

NORTHERN COLORADO WOMEN'S INDOOR TRACK & FIELD RECORDS

[UPDATED FEB. 27, 2025]

55 Meters

1	6.95	Moriah Zachary	01/11/2015
	6.95	Amoni Ashby	12/02/2011
3	7.00	Alivia Ayers-Perry	12/11/2015
4	7.04	Rachel Hinker	12/06/2013
5	7.08	Lorna Peters	01/13/1985
6	7.09	Dorian Nesby	12/07/2018
7	7.16	Shaylee Robinette	12/04/2010
8	7.18	Brianna Pardner	12/11/2015
9	7.19	Tiana Porter	02/21/2014
10	7.21	Ashley Foster	12/07/2012

60 Meters

1	7.51	Moriah Zachary	02/25/2017
2	7.52	Rachel Hinker	01/25/2014
3	7.57	Alivia Ayers-Perry	02/06/2016
4	7.62	Amoni Ashby	01/13/2012
5	7.67	Dorian Nesby	01/27/2019
6	7.68	Syanne Algee	02/21/2019
7	7.69	Abby Weedor	02/27/2009
8	7.70	Brianna Pardner	02/26/2016
9	7.71	Ashley Foster	02/23/2018
	7.71	Dawnielle Lewis	01/18/2020

200 Meters

1	23.94	Wendira Moss	02/22/2024
2	24.02	Moriah Zachary	02/25/2017
3	24.60	Rachel Hinker	02/28/2014
4	24.71	Alivia Ayers-Perry	02/24/2017
5	24.74	Dorian Nesby	01/31/2019
6	24.84	Kelsi Schuetz	02/15/2020
7	25.05	Amoni Ashby	02/22/2013
8	25.10	Ashley Foster	02/26/2011
9	25.34	Craiesha Johnson	02/24/2023

300 Meters

1	39.87	Wendira Moss	12/10/2022
2	41.04	Joy Marlow	02/25/1989
3	41.14	RubyAnn Gregory	12/03/2021
4	41.78	Nancy Weber	02/02/1997
5	41.81	Craiesha Johnson	12/03/2021
6	42.72	Jana Nanez	02/24/1989
7	43.60	Jeanie Gabel	01/17/1987
8	43.73	Lisa Holden	01/28/1983
9	43.90	Susan Scruggs	02/02/1977
10	44.72	Christa Lloyd	02/03/1996

400 Meters

1	54.50	Wendira Moss	02/22/2024
2	55.32	Shaylee Robinette	02/26/2010
3	55.71	Justine Sandersfeld	02/27/2009
4	55.90	Cammy Sargent	01/24/2019
5	56.27	Mackenzie Howie	02/24/2017
6	56.43	Moriah Zachary	02/06/2016
7	56.51	Shalise Fernander	02/24/2017
8	56.57	Kelsi Schuetz	02/29/2020

500 Meters

1	1:17.09	Nancy Weber	02/02/1997
2	1:18.00	Lori Cabibi	02/24/1989
3	1:20.30	Lisa Smith	02/24/1989
4	1:20.94	Libbie Graham	1994
5	1:21.64	Kelley Hudson	02/24/1994
6	1:22.47	Christa Lloyd	02/10/1996
7	1:24.99	Susan Scruggs	02/12/1994
8	1:25.20	Tammy Mudder	1994
9	1:25.92	Connie Crabbs	02/12/1994

600 Meters

1	1:35.48	Wendira Moss	01/20/2023
2	1:37.66	Alicia Thompson	01/16/2016
3	1:39.79	Carly Browning	01/16/2016
4	1:39.86	Claire Harris	02/06/2016
5	1:40.30	Lori Cabibi	02/08/1991
6	1:42.24	Shantell Hafner	01/18/2024
7	1:42.48	Mackenzie Howie	12/07/2018
8	1:42.90	Gigi Doulliard	12/03/2021
9	1:42.91	Natalie Migliozi	01/17/2015
10	1:42.93	Claire Nowels	02/03/2024

800 Meters

1	2:05.50	Regina Mpigachai	02/21/2025
2	2:06.50	Cammy Sargent	01/31/2019
4	2:13.04	Ashley Atkin	02/22/2013
5	2:13.30	Alicia Thompson	02/25/2017
6	2:14.22	Shantell Hafner	02/22/2024
7	2:14.58	Libbie Simpson	01/13/1993
8	2:17.06	Carly Browning	02/5/2016
9	2:17.22	Lori Cabibi	1992
10	2:17.74	Viktorija Osipenko	02/08/2020

1000 Meters

1	2:48.39	Regina Mpigachai	01/12/2024
2	2:56.94	Shantell Hafner	01/21/2023
3	2:58.20	Libbie Simpson	03/02/1992
4	3:11.80	Danielle Avis	02/09/1983
5	3:12.66	Stephanie Carey	02/09/1983
6	3:20.55	Julie Derry	01/28/1983
7	3:21.29	Cherie Schlagel	02/24/1995
8	3:28.04	Teresa Zukelbah	02/01/1986
9	3:37.24	Lynea Inglefield	01/21/1995

1500 Meters

1	4:41.07	Linda Carlson	1976
2	4:51.9h	Georgia Sanz-Daniels	1988



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Mile

1	4:37.23	Regina Mpigachai	12/07/2024
2	4:54.79	Melodie Leroudier	01/22/2022
3	4:55.22	Chloe Rylance	02/10/2023
4	4:57.75	Rikki Gonzales	01/17/2014
5	5:00.76	Shantell Hafner	02/02/2024
6	5:04.43	Linda Carlson	1979
7	5:05.49	Cammy Sargent	02/03/2018
8	5:07.18	Summer Olson	02/02/2024
9	5:08.11	Caroline Braun	02/06/2016

3000 Meters

1	9:13.77	Regina Mpigachai	02/15/2025
2	9:53.92	Chloe Rylance	02/02/2024
3	10:01.02	Georgia Sanz-Daniels	1988
4	10:05.12	Melodie Leroudier	01/15/2022
5	10:07.08	Summer Olson	01/17/2025
6	10:07.93	Rikki Gonzales	01/19/2013
7	10:13.33	Shantell Hafner	12/13/2024
8	10:15.30	Julia Thigpen	02/02/2024
9	10:15.31	Caroline Braun	01/16/2016

5000 Meters

1	16:12.86	Regina Mpigachai	12/03/2022
2	17:25.09	Rikki Gonzales	02/02/2013
3	17:30.90	Julia Thigpen	02/02/2024
4	17:50.82	McKayla Gray	01/17/2014
5	17:59.01	Megan Horsch	02/26/2011
6	18:07.77	Kellie Callahan	02/26/2010
7	18:17.26	Erin Thomas	02/06/2016
8	18:37.32	Jessica Bower	1995
9	18:48.34	Cami Kennedy	01/13/2017
10	18:51.31	Alaina Anderson	02/03/2018

55 Hurdles

1	7.98h	Amber Solomon	12/06/2013
2	8.02	Amoni Ashby	02/22/2013
3	8.14	Kelly Coomes	02/26/2010
4	8.27	Semaye Johnson	12/08/2017
5	8.36	Natalie Owens	01/13/1999
	8.36	Beci Frahm	06/13/1905
7	8.40	Sara Dunaway	12/12/2014
8	8.41	Deandra Elcock	12/09/2016
9	8.50	Amanda Andrews	12/11/2015
10	8.59	Claire Harris	12/09/2016

