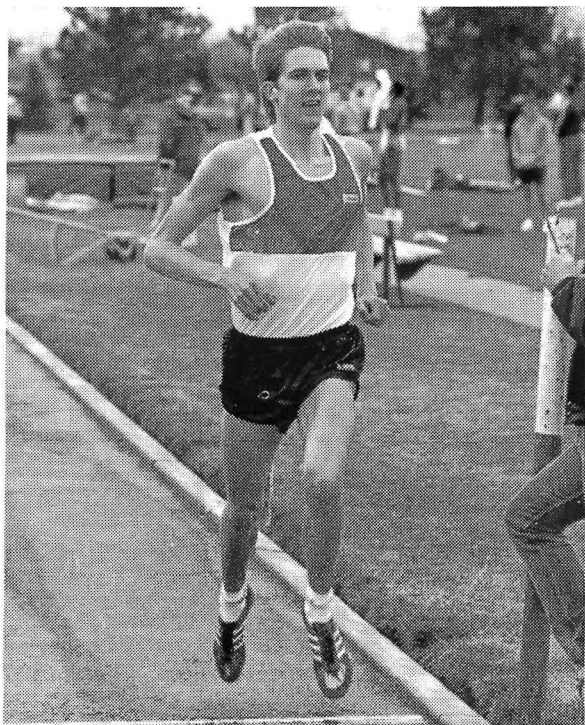


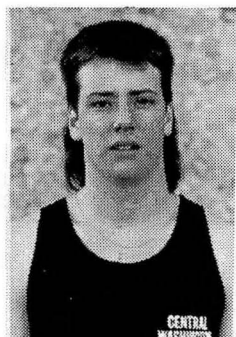
1989 CENTRAL WASHINGTON UNIVERSITY TRACK AND FIELD PROGRAM



1989 CENTRAL WASHINGTON UNIVERSITY MEN'S TRACK



STEVE SCHERFIUS
Javelin



ED SCHIPPERS
Pole Vault



CHARLIE SMITH
Hurdles, HJ



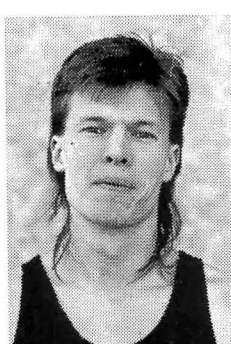
DAN SUTICH
1,500, 5,000



DOMINIC URBANO
Race-Walk



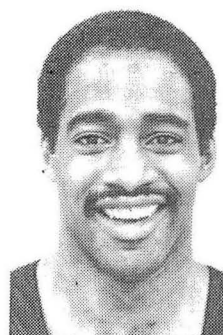
BILL WALKER
Shot Put



MARK WARD
200, 400



SPIKE ARLT
Head Coach



CHARLES CHANDLER
Assistant Coach



1989 CENTRAL WASHINGTON UNIVERSITY WOMEN'S TRACK



KERRIE CAVANESS
Distance



SANDY DRAPER
SP, Discus



KRISTI KOESTER
Hurdles



SANDI RILEY
Hurdles



TRACY RICHARDS
SP, Discus



MARY VENEZIANI
Distance



KRISSELLE ARTHUR
800, 1500



KRIS KJOLSO
Hurdles



REBECCA MIDLES
Sprints



DOUG ADKINS
Head Coach

CWU ATHLETIC STAFF

Athletic Office 509-963-1911

Administrative Staff

	Office	Home
Gary Frederick/Athletic Director	963-1911	925-4027
John Gregor/P.E. Department Chairman	963-1911	925-5222
Bonnie Petersen/Secretary	963-1911	968-3328
Paula Romeo/Secretary	963-1911	925-2752
Gary Smith/Athletic Trainer	963-3238	925-3887
Bob Guphill/Sports Information Director	963-1491	962-2575

Track

	Office	Home
Spike Arlt/Men's Head Coach	963-2746	925-2761
Doug Adkins/Women's Head Coach	963-1911	962-1963

Baseball

	Office	Home
Ken Wilson/Head Coach	963-1041	925-7238

Tennis

	Office	Home
Randy Fiorito/Men's & Women's Head Coach	925-4025	925-4840

Golf

	Office	Home
Frank Crimp	962-2984	925-1251

Other Sports

	Office	Home
Mike Dunbar/Football	963-1911	925-9118
Spike Arlt/Men's Cross Country	963-2746	925-2761
Pete Steiner/Women's Cross Country	963-1911	925-4163
Greg Sambrano/Men's Soccer	963-1911	925-3607
Bill Baker/Women's Soccer	963-1911	925-3046
Dean Nicholson/Men's Basketball	963-1911	925-5254
Gary Frederick/Women's Basketball	963-1911	925-4027
Hedj Nelson/Wrestling	963-1911	968-3240
Lori Clark/Swimming	963-3672	925-3816
Swimming Pool	963-1851	

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For information regarding any phase of Central Washington University athletics, contact Bob Guphill (Sports Information Director, University Relations, Ellensburg, Wa. 98926). Athletic department offices are in Nicholson Pavilion and the SID office in in 214 Bouillon Hall.

ON THE COVER: Clockwise, starting in the upper left hand corner, hurdler and middle distance runner Kristi Koester; pole vaulter William Mauntel; sprinter James Mitchell, and ex-Oregon distance runner Buck Jones. Jones, from Ellensburg High School, competed collegiately at Whitman and Oregon. On April 22, Jones, competing unattached, accomplished an amazing double setting Tomlinson Stadium records in the 3000 meter steeplechase (9:15.6) and the 5000 meters (14:41.6).

CWU COACHING STAFF

WALTER 'SPIKE' ARLT/Men's Head Coach (15th Season)

Walter "Spike" Arlt completed his 15th season as head track and cross country coach at Central Washington University this spring.

Under Arlt's direction, the Wildcats won two NAIA District 1 championships in 1987 and 1988 before finishing second this spring. He was named the District 1 Coach-of-the-Year in 1986, 1987 and 1988.

In addition to winning two titles, Arlt has led the Wildcats to seven second place finishes, including four straight from 1979 until 1982.

CWU has claimed 54 individual district championships under Arlt's tutelage. He has also coached 22 track All-Americans, including hammer thrower Jon Torrence, who won CWU's only individual national championship in 1987. Arlt led Central to an eighth place finish at the 1988 national meet.

The Wildcats have also been a national power in cross country under Arlt's guidance. He has coached four All-Americans and CWU has finished in the Top 10 nationally six times since 1975, won three district team titles and five individual district crowns.

Central finished eighth at the 1979 national meet, tied district rival Simon Fraser for fifth in 1980 and finished seventh in 1981. The 'Cats placed 11th in 1982 and finished sixth in 1985 when Arlt was named NAIA District 1 Coach-of-the-Year.

In 1986, Arlt guided the Wildcats to their first district cross country championship since 1976 and a 12th place finish at nationals.

Arlt, 51, joined the CWU coaching staff in 1968 and served as an assistant track coach until the fall of 1974 when he was named head track and cross country. He served as chairman of the District 1 track coaches from 1979 until 1985.

The CWU coach was born Nov. 11, 1937, in Ritzville. He graduated from Ritzville High School in 1956 and from Washington State University in 1960. He earned his masters in education from CWU in 1968.

Arlt competed in football and track at WSU. He was the Cougars' Athlete-of-the-Year in 1960 and placed fifth in the high hurdles at the Olympic Trials the same year. He also captained the track team.

Prior to coming to CWU, Arlt coached at Harrington and Eastmont high schools. In football, he compiled a record of 31-13-2.

Arlt, who will be on sabbatical during the 1989-90 school year, and his wife Marcia, have three sons, Richard, 26; Robert, 25, and John, 22. Richard is a former two-year letter winner for the CWU track team and John earned his fourth letter this spring.

CHARLES CHANDLER/Men's Assistant Track Coach

Charles Chandler, a three-year track letterman, completed his second season as an assistant coach this spring.

Chandler, 27, is a two-time NAIA District 1 110 meter hurdles champion and ranks second on CWU's all-time Top 10 with a best of 14.4. He ranks fourth in the 400 intermediate hurdles with a best of 53.73.

The 1980 Lake Washington High School graduate also earned two letters in football for CWU. In 1985, he led the team in receiving with 38 catches for 605 yards and scored four touchdowns to earn second team all-league honors.

Chandler was born Feb. 7, 1962 in Seattle. He graduated from Lake Washington in 1980 where he earned three letters each in football, basketball and track. He played two seasons of football at Olympic CC before transferring to CWU in the fall of 1983.

A sociology major, Chandler was CWU's MVP in track in 1985. He was selected the team captain in both 1986 and 1987 and was the Most Inspirational athlete in 1987.

Chandler has three brothers and eight sisters. His brother, Vernell, played football and baseball in Central in the 1960s.

DOUG ADKINS/Women's Head Track Coach

Doug Adkins, after serving as an assistant men's coach in 1987, was appointed as the women's head track-and-field coach prior to the 1988 season. He is also an assistant football coach and is CWU's defensive coordinator.

Adkins, 39, completed his second season this spring as head coach after replacing long-time women's head coach Jan Boyungs. He led CWU to a fourth-place district finish as it tripled its team score from the 1988 district meet (28 to 84).

He was the head track coach at Marysville High School in 1975 and at Sequim High School from 1976 until 1978. From 1979 until 1984, he was an assistant coach at Federal Way.

He earned bachelor and master's degrees in physical education from CWU in 1970 and 1974. He played defensive tackle and offensive center for the Wildcats during the 1968 and 1969 seasons.

Prior to enrolling at Central, Adkins graduated from Cashmere High School in 1966 where he lettered in football, basketball and track. In track, he placed third in the discus in the 1965 State Class A meet. In football he earned all-state honors as a defensive tackle. He also attended Wenatchee Valley College for two years.

In addition to coaching track at the high school level, Adkins was a highly successful prep football coach. In 10 years, he won 56 games and lost 33 and twice was named coach-of-the-year in his league.

He coached Grand Coulee to a 5-4 record in 1970, then joined CWU's staff for two seasons. He was an assistant at Wenatchee Valley for one season before serving as an assistant at Marysville for one year.

Adkins was head coach at Sequim for three seasons and compiled an 18-9 record. He coached Federal Way for six years, winning 33 games and losing 20.

Adkins joined the CWU football staff in 1984 and served as the school's golf coach in 1985 before joining the track staff.

A native of Wenatchee, Adkins was born Oct. 16, 1948. He married Kathleen Jo Parry in May, 1987. Parry is the daughter of retired CWU football coach Tom Parry. He and Kathleen have one son, Matthew, who was born last summer. Adkins has two children, Nicole, 17, and Brent, 11, from a previous marriage.

PETE STEINER/Women's Cross Country Coach

Pete Steiner will begin his second season as CWU's women's cross country coach next fall. This spring he worked with the distance runners on CWU's women's track team.

Last fall, Steiner guided Central to a 16th place finish in the NAIA national meet. It was only the second time in CWU's school history that it qualified for the national meet.

Steiner, who is a 1983 graduate of Seattle Pacific, will complete work on his masters of science degree in health education in June. He also attended Green River Community College.

Prior to joining the CWU coaching staff, Steiner, 32, coached at Bellevue Community College (1980-82), University Prep in Seattle (1983-85) and Bountiful High School in Utah (1985-86).

At Bellevue, he was an assistant men's and women's cross country and track and field coach.

At University Prep, he was the school's athletic director and also was the head coach for girls soccer, boys and girls alpine ski racing and track-and-field.

At Bountiful, he was the head coach for boys and girls cross country and track and field. He led his boys team to a seventh place finish in the Utah State Cross Country championships and was voted the 1985-86 Davis County Coach of the Year.

Steiner, who was born April 17, 1957, is a graduate of Auburn High School. He participated in cross country and track-and-field at both Auburn and Green River Community. He and his wife, Angela, were married last summer.

CWU ADMINISTRATION

DR. DONALD GARRITY/CWU President

Dr. Donald L. Garrity has been president of Central Washington University since Sept. 1, 1978. He is the University's ninth president.

He came to Central from San Francisco State University where he had been provost and chief academic officer for 12 years. As provost of the California university, he was the chief administrator below the president.

He joined the San Francisco State faculty in 1956 as an assistant professor of sociology. He rose in academic rank to a full professorship and served as chairman of the San Francisco State sociology department for six years.

Dr. Garrity, 61, earned a BA degree from Colorado State University in 1950 and a MA and PhD from the University of Washington in 1953 and 1966, respectively.

A specialist in criminology, Dr. Garrity has served as a consultant to numerous state and community agencies, including the California Department of Corrections and the San Francisco Police Department. He is a member of the American Sociological Association, the American Correctional Association, the Society for the Study of Social Problems and the American Association for Higher Education.

Dr. Garrity has served as chairman of the Council for Presidents and the Evergreen Conference Council of Presidents. He is a member of the Western College Accreditation Commission and is a former member of the Council on Postsecondary Education and the prestigious San Francisco Crime Commission.

Dr. Garrity and his wife Virginia have two grown sons, Michael and Craig.

DR. GARY FREDERICK/Athletic Director

Dr. Gary Frederick, CWU's athletic director since the fall of 1980, was named the NAIA National Administrator-of-the-Year for the 1987-88 school year.

Frederick, 51, has a long affiliation with Central. After graduating from Raymond High School in 1955 where he was all-conference in football, basketball and baseball, he enrolled at CWU.

Frederick lettered in football three years (1956-58) and earned second team all-conference honors in 1957 and first team honors in 1958 at offensive center.

He graduated in 1959 with a bachelor of arts degree in education and later earned a masters in physical education from Central and a doctorate in secondary education from the University of Idaho in 1974.

Frederick coached basketball and baseball at Thorp High School (1959-60); football, basketball and track at Waitsburg High School (1960-63) and football and baseball at Central Kitsap (1963-67) before returning to Ellensburg in 1967.

From 1967 until 1983, he served as an assistant football coach and was head baseball coach from 1968 until 1978. He is CWU's winningest baseball coach. In 11 seasons his teams won 234 games and lost 147 and qualified for the NAIA College World Series in 1968 and 1970. He was voted NAIA District 1 Coach-of-the-Year three times (1969, 1970 and 1971).

For the past seven seasons, Frederick has also served as CWU's women's basketball coach. Two seasons ago he led the Lady Wildcats to a 31-5 record, the NAIA District 1 title and a berth in the national tournament. Last year CWU posted a 16-15 record. Twice he has been named the District 1 Coach-of-the-Year. In seven seasons, his teams have won 122 games and lost 76.

