

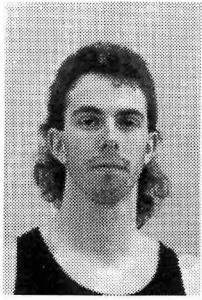
1990 CENTRAL WASHINGTON UNIVERSITY TRACK AND FIELD MEDIA GUIDE



All-American Ron Olson

1990 CENTRAL WASHINGTON UNIVERSITY TRACK & FIELD

Men's Returning Letter Winners:



GARY ANDERSON
800, 1500



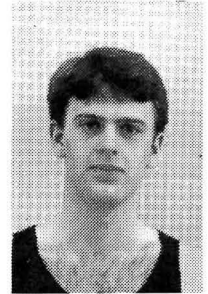
KEITH BAKER
100, 200, HH



BERNIE GARZA
Decathlon, Jav



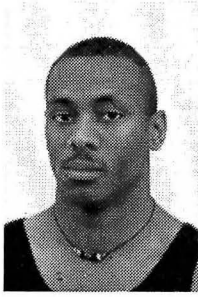
TOM HARRIS
200, 400



IVAN ISAACSON
SC, Hurdles



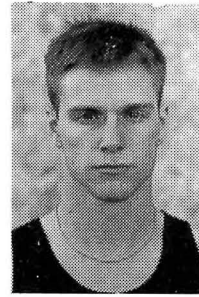
MIKE KUNST
100, 200



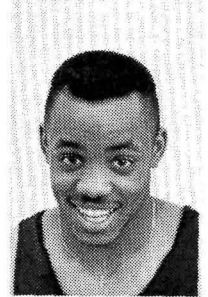
ROBBIE KYLER
800



SCOTT MACDONALD
Distance



MIKE MAUNTEL
Pole Vault



JAMES MITCHELL
100, 200



GREG OLSEN
Hurdles



RON OLSON
Decathlon



PAUL PEDERSEN
Javelin



DAVE PHILLIPS
Discus, Shot



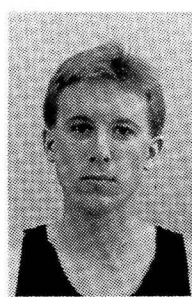
STEVE SCHERFFIUS
Javelin



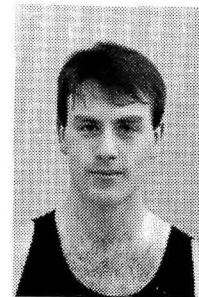
ED SCHIPPERS
Pole Vault



CHARLIE SMITH
Hurdles, HJ



DAN SUTICH
Distance



DALLAS TROPLE
Distance



MARK WARD
200, 400

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 Guptill/Sports Information Director	963-1485	962-2575

Track

	Office	Home
Charles Chandler/Head Coach	963-1911	925-6669

Baseball

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

Tennis

	Office	Home
Mark Morrill/Men's & Women's Head Coach	925-0818	925-9773

Golf

	Office	Home
Frank Crimp	962-2984	925-1864

Other Sports

	Office	Home
Mike Dunbar/Football	963-1911	925-9118
TBA/Men's Cross Country	963-1911	
TBA/Women's Cross Country	963-1911	
Greg Sambrano/Men's Soccer	963-1911	962-5373
Bill Baker/Women's Soccer	963-1911	925-3046
Gil Coleman/Men's Basketball	963-1911	
Gary Frederick/Women's Basketball	963-1911	925-4027
Hedj Nelson/Wrestling	963-1911	968-3240
Bob Gregson/Swimming	963-1923	925-9321
Swimming Pool	963-1851	

TABLE OF CONTENTS

Coaching Staff	2	Women's Roster & 1990 Schedule	12
CWU President/Athletic Director	3	Women's Profiles	13-16
CWU Trainer	4	1990 Review	17-20
About CWU	4	Men's & Women's Records	21-27
Men's Roster	5	Cross Country & Indoor Track	28
Men's Profiles	6-11	Qualifying Standards	Back Cover

For information regarding any phase of Central Washington University athletics, contact Bob Guptill (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: Ron Olson is CWU's school-record holder in the decathlon and the javelin (1986 specifications) and he ranks second on CWU's all-time list in the high jump. For the past two seasons, he has been voted CWU's Most Valuable Performer.

