

WICHITA STATE

TRACK & FIELD

FACT BOOK



2022-23



2022-23 QUICK FACTS



2022-23 OUTLOOK

MEN

Returners	30
Newcomers	15
Points Returning (i/o)	66/97
All-Conference Returners ('22)	12

WOMEN

Returners	35
Newcomers	20
Points Returning (i/o)	12/16
All-Conference Returners	3

LAST SEASON

MEN'S INDOOR

Conference Team Finish	3rd
Individual Conference Champions	2
All-Conference Honors	14
NCAA Qualifiers	1
All-Americans	1

WOMEN'S INDOOR

Conference Team Finish	10th
Individual Conference Champions	0
All-Conference Honors	2
NCAA Qualifiers	0
All-Americans	0

MEN'S OUTDOOR

Conference Team Finish	1st
Individual Conference Champions	4
All-Conference Honors	17
NCAA West Prelims Qualifiers	8
NCAA Championships Qualifiers	2
All-Americans	2

WOMEN'S OUTDOOR

Conference Team Finish	10th
Individual Conference Champions	0
All-Conference Honors	4
NCAA West Prelims Qualifiers	5
NCAA Championships Qualifiers	0
All-Americans	0

WICHITA STATE UNIVERSITY

Location	Wichita, Kan.
Enrollment (Fall 2021)	16,097
Founded	1895
Colors	Yellow (Pantone 116, Black)
Nickname	Shockers
Mascot	WuShock
Affiliation	NCAA Division I
League	American Athletic Conference
Joined	July 1, 2017
Facilities	Heskett Center/Cessna Stadium
President	Dr. Richard Muma
Director of Athletics	Kevin Saal
Website	goshockers.com
Twitter/Instagram	@GoShockersTFXC

COACHING STAFF

Steve Rainbolt	Director of Track & Field and Cross Country Multis/High Jump
John Wise	Assistant Director of Track & Field Sprints/Hurdles
John Hetzendorf	Assistant Coach - Throws
Kirk Hunter	Assistant Coach - Distance
Heidi Benton	Assistant Coach - Horizontal Jumps
Tyler Knight	Assistant Coach - Pole Vault
Roger Shurtz	Director of Operations
Adam Moore Rebekah Topham Connor Vaughn Darren Muci Larry Staton	Volunteer Assistants
Louisa Brunt	Manager

SPORTS MEDICINE

Lexie Mikesell	Assistant Athletic Trainer
Kait Niemer	Graduate Assistant Athletic Trainer

MEDIA RELATIONS

Steph Wright	Track & Field Contact
Email	mediarelations1@goshockers.com
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2023 SCHEDULE

INDOOR

Dec. 1-2	Shocker Multi	Wichita, Kan./Heskett Center
Dec. 9	Black vs. Yellow Intrasquad	Wichita, Kan./Heskett Center
Jan. 7	Friends First Chance Qualifier	Wichita, Kan./Heskett Center
Jan. 13	KU-KSU-WSU Triangular*	Topeka, Kan./Washburn Indoor Athletic Facility
Jan. 19-21	Ralph Lindeman Invitational	USAF Academy, Colo./Cadet Field House Indoor Track
Jan. 21	Cyclone Open	Ames, Iowa/Lied Recreation Center
Jan. 27-28	Herm Wilson Invitational	Wichita, Kan./Heskett Center
Feb. 4	South Dakota Invitational	Vermillion, S.D./ Hillenbrand Memorial Track
Feb. 4	Iowa State Classic	Ames, Iowa/Lied Recreation Center
Feb. 9	Ichabod Mid-Week Challenge	Topeka, Kan./Washburn Indoor Athletic Facility
Feb. 17	Arkansas Qualifier	Fayetteville, Ark./Randal Tyson Track Center
Feb. 24-25	AAC Indoor Championships	Birmingham, Ala./Birmingham CrossPlex
Mar. 10-11	NCAA Indoor Championships	Albuquerque, N.M./Albuquerque, N.M.

OUTDOOR

Mar. 24-25	Shocker Spring Invitational	Wichita, Kan./Cessna Stadium
Mar. 29-Apr. 1	Texas Relays	Austin, Texas/Mike A. Myers Stadium
Mar. 31-Apr. 1	Friends Spring Open	Wichita, Kan./Adair Austin Stadium
Apr. 6-8	K.T. Woodman Classic	Wichita, Kan./Cessna Stadium
Apr. 6-7	Stanislaus St. Multi Meet	Turlock Calif.
Apr. 13-15	Kansas Relays	Lawrence, Kan./Rock Chalk Park
Apr. 13-15	Bryan Clay Invitational	Azusa, Calif./Cougar Athletic Stadium
Apr. 27-29	Drake Relays	Des Moines, Iowa/Drake Stadium
Apr. 29	Rock Chalk Classic	Lawrence, Kan./Rock Chalk Park
May 5	Shocker Open	Wichita, Kan./Cessna Stadium
May 12-14	AAC Outdoor Championships	Tampa, Fla./USF Track and Field Stadium
May 24-27	NCAA West Preliminaries	Sacramento, Calif./Hornet Stadium
Jun. 7-10	NCAA Outdoor Championships	Austin, Texas/Mike A. Myers Stadium

*hosting at Washburn

Indoor

December 1-2
SHOCKER MULTI

December 9
INTRASQUAD

January 13
KU-KSU-WSU TRIANGULAR

January 19-21
AIR FORCE

January 21
CYCLONE OPEN

January 27-28
HERM WILSON INVITE

February 4
SOUTH DAKOTA INVITE

February 4
IOWA STATE CLASSIC

February 9
ICHABOD MID-WEEK CHALLENGE

February 17
ARKANSAS QUALIFIER

February 24-25
AAC CHAMPIONSHIPS

WICHITA STATE

Outdoor

March 18
ESU SPRING INVITE

March 24-25
SHOCKER SPRING INVITE

March 29 - April 1
TEXAS RELAYS

April 6-8
KT WOODMAN CLASSIC

April 13-15
KANSAS RELAYS

April 27-29
ROCK CHALK CLASSIC

April 27-29
DRAKE RELAYS

May 5
SHOCKER OPEN

May 12-14
AAC CHAMPIONSHIPS

WICHITA STATE



COACHES



Steve Rainbolt - Director of Track & Field and Cross Country - Multis/High Jump (23rd season)

Alma Mater: Kansas

- 436/289 Individual Conference Titles • 121/52 NCAA Championship Qualifiers • 106/73 NCAA All-American awards • 35/34 Conference Championship Teams • 28/27x Conference Indoor/Outdoor Coach of the Year • 7/6x Mondo/USTCA/USTFCCA Regional Coach of the Year •



John Wise - Assistant Director of Track & Field - Sprints/Hurdles (17th season)

Alma Mater: Kent St.

- 192 All-Conference Athletes • 60/43 Individual Conference Champions • 16/5 NCAA All-American Awards •



John Hetzendorf - Assistant Coach - Throws (23rd season)

Alma Mater: Kent St.

- 101 All-Conference Athletes • 62 NCAA Regional Qualifiers • 35 Conference Champions • 25 School Records • 15 NCAA Championship Qualifiers • 8 All-America Awards •



Kirk Hunter - Assistant Coach - Distance (13th season)

- 74 All-Conference Honors • 46 Individual Conference Champions • 21 NCAA All-Americans •



Pat Wilson - Assistant Coach - Pole Vault (17th season)

Alma Mater: Wichita St.

- 18 All-Conference Honors • 7 Individual Conference Champions • 6 NCAA All-Americans •



Heidi Benton - Assistant Coach - Horizontal Jumps (17th season)

Alma Mater: Wichita St.

- 84 All-Conference Honors • 50 Individual Conference Champions • 11 NCAA All-Americans •



2023 WICHITA STATE ROSTER

MEN

HUDSON BAILEY Multis • So. • Raymore, Missouri [Raymore-Peculiar HS]
HARRY BARTHELEMY Jumps • Jr. • Bradenton, Fla. [Grand Canyon]
TANNER BROWN Multis • R-Sr. • Russell, Kan. [Cloud County CC]
JACKSON CALDWELL Distance • Jr. • Overland Park, Kan. [Baker University]
CREIGHTON CAMP Throws • So. • Andale, Kansas [Andale HS]
CADEN CARLSON Pole Vault • Fr. • Aurora, Neb. [Aurora HS]
KOLBY CASTER Multis • Jr. • Douglass, Kan. [Cowley County CC]
WEN CLOUGH Jumps • R-Fr. • Prairie Village, Kan. [Shawnee Mission East HS]
ADRIAN DIAZ-LOPEZ Distance • So. • Cazorla, Spain [Cowley College]
RYAN DREILING Sprints • R-Fr. • Goddard, Kan. [Eisenhower HS]
CLAYTON DUCHATSCHKE [DOO-cuh-check] Distance • Sr. • Washington, Mo. [Lindenwood University]
ERIK ENRIQUEZ Distance • R-Fr. • Wichita, Kan. [Kapaun Mt. Carmel HS]
RIDGE ESTES Throws • So. • Bucklin, Kan. [Bucklin HS]
MATTY EVERETT Throws • So. • Winfield, Kan. [Memphis]
BEN FLOWERS Distance • Sr. • Jerseyville, Ill. [Jerseyville HS]
JOAKIM GENEUREUX [JOE-uh-kim jen-uh-ROO] Sprints • So. • Saint-Constant, Quebec, Canada [Vanier College]
YUBEN GONCALVES [YOO-ben gone-SALL-ves] Sprints/Hurdles/Jumps • Sr. • Alcena-Alverca, Portugal [Cloud County CC]
BRYAN HANEY Sprints/Hurdles • Fr. • Kansas City, Mo. [Lee's Summit West HS]
JOSEPH HOLTUSEN [HOLT-thoo-zen] Hurdles • R-Jr. • Wichita, Kan. [Bishop Carrol HS]
WESTON HULSE Pole Vault • Fr. • Broken Arrow, Okla. [Broken Arrow HS]
RJ HUTCHISON Sprints • So. • Choctaw, Oklahoma [Choctaw HS]
BEAU KERSCHEN Throws • Fr. • Andale, Kan. [Andale HS]
WYATT LEUTZINGER Multis • R-Fr. • Independence, Mo. [William Christian HS]
WESTON LEWIS Jumps • Sr. • Gove, Kan. [Colby CC]
BLAKE MCCORMICK Javelin • Fr. • Maize, Kan. [Maize South HS]
BRYCE MERRIMAN Distance • Jr. • Wichita, Kan. [Maize South HS]
JACOB MEYERS Distance • Fr. • Festus, Mo. [Festus HS]
JALEEL MONTGOMERY Sprints/Hurdles • So. • Wichita, Kansas [Wichita West HS]
ADRIA NAVAJO [aud-REE-uh nah-vuh-HONE] Multis • So. • Barcelona, Spain [IES Car Sant Cugat]
ELI NEWMAN Pole Vault • So. • Bradenton, Fla. [Lakewood Ranch HS]
BRADY PALEN [PALL-en rhymes with ballin'] High Jump • So. • Beloit, Kansas [St. Johns HS]
TOBY PENNER Hurdles • Sr. • Whitewater, Kan. [Tabor College]
LUKE PORTER Multis • Fr. • Wichita, Kan. [Kapaun Mt. Carmel HS]
JD PRINSLOO Sprints • Jr. • Johannesburg, South Africa [Marais Viljoen HS]
CESAR RAMIREZ Distance • R-Fr. • McAllen, Texas [Sharyland Pioneer HS]
AIDAN REYNA Distance • Fr. • Olathe, Kan. [Olathe West HS]

TREY RIOS Distance • So. • Wichita, Kan. [Maize South HS]
MALAKAI SCHAAD [shade] Pole Vault • Fr. • Geneseo, Ill. [Geneseo HS]
LUKAAS SIMONSON Mid-Distance • Sr. • Hastings, Neb. [Nebraska Kearney]
TRACE SPIRES Sprints • Fr. • Alachua, Fla. [WT Lofton HS]
KE'ADRE THOMPSON Sprints • So. • Freeport, Bahamas [Tallahassee CC]
RILEY VANDAVEER Distance • So. • Olathe, Kan. [Olathe South HS]
NATE VANN [van] Multis • Sr. • Tulsa, Okla. [Cowley County CC]
NIKKO VAZQUEZ Sprints/Jumps • Fr. • []
IESTYN WILLIAMS [YES-tin] Mid-Distance • Jr. • Llanddeusant, Wales [Cardiff Metropolitan University]

WOMEN

LUBNA ALDULAIMI [LOOB-nuh al-doo-LAY-me] Distance • Jr. • Al-Qa'im, Iraq [Cowley College]
MA'LIYAH ANDERSON Sprints • Fr. • Overland Park, KS [Shawnee HS]
SARAH BERTRY Distance • So. • Annecy, France [New Mexico CC]
EMMA BEZDEK Throws • Fr. • Wichita, Kan. [Kapaun Mt. Carmel HS]
HALIE BROWN Javelin • Sr. • Arkansas City, Kan. [Arkansas City HS]
LEA BRUECKNER Distance • Jr. • Münster, Germany []
ALLI BURKE Pole Vault/Sprints • Fr. • Valley Center, Kan. [Valley Center HS]
LILLIE DIAZ Pole Vault • So. • Maize, Kan. [Maize HS]
MIRANDA DICK Distance • So. • Peculiar, Mo. [Raymore-Peculiar HS]
MAYA FABRI Sprints • R-Sr. • Miami Sunny Isles Beach, Fla. [South Florida]
ELONTAE HACKNEY-COOPER Sprints • R-Fr. • Wichita, Kan. [Southeast HS]
ANNA HEACOCK Multis • So. • Festus, Mo. [Jefferson HS]
ERIKA HOAG Throws • Jr. • Arkansas City, Kan. [Cowley County CC]
GABBY HOPKINS Throws • Gr. • Mill Valley, Kan. [Mill Valley HS]
MARISSA JENSEN High Jump • So. • Stanberry, Mo. [Stanberry HS]
LEA JERKOVIC [JERK-oh-vich] Distance • R-Fr. • Bremen, Germany []
SYDNEY JOHNSON Sprints • So. • Ozark, Mo. [Ozark HS]
CALI KERSCHEN Hurdles • Fr. • Andale, Kan. [Andale HS]
ABBY KLIPSTEIN [KLIP-stine] Multis • Fr. • Keller, Texas [Nebraska]
GRACE LANGE Jumps/Sprints • So. • Johnstown, Colo. [Roosevelt HS]
TYLER LINDSEY Sprints • Fr. • Kansas City, Mo. [University Academy Charter HS]
ARACELY MARTINEZ [Aw-rah-CELL-lee] Sprints • So. • Asuncion, Paraguay [Colegio del Sol]
SAMANTHA MARX Throws • So. • Andale, Kan. [Andale HS]
DESTINY MASTERS Multi/Jumps • So. • El Dorado, Kan. [Bluestem HS]
KENISA MEYER [kuh-NISS-uh] Jumps/Hurdles • So. • Valley Center, Kansas [Valley Center HS]
SADIE MILLARD [mill-LARD] Multis/Sprints • Fr. • Omaha, Neb. [Millard West HS]

FARRAH MILLER [FARE-uh] Mid-Distance • So. • White Plains, NY [Monroe College]
JALEN MILLIGAN Multis • R-Sr. • Chandler, Okla. [Chandler HS]
LILLIAN MORRISON Multis • Fr. • Ft. Collins, Colo. [Liberty Common HS]
JENNA MUMA Distance • So. • Lincoln, Neb. [Lincoln East HS]
CHIDERA OKORO [chih-DARE-uh] Jumps • So. • Dodge City, Kansas [Dodge City HS]
EZINNE OKORO [uh-ZEE-nuh] Jumps • Jr. • Dodge City, Kan. [Dodge City HS]
AUDREY PARSON Distance • So. • Lee's Summit, Mo. [Lee's Summit West]
PEYTON POGGE [POE-ghee] Distance • So. • Neola, Iowa [Tri-Center HS]
JAAZER RIDGES Sprints/Jumps • So. • Murrieta, California [Murrieta Valley HS]
TESS ROMAN Multis • Fr. • Prairie Village, Kan. [Shawnee Mission East HS]
MARIA ROMERO Multis • R-Sr. • Madrid, Spain [IES León Felipe]
ZARREY SAMS [rhymes with sorry] Jumps/Hurdles • Jr. • Houston, Texas [Grand Canyon]
SAVANNAH SIMMONS Sprints • Sr. • Newton, Kan. [Newton HS/Missouri Western]
KINSLEE STOKELY Pole Vault • Fr. • Princeton, Mo. [Princeton R-V HS]
ABEBA SULLIVAN [AB-uh-buh] Distance • Gr. • Saukville, Wis. [Iowa Central CC]
MATTELYN SWARTZ High Jump • Fr. • Anthony, Kan. [Chapparral HS]
MARGAUX THOMPSON [MAR-go] Pole Vault • R-Sr. • Goodland, Kan. [Goodland HS]
AMANDA TREPTOW Distance • Fr. • Dunkerton, Iowa [Jesup HS]
FAITH TURNER Sprints/Jumps • So. • Pittsburg, Kansas [Pittsburg HS]
BRIANNA UTECHT Multis • So. • Marshfield, Mo. [Marshfield HS]
NADINE VISSER Distance • Fr. • Capetown, Durbanville, South Africa []
KENNADY WASHINGTON Sprints/Jumps • Fr. • Kansas City, Mo. [North Kansas City HS]
SKAILA WHITE [SKY-luh] Jumps • Gr. • Cleburne, Texas [Cleburne HS]
EMILY WHORTON Multis • Fr. • McPherson, Kan. [McPherson HS]
COURTNEY WILBORN Sprints/Hurdles • Fr. • Aurora, Colo. [William C Hinkley HS]
DIONDRA WILBORN [dee-ON-druh] Sprints/Hurdles • Jr. • Aurora, Colo. [Garden City CC]
ANNA ZIMMER Throws • Jr. • Moore, Montana [Fergus HS]
KYLIE ZIMMER Throws • So. • Moore, Mont. [Fergus HS]



2022 INDOOR TEAM BESTS

MEN

60 METERS

6.76	Tanner Brown	Shocker Multi
6.87	Jaleel Montgomery	Adidas Classic
6.87	Tanner Brown	AAC Championships
6.88	Jaleel Montgomery	Adidas Classic
6.89	Jaleel Montgomery	Shocker Prelude

200 METERS

21.52	Joakim Genereux	AAC Championships
21.55	Joakim Genereux	AAC Championships
21.58	Joakim Genereux	All-Kansas Invite
22.01	Joakim Genereux	Triangular
22.07	Jaleel Montgomery	Ichabod Mid-Week

400 METERS

48.91	Joakim Genereux	Adidas Classic
49.60	JD Prinsloo	AAC Championships
49.72	JD Prinsloo	Ichabod Mid-Week
50.31	RJ Hutchison	Arkansas Qualifier
50.60	RJ Hutchison	AAC Championships

800 METERS

1:54.13	Josh Cable	AAC Championships
1:54.90	Josh Cable	Adidas Classic
1:55.06	Josh Cable	AAC Championships
1:55.62	Britte Magnuson	AAC Championships
1:56.43	Josh Cable	Ichabod Mid-Week

MILE

4:01.08	Adam Moore	Ichabod Invitational
4:01.51	Adam Moore	Adidas Classic
4:02.32	Adam Moore	All-Kansas Invite
4:04.77	Adam Moore	AAC Championships
4:09.97	Bryce Merriman	AAC Championships

3,000 METERS

8:14.68	Clayton Duchatschek	AAC Championships
8:16.63	Adam Moore	AAC Championships
8:18.15	Ben Flowers	AAC Championships
8:20.37	Clayton Duchatschek	All-Kansas Invite
8:20.58	Trey Rios	Ichabod Mid-Week

5,000 METERS

14:23.37	Clayton Duchatschek	Washburn Open
14:24.81	Clayton Duchatschek	AAC Championships
14:25.94	Ben Flowers	AAC Championships
14:27.55	Trey Rios	AAC Championships
14:34.30	Trey Rios	Washburn Open

60-METER HURDLES

8.25	Adria Navajon	AAC Championships
8.28	Adria Navajon	AAC Championships
8.34	Joseph Holthusen	Shocker Prelude
8.40	Hudson Bailey	AAC Championships
8.42	Tanner Brown	Herm Wilson Invite

4X400M RELAY

3:17.20	Genereux, Prinsloo, Brown, Hutchison	AAC Championships
3:19.68	Genereux, Prinsloo, Hutchison, Cable	All-Kansas Invite
3:21.18	Genereux, Prinsloo, Hutchison, Cable	Ichabod Mid-Week
3:23.37	Brown, Genereux, Prinsloo, Cable	Adidas Classic

DMR

9:54.42	Merriman, Prinsloo, Cable, Moore	AAC Championships
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HIGH JUMP

2.14m/7'0.25"	Brady Palen	AAC Championships
2.10m/6'10.75"	Brady Palen	Ichabod Mid-Week
2.10m/6'10.75"	Davis Dubbert	Adidas Classic
2.10m/6'10.75"	Brady Palen	Adidas Classic
2.09m/6'10.25"	Brady Palen	Triangular

POLE VAULT

4.40m/14'5.25"	Adria Navajon	AAC Championships
4.32m/14'2"	Nate Vann	Triangular
4.30m/14'1.25"	Jack Mull	Shocker Multi
4.30m/14'1.25"	Chonnor Ludolph	AAC Championships
4.30m/14'1.25"	Tanner Brown	AAC Championships

LONG JUMP

7.42m/24'4.25"	Adria Navajon	AAC Championships
7.31m/23'11.75"	Adria Navajon	AAC Championships
7.20m/23'7.5"	Dowdy Elazarig	All-Kansas Invite
7.19m/23'7.25"	Dowdy Elazarig	AAC Championships
7.05m/23'1.75"	Morgan Conner	Adidas Classic

