005</b>
7	<b>WILL MERCHAD.....</b>	<b>8:39.46</b>	<b>2005</b>
8	<b>KC CODY.....</b>	<b>8:50.95</b>	<b>2005</b>
9	<b>CHRIS FERREN-CIRINO.....</b>	<b>9:04.23</b>	<b>2005</b>

## 3,000 STEEPLECHASE

1	Ed Haver.....	8:48.54	1971
2	Justin Hurd.....	8:59.34	2004
t3	Bret Kimple.....	9:00.54	1991
t3	Byron Spradlin.....	9:00.54	1971
5	Jeff Wilson.....	9:01.73	ncaa2001
6	Robert Anderson.....	9:03.62	1986
7	Tim Helms.....	9:04.32	ncaa2003
8	Adrian DeWald.....	9:05.74	ccaa2001
9	Stu Hobbs.....	9:07.04	1973
10	Craig Steinmaus.....	9:07.14	1986

## 5,000 METERS

1	Mark McManus.....	14:13.95	1997
2	Ed Haver.....	14:14.24	1971
3	Mike McGrath.....	14:17.74	1978
4	Steve Gerhart.....	14:22.34	1985
5	Jak Kuehn.....	14:22.84	2000
6	Jeff Kaiser.....	14:23.10	2000
7	Steve Laurie.....	14:25.70	2003
8	Ryan Miller.....	14:25.93	2002
9	Matt Yeo.....	14:32.94	1975
10	John Barrett.....	14:33.24	1984

## 10,000 METERS

1	Jeff Kaiser.....	29:26.54	2000
2	Ryan Miller.....	29:52.54	2002
3	Nate Bristow.....	30:01.07	2001
4	Steve Laurie.....	30:03.99	2004
5	John Sheehan.....	30:04.24	1975
6	Matt Yeo.....	30:09.54	1975
7	Ed Haver.....	30:09.64	1971
8	Nate Bowen.....	30:15.38	1999
9	Pete Sweeney.....	30:32.64	1976
10	WILL MERCHAD.....	30:33.56	2004

## 110 HURDLES

1	Byron Talley.....	14.02	ncaa2002
2	Daryl Hill.....	14.04	1984
3	Fred Frick.....	14.44	1938
4	Dave Townsend.....	14.55	1993
t5	Matt Simmons.....	14.64	1985
t5	Ed Alazarqui.....	14.64	1982
t5	Scott Campbell.....	14.64	1979
7	MATT CHISAM.....	14.65	ccaa2003
8	Ben Forbes.....	14.74	ccaa2003
9	Pete Wolbart.....	14.79	1988
10	Jim Beigle.....	14.82	1981

## 400 HURDLES

1	Jon Devine.....	51.66	1987
2	Andrew White.....	52.30	1997
3	Kurt Schwartz.....	52.37	1993
4	Rasheed Anthony.....	52.61	1999
5	Rich Luttrell.....	52.64	1982
6	Eric Frederickson.....	52.66	1985
7	Ed Alazarqui.....	52.74	1982
8	Scott Campbell.....	52.94	1979
9	Rob Walling.....	53.20	1996
10	Steve Holloway.....	53.34	1966

## 4x100 RELAY

1	Paul Yun, JOSH FLEXMAN, Sean Holleman, Kyle Auclair.....	40.56	ncaa2001
2	Mariano Javco, Jay Lawson, Daryl Hill, Brett Smart.....	41.34	1982
3	Thachvu Ho, Skip Lind, Jason Holleman, Kwamin Taylor.....	41.41	1999
4	Jayson Sargent, Del Daniels, Jason Holleman, LaVarr Anderson.....	41.53	ccaa2000
5	<b>CHRIS VALENTINO, JOSH FLEXMAN, ROLAND CHU, KAJARI BURNS.....</b>	<b>41.54</b>	<b>2005</b>



# All-Time Top Outdoor Performers - Men

## 4x400 RELAY

1	<b>CHRIS CHOATE, JOSH FLEXMAN, ALFRED GIBBS, KAJARI BURNS</b>	3:11.90	2005
2	Matt Devine, Darryl Perry, Pete Wolbert, Jay Lawson	3:13.04	1986
3	Dave White, Ron Day, Shawn Rogers, Mike Barber	3:13.84	1982
4	Matt Briggs, Jason Holleman, Nate Evanhoe, Temo Trujillo	3:14.13	2001
5	Temo Trujillo, Matt Briggs, Byron Talley, Rasheed Anthony	3:14.62	2000
t6	Temo Trujillo, Skip Lind, Kwamin Taylor, Rasheed Anthony	3:14.68	1999
t6	Andrew Bach, Marty Watts, Rob Walling, John White	3:14.68	1995