CWU COACHING STAFF

CHARLES CHANDLER/Men's & Women's Head Coach (First Year)

Charles Chandler, a three-year track letterman, took over the head coaching duties for Central Washington University's men's and women's track programs midway through the 1990 season.

Chandler succeeded Doug Adkins, who left at the end of winter quarter to take an assistant football coaching position at Oregon Tech in Klamath Falls. Adkins had been CWU's women's head coach since 1988 and he was in his first year as men's head coach, replacing Spike Arlt, who is on sabbatical.

The new CWU head coach had been a track assistant the past two seasons and has been associated with CWU since 1983.

Chandler, 28, 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 fifth 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.

BUCK JONES/Assistant Coach (First Year)

Carleton (Buck) Jones, a 1984 graduate of Ellensburg High School, completed his first season as an assistant track coach this spring. He also was an assistant coach last fall for CWU's cross country team.

Jones, who has been completing work on a bachelor degree in science education at CWU, competed at Whitman College and the University of Oregon prior to transferring to Central.

At Whitman, Jones placed seventh in the 1984 NAIA District 1 cross country championships and also earned All-Northwest Conference honors in the 1500 and 5000. At Oregon, he placed eighth in the Pac-10 cross country championships and had best times of 3:45.68 in the 1500, 4:02.34 in the mile and 13:54.12 in the 5000.

On April 22, 1989, competing unattached, Jones accomplished an amazing double setting Tomlinson Stadium records in the 3000 meter steeplechase (9:15.6) and the 5000 meters (14:41.6).

Jones, the son of Courtney Jones (CWU's Vice-President for Business and Financial Affairs), was born Dec. 20, 1965 in Stanford, Calif. The 6-3, 150 pound athlete earned eight letters in high school - three in cross country, two in swimming and three in track.

In cross country, he placed third in the 1983 State Class AA meet. In track, he was the 1984 state champion in the 3200 meters and placed fourth in the 1600 meters.

Following graduation, Jones plans to be a secondary math teacher and coach. In high school he was a National Merit Scholar winner.

THUMBNAIL FACTS ABOUT CWU

Location	Ellensburg, WA 98926
Founded	1891
Enrollment	6000
President	Dr. Donald Garrity
VP - Academics	Dr. Robert V. Edington
Faculty Athletic Rep	Dr. Daryl Basler
Registrar	Carolyn Wells
Colors	Crimson and Black

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, 62, 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. He was also named the District 1 Administrator-of-the-Year for the 1989-90 school year.

Frederick, 52, 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 eight seasons, Frederick has also served as CWU's women's basketball coach. In 1988, he led the Lady Wildcats to a 31-5 record, the NAIA District 1 title and a berth in the national tournament. Twice he has been named the District 1 Coach-of-the-Year. In eight seasons, his teams have won 135 games and lost 93.

Frederick is also the NAIA District 1 chairman. Three times he has been selected the NAIA District 1 Administrator of the Year. For the past eight years, CWU has finished in the Top 10 in the NAIA Men's All-Sports contest. 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, 20, and David, 18.

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, 51, 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.

CWU TRACK FACT: Jack Curtright, a three-time All-American in the pole vault (1962-64), and Bink Beamer, CWU's track coach between 1958 and 1962, were inducted into CWU's Hall-of-Fame, June 2, 1990. Joining the two were Pam Riggs, who still holds five school records, and placed second in the 100 yard dash and fourth in the 220 in the 1975 AIAW national meet.