TRIPLE JUMP

15.08m/49'5.75"	Dowdy Elazarig	AAC Championships
15.03m/49'3.75"	Dowdy Elazarig	Triangular
14.83m/48'8"	Dowdy Elazarig	All-Kansas Invite
12.92m/42'4.75"	Chandler Stiawalt	Triangular
12.64m/41'5.75"	Morgan Conner	Herm Wilson Invite

SHOT PUT

16.29m/53'5.5"	Dae'Trell Gordon	Arkansas Qualifier
16.15m/53'0"	Dae'Trell Gordon	AAC Championships
15.74m/51'7.75"	Dae'Trell Gordon	Triangular
15.71m/51'6.5"	Dae'Trell Gordon	Ichabod Mid-Week
15.55m/51'0.25"	Dae'Trell Gordon	All-Kansas Invite

WEIGHT THROW

22.58m/74'1"	Michael Bryan	AAC Championships
21.22m/69'7.5"	Michael Bryan	Arkansas Qualifier
20.96m/68'8.5"	Michael Bryan	NCAA Championships
20.94m/68'8.5"	Michael Bryan	Herm Wilson Invite
20.71m/67'11.5"	Michael Bryan	All-Kansas Invite

HEPTATHLON

5616 pts	Adria Navajon	AAC Championships
5512 pts	Tanner Brown	AAC Championships
5368 pts	Tanner Brown	Shocker Multi
4842 pts	Chonnor Ludolph	AAC Championships
4745 pts	Hudson Bailey	Herm Wilson

WOMEN

60 METERS

7.44	Faith Turner	Ichabod Mid-Week
7.46	Faith Turner	AAC Championships
7.51	Faith Turner	Triangular
7.57	Faith Turner	AAC Championships
7.66	Faith Turner	Adidas Classic

200 METERS

23.61	Paula Garcia	Ichabod Mid-Week
23.82	Paula Garcia	All-Kansas Invite
24.23	Paula Garcia	Adidas Classic
24.86	Faith Turner	All-Kansas Invite
24.94	Sydney Johnson	Arkansas Qualifier

400 METERS

55.33	Paula Garcia	Adidas Classic
56.30	Paula Garcia	Triangular
57.04	Sydney Johnson	Ichabod Mid-Week
57.98	Sydney Johnson	AAC Championships
58.13	Sydney Johnson	Adidas Classic

800 METERS

2:11.28	Yazmine Wright	All-Kansas Invite
2:21.05	Maria Romero	AAC Championships
2:22.08	Jenna Muma	All-Kansas Invite
2:22.62	Maria Romero	Adidas Classic
2:22.83	Peyton Pogge	Adidas Classic

MILE

4:45.45	Yazmine Wright	AAC Championships
4:48.48	Yazmine Wright	Adidas Classic
4:54.74	Yazmine Wright	AAC Championships
5:00.53	Danielle Rinn	Ichabod Mid-Week
5:03.79	Yazmine Wright	Triangular

3,000 METERS

9:33.95	Yazmine Wright	AAC Championships
9:36.62	Yazmine Wright	Herm Wilson Invite
9:55.88	Danielle Rinn	Adidas Classic
9:59.68	Abeba Sullivan	AAC Championships
10:09.13	Abeba Sullivan	Herm Wilson Invite

5,000 METERS

17:32.48	Lubna Aldulaimi	AAC Championships
17:38.99	Danielle Rinn	AAC Championships
17:44.15	Lubna Aldulaimi	Ichabod Mid-Week

60-METER HURDLES

8.59	Destiny Masters	Ichabod Mid-Week
8.65	Destiny Masters	Shocker Multi
8.67	Destiny Masters	All-Kansas Invite
8.78	Destiny Masters	Triangular
8.79	Destiny Masters	AAC Championships

4X400M RELAY

3:50.92	Garcia, Johnson, Utecht, Turner	Ichabod Mid-Week
3:51.28	Johnson, Utecht, Meier, Romero	AAC Championships
3:54.08	Masters, Garcia, Turner, Wright	All-Kansas Invite
3:55.64	Johnson, Wright, Utecht, Romero	Adidas Classic

DMR

12:36.10	Muma, Meier, Pogge, Sullivan	AAC Championships
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HIGH JUMP

1.82m/5'11.5"	Destiny Masters	Shocker Multi
1.78m/5'10"	Destiny Masters	Triangular
1.73m/5'8"	Destiny Masters	Adidas Classic
1.72m/5'7.75"	Maria Romero	AAC Championships
1.72m/5'7.75"	Destiny Masters	AAC Championships

POLE VAULT

3.86m/12'8"	Margaux Thompson	Herm Wilson Invite
3.86m/12'8"	Margaux Thompson	Arkansas Qualifier
3.82m/12'6.25"	Margaux Thompson	AAC Championships
3.76m/12'4"	Margaux Thompson	Ichabod Mid-Week
3.66m/12'0"	Margaux Thompson	Triangular

LONG JUMP

5.94m/19'6"	Destiny Masters	Ichabod Mid-Week
5.86m/19'2.75"	Faith Turner	Ichabod Mid-Week
5.81m/19'0.75"	Destiny Masters	All-Kansas Invite
5.62m/18'5.25"	Faith Turner	All-Kansas Invite
5.62m/18'5.25"	Faith Turner	AAC Championships

TRIPLE JUMP

11.96m/39'3"	Summer Stevenson	Arkansas Qualifier
11.88m/38'11.75"	Ezinne Okoro	Arkansas Qualifier
11.87m/38'11.5"	Grace Lange	Arkansas Qualifier
11.85m/38'10.5"	Chidera Okoro	Shocker Prelude
11.82m/38'9.5"	Chidera Okoro	AAC Championships

SHOT PUT

15.86m/52'0.5"	Amanda Kakoulis	Arkansas Qualifier
14.98m/49'1.75"	Amanda Kakoulis	AAC Championships
14.80m/48'6.75"	Amanda Kakoulis	Ichabod Mid-Week
14.24m/46'8.75"	Amanda Kakoulis	All-Kansas Invite
13.99m/45'10.75"	Anna Zimmer	All-Kansas Invite

WEIGHT THROW

15.61m/51'2.75"	Kylie Zimmer	Ichabod Mid-Week
14.75m/48'4.75"	Kylie Zimmer	AAC Championships
14.00m/45'11.25"	Anna Zimmer	Arkansas Qualifier
13.94m/45'9"	Anna Zimmer	AAC Championships
13.87m/45'6.25"	Kylie Zimmer	All-Kansas Invite

PENTATHLON

3877 pts	Destiny Masters	Shocker Multi
3719 pts	Maria Romero	AAC Championships
3707 pts	Maria Romero	Shocker Multi
3681 pts	Destiny Masters	AAC Championships
3656 pts	Maria Romero	Adidas Classic

Returners
Non-Returners



2022 OUTDOOR TEAM BESTS

MEN

100 METERS

10.38w	Tanner Brown	Shocker Spring Invite
10.40	Jaleel Montgomery	AAC Championships
10.49	Jaleel Montgomery	KT Woodman Classic
10.57	Jaleel Montgomery	AAC Championships
10.61	Joakim Genereux	AAC Championships

200 METERS

20.91	Joakim Genereux	KT Woodman Classic
20.94	Joakim Genereux	AAC Championships
21.05	Joakim Genereux	NCAA West Prelims
21.42	Joakim Genereux	AAC Championships
21.49	Joakim Genereux	Rock Chalk Classic

400 METERS

47.61	JD Prinsloo	AAC Championships
48.03	JD Prinsloo	AAC Championships
48.19	Joakim Genereux	Hayward Premiere
48.41	Tanner Brown	ESU Spring Invite
48.85	JD Prinsloo	Hayward Premiere

800 METERS

1:50.80	Adam Moore	Hayward Premiere
1:51.42	Adam Moore	Shocker Spring Invite
1:51.91	Adam Moore	AAC Championships
1:52.31	Adam Moore	AAC Championships
1:52.49	Josh Cable	AAC Championships

1500 METERS

3:42.92	Adam Moore	Bryan Clay Invite
3:44.36	Adam Moore	Drake Relays
3:44.93	Adam Moore	Hayward Premiere
3:47.72	Adam Moore	NCAA West Prelims
3:48.12	Adam Moore	AAC Championships

5,000 METERS

14:17.94	Ben Flowers	Drake Relays
14:19.26	Trey Rios	Drake Relays
14:22.21	Clayton Duchatschek	KT Woodman Classic
14:33.24	Jackson Caldwell	Rock Chalk Classic
14:37.41	Clayton Duchatschek	AAC Championships

10,000 METERS

30:11.80	Trey Rios	Hayward Premiere
30:17.16	Jackson Caldwell	Hayward Premiere
30:38.37	Ben Flowers	Hayward Premiere
31:11.61	Britte Magnuson	KT Woodman Classic
31:19.80	Ben Flowers	AAC Championships

110-METER HURDLES

14.19w	Adria Navajon	KT Woodman Classic
14.24	Adria Navajon	AAC Championships
14.64	Adria Navajon	John Jacobs Invite
14.65	Adria Navajon	Hayward Premiere
14.73	Adria Navajon	Shocker Spring Invite

400-METER HURDLES

52.07	Yuben Goncalves	AAC Championships
52.44	Yuben Goncalves	Shocker Open
52.49	Yuben Goncalves	AAC Championships
52.88	Yuben Goncalves	Rock Chalk Classic
53.24	Yuben Goncalves	John Jacobs Invite

4X100M RELAY

41.12	Goncalves, Genereux, Prinsloo, Montgomery	Hayward Premiere
41.22	Genereux, Prinsloo, Elazarig, Montgomery	KT Woodman Classic
42.19	Conner, Genereux, Prinsloo, Montgomery	AAC Championships
42.71	Goncalves, Prinsloo, Conner, Thompson	John Jacobs Invite

4X400M RELAY

3:11.59	Genereux, Thompson, Hutchison, Prinsloo	AAC Championships
3:17.28	Genereux, Prinsloo, Hutchison, Thompson	Rock Chalk Classic
3:19.29	Prinsloo, Navajon, Cable, Hutchison	John Jacobs Invite

HIGH JUMP

2.18m/7'1.75"	Brady Palen	KT Woodman Classic
2.15m/7'0.5"	Brady Palen	AAC Championships
2.11m/6'11"	Davis Dubbert	Shocker Open
2.10m/6'10.75"	Brady Palen	Rock Chalk Classic
2.10m/6'10.75"	Brady Palen	NCAA West Prelims

POLE VAULT

4.45m/14'7.25"	Adria Navajon	AAC Championships
4.35m/14'3.25"	Kolby Caster	KT Woodman Classic
4.32m/14'2"	Chonnor Ludolph	Shocker Spring Invite
4.32m/14'2"	Adria Navajon	Shocker Spring Invite
4.32m/14'2"	Eli Newman	Shocker Spring Invite

LONG JUMP

7.33m/24'0.75"	Yuben Goncalves	AAC Championships
7.20m/23'7.5"	Dowdy Elazarig	Friends Spring Open
7.15m/23'5.5"	Adria Navajon	Hayward Premiere
7.09m/23'3.25"	Morgan Conner	AAC Championships
7.08m/23'2.75"	Dowdy Elazarig	AAC Championships

TRIPLE JUMP

15.64m/51'3.75"	Yuben Goncalves	AAC Championships
15.39m/50'6"	Dowdy Elazarig	KT Woodman Classic
15.39m/50'6"	Yuben Goncalves	NCAA West Prelims
15.27m/50'1.25"	Dowdy Elazarig	John Jacobs Invite
15.02m/49'3.5"	Dowdy Elazarig	AAC Championships

SHOT PUT

16.49m/54'1.25"	Dae'Trell Gordon	Shocker Spring Invite
16.15m/53'0"	Dae'Trell Gordon	AAC Championships
16.02m/52'6.75"	Dae'Trell Gordon	Hayward Premiere
15.86m/52'0.5"	Ridge Estes	John Jacobs Invite
15.63m/51'3.5"	Dae'Trell Gordon	Rock Chalk Classic

DISCUS

56.13m/184'2"	Matt Everett	AAC Championships
55.23m/181'2"	Matt Everett	John Jacobs Invite
54.56m/179'0"	Matt Everett	Shocker Open
54.17m/177'9"	Ridge Estes	John Jacobs Invite
54.02m/177'3"	Ridge Estes	Shocker Open

HAMMER

71.56m/234'9"	Michael Bryan	NCAA Championships
70.33m/230'9"	Michael Bryan	John McDonnell Invite
70.32m/230'8"	Michael Bryan	Hayward Premiere
69.32m/227'5"	Michael Bryan	NCAA West Prelims
69.22m/227'1"	Michael Bryan	AAC Championships

JAVELIN

78.76m/258'5"	Taran Taylor	NCAA Championships
73.93m/242'7"	Taran Taylor	AAC Championships
73.44m/240'11"	Taran Taylor	NCAA West Prelims
69.41m/227'9"	Taran Taylor	John Jacobs Invite
69.03m/226'6"	Taran Taylor	Hayward Premiere

DECATHLON

7178 pts	Tanner Brown	Shocker Spring Invite
7071 pts	Adria Navajon	AAC Championships
6497 pts	Chonnor Ludolph	AAC Championships
6257 pts	Kolby Caster	Shocker Spring Invite
6131 pts	Kolby Caster	AAC Championships

WOMEN

100 METERS

11.57	Faith Turner	AAC Championships
11.63	Faith Turner	Rock Chalk Classic
11.76	Faith Turner	Shocker Spring Invite
11.77	Faith Turner	Hayward Premiere
11.78	Paula Garcia	John Jacobs Invite

200 METERS

23.94	Paula Garcia	John Jacobs Invite
24.01	Paula Garcia	AAC Championships
24.16	Faith Turner	John Jacobs Invite
24.31	Paula Garcia	Rock Chalk Classic
24.46	Sydney Johnson	John Jacobs Invite

400 METERS

56.13	Paula Garcia	KT Woodman Classic
57.14	Sydney Johnson	Hayward Premiere
58.51	Brianna Utecht	ESU Spring Invite
59.32	Maria Romero	Shocker Open

800 METERS

2:19.05	Audrey Parson	AAC Championships
2:20.56	Jenna Muma	Shocker Spring Invite
2:21.55	Aracely Martinez	AAC Championships
2:22.85	Maria Romero	AAC Championships
2:22.93	Audrey Parson	Rock Chalk Classic

1500 METERS

4:34.12	Abeba Sullivan	Hayward Premiere
4:40.24	Abeba Sullivan	John Jacobs Invite
4:44.92	Jenna Muma	AAC Championships
4:47.19	Lubna Aldulaimi	John Jacobs Invite
4:51.02	Abeba Sullivan	Rock Chalk Classic

5,000 METERS

16:58.30	Abeba Sullivan	KT Woodman Classic
17:26.52	Lubna Aldulaimi	Hayward Premiere
17:27.16	Abeba Sullivan	AAC Championships
17:35.41	Lubna Aldulaimi	Rock Chalk Classic
17:56.05	Miranda Dick	KT Woodman Classic

10,000 METERS

37:89.45	Lubna Aldulaimi	KT Woodman Classic
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100-METER HURDLES

13.86	Brianna Utecht	KT Woodman Classic
14.04	Brianna Utecht	AAC Championships
14.19	Brianna Utecht	Shocker Open
14.29	Anna Heacock	Shocker Spring Invite
14.35	Brianna Utecht	ESU Spring Invite

4X100M RELAY

45.25	Turner, Garcia, Johnson, Utecht	AAC Championships
45.43	Turner, Garcia, Johnson, Utecht	NCAA West Prelims
45.51	Turner, Garcia, Johnson, Utecht	Shocker Spring Invite
45.79	Turner, Garcia, Johnson, Utecht	Hayward Premiere
46.03	Turner, Garcia, Johnson, Utecht	Rock Chalk Classic

4X400M RELAY

3:44.92	Turner, Garcia, Johnson, Utecht	AAC Championships
3:50.18	Turner, Garcia, Johnson, Utecht	Rock Chalk Classic

HIGH JUMP

1.67m/5'5.75"	Semaj McGhee	KT Woodman Classic
1.63m/5'4.25"	Semaj McGhee	Rock Chalk Classic
1.63m/5'4.25"	Semaj McGhee	AAC Championships
1.60m/5'3"	Semaj McGhee	John Jacobs Invite
1.60m/5'3"	Maria Romero	Sooner Multis

POLE VAULT

3.90m/12'9.5"	Margaux Thompson	John Jacobs Invite
3.87m/12'8.25"	Karen Lyvers	Shocker Open
3.82m/12'6.25"	Margaux Thompson	KT Woodman Classic
3.81m/12'6"	Karen Lyvers	Rock Chalk Classic
3.70m/12'1.5"	Margaux Thompson	Hayward Premiere

LONG JUMP

5.72m/18'9.25"	Faith Turner	AAC Championships
5.71m/18'9"	Ezlinne Okoro	John Jacobs Invite
5.65m/18'6.5"	Chidera Okoro	KT Woodman Classic
5.64m/18'6"	Nerea Quiros	Friends Spring Open
5.62m/18'5.25"	Chidera Okoro	John Jacobs Invite

TRIPLE JUMP

12.84m/42'1.5"	Semaj McGhee	Shocker Spring Invite
12.23m/40'1.5"	Semaj McGhee	John Jacobs Invite
12.20m/40'0.5"	Chidera Okoro	Shocker Open
12.18m/39'11.5"	Faith Turner	KT Woodman Classic
12.16m/39'10.75"	Faith Turner	Hayward Premiere

SHOT PUT

15.45m/50'8.25"	Amanda Kakoulias	Shocker Spring Invite
15.31m/50'2.75"	Amanda Kakoulias	Shocker Open
15.27m/50'1.25"	Amanda Kakoulias	ESU Spring Invite
15.27m/50'1.25"	Amanda Kakoulias	NCAA West Prelims
15.10m/49'6.5"	Amanda Kakoulias	Hayward Premiere

DISCUS

42.97m/141'0"	Madelynn Luster	Shocker Open
41.96m/137'8"	Madelynn Luster	Shocker Spring Invite
41.06m/134'8"	Madelynn Luster	AAC Championships
40.37m/132'5"	Madelynn Luster	KT Woodman Classic
40.11m/131'7"	Amanda Kakoulias	Shocker Open

HAMMER

53.03m/174'0"	Samantha Marx	AAC Championships
50.01m/164'1"	Samantha Marx	Shocker Open
48.55m/159'3"	Samantha Marx	Shocker Spring Invite
47.99m/157'5"	Samantha Marx	John Jacobs Invite
46.54m/152'8"	Samantha Marx	Rock Chalk Classic

JAVELIN

43.32m/142'1"	Samantha Marx	ESU Spring Invite
42.37m/139'0"	Samantha Marx	Hayward Premiere
42.35m/138'11"	Samantha Marx	AAC Championships
42.00m/137'9"	Samantha Marx	KT Woodman Classic
41.20m/135'2"	Samantha Marx	Shocker Open

HEPTATHLON

5065 pts	Brianna Utecht	AAC Championships
4983 pts	Brianna Utecht	Shocker Spring Invite
4856 pts	Maria Romero	AAC Championships
4724 pts	Maria Romero	Sooner Multis
4658 pts	Anna Heacock	AAC Championships



MEN'S INDOOR RECORDS

55 METERS

1. Iziac Adeyanju	6.14	1990
2. Mike Hill	6.20	1993
3. Brandon Spencer	6.36	1997
4. Herb Reid	6.37	1995
T5. Henry Peel	6.54+	1982
T5. Ken Lewis	6.54+	1983
T5. Kevin Harding	6.54+	1988
T5. Josh Crawford	6.54	2011
9. Brandon Childs	6.58	2011
10. Lawson Montgomery	6.60	2011

60 METERS

T1. Tanner Brown	6.76	2021
T1. Denvoir Griffin	6.76	2018
3. Bruce Swan	6.81	2003
T4. Mike Wells	6.82	2017
T4. Trevor Wells	6.82	1998
6. Jaleel Montgomery	6.84	2023
7. Shannon Armstrong	6.85	2003
8. Cody Scheck	6.86	2017
T9. Austin Bahner	6.87	2014
T9. Michael Reckley	6.87	2004

200 METERS

1. Shannon Armstrong	21.19	2003
2. Joakim Genereux	21.35	2023
3. Iziac Adeyanju	21.38	1992
4. Bruce Swan	21.52	2003
5. Chris Dickman	21.53	2010
6. Jared Foley	21.56	2009
7. Rayvon Allen	21.59	2019
8. Todd McKown	21.66	2011
9. Dylan Hartnett	21.69	2019
10. Jace Coppoc	21.71	2020

400 METERS

1. Adam Gauzy	47.52	2020
2. Dylan Hartnett	47.91	2012
3. Viktors Lacis	48.05	2002
4. Keven Peppers	48.08	1983
5. Tony Pace	48.09	1998
6. Austin Corley	48.16	2018
7. Vic Everett	48.16* conv.	1976
8. Jared Foley	48.19	2009
9. Justin Chandler	48.40	2005
10. Justin Smith	48.47	2010

600 YARDS

1. Kevin Peppers	1:11.08	1983
2. Jake Horsch	1:11.57	2018
3. Randy Lind	1:11.68	1980
4. Vic Everett	1:11.94(ht)	1976
5. Randy Duell	1:12.04	1978
6. Dylan Hartnett	1:12.08(ht)	2012
7. Kevin Smith	1:12.36	1982
8. Justin Smith	1:12.40	2010
9. Jim Parker	1:12.63	1975
10. Austin Corley	1:13.01	2017