Frederick is also the NAIA District 1 chairman and for the past two years has been selected the NAIA District 1 Administrator of the Year. For the past seven years, CWU has finished in the Top 10 in the NAIA Men's All-Sports contest, including a fifth place finish in the 1988-89 season. CWU was the 1986-87 national all-sports champion.

Frederick was born July 16, 1937 at Hoquiam. His wife's name is Bobbi. He has three adult sons, Brooke, Rick and Rob. Bobbi has two children, Anna, 19, and David, 17.

GARY SMITH/Athletic Trainer

Gary Smith, an associate professor of physical education, has been CWU's athletic trainer since 1968.

In March, 1985, he was inducted into the NAIA Hall-of-Fame. He was only the second trainer ever elected to the NAIA Hall-of-Fame.

Smith, 50, is a past president of the NAIA Athletic Trainers Association. He is also a member of the NAIA Medical Aspects Committee and served as trainer for the 1984, 1986, 1987 and 1989 NAIA College Baseball World Series.

Smith was born July 27, 1938, in Charlevoix, Mich., and graduated from Charlevoix High School in 1956. After a stint in the military, he attended North Central Michigan College earning an associate of science degree in 1962.

He earned a bachelor of science degree from Northern Michigan in 1964 and a masters of science degree from Indiana University in 1965.

He played football and ran track in high school, earning all-conference honors in football. He also lettered in track at Northern Michigan.

Before accepting the position at CWU, he was the head trainer for Punahou High School in Hawaii for three years.

Smith and his wife, Elizabeth, were married in 1961. They have two adult children, Julie Marie and Michael Allen.

ABOUT CENTRAL WASHINGTON UNIVERSITY

For nearly a century Central Washington University has provided quality education for the citizens of the state of Washington. It is one of six state-supported institutions offering baccalaureate and graduate degrees.

Originally known as Washington State Normal School, the institution became Central Washington College of Education in 1937, Central Washington State College in 1961 and Central Washington University in 1977.

Now CWU is considered one of the top smaller comprehensive universities in the country. Central earned that distinction when **U.S. News & World Report** published results of an extensive national survey of college presidents.

CWU tied for seventh place in the smaller comprehensive universities category for schools west of the Mississippi River and placed in the Top 15 in the nation.

Central is a residential university which offers one of the best living programs found anywhere. The accommodations, food and excellent staff provide for a rewarding experience.

Students have outstanding facilities for their learning experiences. More than half of the major campus buildings have been constructed since 1966. The excellent facilities do not stop with new buildings. Central has increased its total number of library holdings to 454,651. And campus technical facilities range from television studios to science laboratories.

The university's 350 acres include 100 classrooms in 21 academic halls and 28 student housing complexes. And Central's faculty has earned a reputation for academic quality and integrity. CWU's faculty are teachers above all else, and they take the time to meet the needs of their students.

Central, which was founded in 1891 with four teachers and 86 students, enjoys a setting convenient to the mountains in one direction and the desert in the other. Only minutes away through the surrounding farm and ranch lands of the Kittitas Valley are some of the best skiing and hunting in the state, as well as national parks, alpine lakes and meadows, wilderness areas and rushing rivers for fishing and floating.

THUMBNAIL FACTS

Location	Ellensburg, Wa. 98926
Founded	1891
Enrollment	5500
President	Dr. Donald L. Garrity
VP-Academics	Dr. Robert V. Edington
Faculty Athletic Representative	Dr. Daryl Basler
Registrar	Carolyn Wells
Colors	Crimson and Black
Nickname	Wildcats
Stadium	Tomlinson Stadium (4,000)
Pavilion	Nicholson Pavilion (3,200)

MEN'S TRACK AND FIELD PROFILES (1989 Letter Winners)

GARY ANDERSON
6-3, 153, Fr.

800, 1500
Gig Harbor (Peninsula)

Graduated from Peninsula in 1987. Lettered in cross country (4) and track (3). . . Two-year letterman in cross country. Finished 45th in 1987 district meet in time of 30:51.1. Did not run at 1988 district meet. Had highest finish of fourth place in CWU Invitational (30:21). Redshirted in track last spring. Earn letter this spring. Had bests of 2:00.8 in 800, 3:59.49 in 1500 and 9:14.2 in 3000. Qualified for district in 1500, but didn't place with time of 4:15.8. . . . Born 6-16-69 at Ogden, Utah. Has one brother. Undecided on major.

JOHN ARLT
5-11, 175, Sr.

Hurdles
Ellensburg

Graduated from Ellensburg High School in 1985. Lettered in football (3) and track (4). Honorable mention all-league safety in football. Captain in track. Ran on state 400 and 1600 meter relay teams. . . Earned fourth letter this spring. Placed fifth in district meet in 400 hurdles (55.9) freshman season, third sophomore season (54.75) and sixth junior year (57.6). Slowed by injuries and didn't compete at districts this spring. Career best of 54.5 in prelims of 1987 district meet. Best of 15.74 in 110 highs (May 2, 1987 in Tartan Cup Invitational). Member of 1987 CWU 4x100 relay team that placed second in district meet (42.87) and of 4x400 relay team that finished fourth (3:27.7) . . . Born 2-3-67 at Wenatchee. Brother Richard played football and ran track at CWU. Father ran track at WSU and is CWU head track coach. Biology education major. Plans to be a teacher.

KEITH BAKER
6-0, 175, Fr.

100, 200
Maple Valley (Kentwood)

Graduated from Kentwood in 1984. Also attended Wilson High School. Lettered in football and track. Played JV basketball at Wilson. In track finished second in North Puget Sound League meet senior season in four events - the 100, 200, 110 high hurdles and 300 low hurdles. Placed fifth in state in 110 highs. Captain and Most Inspirational award winner. . . Ran on CWU's 4x100 meter relay team that won district title in time of 42.14 and competed at nationals, qualifying with best of 41.79. Won district title in 110 high hurdles (15.27). Also placed second in 100 (11.02) and fourth in 200 (22.94). Season bests of 10.80 in 100, 21.80 in 200 and 15.25 in high hurdles. Listed on spring roster for 1989 CWU football team. . . Born 9-1-66 at El Paso, Tex. Has two brothers and one sister. Business administration major. Was an Army Paratrooper for four years.

SCOTT BICKAR
6-1, 255, Sr.

Discus, Hammer, Shot
Toledo

Graduated from Toledo in 1985. Lettered in football (4) and track (4). All-conference tackle in football. 1984 and 1985 State Class A shot put champion. . . Competed two seasons at Spokane CC. Placed second in hammer sophomore season. Second in shot freshman season. NWAACC shot put champion sophomore year. . . Two-year letterman. Qualified for national meet junior season in hammer and shot. Placed third in hammer (163-4) and third in shot (48-5 3/4) in district meet. All-American in both indoor and outdoor track this winter and spring. Placed fifth in national indoor in 35-pound weight with throw of 52-1/2. Finished fourth in hammer at NAIA nationals (172-5) and 10th in shot put (50-2). Won district hammer (173-10) and also finished third in discus (136-6) and fourth in shot put (48-8 1/4). Ranks second on CWU all-time list in hammer with best of 176-11. Career best of 50-7 1/4 in shot and 141-0 in discus. Selected CWU's MVP in both 1988 and this past spring. Also voted Team captain this spring. . . Born 3-19-67 at Centralia. Has two sisters.

CASEY CAMPBELL
5-10, 150, So.

Hurdles
Randle (Highline CC)

Graduated from Glen Waverly High School in Victoria, Australia in 1985. Letters not awarded. Won 110 high hurdles three times at district level. Won state 110 high hurdles title senior year. Placed third in same event sophomore season. . .Competed one year at Highline. Placed fourth in 110 high hurdles, sixth in 400 hurdles, sixth in 4x400 relay and eighth in decathlon at NWAACC meet. . .Finished seventh this spring in 400 hurdles (58.87) at district meet. Had season best time of 57.02 in prelims. Also competed for CWU swim team last winter. . .Born 8-8-67 at Seattle. Has one brother. Flight technology major. Plans to be a pilot.

CHRIS COOLEY
6-2, 195, Sr.

Javelin
Kennewick

Graduated from Kennewick in 1984. Lettered in football (4) and track (2). All-conference strong safety senior year. Defensive Player-of-the-Year. Placed seventh in javelin at 1984 State AAA meet. . .Played two seasons of football at Walla Walla and two at CWU. Earned CFL honorable mention all-league honors at defensive back in senior season of football (1987). 39 tackles and two interceptions. Did not participate in track at Walla Walla. Placed third in javelin at 1987 district meet (175-9) and won district title last spring with career best 186-2. Finished fourth at districts this spring with season-best of 185-5. . .Born 9-17-65 at Seattle. Has four brothers and one sister. Safety education major.

JOHN DEVLIN
6-0, 185, So.

Pole Vault
Renton

Graduated from Lindbergh in 1986. Lettered in swimming (3), football (2) and track (3). Placed 10th in diving at 1986 state meet. Placed fourth in diving at North Puget Sound League meet sophomore, junior and senior seasons. Played fullback and linebacker and punted. Earned honorable mention all-league honors on both offense and defense. Lindbergh school-record holder in pole vault. . .Two-year letter winner. Placed second in NAIA District 1 meet freshman year with vault of 14-0. Had best of 14-6 at SCC Tartan Invitational April 30. Qualified for district meet this spring, but didn't compete. Had best of 13-6 in PLU Invitational Apr. 15. . .Born 12-29-67 in Virginia. Has one sister. Law enforcement major.

CARL FITTE
5-10, 165, Jr.

100, 200
Richland

Graduated from Richland in 1984. Lettered in football (3) and track (3). All-conference wide receiver in football. Team captain. Set school records in track in 100 meters (10.5) and 200 meters (21.6) and was on school-record 4x100 meter relay team. . .Played two seasons of football at Walla Walla CC. Honorable mention NWAACC all-star. Also played one season at Idaho. Caught three passes for 34 yards in 1986 season. Started at wide receiver last fall for CWU. Caught 15 passes for 343 yards and scored five touchdowns. . .Competed in track at college level for first time this spring. Member of district champion 4x100 relay team (42.14), that qualified for nationals with best of 41.79. Also placed seventh in 100 (11.44) and eighth in 200 (23.41) in district meet. Season bests of 10.79 and 22.21, respectively. . .Born 3-12-66 at Oakland, Calif. Has one brother. Communications major. Plans career in sound engineering.

SEO GARZA
Freshman

LJ, TJ
Othello

Graduated from Othello High School. Placed seventh this spring in district triple jump with season best of 41-5 1/4. Had season best in long jump of 20-11 1/4 at Tartain Cup Invitational in Spokane (May 6). . .Has three brothers and two sisters. Brother Bernie also competed this spring for CWU in track.

GREGG HALL
6-1/2, 178, So.

Javelin
Chehalis

Graduated from Napavine in 1985. Lettered in football (2), basketball (3) and track (3). All-conference defensive back in football. Also played quarterback and wide receiver. Most Inspirational award winner in basketball. Three-time Inspirational award winner in track. Team Captain and High Point award winner. Competed in triple jump at state meet. . Attended Centralia CC for two years, but did not compete. Two-year letter winner at CWU. Placed seventh in javelin at district with throw of 158-1 last spring. Had best of 162-3. Improved best to 184-2 this spring and placed sixth at district (182-5). . Born 3-30-67 at Chehalis. History major. Member of National Honor Society and Chehalis Valley Baptist Church. High School class president. Has two brothers and one sister.

TOM HARRIS
6-3, 165, Fr.

200, 400
Seattle (Shorecrest)

Graduated from Shorecrest High School in 1988. Lettered in track (2) and football (2). All-league in 400 meters in track. Played tight end and free safety in football. . Placed seventh in district meet this spring in 400 (52.99). Had season bests of 23.7 in 200 and 51.93 in 400. . Born 9-17-69 at Seattle. Has two brothers. International business major. Member of Air Force ROTC. Wants to be USAF pilot.

IVAN ISAACSON
5-11, 145, Fr.

400 Hurdles
Rochester

Graduated from Rochester in 1985. Four-year letter winner in track. Captain and most inspirational award winner. . Placed eighth this spring at district meet in 400 hurdles (1:00.14) after running season best of 57.35 in prelims. . Born 5-13-69 at Olympia. History education major. Wants to teach history at high school level.

MICHAEL KUNST
6-3, 180, Jr.

200, 400
Seattle (Kennedy - HCC)

Graduated from Kennedy High School in 1986. Three-year letter winner in track. Captain and Coaches Award winner. Completed in track for two years at Highline CC. . Was on CWU's district champion 4x100 meter relay team this spring (42.14) after replacing the injured Mark Ward. Ward, however, ran at nationals. Competed at districts in 200, but did not place. Had season best times of 11.4 in 100 and 23.1 in 200. . Born 11-20-67 at Seattle. Has one sister. Marketing major. Plans career in marketing management.

ROBBIE KYLER
5-7, 160, So.

800
Rainier

Graduated from Rainier in 1987. Lettered in football (3) and track (4). All-conference tailback. Offensive Player-of-the-Year. Most Inspirational and Most Outstanding award winners in track. Participated in state track meet. . Two-year track letterman. Placed fourth in district 800 in season-best time of 1:55.27 freshman season. Also placed fourth this spring in 1:55.29. Had career best of 1:53.7, which ranks seventh on CWU's all-time list, at CWU Invitational April 22. Member of 4x400 relay teams that placed fifth in 1988 (3:24.4) and 1989 (3:24.97) district meets. Had a season-best time of 3:19.14.. Born 9-2-67 at Fort Lewis. Law and justice major. Has one brother and one sister.

SCOTT MACDONALD
6-1, 160, So.

Distance
Renton

Graduated from Renton in 1987. Lettered in cross country (1) and track (1). Ran as fourth man on squad at AAA state cross country meet. Personal best of 10:23 in 3200 meters and 16:40 in three miles. Placed 14th in 3200 at North Puget Sound League meet. . Has competed

in cross country two seasons, but has not lettered. Best finish was 21st at 1988 CWU Invitational in time of 34:54. . .Competed freshman year in track, but did not letter. Had bests of 17:35.0 in 5,000 and 35:39.3 in 10,000. Lettered this spring. Placed fifth in 10,000 meter race-walk (1:04.59.3) and fifth in marathon (3:39:27). . .Born 4-15-69 at Renton. Has one sister. Mathematics major. Sister Gaylene competed in volleyball at Whitworth, Highline and Seattle Pacific.