60m Hurdles

1	8.41	Alexia Austin	02/22/2024
2	8.45	Amoni Ashby	02/27/2015
3	8.61	Tali Slafter	02/28/2009
4	8.63	Semaye Johnson	02/23/2018
5	8.69	Kelly Coomes	01/30/2010
6	8.76	Andrea Stark	01/22/2022
7	8.78	Amber Solomon	02/15/2014
8	8.79	Amanda Andrews	02/23/2018
9	8.85	Claire Harris	02/27/2016
10	8.91	Deandra Elcock	02/24/2017

4x400 Relay

3:45.88	S. Meinders, A. Ashby, A. Ayres-Perry, A. Allen	02/14/2015
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Distance Medley Relay

11:40.12	R. Mpigachai, C. Johnson, S. Hafner, C. Rylance	02/22/2024
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High Jump

1	5-8.75 (1.75m)	Kim Schiemenz	1998
2	5-7.25 (1.71m)	Nene Phenix	12/07/2019
3	5-7.00 (1.70m)	McKenna McGrath	12/06/2018
	5-7.00 (1.70m)	McKayla Bauer	12/07/2018
	5-7.00 (1.70m)	Rachael Stevens	02/20/2009
6	5-6.50 (1.69m)	Mackenzie Pettit	01/17/2020
7	5-5.75 (1.67m)	Alisha Allen	12/05/2013
8	5-5.00 (1.65m)	Kylie Chavez	12/07/2019
	5-5.00 (1.65m)	Katie McConnell	02/16/2008
10	5-4.50 (1.64m)	Allison Davis	01/20/2018

Long Jump

1	20-5.25 (6.24m)	Alisha Allen	02/27/2015
2	20-2.5 (6.16m)	Kiana Van Haaren	12/13/2024
3	19-5.50 (5.93m)	Rachel Hinker	12/06/2013
4	19-4.25 (5.90m)	Allison Davis	02/21/2019
5	19-3.50 (5.88m)	Beci Frahm	1989
6	19-3.25 (5.87m)	Jamie Holliday	12/09/2016
7	18-11.25 (5.78m)	Natasha Bruins	02/18/2016
8	18-10.75 (5.76m)	Tali Slafter	02/20/2009
9	18-10.00 (5.74m)	Jaelynn Lane	12/13/2024

Triple Jump

1	40-2.00 (12.24m)	Juliette Cossey	02/25/2017
2	39-4.5 (12.00m)	Jaelynn Lane	12/13/2024
3	39-1.25 (11.92m)	Nene Phenix	02/29/2020
4	38-11.50 (11.87m)	Dakota Divich	02/25/2017
5	38-11.00 (11.86m)	Alisha Allen	02/23/2013
6	38-10.50 (11.85m)	Ashley Register	01/26/2019
7	38-10.50 (11.85m)	Julie Salazar	1989
8	38-9.50 (11.82m)	Kylie Chavez	02/29/2020
9	37-11.25 (11.56m)	Victoria Whimple	12/02/2023
10	37-7.75 (11.47m)	Mackenzie Comstock	02/27/2014

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Pole Vault

1	12-5.50 (3.80m)	Karli Jelden	01/24/2015
2	11-11.75 (3.65m)	Alexa Oatman	12/03/2021
	11-11.75 (3.65m)	Stephanie Ryken	12/12/2014
4	11-9.00 (3.58m)	Zoie Hoben	02/21/2015
5	11-8.00 (3.56m)	Callie Whitlock	2002
6	11-1.75 (3.40m)	Brooke Walker	02/07/2020
7	11-0.75 (3.37m)	Samantha Kullish	12/13/2024
8	10-2.75 (3.12m)	Lindsay Bradford	02/17/2012
9	9-11.75 (3.04m)	Mackenzie Comstock	12/06/2013
10	9-1.50 (2.78m)	Sara Conlin	1/27/2007

Shot Put

1	44-5.50 (13.55m)	Stephanie Gebauer	01/13/1985
2	42-6.00 (12.95m)	Meaghan Green	02/13/2009
3	40-7.00 (12.37m)	Molly Porter	12/06/2013
4	39-9.75 (12.13m)	Julie King	01/23/2009
5	38-10.50 (11.85m)	Katie Dorman	12/12/2014
6	38-8.75 (11.80m)	Annita Alvarez	01/15/2010
7	37-9.21 (11.58m)	Jacquiline Palizzi	01/31/2015
8	37-1.25 (11.31m)	Mackenzie Pettit	01/17/2020
9	36-11.00 (11.25m)	Kasey Becco	01/22/2010
10	36-9.00 (11.20m)	Anya Turner	02/27/2020

Weight Throw

1	59-9.75 (18.23m)	Meaghan Green	02/20/2009
2	55-2.75 (16.83m)	Molly Potter	12/06/2013
3	53-3.00 (16.23)	Cortney Wilkerson	01/12/2013
4	49-1.75 (14.98m)	Julie King	02/20/2009
5	47-3.75 (14.42m)	Angie Lechman	2000
6	46-5.25 (14.16m)	Mary Shepherd	02/18/2001
7	45-1.75 (13.76m)	Kasey Becco	02/19/2010
8	41-8.75 (12.72m)	Jacqueline Palizzi	02/21/2014
9	41-5.54 (12.66m)	Natalie Schoendaller	01/31/2015
10	38-11.5 (11.88m)	Demi Anderson	02/18/2011

Pentathlon

1	3615	Mackenzie Pettit	01/16/2020
2	3611	Alisha Allen	02/25/2016
3	3583	Nancy Weber	1995
4	3571	McKenna McGrath	02/21/2019
5	3390	Natalie Migliozi	02/26/2015
6	3355	Deandra Elcock	02/02/2017
7	3354	Kelly Coomes	02/25/2011
8	3323	Claire Harris	02/23/2017
9	3300	Allison Davis	02/21/2019
10	3263	Anya Turner	02/07/2020



NORTHERN COLORADO MEN'S INDOOR TRACK & FIELD RECORDS

[UPDATED FEB. 27, 2025]

50 Yards

1	5.35	Jack Datz	02/01/1981
2	5.37	William White	02/01/1981
	5.37	J.D. Rowlett	01/21/1984
4	5.44co	Johnson	02/22/1971
5	5.54co	Mike Williams	03/06/1976
6	5.74co	Mick Busch	03/10/1973
	5.74co	Purdy	01/31/1976
	5.74co	Zach Ferrier	02/10/1976
	5.74co	Chris Banks	01/30/1982

50 Meters

1	5.68	Eric Oglesby	02/16/1984
2	5.72	Tom Walker	02/16/1984

60 Yards

1	6.44co	Mike Williams	03/01/1974
	6.44co	J.D. Rowlett	02/06/1986
3	6.54co	Kent Tompkins	02/20/1971
	6.54co	Mick Busch	02/19/1972
	6.54co	William White	02/20/1981
	6.54co	Eric Oglesby	03/08/1986
	6.54co	Rob Pardo	01/16/1988
	6.54co	Derris Davenport	01/16/1988
9	6.64co	Bill Sichler	02/19/1972
	6.64co	Gail Savage	02/23/1973
	6.64co	Ted Slighter	02/25/1978