800 METERS

1. Einars Tupuritis	1:45.80	1996
2. Girts Azis	1:49.00	2007
3. Viktors Lacis	1:49.50	2001
4. Tom Saggau	1:50.07	1989
5. Zack Penrod	1:50.50	2019
6. Solomon Birir	1:51.05	2001
7. Jake Stecklein	1:51.39	2009
8. Ugis Jocis	1:51.73	2015
9. Ryan Hocker	1:51.89	2015
10. Stefan Johansson	1:51.95	2001

1,000 METERS

1. Einars Tupuritis	2:23.69	1996
2. Jake Wike	2:24.63	2012
3. Zack Penrod	2:25.08	2019
4. Tomas Cotter	2:26.30	2012
5. Girts Azis	2:26.51	2006
6. Mike Hryciw	2:26.63	1991
7. Francois Strydom	2:26.74	1998
8. Jeff Boleski	2:28.14 (ht)	1988
9. Clayton Duchatschek	2:28.28	2023
T10 Marc Wilson	2:28.30	1996
T10 Hendrick Malan	2:28.30	1993

MILE

1. Adam Moore	4:01.08	2022
2. Adrian Diaz Lopez	4:01.10	2023
3. Alan Walker	4:01.5 (ht)	1973
4. Girts Azis	4:01.80	2008
5. Zack Penrod	4:03.39	2018
6. Ugis Jocis	4:04.41	2016
7. Randy Smith	4:05.60	1975
8. Jed Helker	4:06.03	2021
9. Trey Harrison	4:06.04	1989
10. Nathan Wickoren	4:06.39	2019

3,000 METERS

1. Adrian Diaz Lopez	7:54.36	2023
2. Ugis Jocis	8:07.18	2017
3. Clayton Duchatschek	8:09.34	2023
4. Mornay Annandale	8:09.83	1992
5. Martins Alksnis	8:11.11	1996
6. Mickael Colin	8:13.79	2004
7. George Collier	8:14.40	1984
8. Tomas Cotter	8:14.56	2013
9. Adam Moore	8:16.63	2022
10. Trey Harrison	8:17.90	1989

5,000 METERS

1. Mornay Annandale	14:06.23	1992
2. Clayton Duchatschek	14:08.35	2023
3. Trey Harrison	14:09.93	1989
4. Trey Rios	14:11.85	2023
5. Tjam Van Neuwenhuizer	14:12.06	1989
6. Brady Johnson	14:20.74	2016
7. Ben Flowers	14:25.94	2022
8. Nathan Wadsworth	14:30.10	2003
9. Gage Garcia	14:31.82	2018
10. Jackson Toroitich	14:32.02	2010

60-METER HURDLES

1. Shannon Armstrong	7.72	2004
2. Joseph Holthusen	7.74	2021
3. Antonio Norman	7.79	2021
4. Todd McKown	7.85	2011
5. Lawson Montgomery	7.87	2012
6. Hunter Veith	7.94	2018
7. Chris Allen	7.96	2009
T8. Jonathan Duvall	8.02	2015
T8. Jordan Kitchen	8.02	2003
T10. Jaleel Montgomery	8.04	2023
T10. Adria Navajon	8.04	2023

4X400-METER RELAY

1. Hartnett, Smith, Foley, Dickman	3:12.04	2009
2. Foley, Thiesfeld, Blanding, Dickman	3:13.03	2009
3. Gauzy, Allen, K. Griffin, Corley	3:13.11	2019
T4. Hartnett, Smith, Thiesfeld, Cole	3:13.31	2010
T4. Swan, Powell, Johansson, Lacis	3:13.31	2001
6. Genereux, Hutchison, Haney, Prinsloo	3:14.00	2023
7. Hartnett, Dickman, Cole, Smith	3:14.62	2010
8. Morris, Duell, Thornton, Everett	3:14.90*	1976
9. Gauzy, Coppoc, Corley, Norman	3:15.15	2020
10. Thiesfeld, Hartnett, Smith, Dickman	3:15.20	2010

DISTANCE MEDLEY RELAY

1. Cooper, McAlister, Smith, Walker	9:47.81(ht)	1972
2. Everett, White, Hageman, Christensen	9:49.60	1976
3. Penrod, Miller, Stine, Jocis	9:50.45	2017
4. Merriman, Hutchison, Penner, Diaz Lopez	9:52.05	2023
5. Merriman, Prinsloo, Cable, Moore	9:54.42	2022
6. Stecklein, Smith, Lazdekals, Kendrick	9:54.53	2009
7. Wike, Hocker, Busienei, Cotter	9:55.86	2013
8. Freeman, Hageman, Duell, Christensen	9:56.16(ht)	1977
9. Law, Gauzy, Stine, Flowers	9:59.98	2019
10. Sturdy, Poe, Skwarlo, Wickoren	10:01.18	2018
Penrod, Poe, Landon, Law	10:01.34	2018

HIGH JUMP

T1. Brady Palen	2.22m/7-3.25	2023
T1. Mark Todd	2.22m/7-3.25	1985
3. David Puogel	2.20m/7-2.5	1981
4. Mason Buckmaster	2.15m/7-0.50	2020
T5. Brandon Childs	2.14m/7-0.25	2011
T5. Weston Lewis	2.14m/7-0.25	2023
7. Dave Brandhoff	2.13m/6-11.75	2014
T8. Garret Lynch	2.11m/6-11	2016
T8. Rick Dreiling	2.11m/6-11	1980
T10. Jesse Deal	2.10m/6-10.25	2007
T10. Davis Dubbert	2.10m/6-10.25	2022
T10. Al Troyer	2.10m/6-10.25	1979
T10. Zach Woods	2.10m/6-10.25	2005
T10. Zach Budda	2.10m/6-10.25	2013

POLE VAULT

1. Ryan Barkdull	5.60m/18-4.5	1996
2. Mike Heath	5.45m/17-10.5	1992
3. Eric Boxley	5.41m/17-9	1998
4. Jeff Dutoit	5.22m/17-1.5	1997
5. Phillip Holden	5.21m/17-1	1994
T6. Tyler Knight	5.20m/17-0.75	2017
T6. Ethan Pearson	5.20m/17-0.75	2015
8. Jeremy Mull	5.17m/16-11.5	1999
9. Chris Peters	5.16m/16-11	2016
10. Beau Morris	5.11m/16-9.25	2008

LONG JUMP

1. Jared Belardo	7.86m/25-9.5	2016
T2. Hunter Veith	7.78m/25-6.25	2017
T2. Tyler Simmons	7.78m/25-6.25	2010
4. Marvell Reid	7.71m/25-3.5	1985
5. Randy Lewis	7.68m/25-2.5	2002
6. Ralston Varlock	7.65m/25-1.25	1998
7. Rayvon Allen	7.59m/24-11	2019
8. Austin Bahner	7.53m/24-8.5	2011
9. Brandon Spencer	7.51m/24-7.75	1997

TRIPLE JUMP

1. Randy Lewis	16.29m/53-5.5	2002
2. Jared Belardo	15.84m/51-11.75	2016
3. Josh Crawford	15.41m/50-6.75	2010
4. Rayvon Allen	15.37m/50-5.25	2018
5. Veryl Crawford	15.34m/50-4	1979
6. Marvell Reid	15.32m/50-3.25	1986
7. Yuben Goncalves	15.28m/50-1.75	2023
8. Shazz-Michael Lindo	15.18m/49-9.75	2016
9. Don Duvall	15.16m/49-8.75	1978
T10. Brandon Chapman	15.15m/49-8.5	2007
T10. Mike Hill	15.15m/49-8.5	1993

SHOT PUT

1. Brad Johnson	18.17m/59-7.5	2003
2. Casey Smith	18.12m/59-5.5	2003
3. Todd Tuckwood	18.08m/59-4	1997
4. Chris Tozier	18.06m/59-3	1995
5. Zach Loesch	17.96m/58-11.25	2017
6. Chris Dubree	17.22m/56-6	2013
7. Tom Holiday	16.98m/55-8.5	1998
8. Ridge Estes	16.89m/55-5	2023
9. Brian Baker	16.85m/55-3.5	2007
10. Skylar Arneson	16.75m/54-11.5	2016

WEIGHT THROW

1. Michael Bryan	22.58m/74-1	2022
2. Taylor Goldsmith	20.77m/68-1.75	2016
3. Skylar Arneson	20.49m/67-2.75	2016
4. John Hamilton	20.30m/66-7.25	1992
5. Clint Panek	20.18m/66-2.5	1997
6. Weston Cottrell	20.03m/65-8.75	2015
7. Cory Martens	19.97m/65-6.25	2019
8. Isaiah Evans	19.49m/63-11.5	2019
9. Jeff Conner	18.79m/61-7.75	2013
10. Lance Marx	18.55m/60-10.5	1994

HEPTATHLON

1. Hunter Veith	6,090 points	2018
2. Ben Johnson	5,705 points	2019
3. Krzysztof Slupkowski	5,668 points	2011
4. Austin Bahner	5,666 points	2014
5. Chris Dickman	5,652 points	2010
6. Adria Navajon	5,641 points	2023
7. Paul Speer	5,555 points	2004
8. Tanner Brown	5,368 points	2021
9. Aaron Young	5,441 points	2012
10. Justin Taylor	5,377 points	2009

CURRENT SHOCKERS



WOMEN'S INDOOR RECORDS

55 METERS

1. Audacia Moore	6.92	2011
2. Pat Foster	6.94+	1980
3. Keesha Middlemass	7.10	1993
T4. Romonia Breedlove	7.14+	1977
T4. Joni Lewis	7.14+	1977
T4. Alicia McQueen	7.14+	1983
7. Victoria Elliott	7.16	1989
8. Yvette Carter	7.20	
9. Nina Thompson	7.24	1983
10. Shamoya Pruitt	7.25	2011

60 METERS

1. Nikki Larch-Miller	7.38	2017
2. Faith Turner	7.43	2023
3. Audacia Moore	7.44	2011
4. Taylor Larch-Miller	7.52	2017
5. Paula Garcia	7.55	2019
6. Shamoya Pruitt	7.56	2013
7. Taniyah McMillian	7.59	2019
8. Savannah Simmons	7.60	2023
9. Jacque Darby	7.61	2017
10. Takoya Thomas	7.62	2003

200 METERS

1. Paula Garcia	23.61	2022
2. Taniyah McMillian	24.10	2019
3. Audacia Moore	24.13	2011
4. Jacque Darby	24.25	2019
5. Sydney Johnson	24.35	2023
6. Taylor Larch-Miller	24.46	2017
7. Tamara Wisby	24.47	1995
8. Faith Turner	24.57	2023
9. Nikki Larch-Miller	24.62	2014
10. Brittany Hemphil	24.71	2009

400 METERS

1. Nikki Larch-Miller	54.57	2017
2. Natalie Morerod	54.93	2014
3. Taniyah McMillian	54.87	2020
T4. Paula Garcia	55.33	2022
T4. Tianna Holmes	55.33	2019
6. Florence Chiberry	55.52	1988
7. Natalie Halfman	55.65	2017
8. Tasha Gallegos	55.75	2006
9. Jennifer Snyder	56.04	2008
10. Krista Harmon	56.08	2007

600 YARDS

1. Daysha Bullocks	1:24.44	2019
2. Farrah Miller	1:24.84	2023
3. Natalie Halfman	1:25.13	2016
4. Kristina Taylor	1:25.92	2011
5. Nora Zajovics	1:26.27	2015
6. Yazmine Wright	1:26.34	2019
7. Kelsey Lathrop	1:26.74	2015
8. Gavyn Yetter	1:26.94	2017
9. Kiara Moore	1:27.54	2010
10. Jennifer Taylor	1:27.94	2010

800 METERS

1. Linda Feldberga	2:06.77	2006
2. Danielle Walker	2:08.77	2012
3. Farrah Miller	2:08.80	2023
4. Mandi Brandt	2:09.81	2001
5. Jennifer Taylor	2:09.97	2011
6. Yazmine Wright	2:11.00	2019
7. Berna Stulting	2:11.22	1988
8. Rebekah Topham	2:12.38	2017
9. Desiraye Osburn	2:12.56	2006
10. Maria Romero	2:12.79	2023

1,000 METERS

1. Desiraye Osburn	2:49.68	2006
2. Rebekah Topham	2:49.71	2020
3. Berna Stulting	2:49.84(ht)	1988
4. Yazmine Wright	2:54.96	2022
5. Emilea Finley	2:55.96	2016
6. Danielle Walker	2:56.13	2011
7. Maria Romero	2:57.28	2023
8. Samantha Shukla	2:57.53	2012
9. Savannah Wright	2:58.50	201
10. Jennifer Taylor	2:59.09	2011

MILE

1. Kellyn Johnson	4:34.41	2009
2. Desiraye Osburn	4:40.73	2006
3. Rebekah Topham	4:45.42	2020
4. Yazmine Wright	4:45.45	2022
5. Susan Hammock	4:45.82	1983
6. Tonya Nero	4:46.35	2011
7. Aliphine Tuliamuk-Bolton	4:47.96	2013
8. Karin Lindberg	4:52.70	1988
9. Samantha Shukla	4:53.13	2013
10. Sara Yeager	4:53.44	1983

3,000 METERS

1. Aliphine Tuliamuk-Bolton	9:07.21	2013
2. Rebekah Topham	9:16.80	2020
3. Desiraye Osburn	9:17.40	2006
4. Kellyn Johnson	9:21.59	2009
5. Tonya Nero	9:30.10	2011
6. Winny Koskei	9:30.46	2019
7. Yazmine Wright	9:33.95	2022
8. Karin Lindberg	9:34.60	1988
9. Sarah Becker	9:40.90	2007
10. Sidney Hirsch	9:43.12	2015

5,000 METERS

1. Aliphine Tuliamuk-Bolton	15:25.47	2013
2. Tonya Nero	16:01.69	2011
3. Winny Koskei	16:05.65	2019
4. Kellyn Johnson	16:11.77	2009
5. Rebekah Topham	16:33.29	2019
6. Leak Thompson	16:42.50	2011
7. Sidney Hirsch	16:50.58	2017
8. Sarah Becker	16:53.18	2005
9. Ebeissa Nyandwi	16:56.07	2015
10. Patrober Murindat	17:04.01	2012

60-METER HURDLES

1. Taylor Larch-Miller	8.21	2017
2. Nikki Larch-Miller	8.22	2017
3. Lindsay Eck	8.36	2005
4. Jennifer Snyder	8.45	2008
5. Destiny Masters	8.47	2023
6. Shanice Andrews	8.50	2014
7. Cassie Craig	8.54	2010
8. Martiesha Caines	8.55	2017
9. Sasha Manuel	8.58	2009
10. Natalie Morerod	8.60	2013

4X400-METER RELAY

1. Caines, Bullocks, Halfman, N. Larch-Miller	3:40.88	2019
2. McMillian, Darby, Martin, Bullocks	3:42.63	2017
3. Caines, T. Larch-Miller, Halfman, N. Larch-Miller	3:42.87	2011
4. Hallman, K. Moore, Taylor, A. Moore	3:43.09	2014
5. N. Larch-Miller, Thomas, Giles, Morerod	3:43.52	2019
6. Holmes, Martin, McMillian, Bullocks	3:44.51	2012
7. Johnson, Turner, Millard, Miller	3:45.20	2023
8. Morerod, K. Taylor, A. Moore, Giles	3:45.47	2020
9. McMillian, A. Cole, Bullocks, Holmes	3:45.62	2006
10. Snyder, Harmon, Gallegos, Feldberga	3:46.14	2016
10. Yetter, Thomas, Prather, T. Larch-Miller	3:46.25	

DISTANCE MEDLEY RELAY

1. Walker, A. Moore, J. Taylor, T. Nero	11:27.35	2011
2. Martinez, Eck, Ballock, Johnson	11:31.93	2009
3. Wright, Martin, Holmes, Topham	11:32.19	2019
4. Thompson, K. Taylor, Walker, T. Nero	11:41.51	2010
5. Topham, Sav. Wright, Finley, Hirsch	11:45.73	2016
6. Shukla, Downing, Johnson, Tuliamuk	11:50.10	2013
7. Harmon, Land, Wood, Feldberga	11:53.33	2006
8. Dreyer, Redman, Zundai, Rezgale	11:55.69	1988
9. Reeves, Land, Martinez, Klotz	12:00.08	2007
10. Wright, Reichen, Holmes, Johnson	12:00.18	2019

HIGH JUMP

1. J'Lynn Ledesma	1.86m/6-1.25	2013
2. Destiny Masters	1.82m/5-11.50	2021
3. Connie Long	1.81m/5-11.25	1986
4. Sidney Sapp	1.80m/5-10.75	2019
5. Ashley Peterson	1.77m/5-9.75	2014
T6. Marissa Jensen	1.76m/5-9.25	2023
T6. Koya Webb	1.76m/5-9.25	2004
T8. Breanne Borman	1.75m/5-8.75	2016
T8. Shannon Penner	1.75m/5-8.75	1997
T8. Sarah Gilbert	1.75m/5-8.75	2011
T8. Tanya Friesen	1.75m/5-8.75	2013

POLE VAULT

1. Jackie Brown	4.10m/13-5.25	2006
2. Taylor Swanson	4.06m/13-3.75	2015
3. Brooke Demo	4.04m/13-3.25	2009
4. Cassie Craig	4.02m/13-2.25	2010
5. Alesia Frey	4.01m/13-1.75	2019
6. Amy Hough	3.96m/12-11.75	2011
7. Cara Detmer	3.88m/12-8.75	2014
8. Margaux Thompson	3.86m/12-8	2022
9. Emily Gardiner	3.84m/12-7.25	2019
T10. Page Stuhlsatz	3.81m/12-6	2016
T10. Nikki Plant	3.81m/12-6	1999

LONG JUMP

1. La'Taish Brown	6.40m/21-0	2011
2. Ineta Radevica	6.34m/20-9.5	2002
3. Jelena Petrovic	6.30m/20-8	2004
4. Tanya Friesen	6.16m/20-2.5	2013
5. Nikki Larch-Miller	6.11m/20-0.5	2017
6. Zarrey Sams	6.04m/19-9.75	2023
7. Lindsay Eck	6.00m/19-8.25	2005
8. Audacia Moore	5.99m/19-8	2012
9. Tamara Wisby	5.98m/19-7.5	1995
10. Jacque Darby	5.97m/19-7	2020

TRIPLE JUMP

1. Ineta Radevica	13.26m/43-6	2002
2. Shanice Andrews	12.79m/41-11.5	2014
3. Amiya Anoma	12.65m/41-6	2019
4. Courtney Reinke	12.62m/41-5	2013
5. Jelena Petrovic	12.57m/41-3	2006
6. Erika Kovesi	12.49m/40-11.75	2007
7. Stephanie Miller	12.40m/40-8.25	2007
8. Meghan Holmes	12.37m/40-7	2018
9. Audacia Moore	12.33m/40-5.5	2012
10. Kristina Beinarovica	12.22m/40-1.25	2005

SHOT PUT

1. Amanda Kakoulias	15.86m/52-0.5	2022
2. Kelsey Slawson	15.72m/51-7	2019
3. Jamesia Milton	15.17m/49-9.25	2017
4. Kellie Wartick	15.05m/49-4.5	2007
5. Kate Schaaek	14.77m/48-5.5	2008
6. Tyra Bickham	14.67m/48-1.75	2018
7. Anna Zimmer	14.43m/47-4.25	2021
8. Emily Cook	14.29m/46-10.75	2014
9. Meagan Williams	14.15m/46-5.25	2014
10. Chandra Andrews	14.13m/46-4.25	2007

WEIGHT THROW

1. Jamesia Milton	20.37m/66-10	2016
2. Katie Panek	20.04m/65-9	1998
3. Alex Adams	19.70m/64-7.75	2020
4. Sadie Boos	17.84m/58-6.5	2021
5. Chandra Andrews	17.42m/57-2	2007
6. Emily Cook	17.08m/56-0.5	2015
7. Meagan Williams	17.04m/55-11	2018
8. Cassidy Androff	16.65m/54-7.5	2021
9. Miekell Love	16.43m/53-11	2003
10. Jocelen Ruth	16.39m/53-9.25	2021

PENTATHLON

1. Breanna Borman	4,133 points	2016
2. Nikki Larch-Miller	4,121 points	2017
T3. Tanya Friesen	4,043 points	2013
T3. Destiny Masters	4,043 points	2023
5. Koya Webb	3,968 points	2004
6. Martiesha Caines	3,962 points	2017
7. Jenny Pinkston	3,860 points	2015
8. Gavyn Yetter	3,839 points	2016
9. Denise Brungardt	3,826 points	1993
10. Claudia Rojo	3,754 points	2019

CURRENT SHOCKERS



MEN'S OUTDOOR RECORDS

100 METERS

1. Iziq Adeyanju	10.20	1990
2. Clyde Neal	10.26	1981
3. Alfred Mitchell	10.28	1979
4. Mike Wells	10.32	2017
5. Bruce Swan	10.33	2003
6. Trevor Wells	10.36	1997
7. Jaleel Montgomery	10.37	2023
8. Henry Peel	10.38	1980
9. Michael Reckley	10.44	2003
10. Patrick Hill	10.45	1983

200 METERS

1. Bruce Swan	20.70	2002
2. Iziq Adeyanju	20.74	1990
3. Joakim Genereux	20.91	2022
4. Tucker Davis	20.98	2016
5. Clyde Neal	21.01	1981
6. Shannon Armstrong	21.03	2004
7. Trevor Wells	21.10	1997
8. Cody Schreck	21.14	2017
9. Lyle Sturdy	21.14(ht)	1942
10. Dylan Hartnett	21.17	2011

400 METERS

1. Keven Peppers	46.39	1983
2. Vic Everett	46.52	1976
3. Viktors Lacis	46.56	2001
4. Rondall Moore	46.71	2000
5. Justin Chandler	46.76	2005
6. Derrick Powell	46.93	2000
7. David Morris	46.94(ht)	1976
8. Darrel Chapel	47.00	1993
9. Dylan Hartnett	47.11	2012
10. Justin Cole	47.24	2007