1990 CENTRAL WASHINGTON UNIVERSITY MEN'S TRACK ROSTER

NAME	EVENT	CL.	EXP.	HOMETOWN (HIGH SCHOOL)
Mario Andaya	LJ, TJ	Fr.	HS	Bothell
Gary Anderson	1500	So.	1V	Gig Harbor (Peninsula)
Ray Angeles	100, 200	Fr.	HS	Lacey (North Thurston)
Keith Baker	100, 200, HH	So.	1V	Maple Valley (Kentwood)
Daniel Baxter	1500, 3000, 5000	Fr.	HS	Montesano
Tim Clarke	1500, 5000	So.	JC	Issaquah (Bellevue CC)
Tim Conner	800, 1500	So.	JC	Olympia (Highline CC)
Daryl Cox	400, 800	So.	JC	Redmond (Lake Washington - Bellevue CC)
David Forysthe	3000	Fr.	HS	Mt. Vernon (Burlington-Edison)
Bernie Garza	Javelin, TJ	Jr.	1V	Othello
Bryan Gormley	SP, Jav, Disc	Fr.	HS	Bellevue (Newport)
James Hansen	800	Fr.	HS	Seattle (Chief Sealth)
Tom Harris	400, 800	So.	1V	Seattle (Shorecrest)
Brad Hooper	800, 1500, 5000, 10,000	So.	SQ	Montesano
Ivan Isaacson	400, 400 Hurdles	So.	1V	Rochester
Brendon Kensel	200, 400	Fr.	HS	Edmonds (Meadowdale)
Chad Klassen	100, 200, 400	Fr.	HS	Federal Way
Jason Krilich	Disc, SP, Javelin	Fr.	HS	Federal Way (Decatur)
Mike Kunst	100, 200	Sr.	1V	Seattle (Kennedy - Highline CC)
Richard Maib	Pole Vault	Fr.	HS	Yakima (Naches)
Scott MacDonald	Racewalk	Jr.	1V	Renton
Brian Meyer	200, 400	Fr.	HS	Vashon (Vashon Island)
Dave Miskimens	800, Steeplechase	So.	JC	Olympia (Ricks)
James Mitchell	100, 200, 400	So.	1V	Tacoma (Foss)
Greg Olsen	HH, Intermediates	So.	1V	Renton (Lindbergh)
Ron Olson	Disc, Jav, HJ, LJ, TJ, HH, Hammer, Dec	Jr.	1V	Marysville (Stanwood - Bellevue CC)
Kendall Osborn	800, Javelin	So.	SQ	Renton (Lindbergh)
Joe Pearson	100, 200	So.	SQ	Kennewick
Paul Pedersen	Javelin	So.	1V	Gig Harbor (Peninsula)
Dave Phillips	Disc, SP, Hammer	Sr.	1V	Seattle (Highline)
Jason Rauen	Pole Vault, Javelin	Fr.	HS	Carnation (Tolt)
Richard Sarkany	400 Hurdles	Fr.	HS	Olympia (Capital)
Steve Scherffius	Javelin	Jr.	2V	Anchorage, AK (East Anchorage)
Richard Schippers	800, 3000, 5000	Fr.	HS	Edmonds (Woodway)
Wade Starkenburg	Jav, Hammer	Fr.	HS	LaConner
Dan Sutich	1500, 3000, 5000, 10,000	Jr.	2V	Gig Harbor
Kenny Thompson	100, HJ	So.	HS	Seattle (Chief Sealth)
Dallas Trople	Marathon	Jr.	1V	Toledo
Shawn Van DeMark	200, 400	Fr.	HS	Ferndale
Ernie Wagner	Pole Vault	Fr.	HS	Seattle (Garfield)
Mark Ward	200, 400	Sr.	2V	Olympia

Head Coach - Charles Chandler. Assistant - Buck Jones.

Events indicate which events athlete competed in during 1990 season.

MEN'S TRACK AND FIELD PROFILES (1990 Letter Winners)

MARIO ANDAYA
5-10, 160, Fr.

LJ, TJ
Bothell

Graduated from Bothell in 1989. Two-year letter winner in football (wide receiver - defensive back) and track. Bests of 20-8 in long jump and 43-0 in triple jump. .Placed eighth in long jump (20-7) and triple jump (40-2 3/4) at this spring's district meet. Had season bests of 21-6 1/2 (Mar. 31 at UPS Triangular) and 41-4 (Apr. 21 at UPS Shotwell Invitational). .Born 9-9-71 at Los Angeles. Has three sisters.

KEITH BAKER
6-0, 180, So.

100, 200, HH
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 last spring 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). Placed second in 110 high hurdles at district meet this spring (14.73). Earned All-American honors in event finishing sixth at NAIA nationals (15.05). Was fifth in 100 (11.0) and sixth in 200 (22.74) and anchored winning 4x100 relay team (41.8) in district meet. Career bests of 10.80 in 100, 21.80 in 200 and 14.4 in high hurdles. High hurdle best ties him for second place on CWU all-time list. .Earned letter on 1989 CWU football team. Netted 78 yards on 19 rushes. .Born 9-1-66 at El Paso, Tex. Has two brothers and one sister. Business administration major. Was an Army Paratrooper for four years.