WILLIAM MAUNTEL
5-9, 155, Fr.

Pole Vault
Anacortes (Burlington-Edison)

Graduated from Burlington-Edison in 1987. Lettered in wrestling (4) and track (4). Won district title in wrestling senior season and placed second at regionals and seventh at AA state. Finished with record of 23-9. Three-time state placer in pole vault - fifth as a sophomore (in Oklahoma) and third and fourth, respectively, as a junior and senior at Burlington-Edison. Placed fourth, second and third, respectively, at regionals. . .Placed fourth at district with vault of 13-9 1/4. Had season-best 14-6 to tie for sixth place on CWU's all-time list. . .Born 2-16-69 at 29 Palms, Calif. Has one brother and two sisters.

JAMES MITCHELL
5-8, 165, Fr.

100, 200
Tacoma (Foss)

Graduated from Foss High School in 1988. Lettered in football (2) and track (3). All-league defensive back in football. Captain award winner and Pierce County Scholar-Athlete. State placer three years in track-and-field. Captain and Coaches award. . .Lettered last fall in football. Tied Columbia Football Association record by blocking two punts in one game. Had 13 tackles and intercepted one pass. . .On CWU's district champion 4x100 meter relay team (42.14) this spring. Team qualified for nationals with best of 41.79. Also competed at nationals in 100 meters. Placed fourth in heat in time of 10.83. Finished fourth in 100 (11.15) and second in 200 (22.79) at district meet. Season bests of 10.83 in 100, 22.2 in 200 and 50.0 in 400. . .Born 1-15-70 at Tacoma. Has no siblings. Business administration major.

GREG OLSEN
6-2, 165, Fr.

Hurdles
Renton (Lindbergh)

Graduated from Lindbergh in 1988. Lettered in basketball (2) and track (4). AAA state meet runnerup in 300 intermediate hurdles (37.8). Also had bests of 14.5 in 110 high hurdles and 49.5 in 400 meters. . .Placed third in district meet in 400 hurdles this spring in time of 54.98. Unofficially, equaled his best time of season in national meet (54.4), but was disqualified for dragging leg around hurdle. Also ran 54.4, which ranks seventh on CWU's all-time list, in Tartan Cup Invitational May 6. Season best of 15.0 in 110 high hurdles. Ran 15.74 at district, but didn't qualify for finals. . .Born 11-5-69 at Bellevue. Has one sister. Mathematics/physics major. Plans career in engineering.

RON OLSON
6-1, 170, So.

Decathlon
Marysville (Stanwood - BCC)

Graduated from Stanwood in 1987. Lettered in track (4) and football (1). All-league punter in football. Selected league's Track Athlete-of-the-Year senior season. 1987 Junior Olympic national champion in decathlon. . .Competed one year at Bellevue CC. Selected Outstanding Performer in NAIA District 1 meet this spring. Placed third in decathlon (6130) and second in high jump (6-7) and won both the long jump (22-10 3/4) and triple jump (46-6 3/4). Also placed eighth in javelin (169-6). Earned honorable mention All-American honors by placing seventh in high jump with school-record 6-10 1/4 at national meet. Decathlon score ranks third on CWU's all-time list. Selected Inspirational award winner. . .Born 3-11-69 at Norwalk, Calif. Has five brothers and five sisters. Undecided on major.

PAUL PEDERSEN
6-0, 190, Fr.

Javelin
Gig Harbor (Peninsula)

Graduated from Peninsula in 1988. Lettered in football (2) and track (2). Honorable mention all-league center in football. Competed in javelin in track. . .Earned letter this spring in track with best of 170-10 in javelin. Competed but did not place in district meet with throw of 164-8. . .Born 1-8-70 at Renton. Has one sister. Undecided on major.

DAVE PHILLIPS
6-4, 265, Fr.

Discus, Shot
Seattle (Highline)

Graduated from Highline in 1985. Lettered in football (3), wrestling (2) and track (2). Played offensive tackle and defensive end in football. Captain senior season. All-North Puget Sound League offensive tackle. Placed third in state AAA meet in wrestling as heavyweight. Competed in shot put and discus in track. . .Attended Montana and played one year of football. Will play football this fall at CWU. Won district discus title this spring (144-6) and placed third in shot put (49-5). Did not place in hammer (133-8). . .Born 10-14-66 at Ocean Falls, B.C. Has one sister. Law and justice major. Plans to be paralegal.

MICHAEL RICKEL
6-3, 185, Jr.

Javelin
Omak

Graduated from Omak in 1984. Lettered in basketball (2), football (1) and track (2). Team captain in basketball. Averaged 12 points and nine rebounds per game. Most improved in football. Played wide receiver. Most improved award winner twice in track. . . Attended Wenatchee Valley College for one year, playing basketball. Competed but did not letter in track in 1986 and 1987 at CWU. Best of 168-7 in javelin. Finished seventh in 1987 district meet (163-9). Earned letter this spring, finishing placing seventh at district with career-best of 170-11. . .Born 2-8-66 at Walla Walla. Biology major. Has one sister.

STEVE SCHERFFIUS
5-11, 195, So.

Javelin
Anchorage, AK

Graduated from East Anchorage High School in 1987. Lettered in football (3) and track (4). Also played baseball. Wide receiver, defensive back and kicker in football. Twice all-state. Three times all-conference both on offense and defense. . .Redshirted 1987 season for CWU football team. Earned letter last fall. Credited with six tackles as a defensive back. Two-year letter winner in track. Placed second in district javelin freshman season with season-best throw of 185-8. Finished third this spring with career best of 188-0. . .Born 3-9-68 at Helmsdet, W. Germany. Father played football at University of Wyoming. Is only child. Law enforcement major.

ED SCHIPPERS
6-1, 172, Fr.

Pole Vault
Edmonds (Woodway)

Graduated from Woodway in 1987. Lettered in track (3) and cross country. . .Attended Shoreline CC for four quarters, but did not compete. Qualified for district in pole vault this spring, but did not place. Had best of 13-0. . .Born 8-8-69 in Michigan. Has three brothers. One brother, Rob, placed second in the 1500 meters at 1982 NAIA national meet.

DAN SUTICH
6-1, 157, So.

Distance
Gig Harbor

Graduated from Gig Harbor in 1987. Lettered in track (4) and cross country (4). Inspirational award junior and senior season in cross country. Coaches award freshman season. Placed seventh at state senior year and sixth junior season. Coaches award senior year in track. . .Lettered in both cross country and track freshman year at CWU. Placed

36th at District 1 cross country meet in time of 29:49.6. Did not place in track. Best time of 33:48.7 in 10,000 and 16:35.3 in 5,000. Redshirted last fall in cross country. Earned second letter this spring in track, placing seventh in 10,000 at district meet in time of 33:38.69. Career bests of 33:33 in 10,000 and 16:00.4 in 5,000. .Born 8-7-68 at Lakewood. Education major. Member of Honor Society and student government in high school. Has one brother and one sister.

DALLAS TROPLE
5-10, 140, So.

Distance
Toledo

Graduated from Toledo in 1987. Lettered in cross country (3) and track (3). Captain and Inspirational award winner in both sports. .Two-year letter winner in cross country. Placed 48th at 1987 district meet (31:25.1) and 36th at 1988 district meet (26:59). Didn't letter freshman season in track. Bests of 16:47.7 and 36:23.0 in 5 and 10,000 meters. Earned letter this spring. Had bests of 15:56.2 and 33:16.0. Competed in 10,000 meters at district, but did not place. .Born 5-27-69 at Longview. Has two sisters. Married. Wife (LeAnne) runs on Central's women's team. They have a son, Jonah, 1. Biology-education major.

DOMINIC URBANO
6-2, 150, Jr.

Race-Walk
Deming (Mt. Baker)

Graduated from Mt. Baker in 1985. Lettered in cross country (4) and track (4). Two-time all-county in cross country. .Redshirted freshman season at CWU in cross country. Competed in two meets sophomore season, but did not letter. Did not turn out for cross country past two seasons. Earned fourth letter in track this spring. Placed fifth in high jump (5-10) and 10,000 meter race-walk (58:01) at district meet freshman season. Placed fourth at district in race-walk (59:09.3) sophomore season and third (50:31.9) last year. Moved up to second at district with time of 50:06.9 this spring. Seventh at nationals junior season in time of 47:42.1 to earned honorable mention All-American honors. Qualified for TAC Mobil championships with time of 1:35:20 in 20 kilometer race-walk at UW Invitational. Placed 15th in TAC Mobil June 18 at Tampa, Fla. in time of 1:48:04.5. Did not compete in national meet this spring, because of job commitments. .Born 7-20-67 at Everett. Communications major. Plans career in video production and sales. Has worked in CWU university relations office as a photographer and for KCWU television.

BILL WALKER
6-3, 280, Jr.

Shot, Discus
E. Wenatchee (Eastmont)

Graduated from Eastmont in 1984. Lettered in football (2), wrestling (3) and track (3). Second team all-conference offensive and defensive tackle in football. Team captain. Placed second in State AA meet in wrestling. Inspirational award winner sophomore season. Team captain junior and senior season. Placed third in discus junior season and sixth in shot put senior season at state. Won district titles junior and senior seasons in both events. Team captain junior and senior seasons. .Played two seasons of football at Wenatchee Valley. Second team NWAACC defensive tackle. Started four games at offensive tackle for CWU in 1986 and nine games in 1987. Earned first team Columbia Football League honors. Also earned letter for CWU wrestling team. Three-year letter winner in track. Won district shot put title in 1987 with put of 52-1 1/4. Second in district shot last spring (51-7 1/2) and reclaimed title this spring (51-10). Earned All-American honors by placing sixth at nationals with career best 53-0 1/4 last spring. Placed fifth this spring with season best 52-1 3/4. Sixth in district meet in discus (137-1) sophomore year and seventh this spring (133-3). Career best 146-5 in discus and 127-7 in hammer. .Born 7-14-66 at Wenatchee. Brother Bruce former CWU football lettermen and now member of football coaching staff. Brother Aric played football and competed in track this year for CWU. Biology major.

Graduated from Olympia in 1985. Lettered in football (2) and track (3). Two-time All-conference wide receiver. Captain and district champion in track. Competed on tour to China. . .Competed one year at Yakima Valley College. Placed second last spring in 200 (22.54) and third in 400 (49.6) at NAIA District 1 meet. Also ran on fifth-place 4x400 relay team (3:24.4). . .Injured in prelims at district this spring. However, competed at nationals on 4x100 meter relay team. Team qualified for nationals with best of 41.79 in Tartan Cup Invitational. Had bests of 22.6 in 200 and 50.73 in 400 during season. . .Born 3-16-67 at Olympia. Physical education major. Has two sisters. Was a summer intern for employment security department. Father (Bob) played basketball at Eastern Washington.

1989 CENTRAL WASHINGTON UNIVERSITY WOMEN'S TRACK ROSTER

NAME	EVENT	CL.	EXP.	HOMETOWN (HIGH SCHOOL)
Kristelle Arthur	800, 1500	Sr.	SQ	Port Townsend
Mikki Bergman	100, 200	Fr.	HS	Richland
Kerrie Cavaness	5-10,000	So.	1V	Kirkland (Lake Washington)
Jenni Cena	Distance	Fr.	HS	Tacoma (Stadium)
Liz Connors	5-10,000	Fr.	HS	Stanwood
DeAnne Crayne	Hurdles	Fr.	HS	Longview (Kelso)
Denise Cugini	100, 200	Fr.	HS	Kirkland (Lake Washington)
Sandy Draper	SP, Discus	So.	1V	Ellensburg
Erika Gustafson	Jav, SP, Disc	Jr.	SQ	Soldotna, Alaska
Molly Hatfield	1500	Fr.	HS	Othello
Sara Heslop	1500	Fr.	HS	Fircrest (Wilson)
Kris Kjolso	Hurdles, LJ	Fr.	HS	Lynnwood (Meadowdale)
Kristi Koester	Hurdles	Jr.	1V	Ellensburg (WSU)
Becky Midles	100, 200	Fr.	HS	Chehalis (Napavine)
Laura Anne Records	SP, Discus	So.	JC	Federal Way (Green River)
Sandi Riley	Hurdles	Jr.	1V	Mt. Vernon (Burlington-Edison)
Aurelia Segura	200, 400	Fr.	HS	Yakima (West Valley)
SuzAnne Snell	HJ, Hurdles	Fr.	HS	Bellingham (Sehome)
Sonia Swan	High Jump	Jr.	HS	Tacoma (Lincoln)
LeAnne Tropole	Distance	Fr.	HS	Sedro Woolley
Mary Veneziani	Marathon, 10K	Sr.	1V	Bellevue (Newport)
Heather Wade	100, 200	Fr.	HS	Ellensburg
Dionne Wimmer	Distance	Fr.	HS	Washougal

Head Coach - Doug Adkins. Assistant - Pete Steiner.

1989 CWU TRACK AND FIELD SCHEDULE

Date	Meet	Site
Mar. 5	Washington Indoor/Outdoor	Seattle
Mar. 11	Salzman Relays	Tacoma (PLU)
Mar. 18	Husky Track Classic	Seattle
Mar. 25	Spring Break Open	West Seattle
Apr. 1	CWU Invitational	Ellensburg
Apr. 8	Western Washington Invitational	Bellingham
Apr. 15	Pacific Lutheran Invitational	Tacoma
Apr. 15-16	District 1 Decathlon/Heptathlon	Burnaby
Apr. 22	CWU Invitational	Ellensburg
Apr. 29	CWU Invitational	Ellensburg
May 6	SCC Bigfoot Invitational	Spokane
May 12-13	NAIA District 1	Burnaby, B.C.
May 25-27	NAIA Nationals	Azusa, Calif.

WOMEN'S TRACK AND FIELD PROFILES (1989 Letter Winners)

KRISTELLE ARTHUR
5-9, 128, Sr.