800 METERS

1. Einars Tupuritis	1:43.90	1996
2. Viktors Lacis	1:48.25	2002
3. Kelvin Buseinei	1:49.58	2014
4. Girts Azis	1:49.62	2006
5. Alan Walker	1:49.84(ht)	1972
6. Lew Merriman	1:49.94(ht)	1959
7. Mark Anderson	1:50.35	1985
8. Brad Smisor	1:50.44(ht)	1973
9. Adam Moore	1:50.80	2022
10. Jon Muir	1:50.83	1992

1500 METERS

1. Einars Tupuritis	3:41.00	1996
2. Girts Azis	3:42.71	2008
3. Adam Moore	3:42.92	2022
4. Zack Penrod	3:42.96	2019
5. Alan Walker	3:43.34(ht)	1972
6. Jed Helker	3:43.98	2021
7. Ugis Jocis	3:44.39	2016
8. Bryce Merriman	3:46.52	2021
9. Jake Wike	3:46.61	2012
10. Dean Hagemon	3:47.34(ht)	1976

5,000 METERS

1. Brady Johnson	14:03.58	2015
2. Mornay Annandale	14:07.91	1991
3. Trey Harrison	14:09.40	1989
4. Tjaart Van Neuwenheizer	14:12.06	1989
5. George Collier	14:12.33	1982
6. Adrian Diaz Lopez	14:14.80	2023
7. Ben Flowers	14:17.94	2022
8. Trey Rios	14:19.26	2022
9. Clayton Duchatschek	14:22.21	2022
10. Chris Burnett	14:22.51	2015

10,000 METERS

1. Mornay Annandale	28:48.64	1991
2. Brady Johnson	29:21.39	2015
3. Nathan Wadsworth	29:39.78	2005
4. George Collier	29:43.54(ht)	1980
5. Paul Raymond	29:55.17	2016
6. Chris Burnett	29:56.53	2014
7. Jackson Caldwell	29:58.24	2023
8. Keith Pharr	30:00.24(ht)	1972
9. Rick Johnson	30:04.24(ht)	1980
10. Trey Rios	30:11.80	2022

110-METER HURDLES

1. Todd McKown	13.42	2012
2. Shannon Armstrong	13.57	2003
3. Lawson Montgomery	13.63	2012
4. Antonio Norman	13.63	2021
5. Jordan Kitchen	13.96	2004
6. Joseph Holthusen	14.01	2023
7. Preston Carrington	14.07	1970
8. Jonathan Duvall	14.13	2015
9. Cory Beenken	14.19	2012
10. Ken Lewis	14.21	1983

400-METER HURDLES

1. Viktors Lacis	49.60	2001
2. Austin Corley	50.07	2018
3. Jordan Kitchen	50.61	2004
4. Jonathan Duvall	50.91	2015
5. Yuben Goncalves	51.11	2023
6. Toby Penner	51.28	2023
7. Antonio Norman	51.58	2021
8. Isaac Poe	51.64	2018
9. Randy Lind	52.01	1980
10. Bryan Haney	52.12	2023

3,000M STEEPLECHASE

1. Randy Smith	8:28.00	1975
2. Bob Christensen	8:32.64(ht)	1976
3. Tomas Cotter	8:41.02	2013
4. Gary Gregory	8:42.28	1983
5. Clayton Duchatschek	8:45.98	2023
6. Steve Shaad	8:51.34(ht)	1976
7. Tim Wilson	8:51.40	1981
8. Ethan Kossover	8:53.00	2021
9. Marius Sava	8:57.11	2010
10. Hal Hays	8:57.30	1973

4X100-METER RELAY

1. Reckley, Grove, Swan, Armstrong	39.46	2003
2. D. Griffin, Allen, Ngaiza, Belardo	40.28	2018
3. Peel, Reynolds, Madden, Peppers	40.39	1982
4. D. Griffen, Schreck, Powell, Wells	40.45	2017
5. Belardo, Schreck, Davis, Powell	40.54	2016
6. Holthusen, Genereux, Haney, Montgomery	40.62	2023
7. Elazarig, Montgomery, Gauzy, Genereux	40.68	2021
8. Holthusen, Prinsloo, Haney, Montgomery	40.73	2023

4X400-METER RELAY

1. Swan, Powell, Johansson, Lacis	3:07.71	2001
2. Morris, Fitch, Lucas, Everett	3:08.23*	1975
3. Morris, Thornton, Fitch, Everett	3:08.34*	1976
4. Morris, Duell, Lucas, Everett	3:09.33*	1977
5. Swan, Chandler, Speer, Hartnett	3:09.90	2003
6. Reed, Lindsay, Long, Hartnett	3:09.90	2012
7. Blanding, Foley, Dickman, Smith	3:10.24	2008
8. Dickman, Hartnett, Cole, Smith	3:10.27	2010
9. Genereux, Spiers, Hutchison, Prinsloo	3:10.46	2023
10. Gauzy, Corley, Coppoc, Allen	3:10.51	2019

HIGH JUMP

1. David Puvogel	2.25m/7-4.5	1982
2. Mark Todd	2.22m/7-3.25	1985
3. Brady Palen	2.19m/7-2.25	2023
4. Temoer Terry	2.18m/7-1.75	1974
5. Brandon Childs	2.16m/7-1	2011
6. Al Troyer	2.16m/7-1	1983
7. Mason Buckmaster	2.15m/7-0.5	2019
8. Austin Chippaux	2.14m/7-0.25	2017
9. Davis Dubbert	2.14m/7-0.25	2021
10. Garret Lynch	2.13m/6-11.75	2014
11. Zach Budda	2.13m/6-11.75	2013

POLE VAULT

1. Ryan Barkdull	5.65m/18-6.5	1996
2. Eric Boxley	5.35m/17-6.5	1998
3. Beau Morris	5.30m/17-4.5	2008
4. Spencer Frame	5.30m/17-4.5	2003
5. Mike Heath	5.30m/17-4.5	1992
6. Phillip Holden	5.29m/17-4.25	1994
7. Jeremy Mull	5.26m/17-3	1998
8. Jeff Dutoit	5.22m/17-1.5	1997
9. Dylan Schmidt	5.20m/17-0.75	2006
10. Bill Clouse	5.18m/17-0	1983
11. Bob Stuhlsatz	5.18m/17-0	1995
12. Chris Peters	5.18m/17-0	2016

LONG JUMP

1. Don Duvall	7.99m/26-2.5	1980
2. Randy Lewis	7.97m/26-1.75	2002
3. Preson Carrington	7.91m/25-11.5	1971
4. Jared Belardo	7.85m/25-9.25	2018
5. Hunter Veith	7.78m/25-6.25	2018
6. Wayne Barber	7.76m/25-5.5	1995
7. Rayvon Allen	7.75m/25-5.25	2019
8. Ralston Varlack	7.74m/25-4.75	1998
9. Marvell Reid	7.64m/25-1	1982
10. Veryl Crawford	7.61m/24-11.75	1975

TRIPLE JUMP

1. Randy Lewis	16.80m/55-1.5	2003
2. Jared Belardo	16.01m/52-6.5	2016
3. Josh Crawford	16.00m/52-6	2011
4. Don Duvall	15.81m/51-10.5	1980
5. Preston Carrington	15.70m/51-6.25	1971
6. Veryl Crawford	15.65m/51-4.25	1979
7. Yuben Goncalves	15.64m/51-3.75	2022
8. Reginald Blackman	15.59m/51-1.75	1997
9. Rayvon Allen	15.49m/50-10	2018
10. Shazz-Michael Lindo	15.45m/50-8.25	2016

SHOT PUT

1. Brad Johnson	18.55m/60-10.5	2003
2. Todd Tuckwood	18.16m/59-7	1997
3. Zach Loesch	18.11m/59-5	2017
4. Chris Tozier	18.06m/59-3	2995
5. Casey Smith	18.05m/59-2.75	2003
6. Tom Holiday	17.77m/58-3.75	1967
7. Cory Martens	17.63m/57-10.25	2019
8. Brian Baker	17.58m/57-8.25	2006
9. DePaul Brewer	17.47m/57-3.75	2007
10. Skylar Arneson	17.41m/57-1.5	2016

DISCUS THROW

1. Chris Tozier	60.28m/197-9	1995
2. Gene Abernathy	60.22m/197-7	1989
3. Matty Everett	57.38m/188-3	2023
4. Clint Panek	56.94m/186-10	1997
5. Casey Smith	56.54m/185-6	2003
6. Phil Coonce	55.78m/183-0	1979
7. Cory Martens	55.26m/181-3	2019
8. Ridge Estes	54.34m/178-3	2023
9. DePaul Brewer	54.33m/178-3	2007
10. Bryan Tapia	53.32m/174-11	2008

HAMMER THROW

1. Michael Bryan	71.56m/234-9	2022
2. Weston Cottrell	65.60m/215-3	2015
3. Skylar Arneson	63.41m/208-0	2015
4. John Hamilton	62.74m/205-9	1991
5. Cory Martens	62.08m/203-8	2021
6. Taylor Goldsmith	62.05m/203-7	2015
7. Jon Cook	60.14m/197-4	2001
8. Isaiah Evans	59.73m/195-11	2019
9. Casey Smith	59.59m/195-6	2003
10. Jeff Conner	58.42m/191-8	2013

JAVELIN

1. Taran Taylor	78.76m/258-5	2022
2. Aaron True	77.49m/254-3	2018
3. Damien Odle	73.36m/240-8	2016
4. Trent Mazanec	72.56m/238-1	2010
5. Brett Trudo	72.42m/237-7	2008
6. Jon Rizzo	70.94m/232-9	2013
7. Dylan Reimer	70.23m/230-5	2016
8. Jay Krom	70.03m/229-9	1997
9. John Hoplin	68.88m/226-0	2018
10. Kyle Becker	68.61m/225-1	2008

DECATHLON

1. Hunter Veith	8,046 points	2018
2. Austin Bahner	7,847 points	2013
3. Paul Speer	7,564 points	2004
4. Ben Johnson	7,413 points	2019
5. Jens Lukoschat	7,364 points	2003
6. Krystof Slupkowski	7,350 points	2011
7. Nate Vann	7,332 points	2023
8. Aaron Young	7,324 points	2012
9. Tanner Brown	7,178 points	2022
10. Tobias Boese	7,167 points	2013

CURRENT SHOCKERS



WOMEN'S OUTDOOR RECORDS

100 METERS

1. Nikki Larch-Miller	11.38	2015
2. Taylor Larch-Miller	11.47	2015
3. Audacia Moore	11.51	2011
4. Alicia McQueen	11.54(ht)	1983
5. Faith Turner	11.57	2022
6. Paula Garcia	11.60	2021
7. Karen Brown	11.64(ht)	1984
8. Shamoya Pruitt	11.67	2012
9. Jacque Darby	11.73	2021
T10. Romonia Breedlove	11.74(ht)	1977
T10. Nina Thompson	11.74(ht)	1982

200 METERS

1. Nikki Larch-Miller	23.23	2015
2. Audacia Moore	23.51	2011
3. Paula Garcia	23.66	2019
4. Taniyah McMillian	23.68	2019
5. Nina Thompson	23.74	1985
6. Alicia McQueen	23.78	1983
7. Taylor Larch-Miller	23.79	2017
8. Jacque Darby	23.89	2019
9. Stephanie Forbes	24.12	1987
T10. Karen Brown	24.16	1984
T10. Faith Turner	24.16	2022

400 METERS

1. Stephanie Forbes	53.33	1988
2. Florence Chillberry	53.70	1987
3. Tianna Holmes	53.80	2019
4. Inese Petruna	54.19	2005
5. Krista Harmon	54.71	2007
6. Audacia Moore	54.73	2011
7. Daysha Bullocks	55.11	2017
8. Taylor Larch-Miller	55.28	2016
9. Nikki Larch-Miller	55.42	2017
10. Keesha Middlemass	55.50	1992

800 METERS

1. Kellyn Johnson	2:06.12	2009
2. Danielle Chapman	2:06.69	2012
3. Linda Feldberga	2:07.54	2006
4. Yazmine Wright	2:07.82	2021
5. Mandie Brandt	2:08.95	2001
6. Desiraye Osburn	2:10.03	2005
7. Farrah Miller	2:10.80	2023
8. Tricia Linder	2:11.15	1999
9. Chris Kopsa	2:12.05	1989
10. Berna Stulting	2:12.20	1988

1500 METERS

1. Kellyn Johnson	4:16.72	2009
2. Desiraye Osburn	4:19.95	2006
3. Tonya Nero	4:22.74	2011
4. Rebekah Topham	4:23.09	2016
5. Yazmine Wright	4:23.33	2021
6. Aliphine Tuliamak	4:25.22	2012
7. Abeba Sullivan	4:26.90	2023
8. Danielle Chapman	4:27.16	2012
9. Samantha Shukla	4:29.16	2012
10. Winny Koskei	4:29.30	2019

5,000 METERS

1. Aliphine Tuliamak-Bolton	15:18.86	2013
2. Desiraye Osburn	15:53.51	2006
3. Kellyn Johnson	16:02.25	2007
4. Rebekah Topham	16:17.69	2017
5. Tonya Nero	16:19.17	2011
6. Winny Koskei	16:19.47	2018
7. Sidney Hirsch	16:40.72	2016
8. Irene Kosgei	16:44.18	2010
9. Leah Thompson	16:45.75	2010
10. Ebeissa Nyandwi	16:50.61	2014

10,000 METERS

1. Aliphine Tuliamak-Bolton	32:07.20	2013
2. Tonya Nero	33:11.71	2011
3. Winny Koskei	33:30.31	2018
4. Sidney Hirsch	34:37.87	2017
5. Leah Thompson	35:06.85	2010
6. Scarla Nero	35:07.18	2012
7. Julie Duncan	35:16.91	1983
8. Riana Van Rensburg	35:50.02	1999
9. Ebeissa Nyandwi	36:00.80	2014
10. Sarah Bertry	36:07.07	2023

CURRENT SHOCKERS

100-METER HURDLES

1. Nikki Larch-Miller	13.08	2015
2. Taylor Larch-Miller	13.19	2015
3. Lindsay Eck	13.37	2005
4. Jennifer Snyder	13.47	2007
5. Denise Brungardt	13.50	1993
6. Natalie Morerod	13.53	2012
7. Zarrey Sams	13.70	2023
8. Shanice Andres	13.79	2015
T9. Gavyn Yetter	13.80	2017
T9. Martiesha Caines	13.80	2017
T9. Rene Bumgarner	13.80	1983

400-METER HURDLES

1. Natalie Morerod	57.48	2012
2. Natasha Foreman	59.14	2002
3. Taylor Larch-Miller	59.23	2015
4. Tasha Gallegos	59.32	2007
5. Wendy Kelly	59.35	1988
6. Taylor Thomas	59.70	2014
7. Jennifer Snyder	59.79	2008
8. Claudia Rojo	59.93	2016
T9. Nora Zajovics	59.99	2015
T9. Nikki Larch-Miller	59.99	2015

3,000M STEEPLECHASE

1. Rebekah Topham	9:50.65	2021
2. Mica Land	10:12.28	2008
3. Nicole McMillen	10:16.20	2021
4. Sidney Hirsch	10:16.71	2016
5. Sarah Becker	10:19.73	2005
6. Kellyn Johnson	10:23.29	2009
7. Kayla Deighan	10:28.29	2016
8. Miranda Dick	10:35.44	2023
9. Rachel York	10:40.27	2009
10. Jenna Muma	10:55.14	2023

4X100-METER RELAY

1. Andrews, Young, N. Larch-Miller, T. Larch-Miller	44.30	2015
2. Maples, Darby, N. Larch-Miller, T. Larch-Miller	44.45	2017
3. Garcia, Darby, Holmes, McMillian	44.98	2019
4. Turner, Garcia, S. Johnson, Utecht	45.25	2022
5. Morerod, N. Larch-Miller, T. Larch-Miller, Pruitt	45.43	2014
6. Cato, Moore, Moore, Pruitt	45.56	2009
7. Williams, Moore, Moore, Pruitt	45.60	2012
8. Turner, Garcia, Darby, McMillen	45.64	2021
9. Pinkston, Young, N. Larch-Miller, T. Larch-Miller	45.67	2015
10. Bolan, Moore, Hallman, Pruitt	45.69	2010

4X400-METER RELAY

1. Bullocks, Garcia, McMillian, Holmes	3:38.21	2019
2. T. Larch-Miller, Bullocks, Caines, N. Larch-Miller	3:39.18	2017
3. S. Johnson, Millard, F. Miller, Fabri	3:40.67	2023
4. Petruna, Harmon, Feldberga, Gallegos	3:41.45	2005
5. Feldberga, Gallegos, Snyder, Harmon	3:41.56	2006
6. Holmes, Darby, Bullocks, McMillian	3:41.86	2019
7. Chillberry, Kelly, Carson, Forbes	3:42.47	1985
8. N. Larch-Miller, T. Larch-Miller Halfman, Bullocks	3:43.01	2017
9. T. Larch-Miller, Bullocks, Caines, Yetter	3:43.51	2017

HIGH JUMP

1. Connie Long	1.86m/6-1.25	1989
2. Destiny Masters	1.83m/6-0	2023
3. Ashley Peterson	1.80m/5-10.75	2016
T4. Tanya Friesen	1.79m/5-10.5	2013
T4. Marissa Jensen	1.79m/5-10.5	2023
T6. Iveta Grunte	1.78m/5-10	2005
T6. J'lynn Ledesma	1.78m/5-10	2012
T6. Mellanee Welty	1.78m/5-10	1998
T9. Sidney Sapp	1.77m/5-9.75	2019
T9. Koya Webb	1.77m/5-9.75	2004

POLE VAULT

1. Brooke Demo	4.20m/13-9.25	2008
2. Jackie Brown	4.15m/13-7.25	2006
3. Taylor Swanson	4.12m/13-6.25	2016
4. Cassie Craig	4.08m/13-4.5	2012
5. Alesia Frey	4.06m/13-3.75	2017
6. Page Stuhlsatz	4.01m/13-1.75	2016
7. Margaux Thompson	3.90m/12-9.5	2022
8. Karen Lyvers	3.87m/12-8.25	2022
9. Emily Gardiner	3.82m/12-6.25	2021
10. Meg Loontjer	3.81m/12-6	2016

LONG JUMP

1. La-Taish Brown	6.36m/20-10.5	2010
2. Jelena Petrovic	6.30m/20-8	2005
3. Ineta Radevica	6.26m/20-6.5	2002
4. Lindsay Eck	6.25m/20-6.25	2003
5. Angela Isaac	6.18m/20-3.5	1993
6. Tanya Friesen	6.17m/20-3	2013
7. Zarrey Sams	6.15m/20-2.25	2023
8. Nikki Larch-Miller	6.13m/20-1.5	2015
9. Jacque Darby	6.11m/20-0.5	2021
10. Destiny Masters	6.10m/20-0.25	2023

TRIPLE JUMP

1. Ineta Radevica	13.37m/43-10.5	2002
2. Stephanie Miller	13.11m/43-0.25	2006
3. Semaj McGehee	12.84m/42-1.5	2022
4. Heidi Yost	12.79m/41-11.5	2002
T5. Courtney Mills	12.70m/41-8	2017
T5. Shanice Andrews	12.70m/41-8	2014
7. Angela Isaac	12.68m/41-7.25	1993
8. Amiya Anoma	12.67m/41-7	2019
9. Courtney Reinke	12.66m/41-6.5	2012
10. Erica Kovesi	12.57m/41-3.25	2007

SHOT PUT

1. Kelsey Slawson	15.90m/52-2	2019
2. Amanda Kakoulis	15.45m/50-8.25	2022
3. Tyra Bickham	14.79m/48-6.25	2017
4. Kellie Wartick	14.62m/47-11.75	2007
5. Kate Schaaake	14.56m/47-9.25	2007
6. Kylie Zimmer	14.44m/47-4.5	2022
7. Anna Zimmer	14.41m/47-3.5	2021
T8. Emily Cook	14.40m/47-3	2014
T8. Jeanine Banks	14.40m/47-3	1988
10. Janelle Jackson	14.29m/46-10.75	1998

DISCUS THROW

1. Mariah Garcia	55.39m/181-9	2013
2. Tyra Bickham	52.24m/171-5	2017
3. Sadie Suenram	51.04m/167-5	2016
4. Megan Fuller	50.62m/166-1	2012
5. Kelsey Slawson	50.32m/165-1	2019
6. Kate Schaaake	49.70m/163-1	2008
7. Amanda Kakoulis	46.66m/143-3	2019
8. Katie Panek	46.65m/153-1	1998
9. Krystal Bowes	46.31m/151-11	2003
10. Caitlin Bauer	45.78m/150-2	2014

HAMMER THROW

1. Jamesia Milton	62.29m/205-8	2017
2. Katie Panek	61.28m/201-0	1998
3. Chandra Andrews	61.06m/200-4	2007
4. Emily Cook	55.58m/182-4	2014
5. Alex Adams	55.42m/181-10	2019
6. Samantha Marx	53.03m/174-0	2022
7. Emily Peterson	52.96m/173-9	2002
8. Cassidy Androff	52.35m/171-9	2021
9. Sadie Booth	51.49m/169-11	2021
10. Jocelen Ruth	49.96m/163-11	2021

JAVELIN

1. Carlea Holt	50.28m/164-11	2016
2. Kendra Henry	49.08m/161-0	2018
T3. Erica Evans	48.72m/159-10	2008
T3. Vicki Webb	48.72m/159-10	1999
5. Allison Berry	48.34m/158-7	2002
6. Kourtnei Hubert	47.64m/156-3	2021
7. Samantha Marx	46.82m/153-7	2023
8. Krystal Bowes	46.50m/152-7	2002
9. Meagan Williams	46.05m/151-1	2014
10. Breanne Borman	46.01m/150-11	2016