DAN BAXTER
6-1, 155, Fr.

1500, 3000, 5000, 10,000
Montesano

Graduated from Montesano in 1989. Earned four letters in cross country and track. Qualified for state cross country meet four straight years. Captain senior year. Inspirational award winner sophomore and senior year. Inspirational award winner in track senior season. Won Marine Corps Most Distinguished Athlete Award. Qualified for state meet three years. .Earned letter last fall in cross country. Placed 51st in district meet in time of 28:51. Participated in district meet this spring in 10,000 meters (33:52.0), but did not place. Season best marks of 4:31.7 (1500), 9:29.3 (3000), 16:22.49 (5000) and 33:52.0 (10,000). .Born 10-17-70 at Seattle. Has three brothers and two sisters. Business management major. Was Student Body President in high school.

TIM CLARKE
6-0, 165, So.

1500, 5000, 10,000
Issaquah (Bellevue CC)

Graduated from Issaquah in 1986. Lettered in cross country (4) and track (3). Inspirational award winner in track. .Competed one year at Bellevue CC. Placed third in 5000 and sixth in 1500 at NWAACC conference meet. Participated in district meet this spring in 10,000 (33:04.0), but did not place. Season bests of 4:12.61 (1500), 15:58.9 (5000) and 32:54.0 (10,000). Lettered last fall in cross country. Placed 53rd in district meet in time of 29:34. .Born 10-15-67 at San Francisco. Has one sister. Community health education major. Also has attended WSU.

TIM CONNER
6-1, So.

800, 1500
Olympia (Highline CC)

Graduated from Olympia in 1987. Earned four letters each in track and cross country. Captain and Most Inspirational in cross country. Most Dedicated in track. . .Competed one year in track and cross country at Highline. Was CWU's MVP in cross country last fall. Placed 21st in district meet in time of 27:06. Placed seventh in 800 meters (1:57.7) in this spring's district meet. Season bests of 1:54.3 in 800 and 4:03.75 in 1500. . .Born 9-10-68 at Indianapolis, Ind. Has one brother. English major. Plans writing career.

BRYAN GORMLEY
6-2, 205, Fr.

SP, Jav, Disc
Bellevue (Newport)

Graduated from Newport in 1989. Lettered in football (2) and track (3). Also played basketball. Second team All-Kingco tight end in football. Qualified for state junior and senior year in track. Most Improved junior year. . .Competed in shot put at district meet (42-6), but did not place. Season bests of 43-5 1/2 (shot put), 133-6 (javelin) and 120-0 (discus). . .Born 3-1-71 at Denton, Tex. Has two brothers and one sister. Physical therapy major.

BRAD HOOPER
6-2, 170, So.

800, 1500, 5000, 10,000
Montesano

Graduated from Montesano in 1987. Lettered in cross country (4), basketball (3) and track (4). All-state in cross country. MVP, Captain and Most Improved. Captain and all-league guard in basketball. Placed third in state meet in 3200 in track. . .Ran one year of cross country at Grays Harbor. MVP. CWU's MVP in cross country 1988. Placed 23rd in district meet (26:27). Slowed by injuries last fall and ran in only two races. On squad, but did not letter freshman year (1989) in track. Earned letter this spring. Competed in district meet in 10,000. Did not place in time of 34:11.8. Career bests of 2:05.47 (800), 4:12.81 (1500), 15:44.1 (5000) and 32:55.47 (10,000). . .Born 10-25-68 at Tacoma. Has one brother. Business education major. Was senior class president and Lettermen's Club vice-president at Montesano.

IVAN ISAACSON
5-10, 150, So.

400 Hurdles
Rochester

Graduated from Rochester in 1985. Four-year letter winner in track. Captain and most inspirational award winner. . .Placed eighth freshman year at district meet in 400 hurdles (1:00.14) after running season best of 57.35 in prelims. Also placed eighth this spring (57.16). Career best of 56.94. . . Born 5-13-69 at Olympia. History education major. Wants to teach history at high school level.

JASON KRILICH
6-4, 250, Fr.

Jav, Disc, SP
Federal Way (Decatur)

Graduated from Decatur in 1989. Lettered in football (2) and track (3). Captain and all-league honorable mention tackle in football. Captain and discus league champion in track. Placed eighth in state meet. . .Competed in district meet this spring, but did not place in discus (124-11). Season bests of 136-8 (discus), 158-7 (javelin) and 38-5 1/2 (shot). . .Born 9-2-70 at Tacoma. Has one brother. Marketing major.