800, 1500
Port Townsend

Graduated from Port Townsend in 1984. Lettered in basketball (4), cross country (3), track (4) and volleyball (1). Captain and Coaches award in basketball. Fitness award in volleyball. Most Inspirational award in cross country. Coaches award in track. .Three-sport letter winner at CWU. Earned three letters in cross country, three in basketball and was awarded first letter this spring in track. In cross country, lettered in 1985, 1986 and 1988. Placed 34th in district meet (20:38.8) and 204th in national meet (23:06) in 1985. In 1986, finished 21st in district meet (19:36) and was 19th in 1988 district meet (19:15). Placed 82nd in 1988 national meet in time of 19:30. .In basketball ranks second in career rebounds (568) and fourth in career scoring (781). Set single season school record for rebounds (284) in final year of three-year career (1986-88). Voted all-district, team captain and best defensive player. Competed in track in 1985 and 1987, but didn't letter. Had bests of 17.6 in 100 hurdles and 71.3 in 400 hurdles and 4-10 in high jump. Most Valuable performer this spring. Placed fourth at district in 800 meters (2:16.44). Also ran on sprint medley team that finished fourth (1:50.89). Set school record in preliminaries of 800 at nationals in time of 2:14.41. Also posted best time of 4:49.9 in 1500 meters. .Born 2-18-66 at Seattle. Fashion merchandising major. Has two brothers and twin sister, Rachelle, who also played basketball for CWU.

MIKKI BERGMAN
5-3, 105, Fr.

100, 200
Richland

Graduated from Richland in 1988. Three-year letter winner in track. Competed in state meet three times. Most Inspirational award winner senior season. .Placed fourth in 100 meters (12.89) at district this spring. Bests of 12.88 in 100 meters and 26.7 in 200 meters. Also ran on sprint medley (1:50.89), 4x100 (51.35) and 4x400 (4:07.96) relay teams, all of which placed fourth in district meet. .Born 11-10-69 at Grand Forks, N.D. Has one brother and one sister. International business major.

KERRIE CAVANESS
5-4, 120, So.

Distance
Redmond

Graduated from Lake Washington in 1987. Lettered in track. Most Improved award winner. .Two-year letter winner. Did not place in district meet last spring. Best marks of 20:03.0 in 5,000 and 41:37 in 10,000. Finished third in district meet this spring in 10,000 meters in 42:03.3. Career bests of 19:33.8 and 40:42.3 in 5 and 10,000. Also lettered last fall in cross country, placing 34th at district (20:27) and 171st (20:42) at nationals. .Born 3-6-69 at Tacoma. Active in student government at Lake Washington. Community health major. Has one brother.

DEANNE CRAYNE
5-8, 140, Fr.

Hurdles
Longview (Kelso)

Graduated from Kelso in 1988. Lettered in volleyball (3), basketball (3) and track (3). Captain and Inspirational award in volleyball. Best Defense and Inspirational award in basketball. Captain in track and set school record in 300 hurdles. .Placed seventh at district in 400 hurdles in 1:11.68. Bests of 17.4 and 1:08.68 in 100 and 400 hurdles. .Born 6-14-70 at Longview. Has one brother. Math education major. Plans to teach at high school level. Was senior class president in high school. Was active in honor society, on Cowlitz County Park Board and in Hi-Five Drug Awareness.

SANDY DRAPER
5-11, 175, So.

Shot Put
Ellensburg

Graduated from Ellensburg in 1987. Lettered in basketball (3), soccer (1) and track (3). Captain, most rebounds and MVP in basketball. Second team all-league. Captain and Most Valuable senior in soccer. Captain and Most Valuable field events female in track. Placed second at district and eighth at state. Selected Female Athlete of the Year. .Member of CWU's junior varsity basketball team freshman season. Has earned two letters in track. Placed sixth in district shot put with season-best of 37-10 3/4 freshman season. Seventh this spring in district with put of 38-10 1/2. Career best of 39-5. .Born 10-8-68 at Ellensburg. Has three brothers and five sisters. Brother Luke wrestling at Washington. Flight technology major. Plans to be a pilot. Member of Air Force ROTC.

MOLLY HATFIELD
5-7, 120, Fr.

1500
Othello

Graduated from Othello in 1988. Lettered in cross country (4), track (4) and basketball (3). MVP four years in cross country. MVP and team captain twice in track. MVP and team captain once in basketball. .Earned letter in both cross country and track at CWU. In cross country placed 23rd in district meet (19:40) and 120th at nationals (20:02). In track, placed sixth in 1500 (4:52.21) and eighth in 3000 (10:55.16) at district meet. Season bests of 4:49.0 and 10:49.1, respectively. Also had bests of 2:20.19 in 800 and 19:00.0 in 5000. .Born 11-17-69 at Kennewick. Has one brother (Ryan) who played basketball at Wenatchee Valley. Journalism major. Was on drill team and was ASB secretary in high school.

KRIS KJOLSO
5-8, 135, Fr.

Hurdles, LJ
Lynnwood (Meadowdale)

Graduated from Meadowdale in 1988. Four-year letter winner in soccer, basketball and track. Second team all-league in soccer (four times). Twice earned second team all-league honors in basketball and is all-time leading scorer at Meadowdale. Won Class AA state long jump title senior season in track. .Placed eighth in heptathlon at NAIA national meet this spring with score of 4249. Placed second in heptathlon (4013), third in long jump (17-3 1/2) and 400 hurdles (1:05.46) and fourth in 100 hurdles (16.50) at district meet. Also ran on sprint medley (1:50.89), 4x100 relay (51.35) and 4x400 relay (4:07.96) teams, all of which finished fourth. Season bests of 26.89 in 200, 2:27.10 in 800, 16.14 in 100 hurdles, 1:05.06 in 400 hurdles, 17-8 in long jump and 113-1 in javelin. .Born 3-9-70 at Seattle. Has one brother and one sister. Uncle (Jim Kjolso) former CWU track national placewinner at CWU. Placed fifth in 220 yards and sixth in 100 yards at 1965 national meet and ran on CWU's 440 and mile relay teams which placed sixth in 1966 national meet.

KRISTI KOESTER
5-8, 135, Jr.

200, 400, Hurdles
Ellensburg

Graduated from Ellensburg in 1984. Lettered in track (4) and cross country (2). Most inspirational award winner in both sports. .Competed freshman season in track at WSU. Lettered in cross country and sophomore season at CWU. Finished 46th in district cross country meet in time of 25:00.7. Didn't compete last fall. Two-year track letter winner. Career bests of 28.4 in 200, 1:06.7 in 400 and 1:10.0 in 400 hurdles. .Born 11-17-65 at Ellensburg. Public relations major. Has one sister (Kathi) who competed in track at WSU.

BECKY MIDLES
5-9, 140, Fr.

100, 200, Heptathlon
Chehalis (Napavine)

Graduated from Napavine in 1988. Earned four letters each in volleyball, basketball and track. MVP, all-league middle hitter and captain in volleyball. Captain and had most rebounds in basketball. Three-time MVP, two-time Captain and four-time state participant in

track. High pointer scorer four years in a row. Placed third in 100 meters at state meet. . .Earned letter this spring for CWU, placing eighth in 100 meters (13.21) and fifth in heptathlon (2831) at district meet. Best marks of 12.9 in 100, 27.2 in 200 and 35-6 1/4 in shot put. . .Born 12-13-69 at Olympia. Father (Brian) and uncle (Henry) rank 11th (139-11) and third (166-1), respectively on CWU all-time list in hammer. Uncle (Dwight) was All-American hammer thrower at WSU. Has two brothers and one sister. High school activities included honor society, class president, governor's school and Young Democrats.

Laurie Records
Sophomore

Shot Put, Discus
Federal Way (Green River)

Graduated from Federal Way in 1987. Lettered in track. Three-time state meet participant. . .Placed sixth in shot put at NWAACC meet freshman season at Green River. Qualified for district meet this spring, but did not place in either shot put or discus. Bests of 36-7 3/4 and 105-9, respectively. . .Born 7-21-69 at Fort Knox, Kent. Has two brothers. Active in student government and band at Federal Way.

Sandi Riley
5-4, 120, Jr.

Hurdles
Mt. Vernon (Burlington-Edison)

Graduated from Burlington-Edison in 1986. Lettered in tennis (3) and track (3). Bests of 49.3 in 300 low hurdles and 16.2 in 100 hurdles. . .Qualified for district meet freshman and sophomore seasons at CWU in high hurdles, but did not place. Earned letter this spring. Placed eighth this spring in time of 17.9. Career best of 17.18 in prelims of district meet. . .Born 1-10-68 at Mt. Vernon. Health education major. High school activities included band, mat maids, FHA and FBLA. Has two brothers.

Aurelia Segura
5-3 1/2, 130, Fr.

200, 400
Yakima (West Valley)

Graduated from West Valley in 1987. Lettered in volleyball and track. Inspirational award winner in volleyball. Three-year award winner in track. Most improved, inspirational and coaches award winner in track. Scored most points. . .Competed in 100, 200 and 400 at district meet, but didn't place. Bests of 13.2, 27.7 and 1:04.53, respectively. Elected co-captain along with LeAnne Trole. . .Born 12-26-68 in Mexico. Has four brothers and two sisters. High school activities included drama and church youth group.

Suzanne Snell
5-7, 137, Fr.

High Jump, Hurdles
Bellingham (Sehome)

Graduated from Sehome in 1988. Lettered in gymnastics (2) and track (3). Inspirational award winner and placed in Top 10 in floor exercise at state meet in gymnastics. Captain and three-time state participant in high jump and hurdles in track. . .Competed at district meet in high jump and 400 hurdles. Season bests of 5-2 in high jump, 16.0 in 100 hurdles and 1:08.1 in 400 hurdles. . .Born 11-28-69 at Bellingham, Has one brother and one sister. Sports psychology and medicine major. High school activities included drama, Parks and Recreation coach, Youth group leader and camp counselor.

Sonia Swan
5-11, 150, Jr.

High Jump
Tacoma (Lincoln)

Graduated from Lincoln High School in 1985. Lettered in basketball (3), volleyball (3) and track (3). MVP and Most Inspirational in basketball. First team all-league and all-state. MVP, Captain, Most Inspirational and all-league in volleyball. MVP, Inspirational award winner and captain in track. High school All-American in high jump with best of 5-10 1/2. . .Played two seasons of basketball at Green River and two at CWU. Averaged 15.2 points and 9.3 rebounds sophomore season to earn NWAACC Western Region all-star honors. Named to NWAACC all-tournament team and named MVP in all-star game. Led CWU in scoring junior (14.6)

and senior seasons (16.3). Ranks first in career scoring (1001) and tied for third in career rebounding (546). Honorable mention All-American junior year. Twice named to NAIA District 1 all-star team and selected Team MVP. Co-Captain senior season. . .Competed in track for first time since high school this spring. Finished 10th at national meet with leap of 5-6 1/4. Set school record with jump of 5-8 in CWU Invitational April 22. Selected CWU's Outstanding Female Athlete-of-the-Year. . .Born 5-31-67 in Oklahoma. Sociology major. Has five brothers and one sister.

LEANNE TROPLE
5-7, 125, So.

Distance
Sedro Woolley

Graduated from Sedro Woolley High School in 1987. Lettered in track. Captain and most inspirational award winner. . .Lettered in cross country last fall. Placed 42nd in district meet (21:09) and 192nd at nationals (21:00). . .Placed sixth this spring in 5000 meters (20:04.37) at district meet. Best marks of 11:19.2 in 3000, 19:33.8 in 5000 and 42:31.8 in 10,000. Elected co-captain along with Aurelia Seguara. . .Born 1-29-69 at Sedro Woolley. Has two sisters. Married to Dallas Trople, member of CWU's men's team. Has one son, Jonah, 1. Maiden name was Robinson.

MARY VENEZIANI
5-5, 115, Sr.

Distance
Bellevue (Newport)

Graduated from Newport (Bellevue) in 1985. Lettered in track and softball. . .Three-year letter winner in cross country. Placed 44th at district (23:41) in 1986 and 44th (23:00.4) in 1987. Placed 46th last fall in time of 21:42. On squad, but did not letter in track freshman or sophomore season. Won NAIA District 1 marathon title last spring (3:29.40) and finished 12th at nationals in school record 3:27:52. Also placed sixth in district 10,000 (41:19.1). Placed second in district (4:32:00) and seventh at nationals (3:57:07) in marathon this spring. Career bests of 20:34.2 for 5,000 and 41:19.1 for 10,000. Most Inspirational Award winner in 1988. . .Born 1-14-67 at Washington, D.C. Special education major. Has one brother and one sister. Active in Literary Club in high school and as Sunday school teacher.

HEATHER WADE
5-2, 103, Fr.

100, 200
Ellensburg

Graduated from Ellensburg in 1988. Lettered in track (4). Coaches award, Most Valuable runner and team captain. Also competed in volleyball. . .Ran on 4x100 relay team that placed fourth in district meet (51.35). Also competed in 100 and 200. Had season bests of 13.0 and 27.3. . .Born 10-15-69 at Ellensburg. Has two brothers. Education major. Was cheerleader and ASB representative. Also active in pep club, Spanish Club and church.

DIONNE WIMMER
Freshman

Distance
Washougal

Graduated from Washougal in 1988. Lettered in track (4) and cross country (3). Placed fourth at state in 400 and fifth in 800 junior year. Three-time Most Outstanding Performer in track. Placed 10th in 1986 State Class A cross country meet. All-league senior season. Twice voted most Inspirational award winner. . .Lettered last fall in cross country for CWU. Placed 49th in district meet (22:05). Competed in district track meet in 400 and 800. Bests of 1:01.0 and 2:21.81. . .Born 12-6-69 at Spokane. Has one sister. Psychology major. Active in student government at Washougal.

1989 Men's Track Review

DATE	MEET	CWU Winners
Mar. 5	UW Indoor/Outdoor	None
Mar. 11	Salzman Relays	LJ - R. Olson 22-0; 2000 Race-Walk - Urbano 8:38.3; Discus - B. Walker 133-0
Mar. 18	Husky Track Classic	100 - Mitchell 11.23
Mar. 25	West Seattle Open	None
Apr. 1	CWU Invitational	4x100 Relay - Mitchell, Baker, Ward, Fite 42.6; 100 - Baker 11.0; SP - B. Walker 49-9; 400 Hurdles - G. Olsen 55.3; 4x400 Relay - Harris, Ward, G. Olsen, Mitchell 3:26.4.
Apr. 8	WVU Invitational	4x100 Relay - Mitchell, Baker, Ward, Fite 42.5; 110 HH - G. Olsen 15.0; Hammer - Bickar 176-11; SP - B. Walker 50-2 1/2
Apr. 15	PLU Invitational	SP - B. Walker 50-3/4; PV - Mauntel 14-0
Apr. 22	CWU Invitational	10,000 - Sutich 33:33.0; 4x100 Relay - Mitchell, Fite, Ward, Baker 41.9; Hammer - Bickar 171-9; 800 - Kyler 1:53.7
Apr. 29	CWU Invitational	5000 Race-Walk - Urbano 23:08.8; 10,000 - Sutich 34:01; SP - B. Walker 50-6
May 6	Tartan Cup	Hammer - Bickar 166-4; SP - B. Walker 49-5 3/4; 4x100 Relay - Mitchell, Baker, Ward, Fite 41.79; 110 HH - Baker 15.25; HJ - R. Olson 6-10; 100 - Fite 10.79; 400 Hurdles - G. Olsen 54.4; 200 - Baker 21.80
May 12-13	NAIA District 1	Discus - Phillips 144-6; LJ - R. Olson 22-10 3/4; Hammer - Bickar 173-10; 4x100 Relay - Mitchell, Fite, Kunst, Baker 42.14; 110 HH - Baker 15.27; TJ - R. Olson 46-6 3/4; SP - B. Walker 51-10
May 25-27	NAIA Nationals	None

TEAM SCORES

Salzman Relays (Mar. 11 at PLU; co-ed) - Pacific Lutheran 393, Puget Sound 223, Seattle Pacific 169, Western Washington 162, Central Washington 151, Whitworth 75, Whitman 33.