HEPTATHLON

1. Tanya Friesen	5,899 points	2013
2. Nikki Larch-Miller	5,812 points	2015
3. Breanne Borman	5,640 points	2017
4. Destiny Masters	5,557 points	2023
5. Gavyn Yetter	5,553 points	2017
6. Denise Brungardt	5,548 points	1993
7. Mellanee Welty	5,398 points	1999
8. Martiesha Caines	5,295 points	2017
9. Kendra Henry	5,249 points	2019
10. Koya Webb	5,241 points	2004



MEN'S ALL-TIME ALL-AMERICANS/NATIONAL CHAMPIONS

INDOOR NCAA ALL-AMERICANS

1975	Randy Smith	2 Mile (~3k)	3rd; 8:08.40
1992	John Hamilton	WT	2nd; 20.09m/65'11"
1996	Ryan Barkdull Einars Tupuritis	PV 800m	3rd; 5.45m/17'10.5" 1st; 1:45.87
1997	Clint Panek	WT	7th; 20.16m/66'1.75"
2002	Randy Lewis	LJ	7.65m/25'1.25"
2004	Shannon Armstrong	60mH	7th; 7.80
2010	Chris Dickman Tyler Simmons	Hept LJ	7th; 5652 pts 11th; 7.61m/24'11.75"
2013	Austin Bahner	Hept	2nd Team 16th; 5333 pts
2014	Austin Bahner	Hept	2nd Team 15th; 2963 pts
2016	Jared Belardo	LJ	2nd Team 12th; 7.34m/24'1"
2017	Hunter Veith	Hept	2nd Team 9th; 5760 pts
2018	Hunter Veith	Hept	1st Team 2nd; 6090 pts
2019	Ben Johnson	Hept	2nd Team 12th; 5545 pts
2021	Joseph Holthusen	60mH	2nd Team 15th; 8.31
2022	Michael Bryan	WT	2nd Team 14th; 20.96m/68'8.5"
2023	Brady Palen	HJ	1st Team 7th; 2.18m/7'1.75"

OUTDOOR NCAA ALL-AMERICANS

1930	Harold Manning	2 Mile (~3k)	1st; 8:40.1 hc
1959	Lew Merriman	880yd	4th; 1:49.8 hc
1963	Cal Elmore	Mile	2nd; 4:05.7 hA
1966	Fred Burton	PV	3rd; 4.775m/15'8"
1970	Preston Carrington	LJ	3rd 7.76m/25'5.5" e
1971	Preston Carrington	LJ	6th; 7.557m/24'9.5" e
1974	Temoer Terry	HJ	T-6th; 2.159m/7'1" e
1975	Randy Smith	Steeple	2nd; 8:57.69 A
1978	Don Duvall	LJ	6th; 7.79m/25'6.75" w
1989	Gene Abernathy	Discus	7th; 56.40m/185'0"
1991	Mornay Annandale John Hamilton	10,000m Hammer	6th; 28:48.64 9th; 62.71m/205'9"
1995	Einars Tupuritis	800m	8th; 1:48.70
1996	Einars Tupuritis	800m	1st; 1:45.08
1997	Jay Krom Ryan Barkdull	Javelin PV	6th; 68.42m/224'10" 10th; 5.25m/17'2.75"
1998	Ralston Varlack	LJ	12th; 7.58m/24'10.5"
2001	Viktors Lacis	400mH	3rd; 49.60
2002	Randy Lewis	LJ	2nd; 7.97m/26'1.75"

2003	Randy Lewis Jens Lukoschat	TJ Dec	5th; 16.15m/53'0" 7th; 7364 pts
2012	Todd McKown Lawson Montgomery Brett Trudo	110mH 110mH Javelin	2nd Team 2nd Team 2nd Team 16th; 13.84w 13th; 13.79 11th; 71.29m/233'10"
2013	Austin Bahner Tomas Cotter Jon Rizzo	Dec 3k Steeple Javelin	2nd Team 2nd Team 2nd Team 10th; 7847 pts w 9th; 8:45.10 13th; 68.62m/225'1"
2016	Damien Odle	Javelin	2nd Team 9th; 71.90m/235'10"
2017	Hunter Veith	Dec	1st Team 6th; 7866 pts
2018	Aaron True	Javelin	1st Team 8th; 70.26m/230'6"
2019	Ben Johnson Aaron True	Dec Javelin	2nd Team 1st Team 14th; 7329 pts 5th; 73.11m/239'10"
2021	Michael Bryan Antonio Norman	Hammer 110mH	2nd Team 2nd Team 12th; 70.08m/229'11" 16th; 13.88
2022	Michael Bryan Taran Taylor	Hammer Javelin	1st Team 1st Team 5th; 71.56m/234'9" 5th; 78.76m/258'5"

ACADEMIC ALL-AMERICANS

1997	Todd Tuckwood
2008	Chris Dickman Scott Reed
2010	Chris Dickman

INDOOR NCAA CHAMPIONS

1930	Harold Manning	2 Mile
1996	Einars Tupuritis	800m

OUTDOOR NCAA CHAMPIONS

1996	Einars Tupuritis	800m
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3X ALL-AMERICANS

Einars Tupuritis	800m	1995(o), 1996(i/o)
Randy Lewis	LJ/TJ	2002(i/o LJ), 2003 (o TJ)
Austin Bahner	Hept/Dec	2013(i/o), 2014(o)
Hunter Veith	Hept/Dec	2017(i/o), 2018(i)
Michael Bryan	Weight/Hammer	2021(o), 2022(i/o)

2X ALL-AMERICANS

Preston Carrington	LJ	1970(o), 1971(o)
Randy Smith	2 Mile/3k SC	1975(i/o)
John Hamilton	Weight/Hammer	1991(o), 1992(i)
Ryan Barkdull	Pole Vault	1996(i), 1997(o)
Ben Johnson	Hept/Dec	2019(i/o)
Aaron True	Javelin	2018(o), 2019(o)

HISTORICAL REQUIREMENTS FOR ALL-AMERICA *According to USTFCCA.org*

Indoor Track & Field
 2011-Present: Top 8 - 1st Team; 9-16 - 2nd Team
 1989-10: Top 8 per event, to include the top 8 U.S. born finishers
 1982-87: Top 6 per event
 1970-81: Unknown
 1965-69: Top 3 per event

Outdoor Track & Field
 2011-Present: Top 8 - 1st Team; 9-16 - 2nd Team
 1985-10: Top 8 per event, to include the top 8 U.S. born finishers
 1982-84: Top 12 per event
 1973-81: Unknown
 1963-72: Top 4 per event
 1942-62: Top 3 per event



WOMEN'S ALL-TIME ALL-AMERICANS/NATIONAL CHAMPIONS

INDOOR NCAA ALL-AMERICANS

1986	Connie Long	HJ		6th; 1.79m/5'10.5"
1989	Connie Long	HJ		T-4th; 1.78m/5'10"
1998	Katie Panek	WT		5th; 20.04m/65'9"
2006	Desiraye Osburn	Mile		8th; 4:45.41
2009	Kellyn Johnson	Mile		3rd; 4:34.41
2011	La'Taish Brown	LJ	2nd Team	13th; 6.08m/19'11.5"
	Tonya Nero	5,000m	2nd Team	13th; 16:26.42
	Aliphine Tuliamuk	5,000m	1st Team	8th; 16:14.38
2012	Aliphine Tuliamuk	3,000m	1st Team	7th; 9:17.99
		5,000m	1st Team	3rd; 15:50.12
2013	Tanya Friesen	Pent	2nd Team	14th; 3742 pts
	J'Lynn Ledesma	HJ	2nd Team	14th; 1.78m/5'10"
	Aliphine Tuliamuk	3,000m	1st Team	6th; 9:08.83
		5,000m	1st Team	3rd; 15:38.00
2017	Nikki Larch-Miller	Pent	2nd Team	11th; 4088 pts
	Breanne Borman	Pent	2nd Team	16th; 3705 pts

OUTDOOR NCAA ALL-AMERICANS

1989	Connie Long	HJ		2nd; 1.85m/6'0.75"
1993	Denise Brungardt	Hept		6th; 5490 pts
1994	Deana Alexander	Javelin		9th; 48.90m/160'5"
1996	Katie Panek	Hammer		8th; 56.48m/185'3"
1998	Deana Alexander	Javelin		13th; 49.46m/162'3"
	Katie Panek	Hammer		4th; 60.86m/199'8"
1999	Mellanee Welty	Hept		12th; 5384 pts
2003	Allison Berry	Javelin		9th; 48.21m/158'2"
2005	Desiraye Osburn	5,000m		7th; 16:46.97
2006	Jackie Brown	PV		3rd; 4.15m/13'7.25"
	Desiraye Osburn	5,000m		4th; 16:10.75
2008	Mica Land	3k Steeple		10th; 10:12.28
2011	Tonya Nero	10,000m	1st Team	7th; 34:39.56
	Aliphine Tuliamuk	5,000m	1st Team	8th; 15:51.37
		10,000m	1st Team	5th; 34:32.77
2012	Natalie Morerod	400mH	2nd Team	14th; 58.35
	Aliphine Tuliamuk	5,000m	1st Team	5th; 16:18.61
		10,000m	1st Team	2nd; 32:45.43
2013	Tanya Friesen	Hept	1st Team	5th; 5899 pts
	Aliphine Tuliamuk	5,000m	1st Team	4th; 15:51.92
		10,000m	1st Team	2nd; 33:14.12
2015	Nikki Larch-Miller	Hept	1st Team	8th; 5806 pts
		4x100m	2nd Team	16th; 44.89
	Shanice Andrews	4x100m	2nd Team	16th; 44.89
	Deja Young	4x100m	2nd Team	16th; 44.89
	Taylor Larch-Miller	4x100m	2nd Team	16th; 44.89
2016	Ashley Peterson	HJ	2nd Team	1.78m/5'10"
2017	Breanne Borman	Hept	2nd Team	11th; 5405 pts
	Gavyn Yetter	Hept	2nd Team	12th; 5348 pts
2019	Rebekah Topham	3k Steeple	1st Team	8th; 9:57.80

ACADEMIC ALL-AMERICANS

2000 Mellanee Welty

INDOOR NCAA CHAMPIONS

N/A N/A N/A

OUTDOOR NCAA CHAMPIONS

N/A N/A N/A

11X ALL-AMERICANS

Aliphine Tuliamuk 3,000m/5,000m/10,000m 2011-13

3X ALL-AMERICANS

Connie Long High Jump 1986(i), 1989(i/o)
Katie Panek Weight/Hammer 1996(o), 1998(i/o)
Desiraye Osburn Mile/5,000m 2005(o 5k), 2006(i mile/o 5k)
Nikki Larch-Miller Pent/Hept/4x100m 2015(o), 2017(i)

2X ALL-AMERICANS

Deana Alexander Javelin 1994(o), 1998(o)
Tonya Nero 5,000m/10,000m 2011(i/o)
Tanya Friesen Pent/Hept 2013(i/o)
Breanne Borman Pent/Hept 2017(i/o)



ALIPHINE TULIAMUK

- 11x All-American (TF) 2x All-American (XC)
- most All-America honors in Shocker history (male or female)



NCAA CHAMPIONSHIPS QUALIFIERS

MEN'S INDOOR BY EVENT

60m Hurdles	2004 2021	Shannon Armstrong Joseph Holthusen	7th; 7.80 15th; 8.31
800m	1996	Einars Tupuritis	1st; 1:45.80
3,000m	1975	Randy Smith	3rd; 8:08.40
High Jump	2023	Brady Paleen	7th; 2.18m/7'1.75"
Pole Vault	1967 1996	Fred Burton Ryan Barkdull	3rd; 4.98m/16'4" 2nd; 5.45m/17'10.5"
Long Jump	2002 2010 2016 2017	Randy Lewis Tyler Simmons Jared Belardo Hunter Veith	7th; 7.65m/25'1.25" 11th; 7.61m/ 24'11.75" 12th; 7.34m/24'1" NP; NM
Triple Jump	2000 2002	Randy Lewis Randy Lewis	14th; 15.64m/51'3.75" NP; NM
Weight Throw	1992 1997 2022	John Hamilton Clint Panek Michael Bryan	2nd; 20.09m/65'11.5" 7th; 20.16m/66'1.75" 14th; 20.94m/68'8.5"
Heptathlon	2004 2008 2008 2010 2013 2014 2017 2018 2019	Paul Speer Chris Dickman Krzysztof Slupkowski Chris Dickman Austin Bahner Austin Bahner Hunter Veith Hunter Veith Ben Johnson	11th; 5362 pts 13th; 5499 pts 15th; 5398 pts 7th; 5652 pts 16th; 5333 pts 15th; 2963 pts 9th; 5760 pts 2nd; 6090 pts 12th; 5545 pts

MEN'S OUTDOOR BY EVENT

800m	1959 1995 1996	Lew Merriman Einars Tupuritis Einars Tupuritis	1:49.8hc (880yd) 8th; 1:48.70 1st; 1:45.08
Mile	1963	Cal Elmore	2nd; 4:05.7hA
3,000m	1929 1930	Hal Manning Hal Manning	2nd; 8:52.1hc (2 mile) 1st; 8:40.1hc (2 mile)
10,000m	1991	Mornay Annandale	6th; 28:48.64
110m Hurdles	1970 2012 2012 2021	Preston Carrington Lawson Montgomery Todd McKown Antonio Norman	7th;14.2hc (120hd) 13th; 13.79 16th; 13.84 16th; 13.88
400m Hurdles	2001	Victors Lacis	3rd; 49.60
Steeplechase	1975 1976	Randy Smith Bob Christensen	2nd; 8:57.69A 8th; 8:41.20
3K Steeplechase	2012 2013	Tomas Cotter Tomas Cotter	17th; 8:49.85 9th; 8:45.10
High Jump	1974 2023	Temoer Terry Brady Palen	T-6th; 2.159m/7'1"e
Pole Vault	1966	Fred Burton	3rd;4.77m/15'8"e
Long Jump	1933 1970 1971 1978 1979 2002	Gerald Kepner Preston Carrington Preston Carrington Don Duvall Don Duvall Randy Lewis	4th; 7.188m/23'7"e 3rd; 7.76m/25'5.5"e 6th; 7.557m/24'9.5"e 6th;7.79m/25'6.75" 8th; 7.71m/25'3.5"w 2nd; 7.97m/26'1.75"
Triple Jump	2003 2011	Randy Lewis Josh Crawford	5th; 16.15m/53'0" 20th; 15.23m/49'11.75"

Discus	1989	Gene Abernathy	7th; 56.40m/185'0"
Hammer	2015 2016 2021 2022	Weston Cottrell Skylar Arneson Michael Bryan Michael Bryan	21st; 62.34m/204'6" 20th; 62.89m/206'4" 12th; 70.08m/229'11" 5th; 71.56m/234'9"
Javelin	1959 1997 2011 2012 2013 2016 2018 2018 2019 2022	Walter Cokreham Jay Krom Brett Trudo Brett Trudo Jon Rizzo Damien Odle Aaron True Damien Odle Aaron True Taran Taylor	6th; 67.386m/221'1"e 6th; 68.42m/224'5" 23rd; 64.98m/213'2" 11th; 71.29m/233'11" 13th; 68.62m/225'1" 9th; 71.90m/235'11" 8th; 70.26m/230'6" 20th; 63.47m/208'3" 5th; 73.11m/239'10" 4th; 78.76m/258'5"
Decathlon	2003 2003 2004 2013 2017 2019	Jens Lukoschat Paul Speer Paul Speer Austin Bahner Hunter Veith Ben Johnson	7th; 7364 pts 11th; 7241 pts NP; DNF 10th; 7847 pts 6th; 7866 pts 14th; 7329 pts

WOMEN'S INDOOR BY EVENT

Mile	2006 2009	Desiraye Osburn Kellyn Johnson	8th; 4:45.41 3rd; 4:34.41
3,000m	2006 2012 2013	Desiraye Osburn Aliphine Tuliamuk Aliphine Tuliamuk	14th; 9:33.48 7th; 9:17.99 6th; 9:08.83
5,000m	2011 2011 2012 2013	Aliphine Tuliamuk Tonya Nero Aliphine Tuliamuk Aliphine Tuliamuk	8th; 16:14.38 13th; 16:26.42 3rd; 15:50.12 3rd; 15:38.00
High Jump	1986 1989 2013	Connie Long Connie Long J'Lynn Ledesma	6th; 1.79m/5'10.5" T-4th; 1.78m/5'10" 14th; 1.78m/5'10"
Pole Vault	1999 2006	Nikki Plant Jackie Brown	13th; 3.70m/12'1.5" 16th; 3.85m/12'7.5"
Long Jump	2002 2005 2011	Ineta Radevica Jelena Petrovic La'Taish Brown	6th; 6.25m/20'6.25" 15th; 5.87m/19'3.75" 13th; 6.08m/19'11.5"
Triple Jump	2002	Ineta Radevica	4th; 13.26m/43'6"
Weight Throw	1998	Katie Panek	5th; 20.04m/65'9"
Pentathlon	2004 2013 2016 2017 2017	Koya Webb Tanya Friesen Breanne Borman Nikki Larch-Miller Breanne Borman	9th; 3968 pts 14th; 3742 pts 12th; 4003 pts 11th; 4088 pts 16th; 3705 pts

WOMEN'S OUTDOOR BY EVENT

5,000m	2005 2006 2011 2012 2013	Desiraye Osburn Desiraye Osburn Aliphine Tuliamuk Aliphine Tuliamuk Aliphine Tuliamuk	7th; 16:46.97 4th; 16:10.75 8th; 15:51.37 5th; 16:18.61 4th; 15:51.92
10,000m	2010 2011 2011 2012 2013	Tonya Nero Aliphine Tuliamuk Tonya Nero Aliphine Tuliamuk Aliphine Tuliamuk	17th; 33:45.83 5th; 34:32.77 7th; 34:39.56 2nd; 32:45.43 2nd; 33:14.12
100m Hurdles	2015	Nikki Larch-Miller	17th; 13.26



NCAA CHAMPIONSHIPS QUALIFIERS

400m Hurdles	2012	Natalie Morerod	14th; 58.35
3K Steeple	2019	Rebekah Topham	8th; 9:57.80
4x100m Relay	2015	Shanice Andrews	16th; 44.89
	2015	Deja Young	16th; 44.89
	2015	Nikki Larch-Miller	16th; 44.89
	2015	Taylor Larch-Miller	16th; 44.89
High Jump	1989	Connie Long	2nd; 1.85m/6'0.75"A
	2012	J'Lynn Ledesma	17th; 1.75m/5'8.75"
	2014	Ashley Peterson	NP; NM
	2016	Ashley Peterson	15th; 1.78m/5'10"
	2023	Destiny Masters	
Pole Vault	2006	Jackie Brown	3rd; 4.15m/13'7.25"
Triple Jump	2002	Ineta Radevica	2nd; 13.36m/43'10"
Hammer	1996	Katie Panek	8th; 56.48m/185'3"
	1998	Katie Panek	4th; 60.86m/199'8"
Hepathlon	1993	Denise Brungardt	6th; 5490 pts
	2012	Tanya Friesen	21st; 5080 pts
	2013	Tanya Friesen	5th; 5899 pts
	2015	Nikki Larch-Miller	8th; 5806 pts
	2017	Breanne Borman	11th; 5405 pts
	2017	Gavyn Yetter	12th; 5348 pts
	2017	Nikki Larch-Miller	NP; DNF

MEN'S INDOOR BY YEAR

1967	Fred Burton	Pole Vault	3rd; 4.98m/16'4"
1975	Randy Smith	3,000m	3rd; 8:08.40
1992	John Hamilton	Weight Throw	2nd; 20.09m/65'11.5"
1996	Einars Tupuritis	800m	1st; 1:45.80
	Ryan Barkdull	Pole Vault	2nd; 5.45m/17'10.5"
1997	Clint Panek	Weight Throw	7th; 20.16m/66'1.75"
2000	Randy Lewis	Triple Jump	14th; 15.64m/51'3.75"
2002	Randy Lewis	Long Jump	7th; 7.65m/25'1.25"
		Triple Jump	NP; NM
2004	Shannon Armstrong	60m Hurdles	7th; 7.80
	Paul Speer	Heptathlon	11th; 5362 pts
2008	Chris Dickman	Heptathlon	13th; 5499 pts
	Krzysztof Slupkowski	Heptathlon	15th; 5398 pts
2010	Tyler Simmons	Long Jump	11th; 7.61m/ 24'11.75"
	Chris Dickman	Heptathlon	7th; 5652 pts
2013	Austin Bahner	Heptathlon	16th; 5333 pts
2014	Austin Bahner	Heptathlon	15th; 2963 pts
2016	Jared Belardo	Long Jump	12th; 7.34m/24'1"
2017	Hunter Veith	Long Jump	NP; NM
		Heptathlon	9th; 5760 pts
2018	Hunter Veith	Heptathlon	2nd; 6090 pts
2019	Ben Johnson	Heptathlon	12th; 5545 pts
2021	Joseph Holthusen	60m Hurdles	15th; 8.31
2022	Michael Bryan	Weight Throw	14th; 20.94m/68'8.5"