## HIGH JUMP

1	Steve Link	2.19	(7-02.25)	1980
2	Grady Wilburn	2.13	(6-11.75)	2000
3	Dave Kahn	2.10	(6-10.75)	1983
t4	Nick Cimiluca	2.09	(6-10.25)	2000
t4	Ryan Indart	2.09	(6-10.25)	1997
t4	Tim Picarella	2.09	(6-10.25)	1977
t7	Jason Haley	†	(6-10.00)	1993
t7	Mike Moran	†	(6-10.00)	1987
9	Rich Brossart	2.07	(6-09.50)	1980
10	Tim Gelonek	2.06	(6-09.00)	1982

## POLE VAULT

1	Tony Moore	5.35	(17-06.50)	ncaa2001
2	Melvin Hempstead	5.28	(17-04.00)	1990
3	Brian Monroe	5.09	(16-08.50)	1992
t4	Mike Comaroto	5.05	(16-06.75)	2004
t4	Joe Sandrini	5.05	(16-06.75)	1989
t6	Trevor Boler	5.00	(16-04.75)	ncaa2000
t6	Youske Okano	5.00	(16-04.75)	1999
8	Andrew Avellar	4.98	(16-04.00)	1985
9	Guy Richmond	4.97	(16-03.75)	1988
t10	Garrett Spotts	4.90	(16-00.75)	1999
t10	David Gritz	4.90	(16-00.75)	1998
t10	Mike Haldezos	4.90	(16-00.75)	1997

## LONG JUMP

1	Jeff Billing	7.88	(25-10.25)	pa 2003
2	Jeff Abston	7.67	(25-02.00)	1983
3	Darin Zabel	7.57	(24-10.00)	1989
4	Bill Primbs	7.55	(24-09.25)	1992
5	Anthony Terry	7.43	(24-04.50)	1975
6	Tom Fernandez	7.40	(24-03.50)	1985
7	KYLE AUCLAIR	7.35	(24-01.50)	2003
8	Dave Williams	†	(23-09.75)	1968
9	Tim Gelonek	7.23	(23-08.75)	1982
t10	DeWayne Quinn	†	(23-07.00)	1991
t10	Bob Forbes	†	(23-07.00)	1941

## TRIPLE JUMP

1	Anthony Terry	16.06	(52-08.25)	1974
2	Rob Kozel	†	(50-06.50)	1991
3	Byron Patterson	15.39	(50-06.00)	1986
4	Johnathan Reed	15.25	(50-00.50)	2000
5	David Ramey	†	(49-09.50)	1991
6	Rob McLean	15.15	(49-08.50)	1993
7	Mike Wasson	15.06	(49-05.50)	1977
8	Jeff Zimmerman	†	(49-05.25)	1980
9	Gary Smith	15.05	(49-04.50)	2000
10	Grady Wilburn	15.02	(49-03.50)	2001

## SHOT PUT

1	Allen Babayan	17.63	(57-10.25)	1993
2	Henry Pfrehm	17.52	(57-05.75)	1973
3	Mike Baxter	17.50	(57-05.00)	1977
4	Charles Thomas	17.24	(56-06.75)	2001
5	<b>RYAN FRANK</b>	<b>16.92</b>	<b>(55-06.25)</b>	<b>2005</b>
6	Jim Kruger	†	(54-03.00)	1984
7	Joey Taylor	16.15	(53-00.00)	1993
8	Dewey Rundus	15.98	(52-05.25)	1966
9	Steve Adelman	15.84	(51-11.75)	1989
10	Joe Borges	15.79	(51-09.75)	ccaa2000

## DISCUS

1	Charles Thomas	57.60	(189-00)	ncaa2001
2	Tom Pipes	†	(181-02)	1973
3	RYAN FRANK	53.55	(175-08)	2004
4	JOHN CUNNIE	52.79	(173-02)	2004
5	Steve Perich	†	(170-03)	1977
6	Rob Wagner	†	(168-11)	1992
7	Ivan Zasimczuk	†	(166-08)	1997
8	Jeff Blakefield	†	(163-10)	1995
9	Joe Borges	49.68	(163-00)	2000
10	Jeff Safarick	†	(161-11)	1984