55 Meters

1	6.18	Emanuel Meyers	01/29/1989
2	6.27	Lennis Campbell	01/13/1997
3	6.28	Isaiah Grady	12/06/2013
4	6.31	Noah Stiles	02/21/1998
5	6.35	J.D. Rowlett	03/09/1985
	6.35	Steve Kensinger	02/12/1994
7	6.37	Evan Taylor	12/03/2011
	6.37	Alex Donigian	12/03/2011
9	6.42	Alex Mead	12/11/2015
10	6.45	David Cruz	02/21/1998

60 Meters

1	6.66	Jerome Campbell	02/24/2023
2	6.76	Evan Taylor	02/24/2012
3	6.77	Isaiah Grady	02/09/2013
4	6.78	Terrence McGaughy	02/27/2009
5	6.80	Greg Laday	01/31/2019
6	6.83	Edgar Garcia	02/22/2024
7	6.88	Alex Donigan	02/11/2012
8	6.89	Alex Mead	02/10/2017
9	6.90	Raphael Egbuchelim	01/12/2024
	6.90	Floyd Samuels Jr.	01/17/2025

200 Meters

1	21.16	Evan Taylor	2/25/2012
2	21.19	Jerome Campbell	02/22/2024
3	21.30	William White	02/02/1982
4.	21.32	Zander Cruzan	02/01/2025
5	21.49	Terrence McGaughy	02/27/2009
6	21.53	Antoine Coates	02/29/2020
7	21.57	Raphael Egbuchelim	02/24/2023
8	21.61	Alex Mead	02/27/2014
9	21.69	Robert Pardo	1988
10.	21.70	August Van de Weijer	02/24/2023
	21.70	Edgar Garcia	02/21/2025

220 Yards

1	22.94co	Mike Williams	02/14/1976
2	23.14co	Johnson	02/22/1971
3	23.48	William White	02/07/1981
4	23.54co	Mick Busch	02/05/1972
5	23.64co	Zach Ferrier	02/17/1974
6	23.98	Dave Gonzales	02/07/1981
7	24.44co	Wilson West	02/04/1978
8	24.64co	Kent Tompkins	02/05/1972

300 Yards

1	30.84co	William White	02/19/1982
2	31.94co	Johnson	01/24/1976
	31.94co	Eric Oglesby	01/27/1984
	31.94co	Rob Pardo	03/03/1987
5	32.74	J.D. Rowlett	03/07/1986
6	32.74co	Wilson West	01/27/1979
7	32.94co	Mike Williams	01/24/1976
8	33.04co	Zach Ferrier	02/10/1976
9	33.22	David Gonzales	02/14/1981
10	33.44co	Mick Busch	02/23/1973

300 Meters

1	33.84	Raphael Egbuchelim	12/03/2023
2	34.35	Donovan Castillo	01/12/2024
3	34.42	Jerome Campbell	12/03/2022
4	34.63	Robert Pardo	03/04/1985
5	34.76	Augus Van de Weijer	12/03/2022
6	34.95	Michael Ciccio	12/03/2021
7	35.11	J.D. Rowlett	02/28/1993
8	35.46	Eric Oglesby	02/22/1986
9	35.70	William White	02/13/1982
10	35.87	Chris Banks	02/28/1993

400 Meters

1	46.29	Zander Cruzan	02/14/2025
2	47.13	Kyle Thomas	02/24/2018
3	47.37	Donovan Castillo	02/09/2024
4	47.40	Jordan Medina	02/28/2015
5	47.47	August Van de Weijer	02/25/2023
6	47.53	Raphael Egbuchelim	02/25/2023
7	47.88	Tyler Hoerner	02/26/2010
8	47.89	Adam Stark	01/31/2019
9	48.02	Alex Wesley	02/23/2018

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440 Yards

1	49.04co	William White	2/20/1980
2	50.24co	David Patterson	2/25/1978
3	50.84co	Irv Brown	2/25/1978
4	50.94co	Weidman	1971
5	51.44co	Bob Gehring	3/1/1974
	51.44co	Jeff Huntoon	1/24/1987
7	51.74co	Grayton Sanders	2/17/1973
8	51.85	Harold Johnson	2/23/1974
9	51.94co	Henry Hickman	2/20/1971
	51.94co	Whicker	1/24/1986

500 Meters

1	1:04.34	Marvin Adams	2/15/1998
2	1:05.12	Wayne Patton	2/15/1998
3	1:05.35	Jeff Huntoon	3/4/1988
4	1:05.75	Rob Kelly	2/24/1990
5	1:06.24	Kacey Garver	2/15/1998
6	1:06.40	Vogie Barrett	2/13/1982
7	1:06.66	Sean Joselyn	2/25/1994
8	1:06.67	Herman Barrett	2/25/1983
	1:06.67	Tate Metcalf	3/3/1988
10	1:06.93	Brenton Sellers	2/25/1995

600 Yards

1	1:12.13	Tyler Hoerner	1/23/2010
2	1:13.24co	Bob Cowles	3/1/1974
3	1:14.24co	Vincent Serniak	2/20/1980
4	1:14.45	Tyler Short	1/23/2010
5	1:15.44co	Scott Lamb	3/3/1987
6	1:15.40	Alex Schneider	1/22/2011
7	1:15.74co	Rob Kelly	1/26/1990
8	1:15.79	Travis Stanford	1/31/2009
9	1:15.94co	Dan Sweet	2/25/1978

600 Meters

1	1:19.38	Jesse Hayward	12/03/2022
2	1:19.64	August Van de Weijer	12/03/2022
3	1:20.99	Nathan Plant	02/14/2025
4	1:22.48	Jimmy Sablan	01/16/2016
5	1:22.67	Cameron Ross	12/07/2019
6	1:23.05	Sawyer Pehkonen	01/17/2015
7	1:23.55	Brenden Worley	12/07/2019
8	1:23.63	Evan Keely	12/07/2018
9	1:24.38	Rob Kelly	02/08/1991
10	1:24.54co	Yogi Barrett	01/30/1982

800 Meters

1	1:50.13	Jesse Hayward	02/16/2024
2	1:51.14	Zachery Wells	01/21/2023
3	1:53.02	Evan Keely	02/10/2018
4	1:53.03	Wayne Patton	01/13/1997
5	1:53.29	Nathan Plant	02/21/2025
6	1:54.57	Jay Schaeffer	02/24/1990
7	1:54.84	Cameron Ross	02/08/2020
8	1:54.85	Rojs Puks	02/08/2022
9	1:54.89	Paul Scott	02/22/1981

880 Yards

1	1:55.24co	Dan Rush	3/1/1974
2	1:57.74co	Jeff Barros	2/20/1980
3	1:58.28	George Dixon	1/29/1977
4	1:58.94co	Vince Serniak	2/19/1982
5	1:59.04co	Ron Berkshire	2/20/1971
	1:59.04co	Larry Heiderbrecht	2/20/1971
7	1:59.98	Paul Scott	2/14/1981
8	2:00.74co	Tate Metcalf	2/20/1987
9	2:01.24co	Mark Larson	2/25/1978
10	2:01.57	Zan Powell	2/20/1987