2023	Brady Palen	High Jump	7th; 2.18m/7'1.75"
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MEN'S OUTDOOR BY YEAR

1929	Hal Manning	3,000m	2nd; 8:52.1hc (2 mile)
1930	Hal Manning	3,000m	1st; 8:40.1hc (2 mile)
1933	Gerald Kepner	Long Jump	4th; 7.188m/23'7"e
1959	Lew Merriman	800m	1:49.8hc (880yd)
	Walter Cokreham	Javelin	6th; 67.386m/221'1"e
1963	Cal Elmore	Mile	2nd; 4:05.7hA
1966	Fred Burton	Pole Vault	3rd; 4.77m/15'8"e
1970	Preston Carrington	110m Hurdles	7th; 14.2hc (120hd)
		Long Jump	3rd; 7.76m/25'5.5"e
1971	Preston Carrington	Long Jump	6th; 7.557m/24'9.5"e
1974	Temoer Terry	High Jump	T-6th; 2.159m/7'1"e
1975	Randy Smith	Steeplechase	2nd; 8:57.69A
1976	Bob Christensen	Steeplechase	8th; 8:41.20
1978	Don Duvall	Long Jump	6th; 7.79m/25'6.75"
1979	Don Duvall	Long Jump	8th; 7.71m/25'3.5"w
1989	Gene Abernathy	Discus	7th; 56.40m/185'0"
1991	Mornay Annandale	10,000m	6th; 28:48.64
1995	Einars Tupuritis	800m	8th; 1:48.70
1996	Einars Tupuritis	800m	1st; 1:45.08
1997	Jay Krom	Javelin	6th; 68.42m/224'5"
2001	Victors Lacis	400m Hurdles	3rd; 49.60
2002	Randy Lewis	Long Jump	2nd; 7.97m/26'1.75"
2003	Randy Lewis Jens Lukoschat Paul Speer	Triple Jump	5th; 16.15m/53'0"
		Decathlon	7th; 7364 pts
		Decathlon	11th; 7241 pts
2004	Paul Speer	Decathlon	NP; DNF
2011	Josh Crawford	Triple Jump	20th; 15.23m/49'11.75"
	Brett Trudo	Javelin	23rd; 64.98m/213'2"
2012	Lawson Montgomery	110m Hurdles	13th; 13.79
	Todd McKown	110m Hurdles	16th; 13.84
	Tomas Cotter	3K Steeplechase	17th; 8:49.85
	Brett Trudo	Javelin	11th; 71.29m/233'11"
2013	Tomas Cotter	3K Steeplechase	9th; 8:45.10
	Jon Rizzo	Javelin	13th; 68.62m/225'1"
	Austin Bahner	Decathlon	10th; 7847 pts
2015	Weston Cottrell	Hammer	21st; 62.34m/204'6"
2016	Skylar Arneson	Hammer	20th; 62.89m/206'4"
	Damien Odle	Javelin	9th; 71.90m/235'11"
2017	Hunter Veith	Decathlon	6th; 7866 pts
2018	Aaron True	Javelin	8th; 70.26m/230'6"
	Damien Odle	Javelin	20th; 63.47m/208'3"
2019	Aaron True	Javelin	5th; 73.11m/239'10"



NCAA CHAMPIONSHIPS QUALIFIERS

	Ben Johnson	Decathlon	14th; 7329 pts
2021	Antonio Norman Michael Bryan	110m Hurdles Hammer	16th; 13.88 12th; 70.08m/229'11"
2022	Michael Bryan Taran Taylor	Hammer Javelin	5th; 71.56m/234'9" 4th; 78.76m/258'5"
	Brady Palen	High Jump	

WOMEN'S INDOOR BY YEAR

1998	Katie Panek	Weight Throw	5th; 20.04m/65'9"
1999	Nikki Plant	Pole Vault	13th; 3.70m/12'1.5"
2002	Ineta Radevica	Long Jump Triple Jump	6th; 6.25m/20'6.25" 4th; 13.26m/43'6"
2004	Koya Webb	Pentathlon	9th; 3968 pts
2005	Jelena Petrovic	Long Jump	15th; 5.87m/19'3.75"
2006	Desiraye Osburn Jackie Brown	Mile 3,000m Pole Vault	8th; 4:45.41 14th; 9:33.48 16th; 3.85m/12'7.5"
2009	Kellyn Johnson	Mile	3rd; 4:34.41
2011	Aliphine Tuliamuk Tonya Nero La'Taish Brown	5,000m 5,000m Long Jump	8th; 16:14.38 13th; 16:26.42 13th; 6.08m/19'11.5"
2012	Aliphine Tuliamuk Aliphine Tuliamuk	3,000m 3,000m	7th; 9:17.99 3rd; 15:50.12
2013	Aliphine Tuliamuk J'Lynn Ledesma Tanya Friesen	3,000m 5,000m High Jump Pentathlon	6th; 9:08.83 3rd; 15:38.00 14th; 1.78m/5'10" 14th; 3742 pts
2016	Breanne Borman	Pentathlon	12th; 4003 pts
2017	Nikki Larch-Miller Breanne Borman	Pentathlon Pentathlon	11th; 4088 pts 16th; 3705 pts

2013	Aliphine Tuliamuk Tanya Friesen	5,000m 10,000m Heptathlon	4th; 15:51.92 2nd; 33:14.12 5th; 5899 pts
2014	Ashley Peterson	High Jump	NP; NM
2015	Nikki Larch-Miller Shanice Andrews Deja Young Nikki Larch-Miller Taylor Larch-Miller Nikki Larch-Miller	100m Hurdles 4x100m Relay 4x100m Relay 4x100m Relay 4x100m Relay Heptathlon	17th; 13.26 16th; 44.89 16th; 44.89 16th; 44.89 16th; 44.89 8th; 5806 pts
2016	Ashley Peterson	High Jump	15th; 1.78m/5'10"
2017	Nikki Larch-Miller Breanne Borman Gavyn Yetter	Hepathlon Heptathlon Heptathlon	NP; DNF 11th; 5405 pts 12th; 5348 pts
2019	Rebekah Topham	3K Steeplechase	8th; 9:57.80
2023	Destiny Masters	High Jump	

MOST NCAA APPEARANCES MEN WOMEN

5	Randy Lewis	11	Aliphine Tuliamuk
4	Hunter Veith	5	Nikki Larch-Miller
		4	Desiraye Osburn

WOMEN'S OUTDOOR BY YEAR

1989	Connie Long	High Jump	2nd; 1.85m/6'0.75"A
1993	Denise Brungardt	Heptathlon	6th; 5490 pts
1996	Katie Panek	Hammer	8th; 56.48m/185'3"
1998	Katie Panek	Hammer	4th; 60.86m/199'8"
2002	Ineta Radevica	Triple Jump	2nd; 13.36m/43'10"
2005	Desiraye Osburn	5,000m	7th; 16:46.97
2006	Desiraye Osburn Jackie Brown	5,000m Pole Vault	4th; 16:10.75 3rd; 4.15m/13'7.25"
2010	Tonya Nero	10,000m	17th; 33:45.83
2011	Aliphine Tuliamuk Tonya Nero	5,000m 10,000m 10,000m	8th; 15:51.37 5th; 34:32.77 7th; 34:39.56
2012	Aliphine Tuliamuk Natalie Morerod J'Lynn Ledesma Tanya Friesen	5,000m 10,000m 400m Hurdles High Jump Heptathlon	5th; 16:18.61 2nd; 32:45.43 14th; 58.35 17th; 1.75m/5'8.75" 21st; 5080 pts



MEN'S INDOOR CONFERENCE CHAMPIONS

105 INDIVIDUAL TITLES

MVC		
1968	Tom Kinkaid Tom Holiday	200m Shot Put
1969	David Rohl Nate Pratt Tom Holiday	1000m Triple Jump Shot Put
1972	Alan Walker	Mile
1973	Alan Walker	800m, Mile
1974	Brad Smisor Randy Smith Steve Lee	1000m Mile 2 Mile
1975	Dean Hageman Randy Smith Rick McCain	1000m Mile, 2 Mile Pole Vault
1976	Bob Christensen Rick Dreiling	Mile High Jump
1978	Vic Everett	400m
1979	Rick Dreiling Mike Patton Don Duvall	High Jump Pole Vault Long Jump
1980	Rick Dreiling	High Jump
1982	Marvell Reid	60m Hurdles
1983	Kenneth Lewis Kevin Peppers Bill Clouse	60m Hurdles 400m Pole Vault
1985	Derek Cole Kevin Peppers Marvell Reid	60m Hurdles 400m Long Jump
1986	Trey Harrison Marvell Reid	2 Mile Long Jump, Triple Jump
1987	Phillips George	400m
1989	Tom Saggau Trey Harrison	800m 5000m
1990	Iziah Adeyanju Rahvy Murray Matt Berchard	60m 600m Pole Vault
1991	Iziah Adeyanju Mike Heath	60m, 200m Pole Vault
1992	Mike Heath John Hamilton	Pole Vault Weight Throw
1993	Hendrik Malan	1000m
1994	Phil Holden Lance Marx Darrel Chapel Tony Pace Jason Walton Herb Reid Hendrik Malan Marvin Franklin Marc Wilson Einars Tupuritis	Pole Vault Weight Throw 4x400m Relay 4x400m Relay 4x400m Relay 4x400m Relay DMR DMR DMR DMR
1995	Einars Tupuritis Wayne Barber Chris Tozier	Mile Long Jump Shot Put

3X TEAM CHAMPIONS

2010 (MVC)
2016 (MVC)
2017 (AAC)

EVENT TOTALS

60m	3
200m	6
400m	6
600m	1
800m	8
1000m	4
Mile	11
2 Mile	3
3000m	2
5000m	1
60m Hurdles	7
4x400m Relay	3
DMR	2
High Jump	5
Pole Vault	7
Long Jump	10
Triple Jump	9
Shot Put	4
Weight Throw	4
Heptathlon	10

MOST INDOOR CONFERENCE TITLES

6	Einars Tupuritis
4	Jared Belardo Marvell Reid Todd McKown
3	Iziah Adeyanju Rick Dreiling Dylan Hartnett Randy Lewis Randy Smith Hunter Veith Alan Walker

AAC CONFERENCE POINTS SCORED (I/O, NO RELAYS)

73	Zack Penrod
55	Jared Belardo
50	Davis Dubbert
49	Adria Navajon
43	Rayvon Allen
38	Ben Johnson
34	Cory Martens
32	Michael Bryan Brady Palen
28	Yuben Goncalves Hayden Bugner

1996	Einars Tupuritis Martins Alksnis	800m, Mile 3000m
1997	Einars Tupuritis Clint Panek	800m, Mile Weight Throw
1999	Viktors Lacis	800m
2000	Randy Lewis	Triple Jump
2001	Viktors Lacis Shockers	800m 4x400m Relay
2002	Randy Lewis	Long Jump, Triple Jump
2003	Bruce Swan Brad Johnson	200m Shot Put
2004	Michael Reckley Paul Speer	60m Heptathlon
2006	Dylan Davis Zach Woods	Mile High Jump
2009	Chris Allen Jared Foley Josh Crawford	60m Hurdles 200m Triple Jump
2010	Todd McKown Nate Thiesfeld Dylan Hartnett Justin Cole Justin Smith Tyler Simmons Josh Crawford Chris Dickman	60m Hurdles 400m, 4x400m Relay 4x400m Relay 4x400m Relay 4x400m Relay Long Jump Triple Jump Heptathlon
2011	Todd McKown Austin Bahner Krzysztof Slukowski	60m Hurdles, 200m Long Jump Heptathlon
2012	Todd McKown Dylan Hartnett Tomas Cotter	60m Hurdles 200m, 400m 3000m
2013	Ryan Hocker Kerry Graber Austin Bahner	800m High Jump Heptathlon
2014	Ugis Jocis Shazz Michael Lindo Kyle Troxler	Mile Triple Jump Heptathlon
2015	Hunter Veith	Heptathlon
2016	Jared Belardo	Long Jump, Triple Jump
2017	Hunter Veith Jared Belardo	Long Jump, Heptathlon Triple Jump
AAC		
2018	Zack Penrod Jared Belardo	800m Long Jump
2019	Zack Penrod Ben Johnson	Mile Heptathlon
2020	Jed Helker Jace Coppoc Josh Cable Adam Moore	DMR DMR DMR DMR
2022	Michael Bryan Adria Navajon	Weight Throw Heptathlon
2023	Adria Navajon	Heptathlon



WOMEN'S INDOOR CONFERENCE CHAMPIONS

87 INDIVIDUAL TITLES

GCAC		
1983	Alicia McQueen Shockers	60m, 200m 4x800m
1984	Nina Thompson Shockers Tanya Johnson	60m 4x200m Long Jump
1985	Karen Brown Tanya Johnson	60m Triple Jump
1986	Shockers Janet Newman	4x400m Triple Jump
1987	Florence Chillberry	600m
1988	Karin Lindberg Kathleen Davis Connie Long	3000m 5000m High Jump
1989	Connie Long	High Jump
1990	Terri McCarthy	800m
1991	Angela Isaac	Long Jump
1992	Denise Brungardt	Pentathlon
MVC	Angela Isaac	Long Jump
1993	Denise Brungardt	Pentathlon
1996	Dorothy Mellady Katie Panek	1000m Weight Throw
1997	Shannon Weeks	High Jump
1998	Katie Panek	Weight Throw
1999	Mellanee Welty Nikki Plant	60m Hurdles Pole Vault
2000	Marina Dreyer	Mile
2001	Heidi Yost Mellanee Welty	Long Jump, Triple Jump Pole Vault
2002	Ineta Radevica Jackie Brown	Long Jump, Triple Jump Pole Vault
2004	Koya Webb Jackie Brown	High Jump, Pentathlon Pole Vault
2005	Lindsay Eck Desiraye Osburn Jelena Petrovic	60m Hurdles Mile Long Jump
2006	Linda Feldberga Desiraye Osburn Jackie Brown	800m Mile, 3000m, 5000m Pole Vault
2007	Jennifer Snyder Mica Land Sarah Becker Erika Kovesi	60m Hurdles Mile 3000m, 5000m Triple Jump
2008	Jennifer Snyder Kellyn Johnson	60m Hurdles 5000m
2009	Brittany Hemphill Kellyn Johnson	200m Mile, 3000m, 5000m
2010	Audacia Moore Tonya Nero	200m Mile, 5000m

6X TEAM CHAMPIONS

2006 (MVC)

2007 (MVC)

2010 (MVC)

2011 (MVC)

2013 (MVC)

2017 (MVC)

EVENT TOTALS

60m	6
200m	4
400m	0
600m	1
800m	3
1000m	1
Mile	10
3000m	10
5000m	11
60m Hurdles	6
4x200m Relay	1
4x400m Relay	1
4x800m Relay	1
DMR	2
High Jump	8
Pole Vault	6
Long Jump	7
Triple Jump	6
Shot Put	0
Weight Throw	3
Pentathlon	7

MOST INDOOR CONFERENCE TITLES

7	Rebekah Topham Aliphine Tuliamuk
5	Nikki Larch-Miller
4	Kellyn Johnson Desiraye Osburn
3	Breanna Borman Jackie Brown Audacia Moore Tonya Nero

AAC CONFERENCE POINTS SCORED (I/O, NO RELAYS)

85	Rebekah Topham
74	Winny Koskei
35.83	Kendra Henry
35	Yazmine Wright
24	Claudia Rojo
	Kelsey Slawson
23	Destiny Masters
19.5	Sidney Sapp
12	Amanda Kakoulis
11	Sydney Wilson

2011	Audacia Moore Tonya Nero Aliphine Tuliamuk La'Taish Brown Cassie Craig	60m, 200m Mile 3000m, 5000m Long Jump Pole Vault
2012	Danielle Walker Aliphine Tuliamuk J'Lynn Ledesma	800m 3000m, 5000m High Jump
2013	Aliphine Tuliamuk Samantha Shukla Cassidy Downing Clarissa Johnson J'Lynn Ledesma Tanya Friesen	3000m, 5000m, DMR DMR DMR DMR High Jump Pentathlon
2014	Shanice Andrews Nikki Larch-Miller	Triple Jump Pentathlon
2015	Nikki Larch-Miller Breanna Borman	60m, 60m Hurdles Pentathlon
2016	Breanna Borman Jamesia Milton	High Jump Weight Throw
2017	Nikki Larch-Miller Rebekah Topham Sidney Hirsch Marteisha Caines Breanna Borman	60m, 60m Hurdles Mile, 3000m 5000m High Jump Pentathlon
AAC 2019	Rebekah Topham Winny Koskei Yazmine Wright Trudy Martin Tianna Holmes	Mile, 3000m, DMR 5000m DMR DMR DMR
2020	Rebekah Topham	Mile, 3000m



MEN'S OUTDOOR CONFERENCE CHAMPIONS

226 INDIVIDUAL TITLES

MVC		
1948	Lou Nichols Dick Mullen Jack Childers Ira Barkman	400m High Jump Pole Vault Shot Put
1949	Jack Childers Ira Barkman	Pole Vault Discus
1950	Jack Childers Ira Barkman	Pole Vault Discus
1951	Carl Sundgren	Discus
1953	Curtiss Hightower Eli Romero	Long Jump Javelin
1954	Jim Hill	Long Jump
1956	Jim Hill Bob Humphreys	High Jump Shot Put
1957	Lew Merriman Marvin Howard	800m Pole Vault
1958	Don Jordan Don Hickey Marvin Howard Ted Dean	110m Hurdles High Jump Pole Vault Shot Put, Discus
1959	Don Hickey John McCarrier Walt Cockreham	High Jump Shot Put Javelin
1960	Larry Floyd John McCarrier Walt Cockreham	800m Shot Put Javelin
1961	John McCarrier Bud Harkey Walt Cockreham	Shot Put Discus Javelin
1962	Ron Groves Phil Johnson	400m Javelin
1963	Cal Elmore	800m, 1500m
1964	D. Schoenwetter Dick Carpenter	Discus Javelin
1965	Cal Elmore Melvin Reed R. Wilkerson Rod Wilkinson Dick Carpenter	1500m High Jump Shot Put Discus Javelin
1966	Earl Yarbrough Dennis Buth Fred Burton L. Thye Rod Wilkinson	400m 1500m Pole Vault Long Jump Discus
1967	Melvin Reed Fred Burton Tom Holliday	High Jump Pole Vault Shot Put
1968	Nate Pratt Tom Holliday	Long Jump Shot Put, Discus
1969	Ron Beiter Nate Pratt Tom Holliday	400m Hurdles Long Jump Shot Put, Discus
1970	Dave Robl Preston Carrington	800m 110m Hurdles

11X TEAM CHAMPIONS

1966 (MVC)

1972 (MVC)

1994 (MVC)

2002 (MVC)

2003 (MVC)

2004 (MVC)

2010 (MVC)

2016 (MVC)

2017 (MVC)

2022 (AAC)

2023 (AAC)

EVENT TOTALS

100m	4
200m	2
400m	14
800m	12
1500m	17
5000m	4
10,000m	4
110m Hurdles	6
400m Hurdles	4
3k Steeple	10
4x100m Relay	4
4x400m Relay	4
High Jump	15
Pole Vault	18
Long Jump	18
Triple Jump	7
Shot Put	15
Discus	16
Hammer	3
Javelin	37
Decathlon	12

1971	Keith Pharr Preston Carrington Warren Barkell	5000m Long Jump Javelin
1972	Alan Walker Randy Smith Ken LeBlanc	800m, 1500m 5000m Javelin
1973	Alan Walker Lynn Roberts	1500m Javelin
1974	Randy Smith Toemer Terry Lynn Roberts	1500m, 5000m High Jump Javelin
1975	David Morris Randy Smith	400m 1500m
1976	Vic Everett Steve Shaad	400m 3k Steeplechase
1977	Vic Everett Bob Christensen	400m 3k Steeplechase
1978	Vic Everett Rick Dreiling Mike Patton Don Duvall	400m High Jump Pole Vault Long Jump
1979	Mike Patton Don Duvall Steve Guebelle	Pole Vault Long Jump Javelin
1980	George Collier Rick Dreiling Steve Guebelle	10,000m High Jump Javelin
1981	Steve Guebelle	Javelin
1982	George Collier David Puvogel Henry Peel Steve Madden Carlos Reynolds Kevin Peppers	10,000m High Jump 4x100m Relay 4x100m Relay 4x100m Relay 4x100m Relay
1983	Kevin Peppers Gary Gregory Kenneth Lewis Bill Clouse	400m 3k Steeplechase 110m Hurdles Pole Vault
1984	Marvell Reid Ken Rohling	Long Jump Javelin
1985	Mark Anderson Mark Todd Marvell Reid Roy Tuck Peder Bengtsson	800m High Jump Long Jump Javelin Decathlon
1986	Marvell Reid Roy Tuck	Triple Jump Javelin
1987	David McClellan	Triple Jump
1988	Trey Harrison	5000m, 10,000m
1989	Gene Abernathy Keith Honchell	Shot Put, Discus Decathlon
1990	Iziah Adeyanju Todd Brachhahn Thad Trimble Anders Wikander	100m Pole Vault Discus Javelin, Decathlon