MIKE KUNST
6-3, 180, Sr.

100, 200
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 last spring (42.14) after replacing the injured Mark Ward. Ward, however, ran at nationals. Competed at districts in 200, but did not place. Had career best times this spring of 11.3 in 100 and 23.25 in 200. .Born 11-20-67 at Seattle. Has one sister. Marketing major. Plans career in marketing management.

RICHARD (SPOOK) MAIB
5-8, 165, Fr.

Pole Vault
Yakima (Naches Valley)

Graduated from Naches Valley in 1989. Lettered in cross country (3), wrestling (4) and track (4). Team captain in cross country. Twice won district championship and twice team captain in wrestling. Most Inspirational in track. Had 1989 Valley Best in pole vault. .Placed third in district meet this spring with season-best vault of 13-5 1/4. .Born 10-31-70 at Yakima. Has two sisters. Education major. Father (Rick) competed in wrestling and football at YVC. Uncle (Bud Hollingbery) was wrestler at Stanford. Is great grandson of legendary Washington State football coach Babe Hollingbery.

BRIAN MEYER
5-11, 155, Fr.

200, 400
Vashon Island

Graduated from Vashon Island in 1989. Lettered in soccer (3), basketball (2) and track (3). Played left wing in soccer. First team all-league senior season. Second team all-league junior season. Played guard and forward in basketball. Was 1989 State Class A 400 meter champion in track. Placed second in state meet in 200. .Won district 400 meter championship this spring (48.79). Participated in NAIA national meet. Placed fourth in district 200 meters (22.69). Member of district champion 4x100 relay (41.8) and second place 4x400 relay (3:18.98) teams. .Born 8-13-71 at Bellevue. Has two sisters. Father (Ron) was hurdler at CWU. Was honor student in high school. Participated in Children's Orthopedic Telethon.

DAVE MISKIMENS
5-9, 146, So.

800, Steeplechase
Olympia (Ricks College)

Graduated from Olympia in 1984. Lettered in cross country (4) and track (3). Competed in 800 and 1600 in track. .Attended Ricks College 1984-85 and 1985-86. Competed in indoor track (2 years), outdoor track (1 year) and cross country (1 year). Lettered last fall for CWU cross country team. Placed 47th in district meet in time of 28:16. Placed seventh this spring in steeplechase at district meet (10:33.9). Season best marks of 2:00.57 in 800 and 10:16.5 in steeplechase. .Born 8-17-65 at Aberdeen. Has three brothers and two sisters. Spanish mahor. Uncle (Ron Wood) played baseball at CWU.

JAMES MITCHELL
5-8, 171, So.

100, 200, 400
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. .Two-year lettermen in football. Tied Columbia Football Association record by blocking two punts in one game freshman season. Has CFA record four career blocked punts. Had 13 tackles and intercepted one pass freshman season. Had 31 tackles and team-leading four interceptions last fall. .Two-time district champion in 4x100 meter relay (42.14 last spring and 41.8 this spring). Also was on CWU's second place district 4x400 relay team (3:18.98). Has competed at nationals in 100 meters two years in a row. Finished fourth in 100 (11.15) and second in 200 (22.79) at 1989 district meet. Won district 100 meter title this spring in meet record time of 10.5. Also placed second (22.18) in 200 and was named the Outstanding Male Performer.

Career bests of 10.5 in 100, 22.18 in 200 and 49.25 in 400. His 100 mark is fifth best in school history. . .Born 1-15-70 at Tacoma. Has no siblings. Business administration major. Had 3.52 GPA in high school. Ben Cheney Foundation Scholar and Pierce County Scholar-Athlete nominee.

GREG OLSEN
6-2, 175, So.

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 freshman season 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. Placed third in 110 high hurdles (15.02) and won 400 hurdles (53.16) in this spring's district meet. Earned All-American honors placing fifth at nationals (52.95). Career best of 52.63 at Tartan Cup (May 5, 1990) is second best mark in school history. . .Born 11-5-69 at Bellevue. Has one sister. Mathematics/physics major. Plans career in engineering.

RON OLSON
6-1, 175, Jr.