Tartan Cup Invitational (May 6 at Spokane) - Highline 148, Central Washington 140, Spokane 116, Idaho 76, Gonzaga 31, Greeg River 24, Eastern Wash. 14, Whitworth 10.

DISTRICT 1 (May 12-13 at Coquitlam)

Team scores - Pacific Lutheran 235 1/2, Central Washington 194, Western Washington 133, Simon Fraser 130, Puget Sound 109, Whitworth 59 1/2, Whitman 15.

CWU placers: Marathon - 5. Scott MacDonald 3:39:27; Decathlon - 3. Ron Olson 6130; Discus - 1. Dave Phillips 144-6, 3. Scott Bickar 136-6, 7. Bill Walker 133-3; 10,000 - 7. Dan Sutich 33:38.69; Long Jump - 1. Ron Olson 22-10 3/4; Hammer - 1. Scott Bickar 173-10; 4x100 Relay - 1. Mitchell, Fite, Kunst, Baker 42.14; 10,000 Race-Walk - 2. Dominic Urbano 50:06.9, 5. Scott MacDonald 1:04.59.3; Javelin - 3. Steve Scherffius 188-0, 4. Chris Cooley 185-5, 6. Gregg Hall 182-5, 7. Mike Rickel 170-11, 8. Ron Olson 169-6; 800 - 4. Robbie Kyler 1:55.29; 100 - 2. Keith Baker 11.02, 4. James Mitchell 11.15, 7. Carl Fite 11.44; 400 Hurdles - 3. Greg Olsen 54.98, 7. Casey Campbell 58.87, 8. Ivan Isaacson 1:00.14; 110 High Hurdles - 1. Keith Baker 15.27; High Jump - 2. Ron Olson 6-7; 400 - 7. Tom Harris 52.99; Pole Vault - 4. William Mauntel 13-9 1/4; 200 - 2. James Mitchell 22.79, 4. Keith Baker 22.94, 8. Carl Fite 23.41; Triple Jump - 1. Ron Olson 46-6 3/4, 7. Seo Garza 41-5 1/4; Shot Put - 1. Bill Walker 51-10, 3. Dave Phillips 49-5, 4. Scott Bickar 48-8 1/4; 4x400 Relay - 5. G. Olsen, Harris, Kyler, Mitchell) 3:24.97.

NAIA NATIONALS (May 25-27 at Azusa, Calif.)

Team scores - 1. Azusa Pacific 115, 2. Adams State (Colo.) 70, 3. Central Arkansas 48, 4. Pittsburg State (Kans.) 43, 5. Arkanss - Monticello 33, 6. Malone (Ohio) 31, 7. Wisconsin - Parkside 30, 8. Oklahoma Baptist 29, 9. Western State (Colo.) 28, 10. Pacific Lutheran 26, 20. Puget Sound 11, 23. **Central Washington 10**, 31. Western Washington 8, 49. Simon Fraser 4.

CWU results:

Thursday: Hammer - 4. Scott Bickar 172-5; 100 - James Mitchell 10.83 (4th in heat); 400 Hurdles - Greg Olsen 54.4 (3rd in heat, disqualified); 4x100 Relay - James Mitchell, Carl Fite, Mark Ward and Keith Baker 41.81 (5th in heat).

Friday: 4x100 Relay - Mitchell, Fite, Ward, Baker 42.00 (6th in heat). Shot Put - 6. Bill Walker 52-1 3/4, 10. Scott Bickar 50-2.

Saturday: High Jump - 7. Ron Olson 6-10 1/4.

BEST MARKS

Running Events: 100 - Carl Fite 10.79 (5-6); 200 - Keith Baker 21.80 (5-6); 400 - James Mitchell 50.0 (4-15); 800 - Robbie Kyler 1:53.7 (4-22); 1500 - Gary Anderson 3:59.49 (5-6); 3000 - Gary Anderson 9:14.2 (3-11); 3000 Meter Steeplechase - No performances; 5000 - Dallas Trople 15:56.2 (4-1); 10,000 - Dallas Trople 33:16.0 (4-8); 10,000 Meter Race-Walk - Dominic Urbano 47:08 (4-22); Marathon - Scott MacDonald 3:39:27 (2-25).

Hurdles: 110 Highs - Greg Olsen 15.0 (4-1 & 4-8); 400 Intermediates - Greg Olsen 54.4 (5-6).

Relays: 4x100 Relay - James Mitchell, Carl Fite, Mark Ward and Keith Baker 41.79 (5-6); 4x400 Relay - James Mitchell, Greg Olsen, Robbie Kyler, Mark Ward 3:19.14 (5-6).

Jumping Events: High Jump - Ron Olson 6-10 1/4 (5-27); Pole Vault - William Mauntel 14-6 (3-25); Long Jump - Ron Olson 22-10 3/4 (5-12); Triple Jump - Ron Olson 46-6 3/4 (5-13).

Weight Events: Shot Put - Bill Walker 52-1 3/4 (5-26); Javelin - Steve Scherffius 188-0 (5-13); Discus - Bill Walker 146-5 (4-8); Hammer - Scott Bickar 176-11 (4-8); Decathlon - Ron Olson 6130 (April 15-16)

AWARD WINNERS

Captain	Scott Bickar
Inspirational	Ron Olson
MVP	Scott Bickar

Letter winners - John Arlt (4), Dominic Urbano (4), Chris Cooley (3), Bill Walker (3), Scott Bickar (2), John Devlin (2), Gregg Hall (2), Robbie Kyler (2), Steve Scherffius (2), Dan Sutich (2), Mark Ward (2), Gary Anderson, Keith Baker, Casey Campbell, Carl Fite, Seo Garza, Tom Harris, Ivan Isaacson, Mike Kunst, Scott MacDonald, William Mauntel, James Mitchell, Greg Olsen, Ron Olson, Paul Pedersen, Dave Phillips, Michael Rickel, Ed Schippers, Dallas Trople.

1989 Women's Track Review

DATE	MEET	CWU Winners
Mar. 11	Salzman Relays	None
Mar. 18	Husky Track Classic	None
Apr. 1	CWU Invitational	LJ - Kjolso 17-8; 10,000 - Cavaness 40:42.3; 4x100 - Bergman, Kjolso, Midles, Wade 50.3; HJ - Snell 4-10; 800 - Arthur 2:21.5; 400 Hurdles - Kjolso 1:08.4; Sprint Medley - Bergman, Cugini, Midles, Crayne 2:04.0.
Apr. 8	WVU Invitational	None
Apr. 15	PLU Invitational	10,000 - Heslop 41:36.1; 100 - Bergman 12.7
Apr. 22	CWU Invitational	HJ - Swan 5-8
Apr. 29	CWU Invitational	10,000 - Cavaness 41:37.5; 100 Hurdles - Kjolso 16.1; 100 - Bergman 12.8; Sprint Medley - Bergman, Midles, Kjolso, Arthur 1:50.7; HJ - Swan 5-2
May 6	Tartan Cup	800 - Arthur 2:17.50
May 12-13	NAIA District 1	None
May 25-27	NAIA Nationals	None

TEAM SCORES

Salzman Relays (Mar. 11 at PLU; co-ed) - Pacific Lutheran 393, Puget Sound 223, Seattle Pacific 169, Western Washington 162, Central Washington 151, Whitworth 75, Whitman 33.

Tartan Cup Invitational (May 6 at Spokane) - Spokane 83, Idaho 82, Central Washington 20, Gonzaga 11, Green River 10.

DISTRICT 1 (May 12-13 at Coquitlam)

Team Scores - Pacific Lutheran 236, Simon Fraser 184, Puget Sound 147, Central Washington 84, Western Washington 68, Whitworth 37, Whitman 9.

CWU placers: Marathon - 2. Mary Veneziani 4:32:00; Heptathlon - 2. Kris Kjolso 4013; Long Jump - 3. Kris Kjolso 17-3 1/2; 10,000 - 3. Kerrie Cavaness 42:03.3; High Jump - 2. Sonia Swan 5-5; Sprint Medley - 4. Bergman, Midles, Kjolso, Arthur 1:50.89; 3000 - 8. Molly Hatfield 10:55.16; 4x100 Relay - 4. Bergman, Midles, Wade, Kjolso 51.35; 1500 - 6. Molly Hatfield 4:52.21; 100 Hurdles - 4. Kris Kjolso 16.50, 8. Sandi Riley 17.9; 100 - 4. Mikki Bergman 12.89, 8. Becky Midles 13.21; 800 - 4. Kristelle Arthur 2:16.44; 400 Hurdles - 3. Kris Kjolso 1:05.46, 7. DeAnne Crayne 1:11.86; Shot Put - 7. Sandy Draper 38-10 1/2; 5000 - 6. LeAnne Trole 20:04.37; 4x400 Relay - 4. Bergman, Kjolso, Wade, Midles 4:07.96.

NAIA NATIONALS (May 25-27 at Azusa, Calif.)

Team scores - 1. Prairie View A&M (Tex.) 109, 2. Arkansas - Pine Bluff and Concordia (Neb.) 50, 4. Wayland Baptist (Tex.) 47, 5. Pacific Lutheran 39, 6. Kearney State (Neb.) 38, 7. Simon Fraser 35 1/2, 8. Puget Sound 35, 9. Azusa Pacific and Midland Lutheran (Neb.) 28, 28. whitworth 8, 43. Central Washington 3.

CWU results:

Thursday: Heptathlon - 8. Kris Kjolso 4249. (Hurdles - 16.14 (697); High Jump - 4-7 1/2 (523); Shot Put - 32-1 1/2 (516); 200 - 26.89 (721).) 800 - Kristelle Arthur 2:14.41, 4th in heat.

Friday: Hepathlon - 8. Kris Kjolso 4249. (Long Jump - 16-9 1/2 (592); Javelin - 106-3 (522); 800 - 2:31.20 (678).). 800 - Kristelle Arthur 2:15.88, 6th in heat. High Jump - 10. Sonia Swan 5-6 1/4.

Saturday: Marathon - 7. Mary Veneziani 3:57:07.

BEST MARKS

Running Events: 100 - Mikki Bergman 12.88 (5-12); 200 - Kris Kjolso 26.89 (5-25); 400 - Dionne Wimmer 1:01.0 (4-29); 800 - Kristelle Arthur 2:14.41 (5-25); 1500 - Molly Hatfield 4:49.0 (4-22); 3000 - Molly Hatfield 10:49.1 (3-11); 5000 - Molly Hatfield 19:00.0 (4-8); 10,000 - Kerrie Cavaness 40:42.3 (3-11); Marathon - Mary Veneziani 3:57:07 (5-27).

Hurdles: 100 Hurdles - Kris Kjolso 16.14 (5-25); 400 Hurdles - Kris Kjolso 1:05.06 (5-13).

Relays: 4x100 - Mikki Bergman, Kris Kjolso, Becky Midles, Heather Wade 50.3 (4-1); 4x400 - Mikki Bergman, Kris Kjolso, Heather Wade, Becky Midles 4:07.96 (5-13); Sprint Medley - Mikki Bergman, Becky Midles, Kris Kjolso, Kristelle Arthur 1:50.7 (4-29).

Jumping Events: High Jump - Sonia Swan 5-8 (4-22); Long Jump - Kris Kjolso 17-8 (4-1); Triple Jump - No performances.

Weight Events: Shot Put - Sandy Draper 39-5 (4-1); Discus - Laurie Records 105-9 (5-6); Javelin - Kris Kjolso 113-1 (4-29). Heptathlon - Kris Kjolso 4229 (May 4-5)

AWARD WINNERS

Captain	Aurelia Segura & Leanne Tropole
Inspirational	None selected
MVP	Kristelle Arthur

Letter winners - Mary Veneziani (2), Kristi Koester (2), Sandi Riley (2), Sandy Draper (2), Kerrie Cavaness (2), Kristelle Arthur, Mikki Bergman, DeAnne Crayne, Molly Hatfield, Kris Kjolso, Becky Midles, Laurie Records, Aurelia Segura, SuzAnne Snell, Sonia Swan, LeAnne Tropole, Heather Wade, Dionne Wimmer.