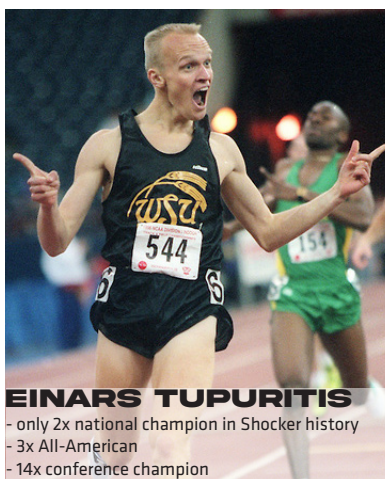


MEN'S OUTDOOR CONFERENCE CHAMPIONS

1991	Iziah Adayanju Leon Loots Mike Heath David Channel John Hamilton	100m, 200m 1500m Pole Vault Javelin Hammer
1993	Darrel Chapel Leon Loots Phil Holden	400m 1500m Pole Vault
1994	Darrel Chapel Einars Tupuritis Phil Holden Wayne Barden Chris Tozier Brandon Ruud Herbert Reid Jason Walton Tony Pace	400m, 4x400m Relay 800m, 1500m Pole Vault Long Jump Shot Put Javelin 4x400m Relay 4x400m Relay 4x400m Relay
1995	Herbert Reid Einars Tupuritis Bob Stuhlsatz Jason Walton David Griffin	400m, 4x400m 800m, 1500m, 4x400m Pole Vault 4x400m 4x400m
1996	Einars Tupuritis Martin Alksnis Jay Krom	800m, 1500m 10,000m Javelin
1997	Trevor Wells Einars Tupuritis Ryan Barkdull Todd Tuckwood Jay Krom Doug Smith	100m 1500m Pole Vault Shot Put Javelin Decathlon
1999	Viktors Lacis	800m
2001	Viktors Lacis	400m, 400m Hurdles
2002	Bruce Swan Mickael Colin Spencer Fame Casey Smith Korey Stock Paul Speer	200m 3k Steeplechase Pole Vault Shot Put, Discus Javelin Decathlon
2003	Michael Reckley Mickael Colin Randy Lewis Brad Johnson Casey Smith Paul Speer Jens Lukoschat	100m 3k Steeplechase Long Jump, Triple Jump Shot Put Discus Javelin Decathlon
2004	Paul Speer	Decathlon
2005	Zach Woods John Goldsmith Paul Speer	High Jump Javelin Decathlon
2006	Girts Azis Zach Woods John Goldsmith	800m, 1500m High Jump Javelin
2007	Girts Azis DePaul Brewer Kyle Becker	1500m Discus Javelin
2008	Beau Morris Kyle Becker	Pole Vault Javelin
2009	Chris Allen Josh Crawford Brett Trudo	110m Hurdles Triple Jump Javelin

MOST OUTDOOR CONFERENCE TITLES

8	Einars Tupuritis
5	Tom Holliday
4	Dylan Hartnett Todd McKown Randy Smith Paul Speer
3	Iziah Adayanju Girts Azis Ira Barkman Darrel Chapel Jack Childers Walt Cockreham Tomas Cotter Josh Crawford Cal Elmore Vic Everett Steve Guebelle Viktors Lacis John McCarrier Herbert Reid Marvell Reid Tyler Simmons Casey Smith Aaron True Alan Walker



EINARS TUPURITIS
- only 2x national champion in Shocker history
- 3x All-American
- 14x conference champion

2010	Todd McKown Tyler Simmons Josh Crawford Chris Dickman Justin Smith Nate Thiesfeld Justin Cole Dylan Hartnett	110m Hurdles, 4x100m Long Jump, 4x100m Triple Jump 4x100m Relay 4x100m, 4x400m 4x400m Relay 4x400m Relay 4x400m Relay
2011	Dylan Hartnett Todd McKown Tyler Simmons Josh Crawford DJ Lindsey Matt Truman	400m, 4x400m Relay 110m Hurdles, 4x400m Long Jump Triple Jump 4x400m Relay 4x400m Relay
2012	Dylan Hartnett Tomas Cotter	400m 3k Steeplechase
2013	Tomas Cotter	1500m, 3k Steeplechase
2014	Austin Bahner Chase Pote	Long Jump, Decathlon Javelin
2015	Ugis Jocis Dylan Reimer	3k Steeplechase Javelin
2016	Jared Belardo Damien Odle Weston Cottrell Hunter Veith	Long Jump, Triple Jump Javelin Hammer Decathlon
2017	Austin Corley Hunter Veith Aaron True Ben Johnson	400m Hurdles Long Jump Javelin Decathlon
AAC 2018	Austin Corley Aaron True	400m Hurdles Javelin
2019	Zack Penrod Mason Buckmaster Rayvon Allen Aaron True Ben Johnson	1500m High Jump Long Jump Javelin Decathlon
2021	Zack Penrod Ethan Kossover Davis Dubbert Taran Taylor	800m 3k Steeplechase High Jump Javelin
2022	Clayton Duchatschek Matt Everett Michael Bryan Taran Taylor	3k Steeplechase Discus Hammer Javelin



WOMEN'S OUTDOOR CONFERENCE CHAMPIONS

130 INDIVIDUAL TITLES

GCAC		
1983	Alicia McQueen Julie Duncan Renae Bumgarner Gloria Liddell Sheila Smith	200m, 4x100m Relay 10,000m 100mH, 400mH, 4x100m 4x100m Relay 4x100m Relay
1984	Julie Duncan Carmel Maher Tanya Johnson	10,000m 400m Hurdles Long Jump
1985	Nina Thompson Julie Slade	100m, 200m 10,000m
1986	Connie Long	High Jump
1987	Stephanie Forbes Connie Long	200m High Jump
1988	Stephanie Forbes Wendy Kelly Jeanine Banks	400m 400m Hurdles Shot Put
1989	Sandra Holistine Katarina Wikander Connie Long	10,000m 400m Hurdles High Jump
1991	Greta Semsroth	Javelin
1992	Denise Brungardt	Heptathlon
MVC		
1993	Denise Brungardt Kim Caldwell Angela Isaac Deana Alexander	100mH, Heptathlon 400m Hurdles Triple Jump Javelin
1994	Elizabeth Nooper Deana Alexander Jennifer Gillespie	400m Hurdles Javelin Heptathlon
1996	Katie Panek	Hammer
1997	Deana Alexander	Javelin
1998	Deana Alexander Katie Panek Mellanee Welty	Javelin Hammer Heptathlon
1999	Marina Dreyer Mellanee Welty	3000m 100mH, Heptathlon
2000	Marina Dreyer Mellanee Welty Allison Berry	3000m 100mH, HJ, PV Javelin
2001	Heidi Yost Allison Berry	Long Jump, Triple Jump Javelin
2002	Ineta Radevica Allison Berry Koya Webb	Long Jump, Triple Jump Javelin Heptathlon
2003	Lindsay Eck Krystal Bowes Allison Berry	Long Jump Discus Javelin
2004	Iveta Grunte Heidi Yost Krystal Bowes Koya Webb	High Jump Long Jump Javelin Heptathlon
2005	Inese Petrunga Linda Feldberga Desiraye Osburn Lindsay Eck Sarah Becker Iveta Grunte Brooke Demo Jelena Petrovic	400m 800m 1500m 100m Hurdles 3k Steeplechase High Jump Pole Vault Long Jump

11X TEAM CHAMPIONS

2004 (MVC)
2005 (MVC)
2006 (MVC)
2007 (MVC)
2011 (MVC)
2012 (MVC)
2014 (MVC)
2015 (MVC)
2016 (MVC)
2017 (MVC)
2019 (AAC)

EVENT TOTALS

100m	3
200m	6
400m	2
800m	2
1500m	5
5000m	10
10,000m	10
100m Hurdles	8
400m Hurdles	10
3k Steeple	8
4x100m Relay	3
4x400m Relay	0
High Jump	10
Pole Vault	6
Long Jump	7
Triple Jump	5
Shot Put	2
Discus	1
Hammer	2
Javelin	17
Heptathlon	14

MOST OUTDOOR CONFERENCE TITLES

7	Audacia Moore
6	Mellanee Welty
5	Kellyn Johnson Aliphine Tuliamuk
4	Deana Alexander Allison Berry Mica Land
3	Breanne Borman Denise Brungardt Winnie Koskei Connie Long Tonya Nero Desiraye Osburn Ashley Peterson Rebekah Topham Heidi Yost

2006	Desiraye Osburn Tasha Gallegos Sarah Becker Jackie Brown Jenna Fast	1500m, 5000m 400m Hurdles 3k Steeplechase Pole Vault Javelin
2007	Kellyn Johnson Jennifer Snyder Mica Land Stephanie Miller Erica Evans	1500m, 5000m 100m Hurdles 3k Steeplechase Triple Jump Javelin
2008	Mica Land Jennifer Snyder Erica Evans	1500m, 5k, 3k Steeple 100mH, 400mH Javelin
2009	Audacia Moore Kellyn Johnson Jasmine Cato Samantha Hallman Brittany Hemphill	200m, 4x100m Relay 1500m, 5k, 3k Steeple 4x100m Relay 4x100m Relay 4x100m Relay
2010	Audacia Moore Tonya Nero Cassie Craig La'Taish Brown	100m, 200m 5000m, 10,000m Pole Vault Long Jump
2011	Audacia Moore Aliphine Tuliamuk Tonya Nero Monaye Williams Samantha Hallman Shamoya Pruitt	100m, 200m, 4x100m 5000m 10,000m 4x100m Relay 4x100m Relay 4x100m Relay
2012	Danielle Chapman Aliphine Tuliamuk Natalie Morerod Cassie Craig Tanya Friesen	800m 5000m, 10,000m 400m Hurdles Pole Vault Heptathlon
2013	Aliphine Tuliamuk Ashley Peterson Tanya Friesen	5000m, 10,000m High Jump Heptathlon
2014	Natalie Morerod Ashley Peterson Meagan Williams	400m Hurdles High Jump Javelin
2015	Nikki Larch-Miller Sidney Hirsch Breanne Borman Andrea Navarro	100m Hurdles 3k Steeplechase High Jump Javelin
2016	Ashley Peterson Carlea Miles Breanne Borman	High Jump Javelin Heptathlon
2017	Rebekah Topham Alesia Frey Courtney Mills Carlea Miles Breanne Borman	5000m Pole Vault Triple Jump Javelin Heptathlon
AAC		
2018	Winnie Koskei Kendra Henry	5000m, 10,000m Heptathlon
2019	Winnie Koskei Rebekah Topham Kelsey Slawson Kendra Henry	10,000m 3k Steeplechase Shot Put Heptathlon
2021	Rebekah Topham	3k Steeplechase
2023	Destiny Masters	Heptathlon



ALL-TIME ALL-CONFERENCE

MEN'S INDOOR

Iziah Adeyanju	1990, 91
Martins Alksnis	1995, 96
Chris Allen	2009, 10
Rayvon Allen	2018, 19
Mornay Annandale	1991, 92
Shannon Armstrong	2002, 03, 04, 05
Skylar Arneson	2016
Girts Azis	2005, 06, 07, 08
Austin Bahner	2011, 13
Brian Baker	2007
Max Bamberg	2013
Wayne Barber	1993, 94, 95
Ryan Barkdull	1995, 96, 97
Jared Belardo	2016, 17, 19
Solomon Birir	2000, 01
Reggie Blackman	1993, 94
Tobias Boese	2012, 14
Werner Botha	1997, 98, 99
Eric Boxley	1996, 97, 98
Tanner Brown	2022
Michael Bryan	2022
Hayden Bugner	2017, 18, 19
Kelvin Busienei	2013, 14
Josh Cable	2020, 22
Darrel Chapel	1992, 93, 94
Sam Chege	2008
Brandon Childs	2010, 11, 12
Austin Chippeaux	2015
Justin Cole	2010
Mickael Colin	2001, 02, 03, 04
Jace Coppoc	2020
Trent Coppoc	1991, 92, 93, 94
Austin Corley	2017, 19
Ryan Cornelius	2007
Tomas Cotter	2012, 13
Josh Crawford	2008, 09, 10
Tucker Davis	2015
Adrian Diaz Lopez	2023
Chris Dickman	2009, 10
Davis Dubbert	2022
Jared Foley	2009
Bryce Forward	2008
Spencer Frame	2001, 02, 03
Malan Franklin	1993, 94
Adam Gauzy	2019
Joakim Genereux	2022, 23
Taylor Goldsmith	2015
Yuben Goncalves	2023
Kerry Graber	2013
Joe Gutierrez	1992, 93
John Hamilton	1991, 92
Bryan Haney	2023
Cooper Hanning	2012
Damon Harper	2000, 01
Dylan Hartnett	2010, 11, 12
Mike Heath	1991, 92
Jed Helker	2020
Ryan Hocker	2013
Phil Holden	1993, 94
Joseph Holthusen	2020
Jake Horsch	2019
RJ Hutchison	2022, 23
Ugis Jocis	2014, 15, 16, 17
Stefan Johansson	2000, 01, 02
Ben Johnson	2018, 19
Brad Johnson	2001, 02, 03
Brady Johnson	2016
Lamar Johnson	2000, 01
Ryan Johnson	2000, 01
Jordan Kitchen	2004, 05
Viktors Lacis	1999, 00, 01, 02
Randy Lewis	1999, 00, 01, 02
Weston Lewis	2020, 23
Gary Liepens	2004
Shazz Michael Lindo	2013, 14, 16
Ian Lindstrom	2006, 09
DJ Lindsay	2012, 13
Zach Loesch	2016, 17
Leon Loots	1992, 93
Joergen Lukoschat	1998, 99
Garret Lynch	2014
Jon Maack	1992, 93
Hendrick Malan	1992, 93, 94
Corby Malik	1992, 93
Reggie Malvo	2004
Cory Martens	2019
Robbie Martinez-Garcia	2013
Lance Marx	1993, 94
Kevin McDougal	2004
Todd McKown	2010, 11, 12
Bryce Merriman	2022, 23
Lawson Montgomery	2011, 12
Adam Moore	2020, 22
Rondall Moore	1998, 99
Jeremy Mull	1997, 98, 99
Adria Navajon	2022, 23
Anthony Pace	1993, 94, 95

John Palacioz	2004
Brady Palen	2022, 23
Clint Panek	1996, 97, 98, 99
Ethan Pearson	2015
Toby Penner	2023
Zack Penrod	2017, 18, 19
Chris Peters	2016
Isaac Poe	2017, 18
Derrick Powell	2000, 01
Rhys Powell	2017
ID Prinsloo	2022
Grant Ralston	2013
Alex Reed	2012
Herb Reid	1993, 94, 95
Cody Scheck	2017
Dylan Schmidt	2005, 06
Stan Skwarlo, III	2018
Tyler Simmons	2010
Krzysztof Slupkowski	2011
Casey Smith	2002, 03
Justin Smith	2007, 08, 10
Krzysztof Slupkowski	2007, 08, 10
Brandon Spencer	1996, 97
Paul Speer	2004, 05
Jake Stecklein	2008
Francious Strydom	1997, 98
Austin Sturdy	2018
Bruce Swan	2000, 01, 02, 03
Adrian Swanson	2000, 01
Cody Swanson	2001, 02
Justin Taylor	2009
Nate Thiesfeld	2007, 10
Jackson Toroitich	2010
Chris Tozier	1993, 94, 95
Kyle Troxler	2014, 16
Todd Tuckwood	1993, 94, 96, 97
Einars Tupuritis	1994, 95, 96, 97
Nate Vann	2023
Ralston Varlack	1997, 98, 99
Bobby Vaught	1995, 96
Hunter Veith	2015, 17, 18
Nathan Wadsworth	2002, 03, 05
Jason Walton	1993, 94
Joe Warner	2001, 02, 04
Mike Wells	2017
Nathan Wickoren	2018
Jake Wike	2012, 13
Luther Wilson	2008
Marc Wilson	1993, 94, 95, 96
Zach Woods	2006
Aaron Young	2011, 12
Jordan Zerr	2011

MEN'S OUTDOOR

Iziah Adeyanju	1990, 91
Martins Alksnis	1995, 96
Chris Allen	2009, 10
Rayvon Allen	2019
Shannon Armstrong	2002, 03, 04, 05
Jeff Ast	2019
Girts Azis	2006, 07, 08
Austin Bahner	2012, 13, 14
Brian Baker	2006, 07
Matt Baker	2005
Wayne Barber	1993, 94, 95
Kyle Becker	2007, 08
Jared Belardo	2016, 17, 18, 19
Werna Botha	1997, 98, 99
Reggie Blackman	1993, 94, 95, 96
Keith Blanding	2005, 08
Eric Boxley	1997, 98
Darin Bradley	1993, 94
Dave Brandhoff	2014
DePaul Brewer	2004, 07, 08
Michael Bryan	2021, 22
Mason Buckmaster	2019
Zach Budda	2013
Hayden Bugner	2016, 17, 18, 19
Kelvin Busienei	2014
Ryan Burkduhl	1996, 97
Josh Cable	2021
Creighton Camp	2023
Adam Capps	2009, 10
Jason Carroll	1997, 00, 01
Seth Cavanee	2007
Justin Chandler	2005, 06
Darrel Chapel	1992, 93, 93, 94
Brandon Childs	2010, 11, 12
Austin Chippeaux	2015, 17
Justin Cole	2010
Mickael Colin	2002, 03, 04
Jon Cook	1997, 98
Austin Corley	2016, 17, 18, 19
Tomas Cotter	2012, 13
Weston Cottrell	2014, 15, 16
Josh Crawford	2008, 09, 10, 11
Tucker Davis	2016
Adrian Diaz Lopez	2023

Chris Dickman	2008, 10
Davis Dubbert	2021, 22
Clayton Duchatschek	2022, 23
Marty Duplechain	1993, 94, 95
Jeff Dutoit	1996, 97
Jonathan Duvall	2015
Lance Eck	2004
Dowdy Elazarig	2021
Ridge Estes	2022
Isaiah Evans	2019
Matty Everett	2022
Spencer Frame	2002, 03
Jared Foley	2005, 06, 08
Alex Freshour	2013
Scott Frye	1994, 95
Aaron Gabriel	2012
Adam Gauzy	2021
Joakim Genereux	2021, 22, 23
Samuel Glomstad-Foster	2013
John Goldsmith	2005, 06, 07
Yuben Goncalves	2022, 23
Kerry Graber	2014
David Griffin	1994, 95
Denvoir Griffin	2017
Kaden Griffin	2017
Mac Griffith	2012, 13
Jesse Grove	2003, 04
Joe Gutierrez	1992, 93
Ierrod Handy	1991, 92
Dylan Hartnett	2010, 11, 12
Jed Helker	2021
Justin Hickey	2012
Ryan Hocker	2013
Phil Holden	1992, 93, 94
Tyson Holmes	2014
John Hoplin	2017
Jake Horsch	2018
Ron Hunter	1996, 97
RJ Hutchison	2022, 23
Robert James	2003
Brad Jantz	1996, 97
Ugis Jocis	2015, 16
Stefan Johansson	2000, 01
Ben Johnson	2016, 17, 18, 19
Brad Johnson	2002, 03
Brady Johnson	2015, 16
Ayron King	2000, 01
Jordan Kitchen	2004, 06
Ethan Kossover	2021
Jeremiah Kratz	2004, 06
Jay Krom	1995, 96, 97
Viktors Lacis	1998, 99, 00, 01
Kyle Larkin	2015
Aaron Leung Woo-Gabriel	2013
Randy Lewis	2002, 03
Weston Lewis	2023
Girts Liepins	2004, 05, 06
Shazz Michael Lindo	2013, 16
DJ Lindsay	2011, 12, 13, 14
Ian Lindstrom	2009
Zach Loesch	2017
Kyle Long	2012
Leon Loots	1992, 93
Chonnor Ludolph	2021
Jens Lukoschat	2002, 03
Garret Lynch	2013, 16
Britte Magnuson	2022
Reggie Malvo	2004, 06
Cory Martens	2019
Trent Mazanec	2009, 10
Lance Marx	1993, 94
Todd McKown	2009, 10, 11, 12
Brandon Mies	2002, 05
Lawson Montgomery	2011, 12
Adam Moore	2021, 22
Beau Morris	2008, 09
Adria Navajon	2022, 23
Denny Nedd	2008
Antonio Norman	2021
Damien Odle	2016
Anthony Pace	1995, 96
Brady Palen	2021, 22, 23
Clint Panek	1996, 97, 98, 99
Zack Penrod	2018, 19, 21
Chase Pote	2014, 15, 16
Isaac Poe	2017
Derrick Powell	2000, 01
Rhys Powell	2016, 17
ID Prinsloo	2022, 23
Grant Ralston	2013
Paul Raymond	2015
Michael Reckley	2002, 03
Alex Reed	2012, 13
Herb Reid	1993, 94, 95
Dylan Reimer	2015, 16
Jon Rizzo	2013
Brandon Ruud	1992, 93, 94
Reggie Salvo	2006
Marius Sava	2010



ALL-TIME ALL-CONFERENCE

Cody Scheck	2016, 17
Dylan Schmidt	2006, 07
Tyler Simmons	2010, 11
Krzysztof Slupkowski	2011
Casey Smith	2002, 03
Doug Smith	1996, 97
Justin Smith	2008, 10
Paul Speer	2002, 03, 04, 05
Robby Spexarth	2003
Trace Spires	2023
Corey Stock	2002
Francious Strydom	1997, 98
Bob Stuhlsatz	1994, 95
Bruce Swan	2000, 01, 02, 03
Bryan Tapia	2008, 10
Justin Taylor	2007, 09
Taran Taylor	2018, 21, 22
Nate Thiesfeld	2010
Ke'Adre Thompson	2022
Chet Tozier	1993, 94, 94, 95
Kyle Troxler	2016
Brett Trudo	2008, 09, 11, 12
Aaron True	2015, 17, 18, 19
Matt Truman	2011
Todd Tuckwood	1993, 94, 96, 97
Einars Tupuritis	1994, 95, 96, 97
Ralston Varlock	1997, 98, 98, 99
Nate Vann	2021, 23
Hunter Veith	2016, 17
Nathan Wadsworth	2003, 04
Jason Walton	1993, 94, 94, 95
Mike Wells	2017
Trevor Wells	1996, 97, 97, 98
Nathan Wickoren	2017
Jake Wike	2012
Luther Wilson	2008
Marc Wilson	1993, 94
Zach Woods	2005, 06
Jordan Zerr	2010, 11