1000 Meters

1	2:29.76	Jesse Hayward	01/13/2024
2	2:30.86	Nathan Plant	01/18/2025
3	2:36.99	Colton Magnuson	2023
4	2:46.60	Ethan Hitchcock	2017
5	2:46.81	Lucas Mielke	2016
6	2:47.16	Evan Keely	2016
7	2:56.11	Steven Cross	2023
8	3:05.24	Ryan Pollyea	2025
9	3:07.41	Moise Bennett	2025
10	3:25.92	Jameson Rembert	2025

1500 Meters

1	3:49.30	Jay Shaeffer	1990
2	3:51.75	Jay Valentine	1989
3	3:57.10	Jeff Barros	3/1/1980
4	3:59.42	Kevin Flinn	2/22/1986
5	4:00.65	Jeff Kicia	1980
6	4:04.89	Lance Thompson	2/23/1991
7	4:05.54co	Joe Sheely	2/1/1981
8	4:05.80	Jerry Raehal	2/24/1995
9	4:08.90	John Durkin	2/27/1981
10	4:10.36	Enrique Gutierrez	2/12/1994

Mile

1	4:07.05	Zachery Wells	01/14/2023
2	4:07.30	Jay Shaeffer	02/10/1990
3	4:13.74	Jay Valentin	02/11/1989
4	4:13.85	Tom Quammen	02/23/1974
5	4:14.06	Josh Campbell	02/07/2020
6	4:16.14	Stephan Hass	01/31/2020
7	4:14.42	Jeremy Romero	01/31/2020
8	4:20.19	Joe Sheely	02/14/1981
9	4:20.43	Jerry Quammen	03/17/1973
10	4:21.00	Jeff Barros	02/10/1980

3000 Meters

1	8:20.16	Josh Campbell	01/31/2020
2	8:28.26	Jeremy Romero	02/08/2020
3	8:29.89	Stephan Haas	02/08/2020
4	8:35.80	Ryan Lehmuth	01/31/2020
5	8:35.90	Isaac Rascon	02/01/2025
6	8:36.75	Zachery Wells	01/13/2023
7	8:43.66	Isaiah Remington	01/31/2020
8	8:45.44	Jerry Raehal	03/04/1995
9	8:46.17	Logan Cole	01/08/2022



NORTHERN COLORADO MEN'S INDOOR TRACK & FIELD RECORDS

[UPDATED FEB. 27, 2025]

10 8:56.82

Colton Magnuson

2025

Two Mile

1	9:09.60	Jim French	02/23/1974
2	9:10.75	Dave Bosley	02/23/1974
3	9:19.60	Jim Faces	02/23/1974
4	9:33.66	Jeff Kicia	02/17/1980
5	9:35.00	Joe Sheely	02/19/1982
6	9:37.42	Jeff Barros	02/25/1979
7	9:39.50	Ken Folger	03/17/1973
8	9:40.00	Jay Valentine	01/17/1987
9	9:43.30	John Schlieker	02/23/1973

5000 Meters

1	14:29.47	Stephen Haas	02/01/2020
2	14:29.72	Jeff Kicia	01/13/1980
3	14:35.74	Joe Sheely	02/27/1982
4	14:39.18	Jeremy Romero	02/01/2020
5	14:49.13	Jon Heese	03/03/1995
6	14:51.01	Isaac Rascon	02/14/2025
7	14:56.96	Josh Campbell	01/31/2019
8	14:58.46	Ryan Lehmuth	02/08/2020
9	15:14.44	Isaiah Remington	02/01/2020

55 Meter High Hurdles

1	7.38	Brian Kula	02/11/1995
2	7.40	Jeff Huntoon	02/14/1987
3	7.47	Mike Bennett	01/26/1991
4	7.61	Cory Engel	12/02/2011
5	7.62	Nate Cole	01/31/1998
6	7.70	Sean Joselyn	02/06/1993
	7.70	Jeff Vaden	02/24/2007
8	7.78	Nick Vuolo	02/22/1992
9	7.80	Barry Shaul	02/14/1987
10	7.81	Isaiah Brown	12/11/2015

60 Meter High Hurdles

1	7.55	Jerome Campbell	02/21/2025
2	8.04	Mike Bennett	1991
3	8.23	Moise Bennett	02/22/2024
4	8.25	Jeff Vaden	02/01/2008
5	8.33	Jacob McDonough	02/22/2024
6	8.35	Sean Joselyn	01/29/1993
7	8.37	Cory Engel	02/24/2012
8	8.43	Randy Lindblad	03/01/1980
9	8.43	Richard Mattison	02/01/2008

4x400 Meter Relay

1	3:11.83	S. Pehkonen, A. Wesley, C. Sterling, J. Medina	02/14/2015
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Distance Medley Relay

1	9:54.46	J. Hayward, E. Garcia, N. Plant, Z. Wells	02/22/2024
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High Jump

1	7-1.00 (2.16m)	Bill Thomas	01/13/1983
2	7-0.25 (2.15m)	Trevor Evanson	02/22/2013

3	6-10.25 (2.09m)	Dave Howard	02/17/1980
4	6-9.50 (2.07m)	Jason Hale	02/05/1996
5	6-8.75 (2.05m)	Tanner Walsh	12/08/2018
	6-8.75 (2.05m)	Steve Blair	01/22/1994
7	6-8.25 (2.04m)	Jason Worrell	02/17/1989
8	6-8.00 (2.03m)	Doug Sarchet	02/23/1985
9	6-7.00 (2.01m)	Chris Jones	03/03/1987
10	6-6.25 (1.99m)	Jeff Coghill	02/23/1991

Long Jump

1	24-11 (7.59m)	Wayne Carter	1984
2	23-11.5 (7.30m)	Jason Hale	02/24/1995
3	23-10.25 (7.27m)	Mike Bennett	02/22/1991
4	23-7 (7.18m)	Lance Schwindt	02/08/1992
5	23-6 (7.16m)	Jeff Vaden	02/23/2007
6	23-5.5	Welre Olivier	02/26/2021
	23-5.5 (7.15m)	Brian Kula	02/03/1996
8	23-5 (7.13m)	Mike William	03/01/1974
9	23-4.75 (7.13m)	Rolyce Boston	01/22/2016
10	23-2 (7.06m)	Malachi Ewbanks	1/24/1997

Triple Jump

1	52-7.25 (16.03m)	Qwazon Al Khaliq	02/11/2022
2	51-1.75 (15.59m)	Welre Olivier	01/8/2022
3	50-5.50 (15.38m)	Jeff Coghill	1991
4	49-5.50 (15.07m)	Francisco Au	12/10/2015
5	49-2.50 (15.00m)	Tyler Thimsen	02/13/2021
6	48-11.00 (14.91m)	Wayne Carter	02/17/1980
7	48-10.00 (14.88m)	Jakeob Tagita	01/24/2019
8	48-9.50 (14.87m)	Hugo Jacobs Meyer	03/10/1973
9	48-2.00 (14.68m)	Rayvon Solomon	02/24/2018
10	48-0.00 (14.63m)	Clayborne Haynie	02/12/1988