Decathlon, HJ, LJ, TJ, HH, Disc, Hammer, Jav
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 last 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. Placed third in 1990 NAIA Indoor nationals in high jump (6-9). . .Won long jump (23-1 1/4) at this spring's district meet and also placed second in high jump (6-10 1/2), triple jump (45-8 1/4) and decathlon (6636), fourth in discus (138-3) and sixth in javelin (182-7). . .Tied district meet record in high jump, losing to teammate Kenny Thompson on fewer misses. Set CWU javelin record (1986 specifications) with throw of 192-8 in Tartan Cup Invitational (May 5, 1990) and CWU record in decathlon at district meet. Ranks second on all-time list (to Thompson) in high jump and is fifth in triple jump (48-3 1/4). . .Placed ninth this spring in NAIA national meet in high jump (6-8 3/4). Named CWU's MVP for second year in a row. Team Captain and Most Inspirational Award winner. . .Born 3-11-69 at Norwalk, Calif. Has five brothers and five sisters. Leisure services major.

PAUL PEDERSEN
6-0, 180, So.

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 last spring in track with best of 170-10 in javelin. Competed but did not place in district meet with throw of 164-8. Placed fourth at districts this spring with career best 187-3. . .Born 1-8-70 at Renton. Has one sister. Accounting major.

DAVE PHILLIPS
6-4, 265, Sr.

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. Won district discus title last spring (144-6) and placed third in shot put (49-5). Did not place in hammer (133-8). Repeated as district discus champion this spring (149-3) and earned All-American honors with third place (161-5) in NAIA national meet. Also placed fourth in district shot put (46-8). Career bests of 167-0 in discus (sixth on all-time list), 51-10 1/2 in shot (ninth on all-time list) and 142-0 in hammer. Team Co-Captain along with Ron Olson. . Born 10-14-66 at Ocean Falls, B.C. Has one sister. Law and justice major.

STEVE SCHERFFIUS
5-11, 195, Jr.

Javelin
Anchorage, AK (East HS)

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 in 1988 and last fall. Had six tackles in 1988 and 27 in 1989, including one QB sack. Three-year letter winner in track. Placed second in district javelin freshman season with season-best throw of 185-8. Finished third sophomore season with career best of 188-0. Placed seventh this spring with toss of 178-9. . Born 3-9-68 at Helmsdet, W. Germany. Father played football at University of Wyoming. Is only child. Law enforcement major.

DAN SUTICH
6-1, 157, Jr.

1500, 3000, 5000, 10,000
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 to earn all-state honors. Coaches award senior year in track. District champion in 1600 meters. . Two-year cross country letterman. Placed 36th at 1987 District 1 cross country meet in time of 29:49.6. Redshirted in 1988 and placed 56th (30:49) last fall. Has won three letters in track. Placed seventh in 10,000 at 1989 district meet in time of 33:38.69. Career bests of 32:50.6 in 10,000 and 15:44.1 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. Was elected CWU student body president for 1990-91 school year this spring.

KENNY THOMPSON
5-11, 207, So.

100, High Jump
Seattle (Chief Sealth)

Graduated from Chief Sealth in 1987. Lettered in football (3) and track (4). Second team All-Metro junior year and first team All-Metro senior year in football. Rushed for 568 yards in just five games. Placed fifth in state high jump senior year (6-8 3/4). . Played two years of football at Eastern Washington. Rushed for 363 yards and scored three touchdowns last fall. Big Sky Player-of-the-Week for 151 yard, two touchdown performance against Nevada-Reno. Also competed in indoor track for two years. . Won district high jump title this spring. Set new district mark with leap of 6-10 1/2. Set school mark of 6-11 in NAIA national meet, placing fifth. Also ran on CWU's 4x100 meter relay district championship team (41.8) and placed fourth in 100 meters in season-best 10.9. . Born 11-4-68 at Seattle. Has one brother and three sisters. Public relations major. Brother (Tim) played football at CBC.

SHAWN VAN DEMARK
5-7, 165, Fr.

200, 400
Lynden (Ferndale)

Graduated from Ferndale in 1989. Lettered in football (3) and track (1). Played running back and defensive back in football. First team all-league running back.

Ran for more than 1000 yards senior season. Won league 400 meters title. Placed third at district, qualifying for state. . .Placed sixth in 400 (51.1) at district meet this spring. Ran second leg on CWU's second place 4x400 meter relay team (3:18.98). Season bests of 23.18 in 200 and 50.0 in 400. . .Born 11-12-70 at Kent. Has one sister. History major. Active in church group and choir.