## JAVELIN

1	Mike Schmidt	†	(225-03)	1987
2	Dave Moore	†	(206-08)	1992
3	Robert Fitzpatrick	†	(202-01)	1994
4	<b>SHAUN COUNTRYMAN</b>	<b>60.47</b>	<b>(198-05)</b>	<b>2005</b>
5	Eric Johnson	†	(195-04)	1991
6	<b>MATT CHISAM</b>	<b>59.29</b>	<b>(194-06)</b>	<b>2005</b>
7	Mike Kuoppamaki	†	(193-08)	1997
8	<b>CHRIS CHISAM</b>	<b>58.86</b>	<b>(193-01)</b>	<b>2003</b>
9	Brent Downing	†	(193-00)	1990
10	Andy Fullerton	†	(192-05)	1997

## HAMMER

1	Robert Dilts	†	(215-04)	1995
2	Steve Adelman	†	(205-02)	1989
3	Joe Borges	62.30	(204-05)	1999
4	JOHN CUNNIE	62.89	(202-04)	ncaa2003
5	Robert Rubio	59.50	(195-02)	2004
6	<b>RYAN FRANK</b>	<b>59.09</b>	<b>(193-10)</b>	<b>2005</b>
7	Charles Thomas	57.54	(188-09)	ccaa2001
8	Ken Norlen	†	(188-06)	1987
9	Zach Reeves	57.40	(188-04)	2002
10	Eric Horn	†	(184-11)	1990

## DECATHLON

1	Tim Gelonek	7,430	1982
2	MATT CHISAM	7,189	ncaa2003
3	Ben Forbes	7,080	2003
4	Mike Kuoppamaki	7,056	1997
5	Robert Orr	6,882	1999
6	Jeff Scruggs	6,817	1979
7	Charlie Shattuck	6,784	1972
8	Jeff Coyner	6,651	1994
9	Bob Abbott	6,635	1976
10	Nick Cimiluca	6,501	1997

All times converted

† - no metric equivalent or mark not available

2005 marks in BOLD CAPS



# All-Time Top Indoor Performers - Women

## 55 METERS

1	Kelli Enos	7.30	2003
2	Cori Evans	7.39	1996
3	DANIELLE GREEN	7.40	2004
4	AMAYA GREENWOOD	7.47	2004
5	Angela Jensen	7.53	2003

## 60 METERS

1	Kelli Enos	7.81	2003
2	<b>EMILY AZEVEDO</b>	<b>7.99</b>	<b>2005</b>
3	<b>DANIELLE GREEN</b>	<b>8.02</b>	<b>2005</b>
4	<b>NATALIE RUSSELL</b>	<b>8.18</b>	<b>2005</b>
5	<b>GRETCHEN HAUSSLER</b>	<b>8.23</b>	<b>2005</b>

## 60 METERS HURDLE

1	<b>GRETCHEN HAUSSLER</b>	<b>8.86</b>	<b>2005</b>
2	<b>EMILY AZEVEDO</b>	<b>8.95</b>	<b>2005</b>
3	<b>NATALIE RUSSELL</b>	<b>9.11</b>	<b>2005</b>
4	<b>CAROLINE SHELDON</b>	<b>9.13</b>	<b>2005</b>

## 200 METERS

1	ROCHELLE CARTER	25.52	2004
2	Caroline Sheldon	25.88	2003
3	Angela Jensen	26.05	2003
4	Rose Criss	26.19	1998
5	<b>SEANTE BAKER</b>	<b>26.26</b>	<b>2005</b>

## 400 METERS

1	Kameelah Elarms	54.88	ncaa2001
2	Celise Carroll	56.31	1998
3	Rose Criss	56.53	1999
4	Jamila Demby	56.91	1999
5	LaVera Harris	57.22	1999

## 800 METERS

1	Suzy Jones	2:10.78	ncaa1996
2	Rose Criss	2:11.32	ncaa2001
3	Jessica Altnow	2:12.54	2002
4	Holiday Molway	2:14.39	1993
5	Jamila Demby	2:14.59	1999

## MILE

1	Suzy Jones	*4:38.06	ncaa1996
2	Sopagna Eap	5:00.65	2003
3	Katy Berkes	5:08.46	2002
4	Lisa Wallace	5:20.98	1997

\* - NCAA D-II Indoor Record

[Note: Jones also holds school 1,500 record at 4:25.97, set at 1995 NCAA Championships.]