MEN'S TRACK AND FIELD RECORDS

School Records

100	10.21	John Willis (1979)
200	21.0	Steve Slavins (1972), Jim Kjolso (1965)
400	47.1	Jim Hay (1967)
800	1:49.6	Bob Barto (1968)
1500	3:44.46	Mike Pace (1987)
3000	8:18.4	Paul Harshman (1984)
5000	14:10.6	Mark Brown (1978)
10,000	29:41.50	Paul Harshman (1984)
10,000 Race-Walk	43:24.4	David Cummings (1988)
20,000 Race-Walk	1:31:03	David Cummings (1988)
Marathon	2:24.31	John Freeburg (1980)
3000 Steeplechase	8:55.91	Lou Boudreaux (1977)
110 High Hurdles	14.3	John Kirry (1969)
400 Intermediate Hurdles	51.5	John Kirry (1968)
4x100 Relay	40.9	Steve Slavens, Bob Knies, Mike Behrbaum, Dave Walker (1972)
4x400 Relay	3:11.5	Paul Wallace, Bob Barto, Steve Shireman, Jim Hay (1968)
Javelin	241-11	Dick Bedlington (1970)
Discus	180-8	Mitch Ringe (1975)
Shot Put	58-2	Bill Harsh (1973)
Hammer	187-10	Jon Torrence (1987)
Decathlon	6569	Greg Emry (1971)
Pole Vault	15-6	John Winters (1978)
High Jump	6-10 1/4	Ron Olson (1989)
Long Jump	25-1 3/4	Dave Walker (1970)
Triple Jump	49-5	Darrell Charles (1970)

Tomlinson Stadium Records

100	10.5	Wayne Sweet, CWU (1982), Tony Eddings, EOSC (1982); Mike Moore, Whitworth (1985)
200	21.92	John Kaay, Simon Fraser (1984)
400	47.84	John Kaay, Simon Fraser (1984)
800	1:51.75	Andrew Dawson, Simon Fraser (1987)
1500	3:51.64	Mike Pace, Central Washington (1987)
5000	14:41.6	Buck Jones, unattached (1989)
10,000	30:34.7	Don Stearns, Eastern Oregon (1982)
10,000 Race-Walk	43:26.0	David Cummings, Central Washington (1988)
Steeplechase	9:15.6	Buck Jones, unattached (1989)
110 High Hurdles	14.53	Don Erickson, Puget Sound (1984)
400 Intermediates	53.41	Rand Clement, Simon Fraser (1987)
4x100 Relay	41.86	SFU (Lock, Tyler, Devlin, Kaay; 1984)
4x400 Relay	3:15.08	SFU (Clarke, Tyler, Devlin, Kaay; 1984)
Javelin	245-4	Drew Stevick, Whitworth (1969)
Discus	201-1	John Bakkenson, Portland Track Club (1971)
Shot Put	57-2	Terry Livermore, Portland (1969); Bruce Anderson, EWU (1983)
Hammer	211-7	Dwight Midles, unattached (1978)
Pole Vault	15-6	Eldon Colombo, unattached (1971)
High Jump	7-0	Bob Peterson, Idaho (1979)
Long Jump	24-5 1/2	Dave Walker, CWU (1970)
Triple Jump	51-0	Dave White, EWU (1979)
Decathlon	6743	Don Erickson, UPS (1984)

CWU MEN'S ALL-TIME TOP 10S

100 Meters

1. John Willis (1979)	10.21
2. Jim Kjolso (1965)	10.3
3. Don Pierce (1955)*	10.4w
Tom Buckner (1964)	10.4w
5. Dennis Esser (1967)	10.5
Tom Lines (1970)	10.5
Steve Slavens (1971)	10.5
Joe Evans (1968)	10.5
Wayne Sweet (1982)	10.5
Pat Fitterer (1975)*	10.5w
Mike Behrbaum (1972)	10.5w
Glen Walker (1964)*	10.5

*Best legal marks - Pierce 10.5, Fitterer 10.6, Walker 10.6.

200 Meters

1. Jim Kjolso (1965)	21.0
Steve Slavens (1972)	21.0
3. Fred Bieber (1965)	21.1
4. Dennis Esser (1967)	21.2
5. Joe Evans (1967)	21.4
Tom Lines (1970)	21.4
7. John Doncaster (1962)	21.5
8. Keith Baker (1989)	21.80
9. Tom Buckner (1983)	21.7
Dave Walker (1971)	21.7
John Beard (1968)	21.7

400 Meters

1. Jim Hay (1967)	47.1
2. Tim Hart (1980)	47.37
3. Dave Walker (1971)	47.3
4. Jim Brunaugh (1966)	48.3
5. Bob Knies (1972)	48.6
Paul Wallace (1968)	48.6
Steve Shireman (1968)	48.6
8. Dave Swisher (1971)	48.7
9. Roy Nail (1970)	48.8
Bart Barto (1967)	48.8
Tony Clark (1963)	48.8
Brian Heyntzen (1978)	48.8

Wallace ran a 47.9 and Nail ran a 48.1 in relays.

800 Meters

1. Bart Barto (1968)	1:49.6
2. Jim Boora (1967)	1:50.3
3. Ken Rossetto (1986)	1:52.33
4. Rob Schippers (1983)	1:52.2
5. Vince Konigsberger(1972)	1:52.3
6. Mike Pace (1987)	1:53.73
7. Bob Bullis (1972)	1:53.7
Robbie Kyler (1989)	1:53.7
9. Bob Prather (1982)	1:53.8
10. Mike Veak (1963)	1:54.0

1500 Meters

1. Mike Pace (1987)	3:44.46
2. Rob Schippers (1982)	3:45.81
3. Ken Rossetto (1986)	3:50.07
4. Jim Hennessy (1977)	3:51.2
5. Mark Brown (1978)	3:51.9
6. Conny Englund (1966)	3:53.7
7. Mark Henry (1967)	3:55.0
8. Mike Anderberg (1977)	3:55.6
9. Paul Harshman (1984)	3:56.6
10. Dale King (1982)	3:58.3

3000 Meters

1. Paul Harshman (1984)	8:18.4
2. Jim Hennessy (1977)	8:22.9
3. Mark Brown (1978)	8:25.5
4. Mike Pace (1988)	8:29.5
5. John Freeburg (1980)	8:32.8
6. Sam Ring (1968)	8:35.5
7. Mark Henry (1968)	8:35.7

5000 Meters

1. Mark Brown (1978)	14:10.6
2. Paul Harshman (1984)	14:20.0
3. Jim Hennessy (1976)	14:22.6
4. Dale King (1983)	14:25.59
5. Mark Henry (1967)	14:32.8
6. John Freeburg (1980)	14:35.5
7. Bruce Manclark (1976)	14:39.0
8. Ted Mittelstaedt (1982)	14:41.6
9. Phil Phimister (1981)	14:42.4
10. Neil Sturgeon (1987)	14:46.6

10,000 Meters

1. Paul Harshman (1984)	29:41.50
2. Phil Phimister (1981)	29:46.5
3. John Freeburg (1981)	30:29.0
4. Jim Hennessy (1977)	30:32.0
5. Paul Harshman (1982)	30:47.0
6. Neil Sturgeon (1987)	30:47.3
7. Kent Hernandez (1980)	30:50.0
8. Sam Ring (1969)	31:02.6
9. Mike Wold (1977)	31:06.4
10. Ted Mittelstaedt (1982)	31:17.0

Steeplechase

1. Lou Boudreaux (1977)	8:55.91
2. Terry Kelly (1971)	9:00.8
3. Mike Wold (1977)	9:14.1
4. Bob Prather (1983)	9:19.0
5. Cope Belmont (1986)	9:20.5
6. Conny Englund (1983)	9:20.8
Joel Czech (1986)	9:20.8
8. Mark Henry (1967)	9:22.2
9. Ted Mittelstaedt (1980)	9:23.9
10. Dale Shea (1970)	9:24.0

110 Meter High Hurdles

1. John Kirry (1969)	14.3
2. Jay Lane (1964)	14.4
Charles Chandler (1985)	14.4
Dean Erickson (1977)	14.4
Nate Worswick (1974)	14.4
Gary Hollins (1978)*	14.4w
6. Rick Conroy (1966)	14.6
7. Chuck Hagstrom (1976)	14.7
Bill Freeburg (1975)	14.7
Steve Berg (1972)	14.7
Len Lloyd (1964)	14.7w

*Hollins best legal mark 14.8

400 Intermediate Hurdles

1. John Kirry (1968)	51.5
2. Mike Behrbaum (1972)	52.5
3. John McKibbin (1969)	52.7
4. Charles Chandler (1986)	53.73
5. Len Lloyd (1965-1966)	53.7
6. Reed Caudle (1976)	54.2
7. Greg Olsen (1989)	54.4
8. Kyle Peer (1979-80)	54.5
Tom Clark (1975)	54.5
John Arlt (1987)	54.5

4x100 Meter Relay

1. 1972	40.9
2. 1966	41.0
1970	41.0
4. 1967	41.4
5. 1989	41.79
6. 1968	41.6
1965	41.6
1971	41.6
9. 1969	41.7
10. 1964	42.0

4x400 Meter Relay

1. 1968	3:11.5
2. 1967	3:12.0
3. 1970	3:12.7
4. 1966	3:15.5
5. 1971	3:16.7
6. 1963	3:16.8
7. 1975	3:17.0
8. 1964	3:18.9
1989	3:19.14
10. 1974	3:19.5

High Jump

1. Ron Olson (1989)	6-10 1/4
2. Eric Schultz (1978)	6-10
3. Dave Hegland (1975)	6-9 1/4
4. Dan Smith (1981)	6-9
5. Alan Taylor (1980)	6-8
Mike Boland (1977)	6-8
Scott Frick (1987)	6-8

8. Rick Conroy (1969)	6-6 1/2
9. Ron Smithwick (1968)	6-6
Ken Chelin (1967)	6-6
Ed Davis (1970)	6-6
Gregg Arlt (1979)	6-6
Jack McMaster (1980)	6-6

Long Jump

1. Dave Walker (1970)	25-1 3/4
2. Ray Colombo (1971)	24-0
3. Marty Rose (1970)	23-11 1/2
4. Dick Knight (1962)	23-7
5. Mike Behrbaum (1971)	23-5 1/2
6. Tim Guglomo (1972)	23-3 1/2
7. Jeff Hocker (1977)	23-2
8. Jim Kjolso (1965)	23-1 1/2
Darrell Charles (1980)	23-1 1/2
10. Brian McElroy (1988)	23-0 3/4

Triple Jump

1. Wayne Sweet (1982)*	49-7w
2. Darrell Charles (1980)	49-5
3. Brian McElroy (1988)*	48-10 3/4w
4. Bill Lampe (1976)	48-10 1/4
5. Jeff Frederick (1978)	48-2
Dave Walker (1970)	48-2
7. Pierre Crockrell (1984)	47-9 1/2
8. Craig Jones (1974)*	47-5 1/2w
9. Jimmie Dillingham (1987)	47-5
10. Gregg Arlt (1978)	47-3

*Best legal jumps - Sweet 48-5 1/2, McElroy 46-11, Jones 46-2 1/2.

Pole Vault

1. John Winters (1978)	15-6
2. Ray Payne (1972)	15-0
3. Dick Clintworth (1967)	14-10 3/4
4. Gene Triplett (1965)	14-8
5. Jack Curtright (1963)	14-7 1/2
6. Mike Boland (1977)	14-6
Les Harmon (1968)	14-6
Dave Morris (1971)	14-6
Ken Jannison (1971)	14-6
Tom Dixon (1987)	14-6
William Mauntel (1989)	14-6

Decathlon

1. Greg Emry (1971)	6569
2. Chris Burch (1985)	6339
3. Ron Olson (1989)	6130
4. Gary Zasimovich (1975)	6071
5. Jimmie Dillingham (1986)	5768
6. Ken Cadieux (1984)	5659
7. Tim Clarke (1975)	5526

Shot Put		
1. Bill Harsh (1973)	58-2	
2. Bob Santo (1968)	55-0	
3. Mike Williams (1971)	53-7 1/2	
4. Bill Walker (1988)	53-0 1/4	
5. Clay Baskett (1965)	52-6 1/2	
6. Dick Nunez (1977)	52-6	
7. John Kinnard (1971)	52-2 1/2	
8. Mike Daniels (1976)	52-1 1/2	
9. Kay Lybbert (1962)	51-8 3/4	
10. Tracy Goff (1986)	50-9 1/2	

Discus		
1. Mitch Ringe (1975)	180-8	
2. Bill Harsh (1973)	176-0	
3. Mike Daniels (1977)	172-11	
4. Jon Torrence (1987)	172-2	
5. Mike Williams (1971)	168-7	
6. Ray Kinnaman (1961)	164-0	
7. Dan Smith (1971)	161-8	
8. Larry Warwick (1966)	161-4	
9. Bill Jurgens (1953)	161-2	
10. Gordy Stenerson (1964)	158-10	

Hammer		
1. Jon Torrence (1987)	187-10	
2. Scott Bickar (1989)	176-11	
3. Henry Midles (1978)	166-1	
4. Bill Harsh (1973)	163-1	
5. John Gruver (1975)	156-10	
6. Dave Barta (1984)	156-7	
7. Rick Wells (1975)	149-4	
John Pietz (1989)	149-4	
9. Scott Londino (1984)	146-2	
10. Scott Drummond (1979)	144-3	

Javelin		
1. Dick Bedlington (1970)	241-11	
2. Fred Andrew (1968)	241-5	
3. Dave Andrews (1977)	233-10	
4. Lars Lahdenpers (1966)	227-0	
5. Wayne Worby (1968)	226-9	
6. John Karas (1964)	225-4	
7. Mike Hamilton (1976)	217-1	
8. Gary Correll (1958)	216-11	
9. Jim Hunter (1970)	214-10	
10. Greg O'Meara (1970)	214-1	

CWU DISTRICT CHAMPIONS

100 Meters		
1968 John Beard	10.7	
1979 John Willis	11.1	
1981 George Steele	11.0	

100 Yards		
1953 Ray Adams	10.3	
1963 Glen Walker	9.9	

1964 Glen Walker	9.9	
1965 Jim Kjolso	9.6	
1966 Jim Kjolso	9.7	
1971 Steve Slavens	9.8	
1974 Pat Fitterer	10.1	
1975 Pat Fitterer	9.6	

200 Meters		
1968 Joe Evans	21.6	
1979 John Willis	22.5	

220 Yards		
1963 Tom Buckner	21.8	
1964 Tom Buckner	22.1	
1965 Jim Kjolso	21.4	
1966 Jim Kjolso	21.8	
1967 Dennis Esser	21.7	
1972 Steve Slavens	21.1	

400 Meters		
1968 Jim Hay	48.1	
1979 Tim Hart	48.5	
1980 Tim Hart	48.2	

440 Yards		
1962 Jim Mecklenburg	50.8	
1963 Tony Clark	49.5	
1967 Jim Hay	47.3	
1974 Jim Noren	49.3	

800 Meters		
1968 Bart Barto	1:50.9	

880 Yards		
1958 Mike Higgins	1:59.0	
1962 Dave Brown	1:57.8	
1963 Mike Veak	1:54.6	
1965 Jim Boora	1:54.0	
1966 Jim Boora	1:52.2	
1967 Jim Boora	1:51.2	
1971 Steve Weller	1:59.2	
1972 Bob Bullis	1:56.8	

1500 Meters		
1982 Rob Schippers	3:54.0	
1983 Rob Schippers	3:50.34	
1987 Mike Pace	3:51.64	
1988 Mike Pace	3:49.80	

Mile		
1966 Connie Englund	4:15.8	
1967 Connie Englund	4:14.6	
1972 Paul Slichter	4:25.0	