Pole Vault

1	17-3.00 (5.26m)	Mike Thompson	03/03/1989
2	15-7.25 (4.75m)	Matt Seitz	1989
3	15-7.00 (4.75m)	Brian Kula	03/04/1995
4	15-6.00 (4.72m)	Van Davies	02/05/1972
	15-6.00 (4.72m)	Brady Henderson	01/24/1976
	15-6.00 (4.72m)	Mike Bennett	01/22/1993
7	15-3.50 (4.66m)	Skip Cummings	01/29/1977
8	15-3.00 (4.65m)	Alius Evans	02/21/2020
9	15-1.75 (4.62m)	Liam Johnson	02/27/2020
10	15-1.00 (4.60m)	Steve Blair	02/08/1992

Shot Put

1	55-2.25 (16.82m)	Patrick Berg	02/16/2008
2	54-3.25 (16.54m)	JD Martin	01/13/2003
3	51-6.5 (15.71m)	Omar El Mabari	02/19/1982
4	51-5 (15.67m)	Terry Tracey	01/27/1984
5	50-5.25 (15.37m)	Karl Dodge	02/26/1993
6	50-4.5 (15.35m)	Sam White	02/19/1994
7	50-4.25 (15.34m)	Gary Gertner	01/30/1982
8	49-5 (15.06m)	Junior Jennings	02/21/1986
9	49-3.5 (15.02m)	Doug Potter	03/10/1973



NORTHERN COLORADO MEN'S INDOOR TRACK & FIELD RECORDS

[UPDATED FEB. 27, 2025]

10 48-11.75 (14.93m) Harry Tillman 02/24/1995

Weight Throw

1	58-3.25 (17.76m)	Patrick Berg	02/26/2010
2	51-11.25 (15.83m)	Sean Conlin	02/17/2012
3	51-4.25 (15.65m)	Karl Dodge	03/06/1993
4	50-5.25 (15.37m)	Nathan Grooms	02/10/2007
5	46-9.5 (14.26m)	Tony DiPaolo	02/21/1998
6	46-0.75 (14.04m)	Sam White	02/19/1994
7	45-0.25 (13.72m)	Hunter	1971
8	44-11.5 (13.7m)	Larry Johnson	02/15/2014
9	42-9.5 (13.04m)	Alex Kelley	12/07/2012
10	42-5.5 (12.94m)	Marry Zulkjasic	02/10/1986

Heptathlon

1	4707	Steve Blair	1993
2	4493	Brian Kula	1993
3	4475	Steven Cross	02/23/2023
4	4456	Ryan Pollyea	12/13/2024
5	4231	Ethan Hitchcock	02/04/2017
6	3710	John Moeller	1993
7	2879	Erick Zimbelman	1993

Pentathlon

1	3817	Mike Bennett	2/17/1991
2	3684	Brian Kula	2/24/1995
3	2618	Rod Rudel	3/3/1984
4	3598	Harry Tillman	2/24/1995
5	3510	Mike Allen	1/30/1998
6	3378	Steve Blair	2/26/1993
7	3337	Greg Krasovec	2/14/1987
8	3328	Brad Graham	2/14/1987
9	3313	Nick Vuolo	2/24/1995
10	3308	Jeff Huntoon	2/14/1987

Heptathlon

1 4456 Ryan Pollyea 01/17/2025

*co = converted from hand time

bold = indicates active students-athlete

** Northern Colorado did not sponsor Indoor Track & Field from 1999 through 2006 - it was a club sport and therefore those marks are not eligible for records.



NORTHERN COLORADO WOMEN'S OUTDOOR TRACK & FIELD RECORDS

[UPDATED MAY 16, 2025]

100 Meters

1	Lorna Peters	11.51	1985
2	Moriah Zachary	11.68	05/13/2016
3	Alivia Ayres Perry	11.78	04/15/2016
4	Brianna Pardner	11.87	04/29/2017
	Wendira Moss	11.87 (1.9)	03/29/24
6	Rachel Hinker	11.88	05/11/2013
7	Amoni Ashby	12.01	03/31/2012
8	Kiana Van Haaren	12.07	04/12/2025
9	Ashley Foster	12.10	03/23/2012
	Alexia Austin	12.10 (1.1)	04/05/2024

200 Meters

1	Moriah Zachary	23.72	05/13/2016
2	Wendira Moss	23.74	05/08/2024
3	Lorna Peters	23.88	1984
4	Alivia Ayres-Perry	24.47	04/02/2016
5	Kelsi Shuetz	24.52	04/19/2019
6	Rachel Hinker	24.56	04/21/2013
7	Ashley Foster	24.58	05/09/2012
8	Dorian Nesby	24.63	04/19/2019
9	Abby Weedor	24.63	04/24/2010
10	Beth Statler	24.78	2001

400 Meters

1	Wendira Moss	54.00	05/08/2024
2	Susan Meinders	54.04	04/11/2015
3	Justine Sandersfield	54.93	05/16/2008
4	Sabrina Richman	55.31	05/15/2022
5	Shaylee Robinette	55.43	04/11/2009
6	Samantha Strempeke	55.80	05/09/2012
7	Kelsi Shuetz	55.87	05/11/2018
8	Moriah Zachary	55.87	03/28/2015
9	Cammy Sargent	56.06	03/25/2017
10	Nancy Weber	56.10	1997

800 Meters

1	Regina Mpigachai	2:04.98	04/14/2023
2	Cammy Sargent	2:07.32	04/26/2019
3	Libbie Simpson	2:10.66	1992
4	Ashley Atkin	2:10.67	05/10/2013
5	Alicia Thompson	2:11.84	05/13/2016
6	Nancy Weber	2:12.89	1997
7	Amy Engebretson	2:13.16	05/14/2005
8	Shantell Hafner	2:13.69	05/03/2025
9	Chloe Rylance	2:14.04	04/08/2023
10	Lauren Iseman	2:14.21	05/12/2010

1500 Meters

1	Regina Mpigachai	4:16.46	04/12/2024
2	Melodie Leroudier	4:27.20	05/12/2021
3	Rikki Gonzalez	4:28.78	05/11/2013
4	Chloe Rylance	4:31.03	04/15/2023
5	Cammy Sargent	4:31.49	04/20/2018
6	Katie Hostetler-Farris	4:31.50	2002
7	Miranda Ernst	4:31.67	2003
8	Shantell Hafner	4:32.15	04/18/2025
9	Megan Horsch	4:33.67	05/14/2011
10	Alicia Thompson	4:37.52	04/21/2018

3000 Meter Steeplechase

1	Katy East	10:45.54	04/12/2017
2	Amanda Ewing	10:54.65	2001
3	Caroline Braun	10:55.17	04/15/2016
4	Erin Thomas	11:06.72	04/15/2016
5	Rikki Gonzalez	11:33.15	04/13/2013
6	Adrianna Sikora	11:38.31	1998
7	Lindsey Grams	11:57.16	1998
8	Emily Wilson	12:00.77	03/30/2019
9	Nicole Larson	12:07.28	05/13/2011
10	Megan Stenbeck	12:17.77	2003

3000 Meters

1	Regina Mpigachai	9:32.95	04/5/2024
2	Miranda Ernst	10:04.40	2003
3	Judy McCreery	10:09.49	1979
4	Katie Hostetler-Farris	10:09.80	2002
5	Chloe Rylance	10:12.74	03/25/2023
6	Amanda Ewing	10:15.10	2001
7	Monique Guidry	10:24.44	1985
8	McKayla Gray	10:25.33	04/12/2014
9	Adrienne Sikora	10:27.88	1998