## 3,000 METERS

1	Janet Roller	10:20.03	1994
2	Diana Harlick	10:21.92	1994
3	Laura Doering	10:36.12	1994

## 5,000 METERS

No marks

## 55 METER HURDLES

1	Celise Carroll	8.48	1998
2	Caroline Sheldon	8.58	2003
3	Julita Patil	8.70	1994

4	Karen Hsu	8.71	1994
5	Ashanti Ellis	8.74	2003

## 60 METER HURDLES

1	EMILY AZEVEDO	9.29	2004
2	CAROLINE SHELDON	9.56	2004
3	Katie McCanless	9.69	2004

## 4x400 RELAY

1	Tanisha Silas - Jioni Lewis Rose Criss - Kameelah Elarms	3:45.05	2001
2	Celise Carroll - Rose Criss Kameelah Elarms - Jamila Demby	3:45.12	ncaa1998
3	LaVera Harris - Rose Criss Kameelah Elarms - Jamila Demby	3:45.30	1999

## HIGH JUMP

t1	<b>CHELSEY MAUCK</b>	<b>1.71 (5-07.25)</b>	<b>2005</b>
t1	Anita Engelman	1.70 (5-07.00)	2000
t1	Kalina Freeman	1.70 (5-07.00)	1995
4	Kristina MacMillan	1.69 (5-06.50)	2001
5	Jennifer Lee	1.62 (5-03.75)	1999

## POLE VAULT

1	Jennifer Swanson	3.76 (12-04.00)	2000
2	Kaley Kitto	3.65 (11-11.75)	ncaa2001
t3	Heather Modesti	3.50 (11-05.75)	2003
t3	Gaea Schwaebe	3.50 (11-05.75)	2002
5	Janna Smith	3.20 (10-06.00)	2000

## LONG JUMP

1	Angela Orlando	5.83 (19-01.50)	ncaa1998
2	<b>JADE MYLES</b>	<b>5.53 (18-01.75)</b>	<b>2005</b>
3	Tammy Graham	5.47 (17-11.25)	1995
4	Demetria Summers	5.43 (17-09.75)	2000
5	Sarah Chan	5.38 (17-08.00)	2002

## TRIPLE JUMP

1	Tammy Graham	12.23 (40-01.50)	1996
2	Angela Orlando	12.20 (40-00.50)	ncaa1998
3	Jennifer Lagle	11.54 (37-10.50)	1996
4	<b>JADE MYLES</b>	<b>11.53 (37-10.00)</b>	<b>2005</b>
5	Marikka Mehserle	11.34 (37-02.50)	2003

## SHOT PUT

1	<b>SARAH CLINKENBEARD</b>	<b>13.82 (45-06.25)</b>	<b>2005</b>
2	Michelle Reis	13.68 (44-10.75)	1997
3	KIM GLEESON	13.51 (44-04.00)	2004
t4	Maureen Pacheco	12.58 (41-03.25)	2003
t4	Dawn Valentine	12.58 (41-03.25)	2001

## 20-LB. WEIGHT THROW

1	<b>SARAH CLINKENBEARD</b>	<b>16.03 (52-07.25)</b>	<b>2005</b>
2	Cassidy Kilburn	15.40 (50-06.25)	2002
3	Sara Oesch	13.39 (43-11.25)	2000
4	Lindsey Walker	13.05 (42-09.75)	1999

## PENTATHLON

1	<b>CAROLINE SHELDON</b>	<b>3,453</b>	<b>2005</b>
2	<b>JESSICA LORSON</b>	<b>2,915</b>	<b>2005</b>

All times converted  
2005 marks in BOLD CAPS



# All-Time Top Indoor Performers - Men

## 55 METERS

1	Josh Flexman	6.36	2002
2	Arnold Hardy	6.49	1994
3	Thachvu Ho	6.59	1996
4	Jayson Sargent	6.65	1998
5	Andrew Bach	6.71	1994

## 60 METERS

1	<b>JOSH FLEXMAN</b>	<b>6.86</b>	<b>2005</b>
2	<b>ROLAND CHU</b>	<b>7.24</b>	<b>2005</b>
3	<b>SCOTT LEE</b>	<b>7.27</b>	<b>2005</b>
4	<b>DANIEL LOEFFLER</b>	<b>7.37</b>	<b>2005</b>
5	<b>CHRIS ROTTICCI</b>	<b>7.50</b>	<b>2005</b>

## 60 METERS HURDLES

1	<b>MATT CHISAM</b>	<b>8.52</b>	<b>2005</b>
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## 200 METERS

1	<b>JOSH FLEXMAN</b>	<b>21.66</b>	<b>2005</b>
2	KAJARI BURNS	22.05	2005
3	Arnold Hardy	22.29	1994
4	ROLAND CHU	22.50	2005
5	Ken Jett	22.63	1994