Two Miles		
1958 Larry Hinchin	10:16.6	

5000 Meters		
1977	Toby Suhm	15:13.5
1979	Toby Suhm	15:21.4
1980	Phil Phimister	14:52.4
1981	John Freeburg	15:08.5
1982	Ted Mittelstaedt	14:41.6
1983	Dale King	14:42.8
1984	Paul Harshman	14:42.10
1987	Dale King	15:19.84

Three Miles		
1967	Mike Henry	14:07.4

10,000 Meters		
1979	Toby Suhm	33:12.5
1980	Phil Phimister	30:24.8
1981	Phil Phimister	30:59.4
1987	Neil Sturgeon	31:18.5

Six Miles		
1967	Sam Ring	30:16.1
1968	Sam Ring	32:10.1

Marathon		
1980	John Freeburg	2:24:33

10,000 Meter Race-Walk		
1988	David Cummings	44:03.8

Steeplechase		
1971	Terry Kelly	10:05.1
1977	Mike Wold	9:23.8

110 Meter High Hurdles		
1977	Dean Erickson	14.8
1978	Dean Erickson	15.0
1986	Charles Chandler	14.82
1987	Charles Chandler	14.73
1989	Keith Baker	15.27

120 Yard High Hurdles		
1963	Jay Lane	14.5
1964	Jay Lane	15.1
1972	John Mobray	15.5

220 Yard Hurdles		
1963	Jay Lane	24.4

400 Meter Intermediate Hurdles		
1968	John Kirry	53.1

440 Yard Intermediate Hurdles		
1963	Len Lloyd	55.1
1964	Len Lloyd	54.4
1966	Len Lloyd	54.2
1967	Bob Metzger	55.7
1972	Mike Behrbaum	53.4

1974	Wayne Tegan	53.5
1975	Tom Clark	55.3

400 Meter Relay		
1981	Central	44.1
1989	Central	42.14

440 Yard Relay		
1965	Central	41.8
1966	Central	42.3
1967	Central	41.6
1968	Central	41.9
1971	Central	43.4
1972	Central	41.2
1974	Central	42.4

Mile Relay		
1963	Central	3:17.9
1964	Central	3:21.9
1965	Central	3:18.1
1966	Central	3:18.8
1967	Central	3:13.9
1968	Central	3:15.8
1974	Central	3:22.1

High Jump		
1974	Dave Heglund	6-4
1975	Dave Heglund	6-9 1/4
1978	Eric Schultz	6-6 1/4
1981	Dan Smith	6-8
1983	Dan Smith	6-8

Long Jump		
1962	Dave Olson	22-10
1964	Jay Lane	22-8 1/4
1971	Ray Colombo	23-0
1981	Darrell Charles	22-9 3/4
1989	Ron Olson	22-10 3/4

Pole Vault		
1954	Bill Jenne	12-6 1/2
1962	Pat Katzer	13-6
1963	Jack Curtright	14-7 1/2
1964	Jack Curtright	13-8
1965	Gene Triplett	14-0
1972	Ray Payne	14-0
1974	Paul Mannix	14-0
1988	Tom Dixon	14-0

Triple Jump		
1971	Tim Guglomo	44-7 1/2
1976	Bill Lampe	48-4 3/4
1981	Darrell Charles	46-2 1/2
1982	Wayne Sweet	48-5 1/2
1987	Jimmie Dillingham	47-5
1989	Ron Olson	46-6 3/4

Discus		1979 Mike Siegarth	190-5
1953 Bill Jurgens	140-8	1988 Chris Cooley	186-2
1971 Mike Williams	165-10		
1972 Bill Harsh	162-10	Shot Put	
1976 Mitch Ringe	160-2	1953 Bill Jurgens	49-2 1/8
1977 Mike Daniels	165-11	1954 Bill Jurgens	50-3 7/8
1978 Mitch Ringe	165-7	1960 Kay Lybbert	51-4
1982 Jon Torrence	165-6	1962 Kay Lybbert	50-3 3/4
1984 Rick McElwee	153-3	1967 Bob Santo	52-6
1985 Tracy Goff	153-8	1968 Bob Santo	52-10 1/2
1986 Jon Torrence	163-1	1971 John Kinnard	48-5
1987 Jon Torrence	164-11	1972 Bill Harsh	52-1 1/2
1989 Dave Phillips	144-6	1974 Mike Daniels	48-2
		1975 Mike Daniels	48-7 1/4
Javelin		1987 Bill Walker	52-1 1/4
1955 Gary Correll	179-3	1989 Bill Walker	51-10
1962 John Karas	199-6		
1963 John Karas	206-3	Hammer	
1965 Kugie Louis	209-0	1971 Brian Midles	137-5
1968 Fred Andrew	225-9	1987 Jon Torrence	178-6
1971 Dick Bedlington	238-3	1989 Scott Bickar	173-10
1977 Dave Andrews	208-11		

DISTRICT RECORDS

100	10.6	Murray DeLorme, Simon Fraser (1976)
200	21.6	Joe Evans, Central Washington (1968), Kelshall Rivas, Eastern Washington (1980)
400	47.84	John Kaay, Simon Fraser (1984)
800	1:50.9	Bart Barto, Central Washington (1968)
1500	3:49.80	Mike Pace, Central Washington (1988)
5000	14:27.7	Rick Adams, Eastern Washington (1978)
10,000	30:24.8	Phil Phimister, Central Washington (1980)
10,000 Walk	44:03.8	David Cummings, Central Washington (1988)
Steeplechase	9:06.4	Marty Clapp, Seattle Pacific (1983)
Marathon	2:22:30	Bruce Manclark, Western Washington (1978)
110 Highs	14.2	Roger Meuter, Whitworth (1968)
400 Interm.	52.96	Eric Benner, Pacific Lutheran (1988)
400 Relay	41.81	Whitworth (Scott Miller, Don Latimer, Tommy Stewart, Tim Wright, 1983)
1600 Relay	3:15.08	Simon Fraser (Paul Clarke, Kevin Tyler, Andrew Devlin, John Kaay, 1984)
Shot Put	56-4 1/4	Brad Boland, Eastern Washington (1980)
Discus	177-0	Brad Boland, Eastern Washington (1980)
Javelin	238-6	John Fromm, Pacific Lutheran (1958)
(1986 spec.)	222-10	Craig Stelling, Pacific Lutheran (1986)
Hammer	216-10	Harold Willers, Simon Fraser (1985)
Decathlon	7,157	Phil Schot, Pacific Lutheran (1983)
High Jump	6-10	Greg Mitchell, EWU (1976), Vic White, EWU (1980)
Long Jump	25-1 1/4	Vic White, Eastern Washington (1979)
Triple Jump	52-1 1/4	Vic White, Eastern Washington (1979)
Pole Vault	16-0	Ron Soliday, Eastern Washington (1975)

Note: District meet records in events measured in yards held by CWU runners include Jim Hay in the 440 (47.3 in 1967); Jim Boora in the 880 (1:51.2 in 1967); Mike Henry in the three-mile run (14:07.4 in 1967) and Sam Ring in the six-mile run (30:16.1). In addition, CWU holds the record in the 440 relay (Bob Knies, Mike Behrbaum, Dave Walker and Steve Slavens, 41.2 in 1972) and mile relay (Paul Wallace, Jim Boora, Jim Brunaugh and Jim Hay, 3:13.9 in 1967).

ALL-AMERICANS

Year	Athlete	Time	Place	Event
1953	Jack Brenner	196-6 1/4	3rd	Javelin
1953	Bill Jurgens	47-3/4	2nd	Shot Put
1954	Bill Jurgens	48-9 7/8	3rd	Shot Put
1960	Denny Driskell		3rd	400 Hurdles
1962	Jack Curtright	13-6	3rd	Pole Vault
1963	Jack Curtright	14-7 1/2	2nd	Pole Vault
1964	Jack Curtright	14-6	2nd	Pole Vault
1966	Lars Lehdenper	227-0	3rd	Javelin
1966	Jim Boora	1:51.5	2nd	880
1967	Jim Boora	1:51.0	2nd	400
1967	Mark Henry	14:07.7	3rd	Three Miles
1967	Bart Barto, Jim Hay Paul Wallace, Jim Brunaugh	3:13.1	3rd	Mile Relay
1968	Sam Ring	9:54.0	3rd	Steeplechase
1968	John Kirry		2nd	400 Hurdles
1969	Dick Bedlington	218-6	2nd	Javelin
1969	Terry Kelley	9:41.0	3rd	Steeplechase
1973	Bill Harsh	174-11	2nd	Discus
1978	Mark Brown	14:24.75	2nd	5000
1979	Mark Brown	14:57.1	2nd	5000
1980	Tim Hart	47.34	6th	400
1982	Rob Schippers	3:47.18	2nd	1500
1982	Wayne Sweet	47-10	5th	Triple Jump
1983	Rob Schippers	3:46.59	2nd	1500
1983	Dale King	14:25.59	5th	5000
1983	Wayne Sweet	47-5 3/4	6th	Triple Jump
1984	Paul Harshman	30:07.0	3rd	10,000
1986	Jon Torrence	163-4	6th	Discus
1986	Ken Rossetto	1:52.61	5th	1500
1987	Jon Torrence	187-7	1st	Hammer
1987	Neil Sturgeon	No Time	5th	10,000
1987	Mike Pace	3:44.46	4th	1500
1988	Mike Pace	3:50.13	2nd	1500
1988	David Cummings	43:24.4	2nd	Race-Walk
1988	Bill Walker	53-0 1/4	6th	Shot Put
1988	Brian McElroy	48-10 3/4w	6th	Triple Jump
1988	Dominic Urbano	47:42.1	7th	Race-Walk
1989	Scott Bickar	172-5	4th	Hammer
1989	Bill Walker	52-1 3/4	6th	Shot Put
1989	Ron Olson	6-10 1/4	7th	High Jump

NATIONAL PLACEWINNERS

Year	Athlete	Time	Place	Event
1953	Bill Jurgens	146-1 1/4	4th	Discus
1954	Bill Jenne	12-9	6th	Pole Vault
1955	Don Pierce	9.6	4th	100
1955	Gary Correll	189-3	5th	Javelin
1958	Mike Higgins	1:54.1	4th	880
1962	John Karas	198-2	6th	Javelin
1965	Jim Boora	1:52.8	4th	880
1965	Jim Kjolso	21.6	5th	220
1965	Jim Kjolso	9.8	6th	100
1966	Gene Triplett	14-6	4th	Pole Vault

Year	Athlete	Time	Place	Event
1966	Bob McCarthy, Fred Bieber, Dennis Esser, Jim Kjoslo	41.4	6th	440 Relay
1966	Fred Bieber, Jim Brunaugh, Jim Boora, Jim Kjolso	3:16.6	6th	Mile Relay
1967	Mark Henry	9:22.1	4th	Steeplechase
1967	Bob Santo	53-1	5th	Shot Put
1967	Fred Andrew	217-3	6th	Javelin
1968	Fred Andrew	NA	4th	Javelin
1968	Bob Santo	NA	4th	Shot Put
1968	Jim Boora	NA	5th	800
1968	Bart Barto	NA	6th	800
1968	Steve Shireman, Paul Wallace, Bart Barto, Jim Hay	3:14.3	5th	Mile Relay
1969	Sam Ring		6th	Steeplechase
1969	David Walker	24-2	6th	Long Jump
1969	Joe Evans, Larry Volland, Tom Lines, Marty Rose	42.1	6th	440 Relay
1970	Dick Bedlington	222-8	4th	Javelin
1970	Dave Walker		6th	Long Jump
1970	Dale Shea		6th	Steeplechase
1970	Dave Walker, Tom Lines, Steve Slavens, Larry Volland	41.2	5th	440 Relay
1970	Dave Walker, Dave Swisher, Ray Nail, Tom Lines	3:13.8	5th	Mile Relay
1971	Mike Williams	158-10	5th	Discus
1972	Mike Behrbaum, Dave Walker, Steve Slavens, Bob Knies	41.1	4th	400 Relay
1972	Bill Harsh	54-11	6th	Shot Put
1973	Bill Harsh	156-0	4th	Hammer
1973	Bill Harsh		6th	Shot Put
1975	Dave Hegland	6-9	5th(T)	High Jump
1976	Jim Hennessy	14:25.8	5th	5000
1976	Henry Midles		6th	Hammer
1977	Mike Daniels	168-2	5th	Discus
1977	Lou Boudreaux	8:55.91	5th	Steeplechase

All-Americans Top 3 finishers 1972-78. Top 6 since 1978. Seventh & Eighth Honorable Mention All-American since 1987.