5000 Meters

1	Regina Mpigachai	16:47.10	04/29/2023
2	Miranda Ernst	16:48.68	2003
3	Melodie Leroudier	16:53.79	04/1/2022
4	Rikki Gonzales	17:08.63	04/20/2013
5	Judy McCreery	17:12.24	1980
6	Chloe Rylance	17:25.17	03/29/2024
7	Summer Olson	17:38.79	04/28/2024
8	Adrienne Sikora	17:41.78	1998
9	Megan Horsch	17:43.67	04/20/2011
10	McKayla Gray	17:47.97	04/20/2013

10,000 Meters

1	Regina Mpigachai	33:40.33	03/31/2023
2	Judy McCreery	34:49.34	1980
3	McKayla Gray	36:23.85	04/18/2014
4	Monique Guidry	36:36.44	1985
5	Karen Smidt	36:52.53	1998
6	Alaina Anderson	37:27.90	04/19/2018
7	Jessica Bower	37:58.70	1996
8	Tanelle Berard	38:19.69	05/09/2012
9	Rochelle Blea-Garcia	39:16.29	1995
10	Julia Thigpen	39:15.70	2024

100 Meter Hurdles

1	Alexia Austin	13.48	05/08/2024
2	Semaye Johnson	13.86	05/11/2018
3	Kelly Coomes	13.88	05/14/2011
4	Amoni Ashby	13.93	05/03/2013
5	Kristy Schreiber	14.00	2000
6	Claire Harris	14.17	05/11/2016
7	Zion Smith	14.17	05/15/2021
8	Sherika Thomas	14.19	05/16/2025
9	Amber Solomon	14.20	05/03/2021
10	Tali Slafter	14.20	05/15/2009



NORTHERN COLORADO WOMEN'S OUTDOOR TRACK & FIELD RECORDS

[UPDATED MAY 16, 2025]

400 Meter Hurdles

1	Susan Meinders	58.38	05/01/2015
2	Amoni Ashby	58.98	05/03/2014
3	Nancy Weber	59.19	1997
4	Craiesha Johnson	1:00.11	05/14/2022
5	Patti Newton	1:01.39	1991
6	Ashley Stec	1:02.11	05/12/2006
7	Mackenzie Howie	1:02.14	04/22/2017
8	Claire Harris	1:02.19	04/22/2017
9	Jennifer Kishimoto	1:02.30	04/28/2006
10	Keira Kohls	1:02.37	05/13/2011

4x100 Relay

45.06	B. Pardner, A. Ayres-Perry, S. Lishchynsky, M. Zachary	04/29/2017
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4x400 Relay

3:44.16	S. Meinders, S. Strempeke, A. Ashby, A. Allen	05/17/2014
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High Jump

1	Kim Schiemenz	5'10.50" (1.79m)	2000
2	McKenna McGrath	5'8.75" (1.75m)	03/30/2019
	Rachael Stevens	5'8.75" (1.75m)	05/16/2008
4	Jill Fadenrecht	5'8.50" (1.74m)	2000
5	McKayla Bauer	5'7.25 (1.71m)	04/05/2019
6	Alisha Allen	5'7.00" (1.70m)	04/06/2016
	Nancy Weber	5'7.00" (1.70m)	1996
	Tammy McDonald	5'7.00" (1.70m)	1981
	Tammy Runyan	5'7.00" (1.70m)	1978
10	Cindy McCarroll	5'6.25" (1.68m)	05/14/2005

Long Jump

1	Kiana Van Haaren	20' 9.00" (6.33m)	05/03/2025
2	Alisha Allen	20'5.25" (6.23m)	05/15/2015
3	Alison Davis	20'1.00" (6.12m)	03/30/2019
4	Beci Frahm	19'10.25" (6.05m)	1989
5	Rachel Hinker	19'6.75" (5.96m)	05/03/2014
6	Juliette Cossey	19'2.00" (5.84m)	04/29/2017
7	Jamie Holliday	19'1.25" (5.82m)	05/10/2018
	Alyssa Bettendorf	19'1.25" (5.82m)	04/29/2017
9	Ashley Register	18'11.75" (5.78m)	05/08/2019

Triple Jump

1	Jaelynn Lane	40' 4.25" (12.30m)	05/03/2025
2	Juliette Cossey	40'2.00" (12.24m)	05/13/2017
3	Ashley Register	39'5.75" (12.03m)	04/19/2019
4	Kylie Chavez	39'5.00" (12.01m)	04/19/2019
5	Alisha Allen	39'3.00" (11.96m)	05/16/2015
6	Julie Salazar	38'10.50" (11.85m)	1989
7	Melissa Lingle	38'8.25" (11.79m)	1989
8	Dakota Divich	38'1.25" (11.61m)	05/13/2017
9	Michelle Ratzlaff	37'11.25" (11.56m)	1990
10	Liz Nickles	37'10.00" (11.53m)	04/02/2011

Pole Vault

1	Karli Jelden	12'7.50" (3.85m)	04/04/2015
2	Callie Whitlock	12'2.00" (3.71m)	2003
3	Brooke Walker	11'10.00" (3.61m)	04/19/2019
4	Stephanie Ryken	11'10.00" (3.61m)	04/27/2013
5	Alexa Oatman	11'8.11" (3.60m)	04/08/2023
6	Zoie Hoben	11'6.25" (3.51m)	04/18/2014
7	Samantha Kullish	11' 3.75" (3.45m)	05/03/2025
8	Tiffany Fields	11'0.25" (3.36m)	2003
9	Denise Perriton	10'11.75" (3.35m)	2001
10	Lindsay Bradford	10'8.00" (3.25m)	05/03/2014

Shot Put

1	47-5.75 (14.47m)	Sarah Albers	1981
2	44-9.25 (13.64m)	Elizabeth Felker	1992
3	44-5.75 (13.55m)	Stephanie Gebauer	1985
4	44-0 (13.41m)	Darnell Bane	1998
5	43-5.75 (13.25m)	Meaghan Green	5/15/2009
6	42-10.75 (13.07m)	Amy House	1993
7	42-2.5 (12.86m)	Amy Cook	1986
8	41-7.5 (12.68m)	Lorena Sparks	1988
9	40-4.25 (12.30m)	Julie King	5/9/2009
10	40-0.5 (12.20m)	Misti Burmeister	1999
	40-0.5 (12.20m)	Jaynell Kekona	1993

Discus

1	Keri Kenney	155'3.00" (47.34m)	1991
2	Meaghan Green	150'10.00" (45.98m)	03/21/2009
3	Elizabeth Felker	146' 11.00" (44.80m)	1993
4	Sarah Albers	143'9.00" (43.38m)	1982
5	Amy Cook	134'2.00" (40.89m)	1986
6	Mary Shepherd	133'8.00" (40.76m)	04/03/2010
7	Brandy Smith-Lowe	133'1.00" (40.56m)	1997
8	Megan Sheneflet	131' 11.00" (39.92m)	2000
9	Angie Lechman	130' 0.00" (39.64m)	1997
10	Diane Worner	128'3.00" (39.11m)	1982