WOMEN'S INDOOR

Bridget Allers	1997, 98
Shanice Andrews	2013, 14
Sarah Becker	2004, 05, 06, 07
Elizabeth Bitz	2006
Breanne Borman	2014, 15, 16, 17
Marie-Claude Boucher	1997
Mandie Brandt	2001
Jackie Brown	2002, 04, 05, 06
La'Taish Brown	2009, 10, 11
Denise Brungardt	1992, 93
Daysha Bullocks	2017
Marteisha Caines	2017
Cassie Craig	2010, 11
Tara Coppage	1995
Helena Dekker	1997, 01
Brooke Demo	2006, 07, 09
Celeste DeTiege	1998
Sara Doyle	2004
Marina Dreyer	1998, 00
Cassidy Downing	2013
Lindsay Eck	2004, 05
Heidi Ellola	1997, 98
Sara Eustice	2006
Erica Evans	2007
Linda Feldberga	2005, 06, 07
Natasha Foreman	2002
Tanya Friesen	2010, 12, 13
Tasha Gallegos	2007
Amy Gifford	2009
Sarah Gilbert	2011
Jennifer Gillispie	1993
Emily Green	2006
Iveta Grunte	2004, 05
Natalie Halfman	2016
Samantha Hallman	2011
Krista Harmon	2005, 06, 07
Brittany Hemphill	2009
Sidney Hirsch	2017
Meghan Holmes	2018
Tianna Holmes	2019
Angela Isaac	1993
Janelle Jackson	1998
CJ Johnson	2011
Clarissa Johnson	2013
Kellyn Johnson	2008, 09
Heather Klotz	2008
Winnie Koskei	2019, 20
Erika Kovesi	2007, 08, 09
Mica Land	2005, 06, 07, 08
Nikki Larch-Miller	2014, 15, 17
Taylor Larch-Miller	2016, 17
J'Lynn Ledesma	2011, 12, 13
Kimber Lemon	2007
Myra Lessor	1995
Brittania Long	2005
Sasha Manuel	2009
Trudy Martin	2017, 19

Olivia Martinez	2008
Destiny Masters	2023
Amy Matthews	2005
Dorothy Mellady	1995, 96
Keesha Middlemass	1992
Farrah Miller	2023
Stephanie Miller	2006, 07
Jamesia Milton	2016, 17
Audacia Moore	2010, 11, 12
Kiara Moore	2008
Jana Mostecka	2002
Tonya Nero	2010, 11
Elizabeth Nopper	1995
Desiraye Osburn	2004, 05, 06
Katie Panek	1996, 98
Ashley Petersen	2014
Jelena Petrovic	2004, 05
Jenny Pinkston	2013, 15
Morgan Prather	2016
Shamoya Pruitt	2011, 13
Ineta Radevica	2002
Natalie Redman	2000
Thelma Reeves	2007
Courtney Reinke	2013
Endija Rezgale	2000
Claudia Rojo	2019
Sidney Sapp	2019, 20
Kate Schaaake	2009
Shannon Sheldon	1992
April Shelton	1997, 98
Samantha Shulka	2013
Kelsey Slawson	2017, 19
Jennifer Snyder	2006, 07, 08
Kristina Taylor	2011
Jennifer Taylor	2011
Taylor Thomas	2016
Leah Thompson	2010, 11
Rebekah Topham	2016, 17, 19, 20
Aliphine Tuliamuk	2011, 12, 13
Danielle Walker	2011, 12
Kellie Watrick	2007
Koya Webb	2001, 04
Shannon Weeks	1997
Mellanee Welty	1998, 01
Vickie Whiteside	2001
Sydney Wilson	2017
Tamara Wisby	1995
Jenna Wood	2006
Yasmine Wright	2019, 22
Gavyn Yetter	2016, 17
Heidi Yost	2000, 01, 02
Ieva Zunda	2000

WOMEN'S OUTDOOR

Sahara Abraham	2005
Jaclyn Abrahamian	2013, 14
Monica Adcock	2009
Deana Alexander	1994, 97, 98
Chandra Andrews	2007
Shanice Andrews	2014, 15
Sarah Becker	2004, 05, 06
Kristina Beinarovica	2003
Allison Berry	2000, 01, 02, 03
Tyra Bickman	2017
Elizabeth Bitz	2006
Haylie Bolan	2010
Breanne Borman	2015, 16, 17
Krystal Bowes	2003, 04, 06
Jessica Bowser	2004
Mandie Brandt	2000, 01
Jackie Brown	2002, 04, 05, 06
La'Taish Brown	2010, 11
Denise Brungardt	1992, 93
Kim Caldwell	1992, 93
Danielle Chapman	2012
Cassie Craig	2010, 12, 13
Marteisha Caines	2016
Jacque Darby	2017, 19
Brooke Demo	2005, 08, 09
Erin Doyle	1992
Marina Dryer	1999, 00
Xaviera Eagan	1994, 97, 98
Lindsay Eck	2003, 04, 05
Heidi Ellola	1997
Erica Evans	2007, 08
Natasha Foreman	2002
Signee Fornshell	2010
Maya Fabri	2023
Jenna Fast	2005, 06
Linda Feldberga	2005, 06
Megan Foster	2002, 03
Aleša Frey	2017
Tanya Friesen	2010, 11, 12, 13
Tasha Gallegos	2005, 06, 07
Mariah Garcia	2013
Paula Garcia	2019, 22
Sarah Gilbert	2012
Jennifer Gillispie	1993, 94, 95

Richelle Goscha	1994, 95
Emily Green	2003
Haley Griffin	2015
Iveta Grunte	2004, 05
Samantha Hallman	2010, 11
Melissa Hanschu	2000, 01
Krista Harmon	2005, 06
Brittany Hemphill	2009
Kendra Henry	2018, 19
Sidney Hirsch	2015
Tianna Holmes	2019
Kourtnei Hubert	2021
Angela Isaac	1993
Janelle Jackson	1998
Marissa Jensen	2023
Kellyn Johnson	2007, 09
Sydney Johnson	2022, 23
Jennifer Keast	1992
Irene Kosgei	2009
Winnie Koskei	2018, 19
Erika Kovesi	2007, 09
Mica Land	2005, 07, 08
Nikki Larch-Miller	2013, 14, 15, 17
Taylor Larch-Miller	2015, 17
J'Lynn Ledesma	2012
Tricia Linder	1998, 99
Meikel Love	2003, 04
Raiana Maples	2017
Hannah Marsh	2009
Samantha Marx	2023
Destiny Masters	2021, 23
Taniyah McMillian	2019
Quanzia Menton	2005
Keesha Middlemass	1992
Carlea Miles (Holt)	2016, 17, 18
Sadie Millard	2023
Farrah Miller	2023
Stephanie Miller	2006, 07
Courtney Mills	2017
Jamesia Milton	2016, 17
Audacia Moore	2009, 10, 11, 12
Kiara Moore	2010, 12
Natalie Morerod	2012, 13, 14
Jana Mostecka	2002
Andrea Navarro	2015
Scarla Nero	2012
Tonya Nero	2010, 11
Desiraye Osburn	2004, 05, 06
Elizabeth Nopper	1994, 96, 97
Katie Panek	1996, 97, 98
Ashley Petersen	2013, 14, 15, 16
Emily Peterson	2002
Jelena Petrovic	2004, 05
Inese Petruna	2005
Nicole Plant	1999
Shamoya Pruitt	2010, 11, 12
Ineta Radevica	2002
Courtney Reinke	2010, 12
Riana van Resnburg	1999
Endija Rezgale	2000, 01
Claudia Rojo	2017, 19, 21
Ashley Rosenbaum	2006
Sidney Sapp	2019
Kate Schaaake	2007, 08
Samantha Shukla	2012
Anna Simmons	1998, 99
Kelsey Slawson	2019
Jennifer Snyder	2006, 07, 08
Witney Sorrell	2011
Rachael Stevens	2007
Taylor Swanson	2015, 2016
Christy Swartz	1997, 98, 99
Bev Swerdon	1996, 97
Kelsey Tenbrink	2015
Leah Thompson	2010
Greta Tjaden	2005
Rebekah Topham	2016, 17, 19, 21
Aliphine Tuliamuk	2011, 12, 13
Faith Turner	2022
Brianna Utecht	2022
Danielle Walker	2011
Kelly Wartrick	2007
Koya Webb	2000, 01, 02, 04
Shannon Weeks	1997
Amy Weir	2006
Mellanee Welty	1998, 99, 00
Danielle Williams	2011
Monaye Williams	2012
Meagan Williams	2014
Sydney Wilson	2019
Tamara Wisby	1995
Gavyn Yetter	2016, 17
Rachel York	2009, 10
Heidi Yost	2000, 01, 02, 04
Deja Young	2015
Nora Zajovics	2015

All-Conference athletes placed top three in their event at the conference championships.



INDOOR FACILITY/MEET RECORDS

HESKETT CENTER

MEN

55m	6.23	Brijesh Lawrence	Doane	2011
60m	6.64	Quentin Butler	UT-Arlington	2015
		Travis Collins	Butler County	2018
		Tavarius Wright	unattached	2019
200m	21.46	Fernada Blakely	Shocker TC	2012
400m	47.47	Darryl Hayes	Sam Houston St.	2011
600y	1:11.92	Stryman Livingston	Kansas	2017
600m	1:19.35	Andrew Kibet	Hutchinson CC	2020
800m	1:51.68	Dwight Robinson	UT-Arlington	2011
1000m	2:27.68	Justin Duncan	Tulsa	2010
Mile	4:07.11	Bryce McAndrew	North Texas	2016
3000m	8:14.84	Ugis Jocis	Wichita St.	2016
5000m	14:28.89	Tahir Chakisso	Iowa Central CC	2014
55mH	7.31	Lawson Montgomery	Wichita St.	2011
60mH	7.79	Joseph Holthusen	Wichita St.	2021
4x400r	3:14.81	Kansas	Kansas	2017
4x800r	7:55.93	Friends	Friends	2016
DMR	10:33.45	Wichita St.	Wichita St.	2010
HJ	2.21m/7'3"	Christoff Bryan	Kansas St.	2017
		Nick Giancana	unattached	2015
PV	5.67m/18'7.25"	Jack Whitt	unattached	2015
LJ	7.62m/25'0"	Hunter Veith	Wichita St.	2017
TJ	15.67m/51'5"	Jared Belardo	Wichita St.	2016
SP	18.69m/61'4"	Cory Martens	unattached	2020
WT	21.09m/69'2.5"	Chris Cralle	Shocker TC	2014
Hept.	5998 pts	Hunter Veith	Wichita St.	2017
3k RW	13:21.43	Moses Watson	Baker	2019

WOMEN

55m	6.92	Audacia Moore	Wichita St.	2011
60m	7.34	Ramona Burchell	Butler County	2013
200m	24.30	Jedah Caldwell	Kansas	2020
		Audacia Moore	Wichita St.	2011
400m	54.45	Mariah Kuykendoll	Kansas	2020
600y	1:22.23	Honour Finley	Kansas	2020
600m	1:30.43	Jennifer Mace	Tulsa	2010
800m	2:09.67	Macy Heinz	Kansas St.	2020
1000m	2:47.39	Kassidy Johnson	Kansas St.	2020
Mile	4:46.19	Rebekah Topham	Wichita St.	2017
3000m	9:35.02	Aliphine Tuliamuk	Wichita St.	2013
5000m	17:30.08	Sidney Hirsch	Wichita St.	2014
55mH	8.09	Samantha Hallman	Wichita St.	2011
60mH	8.21	Sasha Wells	Oral Roberts	2021
4x400r	3:45.07	Kansas	Kansas	2017
4x800r	9:51.33	Oklahoma Baptist	Oklahoma Baptist	2016
DMR	12:12.56	Wichita St.	Wichita St.	2010
HJ	1.86m/6'1.25"	Kimberly Williamson	Kansas St.	2017
PV	4.32m/14'2"	Natalia Bartnovskaya	Kansas	2014
LJ	6.24m/20'5.75"	La'Taish Brown	Wichita St.	2010
TJ	12.63m/41'5.25"	Shardia Lawrence	Kansas St.	2017
SP	15.76m/51'8.75"	Kelsey Slawson	Wichita St.	2017
WT	20.78m/68'2.25"	Janee' Kassanavoid	Kansas St.	2017
Pent.	4194 pts	Akela Jones	Oklahoma Baptist	2014
3k RW	15:24.52	Kayla Allen	Friends	2019

UPDATED 8/2/2022

HERM WILSON INVITATIONAL

MEN

55m	6.23	Brijesh Lawrence	Doane	2011
60m	6.64	Quentin Butler	UT-Arlington	2015
200m	21.46	Fernada Blakely	Shocker TC	2012
400m	48.57	Brian Helaire	Sam Houston St.	2013
800m	1:51.68	Dwight Robinson	UT-Arlington	2011
Mile	4:07.11	Bryce McAndrew	North Texas	2016
3000m	8:14.84	Ugis Jocis	Wichita St.	2016
5000m	14:28.89	Tahir Chakisso	Iowa Central CC	2014
55mH	7.31	Lawson Montgomery	Wichita St.	2011
60mH	7.79	Joseph Holthusen	Wichita St.	2021
4x400r	3:16.51	Sam Houston St.	Sam Houston St.	2013
HJ	2.21m/7'3"	Nick Giancana	unattached	2015
PV	5.67m/18'7.25"	Jack Whitt	unattached	2015
LJ	7.36m/24'1.75"	Tyler Simmons	Wichita St.	2010
TJ	15.67m/51'5"	Jared Belardo	Wichita St.	2016
SP	17.70m/58'1"	Zack Lindsay	Doane	2013
WT	20.94m/68'8.5"	Michael Bryan	Wichita St.	2022
Hept.	5715 pts	Austin Bahner	Shocker TC	2017

WOMEN

55m	6.92	Audacia Moore	Wichita St.	2011
60m	7.45	Audacia Moore	Wichita St.	2012
200m	24.30	Audacia Moore	Wichita St.	2011
400m	55.30	Madison Reynolds	Oral Roberts	2014
800m	2:10.73	Ashly Wright	UT-Arlington	2013
Mile	4:46.19	Rebekah Topham	Wichita St.	2017
3000m	9:36.62	Yazmine Wright	Wichita St.	2022
5000m	17:30.08	Sidney Hirsch	Wichita St.	2014
55mH	8.09	Samantha Hallman	Wichita St.	2011
60mH	8.21	Sasha Wells	Oral Roberts	2021
4x400r	3:47.74	Missouri St.	Missouri St.	2012
HJ	1.85m/6'0.75"	Akela Honees	Oklahoma Baptist	2014
PV	4.32m/14'2"	Natalia Bartnovskaya	Kansas	2014
LJ	6.16m/20'2.5"	La'Taish Brown	Wichita St.	2011
TJ	12.55m/41'2.5"	Jazmine Martin	North Texas	2016
SP	15.18m/49'9.75"	Kelsey Slawson	Wichita St.	2017
WT	19.36m/63'6.25"	Chandra Andrews	Shocker TC	2012
Pent.	4194 pts	Akela Jones	Oklahoma Baptist	2014

UPDATED 8/2/2022
no conversions applied



OUTDOOR FACILITY/MEET RECORDS

CESSNA STADIUM

MEN

100m	9.95	Mario Burke	Houston	2019
200m	20.29	Shaun Maswanganyi	Houston	2022
400m	45.34	Adrian Rogers	Maccabi TC	1979
800m	1:45.80	Rick Wohlhuter	Chicago TC	1977
1500m	3:36.40	Rick Wohlhuter	Chiacho TC	1975
Mile	3:58.3	Jim Ryun	Wichita East HS	1965
3000m	8:20.51	Patrick Kiptum	Oklahoma St.	1994
5000m	13:31.67	Craig Virgin	St. Louis TC	1979
10,000m	29:02.5	Dan Dwyer	OCE Athletics	1979
110mH	13.44	Tonie Campbell	USC	1981
400mH	48.69	Jim Bolding	Pacific Coast TC	1975
3k Steeple	8:33.7	Doug Brown	Athletics West	1980
4x100r	39.09	Houston	Houston	2019
4x400r	3:03.00	DC International	DC International	1980
HJ	2.26m/7'5"	Nathan Leeper	unattached	2002
PV	5.67m/18'7.25"	Earl Bell	Arkansas State	1976
LJ	8.39m/27'6.25"	Carl Lewis	Santa Monica TC	1982
TJ	17.12m/56'2"	Latario Collie-Minns	Iowa Western CC	2014
SP	21.60m/70'10.5"	Al Feuerbach	Pacific Coast TC	1974
DT	69.47m/227'11"	Al Oerteer	NYAC	1980
HT	74.06m/243'0"	Richard Olsen	Maccabi TC	1980
Jav (new)	80.62m/264'6"	Riley Dolezal	unattached	2021
Jav (old)	83.03m/272'5"	Sam Colson	Kansas	1972
Dec.	8040 pts	Jeff Bennett	Eagle TC	1975

WOMEN

100m	11.16	Evelyn Ashford	Maccabi TC	1979
200m	22.62	Evelyn Ashford	Maccabi TC	1981
400m	52.16	Shirley Williams	Prairie View A&M	1979
800m	2:03.80	Essie Kelly	Prairie View A&M	1979
1500m	4:11.90	Francie Larriue	Pacific Coast TC	1979
3000m	9:15.5	Brenda Webb	Know TC	1980
5000m	16:19.17	Tonya Nero	Wichita St.	2011
10,000m	34:24.94	Winny Koskei	Wichita St.	2019
100mH	12.93	Rayniah Jones	UCF	2022
400mH	56.58	Sandy Myers	LA Naturite	1981
3k Steeple	10:14.19	Rebekah Topham	Wichita St.	2019
4x100r	44.17	UCF	UCF	2019
4x400r	3:32.80	Prairie View A&M	Prairie View A&M	1979
HJ	1.96m/6'5"	Pam Spencer	LA Naturite	1981
PV	4.31m/14'1.75"	Rebekah Markel	Tulane	2019
LJ	6.48m/21'3.25"	Funminiyl Olajide	SMU	2022
TJ	13.22m/43'4.5"	Irati Mitxelena	Cincinnati	2019
SP	17.85m/58'6.75"	DeeNia McMiller	Memphis	2022
DT	60.25m/197'8"	Gabi Jacobs	Missouri	2019
HT	78.18m/256'6"	Brooke Anderson	Ironwood TC	2021
Jav (new)	55.25m/181'3"	Mona Jaidi	Memphis	2022
Jav (old)	61.29m/201'1"	Kate Smith	Pacific Coast TC	1977
Hept.	5662 pts	Patsy Walker	Houston	1981

UPDATED 8/3/2022

KT WOODMAN CLASSIC

MEN

100m	9.99	Ray Edwards	Nike	2005
200m	20.5	Iziaq Adeyanju	Wichita St.	1990
400m	46.25	Ivory Williams	Butler County CC	2005
800m	1:47.25	Einars Tupuritis	Wichita St.	1995
1500m	3:44.12	Adam Fogg	Drake	2021
Mile	4:09.96	Mark Kennard	Missouri	1993
3000m	8:20.51	Patrick Kiptum	Oklahoma St.	1994
5000m	14:12.4	George Collier	Wichita St.	1982
10,000m	29:21.39	Brady Johnson	Wichita St.	2015
110mH	13.69	Jeffrey Julmis	unattached	2013
400mH	51.49	Viktors Lacis	Wichita St.	2002
3k Steeple	8:52.4	Steve Fishere	Missouri	1979
4x100r	40.32	Askia TC	Askia TC	1989
4x400r	3:10.8	Nebraska	Nebraska	1982
4x110mH	57.57	Wichita St.	Wichita St.	2011
HJ	2.26m/7'5"	Jah-Nhai Perinchief	Iowa Central CC	2016
PV	5.62m/18'5"	Pat Manson	Kansas	1989
LJ	8.33m/27'4"	Clint Whitaker	Missouri	1979
TJ	17.12m/56'2"	Latario Collie-Minns	Iowa Western CC	2014
SP	19.30m/63'4"	Luke Pinkelman	Nebraska	2012
DT	60.45m/198'4"	Eric Korsoj	Nebraska	1981
HT	73.25m/240'4"	Yuri Sedykh	unattached	1995
Jav (new)	72.45m/237'08"	Aaron True	Wichita St.	2019
Jav (old)	75.23m/246'10"	Ron Bahm	Kansas	1986
Dec.	7350	Krzysztof Slupkowski	Wichita St.	2011

WOMEN

100m	11.30	Dominique Kimpel	Iowa Central CC	2012
	11.26w (+5.4)	Nelda Huggins	Iowa Central CC	2017
200m	23.70	Shelia Burell	Nike	2001
		Beverly McDonald	Barton County CC	1990
	23.38w (+4.8)	Jura Levy	Oklahoma Baptist	2015
400m	54.0	Michelle Maxey	Kansas St.	1986
	54.21	Sonia Gaskin	Kansas St.	2014
800m	2:05.0	Deb Hartzog	Kansas	1979
1500m	4:22.23	Kellyn Johnson	Wichita St.	2009
3000m	9:46.9	Kathryn Evans	Wichita St.	1988
5000m	16:19.17	Tonya Nero	Wichita St.	2011
10,000m	24:46.4	Mariam Kaumba	Oklahoma Baptist	2005
100mH	13.29	Nikki Larch-Miller	Wichita St.	2016
400mH	57.60	Ryann Krais	Kansas St.	2011
3k Steeple	10:17.60	Desiraye Osburn	New Balance	2007
4x100r	45.12	Wichita St.	Wichita St.	2017
4x400r	3:43.90	Kansas St.	Kansas St.	2011
4x100mH	56.48	Kansas St.	Kansas St.	2011
HJ	1.88m/6'2"	Gwen Wentland	Nike	1996
PV	4.16m/13'7.75"	Brooke Demo	Wichita St.	2009
LJ	6.26m/20'6.5"	Daphnie Saunders	Barton County CC	1992
TJ	12.79m/41'11.5"	Krisztina Kovesi	Nebraska	2002
SP	16.03m/52'7"	Rebekah Green	Kansas St.	2001
DT	55.40m/181'9"	Mariah Garcia	Wichita St.	2013
HT	61.93m/203'2"	Chandra Andrews	Shocker TC	2013
Jav	52.06m/170'10"	Madison Wolf	Fort Hays St.	2016

UPDATED 8/3/2022