WOMEN'S SCHOOL RECORDS

100	11.8	Pam Riggs (1977)
200	24.5	Pam Riggs (1977)
400	54.9	Pam Riggs (1977)
800	2:14.41	Kristelle Arthur (1989)
1500	4:44.8	Laura Myers (1981)
3000	10:01.4	Laura Myers (1981)
5000	17:27.9	Kim Burke (1987)
10,000	38:16.0	Carol Christensen (1983)
Marathon	3:27:52	Mary Veneziani (1988)
100 Hurdles	14.2	Kathleen Kilpatrick (1977)
400 Hurdles	1:04.3	Cathy Peterson (1980)
400 Relay	48.3	Merrily Boast, Laura Jones, Sheri McCormick, Alice Pleasant (1980)
800 Medley	1:47.2	Jan Miller, Kathleen Kilpatrick, Leann Makin, Pam Riggs (1977)
1600 Relay	4:02.0	Nancy Ehle, Sue Nevins, Pam Riggs, Andrea Linn (1979)

3200 Relay	9:32.0	Sherri Calkins, Cheryl Carpemter, Kitty Teller, Laura Myers (1979)
Discus	158-10	Cindy Pottle (1977)
Shot Put	43-5	Cindy Pottle (1978)
Javelin	160-11	Lorna Martinson (1983)
Heptathlon	4647	Lona Joslin (1984)
High Jump	5-8	Sonia Swan (1989)
Long Jump	18-3 1/2	Melanie Kiehn (1976)
Triple Jump	35-4 1/2	Katie Crowell (1986)

DISTRICT RECORDS

100	11.93	Hollie Watson, Western Washington (1987)
200	24.39	Hollie Watson, Western Washington (1987)
400	56.31	Sharon Wilson, Pacific Lutheran (1989)
800	2:09.71	Brit McRoberts, Simon Fraser (1987)
1500	4:23.2	Leah Pells, Simon Fraser (1988)
3000	9:27.6	Leah Pells, Simon Fraser (1988)
5000	17:16.8	Juliet Smith, Simon Fraser (1988)
10,000	36:05.20	Kathy Nichols, Pacific Lutheran (1986)
Marathon	3:07:37	Jennifer Arnold, Gonzaga (1986)
100 Hurdles	14.4	Kari Jacobson, Whitworth (1988)
400 Hurdles	1:00.8	Janell Massey, Western Washington (1986)
4x100 Relay	48.44	Simon Fraser (Parrish, McRoberts, Dyck, Ewing, 1987)
4x400 Relay	3:49.30	Simon Fraser (Ewing, Parrish, Wagner, McRoberts, 1987)
4x800 Relay	9:13.0	Simon Fraser (Street, Evanow, Tomlinson, Grant, 1984)
800 Medley	1:44.9	Simon Fraser (Parrish, Dyck, Ewing, McRoberts, 1987)
Shot Put	44-3	Amy o'Herin, Puget Sound (1989)
Discus	150-10	Amy O'Herin, Puget Sound (1988)
Javelin	159-1	Patricia Perry, Puget Sound (1988)
Heptathlon	4,704	Kendall Matheson, Simon Fraser (1989)
High Jump	5-9	Holly Wilson, Pacific Lutheran (1984)
Long Jump	18-7 1/2	Lana Jolly, Simon Fraser (1986 & 1989)
Triple Jump	37-3 1/4	Diana Tavener, Pacific Lutheran (1989)

REGIONAL/DISTRICT CHAMPIONS

100 Yards		Marathon	
1975 Pam Riggs	11.0	1988 Mary Veneziani	3:29:40
1976 Pam Riggs	11.0		
200 Meters		80 Meter Hurdles	
1977 Pam Riggs	24.9	1967 Judy Dickenson	14.2*
220 Yards		100 Meter Hurdles	
1975 Pam Riggs	25.1	1984 Lona Joslin	16.27
1976 Pam Riggs	24.5	440 Yard Relay	
880 Yards		1967 Central	52.4
1971 Carol Kruckenberg	2:18.8	1970 Central	51.7
Mile		Long Jump	
1971 Carol Kruckenberg	5:14.7	1967 Loretta Miles	16-4
		1970 Alma Gapsch	16-8
10,000 Meters		Standing Long Jump	
1983 Carol Christensen	39:16.4	1967 Maria Floyd	8-2
1984 Carol Christensen	38:23.0		

Shot Put
 1967 Diane Walters 35-5
 1984 Lona Joslin 41-4

Discus
 1980 Cindy Pottle 149-0

Javelin
 1981 Lorna Beaver 134-2
 1982 Lorna Beaver 144-4

Heptathlon
 1978 Karen Schillinger 3470
 1983 Lona Joslin 4344
 1984 Lona Joslin 4647

ALL-AMERICANS

Year	Athlete	Time	Place	Event
1981	Laura Myers	10:01.42	3rd	3000
1982	Lorna Beaver	157-7	3rd	Javelin
1983	Lorna Martinson	151-10	3rd	Javelin
1983	Kelly Keene	5-5 3/4	5th	High Jump
1987	Kim Burke	17:27.9	6th	5000
1989	Kris Kjolso	4249	8th	Heptathlon
1989	Mary Veneziani	3:57:07	7th	Marathon

All-American awards (Top 6) first presented in 1978. Seventh & Eighth honorable mention All-Americans since 1987.

NATIONAL PLACEWINNERS

Year	Athlete	Time	Place	Event
1971	Carol Kruckenberg	2:19.0	3rd	880
1971	Carol Kruckenberg	5:12.5	1st	Mile
1973	Carrie Burrell	142-2	4th	Javelin
1974	Mary Petrie	135-10 1/2	5th	Discus
1975	Pam Riggs	11.20	2nd	100 Yards
1975	Pam Riggs	25.07	4th	220
1977	Cindy Pottle	158-10 1/2	4th	Discus

CROSS COUNTRY

MEN

CWU At Nationals

Year	Finish	Year	Finish
1970	6th, 282	1981	7th, 211
1975	6th, 244	1982	11th, 360
1976	10th, 377	1985	6th, 259
1979	8th, 327	1986	12th, 385
1980	5th, 247		

Individual Top 25

1970	Bill Bloom	22nd, 26:55
1970	Terry Kelly	23rd, 26:56
1975	Jim Hennessy*	20th, 25:35
1976	Jim Hennessy*	21st, 24:57
1976	Lou Boudreaux*	22nd, 24:57
1977	Toby Suhm*	13th, 24:53

*All-American.

Academic All-Americans

1983 Bob Prather

CWU District Finishes

Year	Finish	Year	Finish
1963	inc.	1964	inc.
1965	inc.	1966	3rd, 62
1967	2nd, 72	1968	2nd, 46
1969	2nd, 42	1970	1st, 49
1971	1st, 54	1972	2nd, 73
1973	3rd, 70	1974	4th, 69
1975	1st, 24	1976	1st, 23
1977	5th, 114	1978	3rd, 82
1979	2nd, 33	1980	2nd, 38
1981	2nd, 56	1982	3rd, 68
1983	4th, 88	1984	3rd, 82
1985	2nd, 57	1986	1st, 43
1987	3rd, 79	1988	7th, 162

CWU Individual Champions

1975	Jim Hennessy	24:51.1
1976	Jim Hennessy	26:20.0
1977	Toby Suhm	25:22.6
1979	Mark Brown	26:04
1980	Phil Phimister	27:43

Evergreen Conference

Year	Finish	Year	Finish
1967	1st, 31	1972	2nd, 73
1968	2nd, 54	1973	3rd, 70
1969	2nd, 42	1974	4th, 69
1970	1st, 49	1975	1st, 24
1971	1st, 54	1976	1st, 23

Individual Champions

1975	Jim Hennessy	25:36
1976	Jim Hennessy	26:26

WOMEN

CWU At Nationals

Year	Finish	Year	Finish
1985	16th, 402	1988	16th, 448

CWU All-Americans

1982	Carol Christensen	12th, 18:58
1985	Kim Burke	9th, 19:18
1987	Kim Burke	5th, 17:39

Academic All-Americans

1985	Kim Burke
1987	Kim Burke

CWU at District/Regionals

1977	9th, 265	1978	11th, 293
1979	4th, 80	1980	INC.
1981	4th, 114	1982	5th, 107
1983	4th, 111	1984	7th, 183
1985	4th, 106	1986	4th, 108
1987	6th, 120	1988	4th, 108

1989 CENTRAL WASHINGTON UNIVERSITY MEN'S TRACK ROSTER

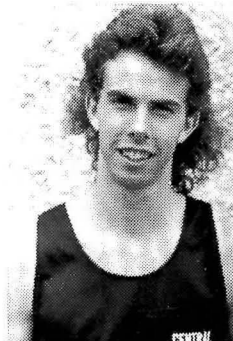
NAME	EVENT	CL.	EXP.	HOMETOWN (HIGH SCHOOL)
Gary Anderson	800, 1500	Fr.	HS	Gig Harbor (Peninsula)
John Arlt	400 Hurdles	Sr.	3V	Ellensburg
Keith Baker	100, 200	Fr.	HS	Maple Valley (Kentwood)
Tim Belding	800	Fr.	HS	Silver Lake (Toutle Lake)
Scott Bickar	Hammer, SP	Sr.	1V	Toledo (Spokane CC)
Casey Campbell	Hurdles	So.	JC	Randle (Highline CC)
Chris Cooley	Javelin	Jr.	2V	Kennewick
Tony Craven	Hurdles	Fr.	HS	Cle Elum
John Devlin	Pole Vault	So.	1V	Renton (Lindbergh)
Carl Fite	100, 200	Jr.	HS	Richland
Scott Fitzgerald	Hammer, Discus	So.	1V	Goldendale
Guss Foster	200, 400	Fr.	HS	Glenoma (White Pass)
Bernie Garza	Decathlon	So.	1V	Othello
Seo Garza	LJ, TJ, 400	Fr.	HS	Othello
Gregg Hall	Javelin	So.	1V	Chehalis (Napavine)
Tom Harris	200, 400	Fr.	HS	Seattle (Shorecrest)
Brad Hooper	5-10,000	Fr.	HS	Montesano
Ivan Isaacson	400 Hurdles	Fr.	HS	Rochester
Corey Jacobson	800, 1500	So.	SQ	Kennewick
Dean Josey	Long Jump	Fr.	HS	Yakima (Naches)
Michael Kunst	200, 400	Jr.	JC	Seattle (Kennedy - Highline CC)
Robert Kyler	800	So.	1V	Yelm (Rainier)
Eric Lee	800, 1500	So.	TR	Selah (Carroll - WSU)
Scott MacDonald	5,000-10,000	So.	SQ	Renton
William Mauntel	Pole Vault	Fr.	HS	Anacortes (Burl.-Edison)
James Mitchell	100, 200	Fr.	HS	Tacoma (Foss)
Warren Oldham	5-10,000	So.	1V	Oak Harbor
Greg Olsen	Hurdles	Fr.	HS	Renton (Lindbergh)
Matt Olson	5,000-10,000	Jr.	SQ	Renton (Kentridge)
Ron Olson	Decathlon, HJ,	So.	JC	Marysville (Stanwood-Bellevue CC)
Kendall Osborn	400, 800	Fr.	HS	Renton (Lindbergh)
Joe Pearson	100, 200	Fr.	HS	Kennewick
Paul Pedersen	Javelin	Fr.	HS	Gig Harbor (Peninsula)
Dave Phillips	Disc, SP	Fr.	HS	Seattle (Highline)
Mike Rickel	Javelin	Jr.	SQ	Omak
Michael Roush	800	Jr.	SQ	Seattle (Chief Sealth)
Steve Scherffius	Javelin	So.	1V	Anchorage, AK (East Anchorage)
Ed Schippers	Pole Vault	Fr.	HS	Edmonds (Woodway)
Charlie Smith	Hurdles, HJ	So.	1V	Ferndale
Dan Sutich	1500, 5000	So.	1V	Gig Harbor
Dallas Trole	5-10,000	So.	SQ	Toledo
Dominic Urbano	Racewalk	Sr.	3V	Deming (Mt. Baker)
John Verheyden	Pole Vault	So.	SQ	Stanwood (Shoreline)
Aric Walker	Shot Put	Fr.	HS	E. Wenatchee (Eastmont)
Bill Walker	Shot Put	Sr.	2V	E. Wenatchee (Eastmont)
Mark Ward	200, 400	Jr.	1V	Olympia
John Wittig	Shot Put	Fr.	HS	Tacoma (Clover Park)
Eric Zackula	800	Fr.	HS	Puyallup (Rogers)

Head Coach - Spike Arlt. Assistants - Charles Chandler, Mike Pace.

1989 CENTRAL WASHINGTON UNIVERSITY MEN'S TRACK



JOHN ARLT
Hurdles



GARY ANDERSON
800, 1500



STEVE BACON
Distance



KEITH BAKER
Sprints



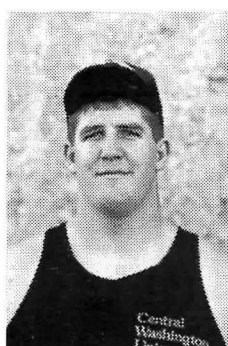
SCOTT BICKAR
Hammer, SP



CHRIS COOLEY
Javelin



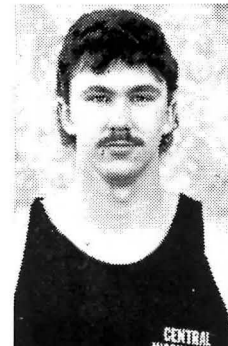
CARL FITE
Sprints



SCOTT FITZGERALD
Hammer, Discus



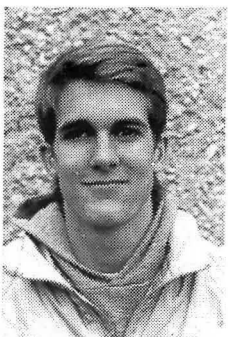
BERNIE GARZA
Decathlon



GREGG HALL
Javelin



BRAD HOOPER
Distance



BUCK JONES
Distance



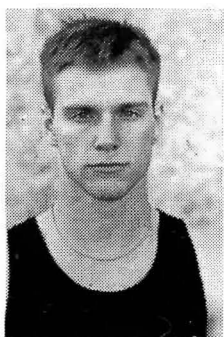
ROB KYLER
800



ERIC LEE
800; 1500



SCOTT MACDONALD
Distance



WILLIAM MAUNTEL
Pole Vault



JAMES MITCHELL
Sprints



WARREN OLDHAM
Distance



GREG OLSEN
Hurdles



RON OLSON
HJ, TJ

QUALIFYING STANDARDS

NATIONAL QUALIFYING

EVENT	Men	Women
100	10.5	12.0
200	21.4	24.7
400	47.7	56.4
800	1:51.3	2:14.8
1500	3:51.0	4:38.9
Steeplechase	9:15.0	10:15.0
5,000	14:36.2	17:48.0
10,000	30:40.0	36:57.0
Marathon	2:31.0	3:30.0
10,000 Walk	51:30.0	
110/100 Hurdles	14.4	14.5
400 Hurdles	52.5	63.2
4x100 Relay	41.6	48.6
4x400 Relay	3:15.3	3:54.5
800 Medley Relay		1:47.8
Shot Put	53-3	43-3
Discus	160-0	138-0
Javelin	195-6	140-0
Hammer	172-0	
Pole Vault	15-5 3/4	
High Jump	6-10 1/4	5-6
Long Jump	23-11 1/2	18-6
Triple Jump	48-7 1/4	36-11 3/4

DISTRICT QUALIFYING

EVENT	Men	Women
100	11.1	13.0
200	22.9	26.8
400	50.8	61.0
800	1:57.5	2:21.0
1,500	4:00.0	4:50.0
Steeplechase	9:55.0	10:30.0
5,000	15:20.0	18:45.0
10,000	33:00.0	40:00.0
110/100 Hurdles	15.8	17.4
400 Hurdles	57.5	70.0
Shot Put	43-6	34-0
Discus	135-0	110-0
Javelin	170-0	120-0
Hammer	125-0	
Pole Vault	12-6	
High Jump	6-2	5-0
Long Jump	21-6	16-6
Triple Jump	44-0	32-0

Note: Above times are hand held. Add.24 seconds for 100, 200 and 110/100 Hurdles. Add .14 for all other running events.