Hammer

1	Meaghan Green	180'3.00" (54.94m)	1991
2	Cortney Wilkerson	160'8.00" (48.97m)	03/21/2009
3	Angie Lechman	158'1.00" (48.18m)	1993
4	Mary Shepherd	157'3.00" (47.94m)	1982
5	Brandy Smith-Lowe	157'2.00" (47.90m)	1986
6	Molly Potter	155'11.00" (47.52m)	4/3/2010
7	Julie King	154' 0.00" (46.94m)	1997
8	Jacqueline Palizzi	144'1.00" (43.92m)	2000
9	Megan Sheneflet	138'4.00" (42.16m)	1997
10	Darnell Bane	138'4.00" (42.16m)	1982



NORTHERN COLORADO WOMEN'S OUTDOOR TRACK & FIELD RECORDS

[UPDATED MAY 16, 2025]

Javelin

1	Kelley Cobb	154'8.00" (47.16m)	04/21/2005
2	Kim Schiemenz	134'2.00" (40.91m)	2000
3	Samantha Rogers	130' 4.58 (39.74m)	03/31/2023
4	Renee Ostertag	126'3.00" (38.48m)	2000
5	Gwen Seelye	122' 0.00" (37.18m)	05/09/2025
6	Anya Turner	121'2.00" (36.93m)	04/09/2021
7	Amber Elliott	118'1.00" (36.01m)	2001
8	Ainsley Oates	117'1.00" (35.69m)	05/06/2016
9	Felicia Wacker	116'8.00" (35.56m)	2003

Heptathlon

1	Kim Schiemenz	5602	2000
2	Nancy Weber	5107	1997
3	Kelly Coomes	5082	05/12/2011
4	Renee Ostertag	5081	2000
5	Mackenzie Pettit	4996	04/16/2021
6	Alisha Allen	4898	05/12/2016
7	Jill Fadenrecht	4703	2002
8	Anya Turner	4673	04/16/2021
	Natalie Migliozi	4673	05/15/2014
10	Deandra Elcock	4659	05/11/2017

NORTHERN COLORADO MEN'S OUTDOOR TRACK & FIELD RECORDS

[UPDATED MAY 16, 2025]

100 Meters

1 10.13	Jerome Campbell	05/03/2025
2 10.41	Eric Oglesby	1985
3 10.44	Lennis Campbell	1999
10.44co	Mike Williams	1975
10.44co	Mike Busch	1974
6 10.46	Edgar Garcia	05/08/2024
10.46	Raphael Egbuchelim	04/23/2023
10.46	Noah Stiles	1999
9 10.52	Emmanuel Meyers	1988
10 10.54	J.D. Rowlett	1985
10.54co	Harold Johnson	1975

200 Meters

1 20.78	Jerome Campbell	05/08/2024
2 20.84co	Mick Busch	1972
3 20.92	Raphael Egbuchelim	05/12/2023
4 21.02co	Harold Johnson	1976
5 21.04	Edgar Garcia	05/08/2024
6 21.10	Alex Wesley	04/14/2018
7 21.15	Zander Cruzan	05/09/2025
8 21.16	Evan Taylor	05/14/2011
9 21.22	Antoine Coates	04/19/2019
21.22	Terrence McGaughy	04/19/2008

400 Meters

1 45.79	Raphael Egbuchelim	05/25/2023
2 45.91	Alex Wesley	06/06/2018
3 45.97	Zander Cruzan	04/05/2025
4 46.54	August Van de Weijer	04/14/2023
5 46.76	Sherown Campbell	05/12/2006
6 46.84	Donovan Castillo	05/08/2024
7 46.96	William White	1982
8 46.97	Kyle Thomas	03/31/2018
9 47.04co	Wilson West	1982
10 47.06	Andrew Kjellsen	04/28/2007

800 Meters

1 1:48.90	Jesse Hayward	04/12/2024
2 1:49.14co	Don Rush	1975
3 1:50.40	Wayne Patton	1997
4 1:50.42	Zach Wells	04/27/2024
5 1:51.95	Dylan Wilson	05/16/2025
6 1:52.21	Evan Keely	04/19/2019
7 1:52.21	Josh Carter	1997
8 1:52.29	Nathan Plant	05/16/2025
9 1:52.49	Josh Dahlberg	1998
10 1:52.84	Dan Larson	05/15/2009

1500 Meters

1 3:44.02	Zach Wells	05/08/2024
2 3:49.30	Jay Shaeffer	1990
3 3:51.11	Jeremy Romero	05/10/2019
4 3:52.72	Jesse Hayward	04/18/2024
5 3:52.93	Josh Campbell	04/12/2019
6 3:54.14co	Tom Quammen	1974
7 3:54.41	Dylan Wilson	04/05/2025
8 3:55.28	Nathan Plant	03/29/2025
9 3:55.79	Steve Hackworth	1998
10 3:56.88	Wayne Patton	1997

3000 Meter Steeplechase

1 8:54.99	Jay Valentine	1987
2 8:55.97	Steve Hackworth	1998
3 9:13.04co	Ken Folger	1973
4 9:29.59	Daniel Sojka	05/11/2011
5 9:36.53	Matt Maske	1993
6 9:40.82	Michael Trahan	05/12/2007
7 9:43.44co	Lance Thompson	1991
8 9:46.35	Jeff Barros	1976
9 9:51.19	Jerry Haehal	1994
10 9:51.24co	Ed Bingham	1969

3000 Meters

1 8:34.71	Isaac Rascon	04/04/2025
2 8:36.74	Dylan Wilson	04/04/2025
3 8:40.02	Stephen Haas	03/17/2018
4 8:42.13	Jeremy Romero	04/07/2018
5 8:54.21	Josh Campbell	03/17/2018
6 8:55.18	Isaiah Remington	04/06/2019
7 9:11.80	Charles Hillig	04/08/2006
8 9:13.00	Daniel Sojka	04/10/2010
9 9:13.10	Tristan Irish	04/08/2016

5000 Meters

1 14:01.84co	Jeff Kicia	1980
2 14:22.19	Stephen Haas	04/26/2019
3 14:29.44co	Jim French	1974
4 14:29.54co	Jim Faes	1974
5 14:35.74	Joe Sheely	1982
6 14:36.94	Josh Campbell	04/26/2019
7 14:37.51	Jeremy Romero	04/12/2019
8 14:41.86	Isaac Rascon	04/12/2025
9 14:46.42	Ryan Lehmuth	04/12/2019
10 14:49.74co	Steve Hackworth	1999

NORTHERN COLORADO MEN'S OUTDOOR TRACK & FIELD RECORDS

[UPDATED MAY 16, 2025]

10,000 Meters

1	30:28.24co	Jeff Kicia	1980
2	30:41.65	Stephen Haas	03/30/2019
3	31:04.64	Jon Heese	1995
4	31:07.24co	Joe Sheely	1982
5	32:23.34co	Brent Terry	1985
6	32:23.46	Keegan Speche	05/12/2007
7	32:29.30	Josh Rogerson	05/30/2019
8	32:30.94co	Kelly Spink	1988
9	33:10.34	Tristan Irish	03/30/2019
10	33:17.14co	Hal McKelvy	1994