## 400 METERS

1	<b>CHRIS CHOATE</b>	<b>48.78</b>	<b>2005</b>
2	Rasheed Anthony	48.91	1999
3	Marty Watts	48.96	1999
4	Kajari Burns	49.35	2003
5	<b>ALFRED GIBBS</b>	<b>49.49</b>	<b>2005</b>

## 800 METERS

1	Temo Trujillo	1:50.58	2002
2	<b>CHRIS FULLER</b>	<b>1:55.32</b>	<b>2005</b>
3	Kyle Dunst	1:52.73	2003
4	Mitch Townsend	1:57.31	1998
5	Sean Gross	1:57.32	2002

## MILE

1	Jak Kuehn	4:07.58	2002
2	Mark McManus	4:07.69	ncaa1997
3	David Ogilvie	4:13.66	2002
4	Steve Laurie	4:14.42	2004
5	Sean Gross	4:16.91	2002

## 3,000 METERS

1	Mark McManus	8:47.69	1997
2	Phil Kilbridge	9:14.17	1993

## 5,000 METERS

1	Steve Laurie	14:11.12	2004
2	Jeff Kaiser	14:22.59	ncaa2001
3	Scott Metzger	15:31.94	1993
4	Ryan Miller	15:32.63	2001
5	Adrian DeWald	15:55.37	1999

## 55 METER HURDLES

1	Byron Talley	7.67	2001
2	Bryan Irwin	7.73	2001
3	Dave Townsend	7.78	1995
4	Ian Kenworthy	7.90	2004
5	Ben Forbes	7.95	2002

## 60 METER HURDLES

1	Ian Kenworthy	8.64	2004
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## 4x400 RELAY

1	<b>ALFRED GIBBS - JOSH FLEXMAN CHRIS CHOATE - KAJARI BURNS</b>	<b>3:15.54</b>	<b>2005</b>
2	Skip Lind - Rasheed Anthony Temo Trujillo - Marty Watts	3:17.15	1999
3	Del Daniels - Byron Talley Temo Trujillo - Rasheed Anthony	3:17.15	2000

## DISTANCE MEDLEY RELAY

1	David Ogilvie - Nate Evanhoe Temo Trujillo - Jak Kuehn	10:03.99	2002
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## HIGH JUMP

1	Grady Wilburn	2.09 (6-10.25)	2001
2	John Gamber	2.03 (6-08.00)	1996
t3	Ben Forbes	1.98 (6-06.00)	2003
t3	Ryan Indart	1.98 (6-06.00)	1995
t3	Jason Haley	1.98 (6-06.00)	1993

## POLE VAULT

t1	Tony Moore	5.10 (16-08.75)	ncaa2001
t1	Trevor Boler	5.10 (16-08.75)	ncaa2000
3	Youske Okano	4.99 (16-04.50)	1999
4	Mike Kuoppamaki	4.78 (15-08.25)	1998
5	Garrett Spotts	4.76 (15-07.25)	2000

## LONG JUMP

1	Kyle Auclair	7.19 (23-07.25)	2004
2	Bill Primbs	† (23-07.00)	1993
3	Frank Ha	6.64 (21-09.50)	1998
4	Johnathan Reed	6.47 (21-02.75)	1999
5	<b>MATT CHISAM</b>	<b>6.39 (20-11.75)</b>	<b>2005</b>

## TRIPLE JUMP

1	Johnathan Reed	15.28 (50-01.75)	1999
2	Robert McLean	14.64 (48-00.50)	1994
3	Gary Smith	14.44 (47-04.50)	1999
4	Mike Jones	† (46-05.75)	1993
5	<b>MATT LESENYIE</b>	<b>14.13 (46-04.25)</b>	<b>2005</b>

## SHOT PUT

1	Allen Babayan	17.22 (56-06.00)	1993
2	Charles Thomas	17.04 (55-11.00)	2001
3	<b>RYAN FRANK</b>	<b>16.33 (53-07.00)</b>	<b>2005</b>
4	Joey Taylor	15.95 (52-04.00)	1993
5	Matt Little	14.44 (47-04.50)	1999

## 35-LB WEIGHT THROW

1	RYAN FRANK	18.58 (60-11.50)	2004
2	Joe Borges	18.31 (60-01.00)	2000
3	Charles Thomas	18.20 (59-08.50)	2001
4	Robert Rubio	17.12 (56-02.00)	2004
5	John Cunnie	16.26 (53-04.25)	2004

## HEPTATHLON

1	<b>MATT CHISAM</b>	<b>5,074</b>	<b>2005</b>
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All times converted  
2005 marks in BOLD CAPS