110 Meter Hurdles

1	13.30	Jerome Campbell	05/22/2024
2	14.03	Brian Kula	1997
3	14.34	Sean Joselyn	1992
	14.34co	Jeff Huntoon	1988
	14.34co	F.D. Stoops	1967
6	14.45	Nick Sims	2003
7	14.45	Mike Bennett	1991
8	14.53	Moise Bennett	04/08/2023
9	14.54co	Terry Dunn	1975
	14.54co	Keith Weideman	1971

400 Meter Hurdles

1	51.57	Tyler Short	05/12/2010
2	51.78	Nate Cole	2003
3	51.92	Nick Sims	2003
4	52.66	Andy Kemmer	05/16/2014
5	52.70	Alex Ayers	05/11/2019
6	52.81	Tyler Hoerner	05/08/2010
7	53.04co	Bernie Kendall	1967
8	53.14co	Keith Weideman	1971
9	53.20	Sean Joselyn	1994
10	53.47	Mitch Hinrichs	1998

4x100 Relay

40.19	K. Thomas, A. Wesley, D. Graves, A. Mead	04/14/2018
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4x400 Relay

3:09.02	A. Wesley, S. Pehkonen, I. Grady, J. Medina	05/01/2018
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High Jump

1	7-3.50 (2.22m)	Bill Thomas	1981
2	7-1.00 (2.16m)	Trevor Evanson	05/23/2013
3	7-0.50(2.14m)	James Randle	2003
4	6-10.75 (2.10m)	Jason Hale	1996
	6-10.75 (2.10m)	Jason Worrell	1989
	6-10.75 (2.10m)	David Howard	1980
7	6-9.00 (2.06m)	Mark Passard	1999
	6-9.00 (2.06m)	Lowell Huffman	1967
9	6-8.75 (2.05m)	Steve Blair	1992
10	6-8.00 (2.03m)	Kendrick Irby	2003
	6-8.00 (2.03m)	Jeff Coghill	1991
	6-8.00 (2.03m)	Doug Sarchet	1985
	6-8.00 (2.03m)	Julius Mason	1982
	6-8.00 (2.03m)	Bill Hudson	1982
	6-8.00 (2.03m)	Dwight Montgomery	1970

Long Jump

1	24-5.75 (7.46m)	Mike Bennett	1991
2	24-1.75 (7.36m)	Mike Richardson	2001
3	24-1.00 (7.34m)	Malachi Ewbank	1997
	24-1.00 (7.34m)	Jeff Coghill	1991
	24-1.00 (7.34m)	Jim Brandon	1969
6	24-0.75 (7.33m)	Welre Olivier	05/13/2022
7	23-11.00 (7.29m)	Ben Brittenham	2003
8	23-11.00 (7.29m)	Pat Gabriel	1975
9	23-10.75 (7.28m)	Brian Kula	1996
10	23-10.00 (7.26m)	Rolyce Boston	05/15/2015

Triple Jump

1	53-5.75 (16.30m)	Qwazon Al-Khaliq	05/06/2022
2	52-2.75 (15.92m)	Welre Olivier	05/14/2022
3	51-1.00 (15.57m)	Mike Richardson	2001
4	50-7.25 (15.42m)	Tyler Thimsen	05/26/2021
5	50-5.50 (15.38m)	Jeff Coghill	1991
	50-5.50 (15.38m)	Hugo Jacobsmeyer	1973
7	48-11.75 (14.93m)	Rayvon Solomon	05/11/2018
8	48-9.50 (14.87m)	Francisco Au	05/16/2015
9	48-7.75 (14.83m)	Kaliff Guevara	05/03/2025
10	48-7.00 (14.80m)	Wayne Carter	1981

Pole Vault

1	17-7.25 (5.36m)	Mike Thompson	1989
2	16-7.5 (5.06m)	Van Davies	1972
3	16-0 (4.88m)	Rod Rudel	1984
	16-0 (4.88m)	Mike Mattivi	1974
5	15-10 (4.32m)	Brian Kula	1996
6	15-9 (4.80m)	Mike Bennett	1992
7	15-7.25 (4.76m)	Skip Cunningham	1977
8	15-6.25 (4.73m)	Ed Newberg	1980
9	15-5.75 (4.72m)	Alius Evans	04/24/2021
	15-75 (4.72m)	Mark Roggy	1980
	15-75 (4.72m)	Randy Henderson	1976

NORTHERN COLORADO MEN'S OUTDOOR TRACK & FIELD RECORDS

[UPDATED MAY 16, 2025]

Shot Put

1	56-7.25 (17.25m)	J.D. Martin	2003
2	55-3.75 (16.86m)	Patrick Berg	05/12/2010
3	54-2.25 (16.51m)	Omar Magbari	1980
4	52-6 (16.00m)	Gary Gertner	1982
5	52-2.25 (15.90m)	Mike Tomasini	1966
6	52-2 (15.90m)	Terry Tracy	1984
7	51-6 (15.69m)	Bob Ring	1960
8	51-4.5 (15.65m)	Karl Dodge	1993
9	50-4.5 (15.35m)	Sam White	1994
10	50-4 (15.34m)	Junior Jennings	1986

Discus

1	182-2 (55.52m)	J.D. Martin	04/15/2004
2	179-11 (54.83m)	Karl Dodge	1993
3	174-8 (53.23m)	Terry Tracy	1985
4	173-1 (52.75m)	Drew Loftin	2001
5	167-1 (50.93m)	Patrick Berg	05/1/2010
6	162-6 (49.53m)	Kevin Buss	1989
7	161-3 (49.14m)	Mike Tomasini	1967
8	155-5 (47.37m)	Fred Graffenheim	1977
9	153-4 (46.73m)	Tony DiPaolo	1998
10	151-8 (46.22m)	Dean Younker	1991

Hammer

1	195-4 (59.53m)	Drew Loftin	2001
2	175-10 (53.60m)	Patrick Berg	04/24/2009
3	163-8 (49.90m)	Nathan Grooms	05/05/2007
4	156-0 (47.54m)	Sean Conlin	05/01/2011
5	155-10 (47.49m)	Karl Dodge	1993
6	144-8 (44.09m)	J.D. Martin	2001
7	138-3 (42.13m)	R.J. Westling	1999
8	137-7 (41.93m)	Tony DiPaolo	1998
9	136-11 (41.74m)	Kyle McDonald	03/27/2004
10	135-11 (41.43m)	Charles Smith	03/21/2009

Javelin

1	205-3 (62.56m)	Nick Vuolo	1994
2	204-1 (62.20m)	Scot Gagnon	1990
3	199-9 (60.88m)	Brian Beatty	1997
4	188-5 (57.42m)	Ron Jett	2003
5	179-10 (54.81m)	Harry Tillman	1994
6	179-3 (54.63m)	Kevin Buss	1987
7	179-0 (54.55m)	Mike Allen	1996
8	177-8 (54.15m)	Mike Bennett	1991
9	176-11 (53.92m)	Karl Dodge	1993
10	170-1 (51.84m)	Steve Blair	1994

Decathlon

1	7462	Mike Bennett	1992
2	7129	Ron Jett	2002
3	7119	Ben Brittenham	2003
4	7106	Brian Kula	1996
5	7098	Rod Rudel	1983
6	6888	Harry Tillman	1994
7	6860	Jeff Huntoon	1988
8	6800	Dave King	1978
9	6788	Mike Allen	1998
10	6732	Randy Linblad	1981