MARK WARD
6-2, 160, Sr.

200, 400
Olympia

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 sophomore year 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 last 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. Ran on second-place district 4x400 relay team this spring (3:18.98). Had bests of 23.48 in 200 and 50.33 in 400. Competed in district, but did not place in 400. . .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.

1990 CENTRAL WASHINGTON UNIVERSITY WOMEN'S TRACK ROSTER

NAME	EVENT	CL.	EXP.	HOMETOWN (HIGH SCHOOL)
Heather Alderman	LJ, 400 Hurdles	So.	JC	Kent (Kent-Meridian - Highline CC)
Sinikka Berg	400, 400 Hurdles	Fr.	HS	Blaine
Mikki Bergman	100, 200	So.	1V	Richland
Julie Brunaugh	400	Fr.	HS	Vancouver (Columbia River)
DeAnne Crayne	400 Hurdles	So.	1V	Longview (Kelso)
Sandy Draper	SP, Discus	Jr.	2V	Ellensburg
Tami Esposito	200, 400	Fr.	HS	Auburn
Erika Gustafson	Discus	Sr.	SQ	Soldotna, Alaska
Molly Hatfield	3000	So.	1V	Othello
Kris Kjolso	200, 100 Hurdles, LJ, Jav, Hept	So.	1V	Lynnwood (Meadowdale)
Kelli Lambert	100, 200, 400, 800	Fr.	HS	Tacoma (Foss)
Lisa Ostrander	HJ, TJ, LJ	Fr.	HS	Vancouver (Columbia River)
Laura Records	SP, Discus	Jr.	1V	Federal Way (Green River)
Katrina Reeves	Hurdles	Fr.	HS	Syracuse, Kans.
Sandi Riley	Hurdles	Sr.	2V	Mt. Vernon (Burlington-Edison)
Jennifer Sursely	3000	Fr.	HS	Seattle (Blanchet)
Shelly Thorstad	100 Hurdles	Fr.	HS	Blaine
LeAnne Trople	400, 800, 1500, 3000, 5000	So.	1V	Sedro Woolley
Tracy Trople	100 Hurdles, TJ	Fr.	HS	Toledo
Tracy Veness	Javelin	Fr.	HS	Yelm
Heather Wade	100, 200	So.	1V	Ellensburg
Molly Winegar	Shot Put, Discus	Fr.	HS	Puyallup (Rogers)

Head Coach - Charles Chandler. Assistant - Buck Jones.

Events indicate which events athlete competed in during 1990 season.

1990 CWU MEN'S AND WOMEN'S TRACK AND FIELD SCHEDULE

Date	Meet	Site
Mar. 3	Washington Invitational	Seattle
Mar. 10	Salzman Relays	Tacoma (PLU)
Mar. 17	Husky Track Classic	Seattle
Mar. 24	Spring Break Open	West Seattle
Mar. 31	UPS Triangular	Tacoma
Apr. 7	Western Washington Invitational	Bellingham
Apr. 8-9	NAIA District 1 Multi-Events	Bellingham
Apr. 14	Washington Invitational	Seattle
Apr. 21	UPS Shotwell Invitational	Tacoma
Apr. 28	CWU Invitational	Ellensburg
May 5	SCC Bigfoot Invitational	Spokane
May 11-12	NAIA District 1	Bellingham
May 24-26	NAIA Nationals	Stephenville, Tex. (Tarleton State)

WOMEN'S TRACK AND FIELD PROFILES (1990 Letter Winners)

SINIKKA BERG 400, 400 Hurdles
5-6, 115, Fr. Blaine
Graduated from Blaine in 1989. Lettered in basketball (1) and track (4). Most Improved award winner in both sports. Coaches Award winner in track. . .Placed sixth this spring in 400 hurdles in time of 1:10.97. Ran best of 1:08.85 at Spokane (May 5). Also ran on CWU's 4x400 relay team that placed third in time of 4:06.18. . .Born 6-29-71 at Bellingham. Has one brother. Psychology major.

MIKKI BERGMAN 100, 200
5-3, 105, So. Richland

Graduated from Richland in 1988. Three-year letter winner in track. Competed in state meet three times. Team Captain senior season. . .Placed fourth in 100 meters (12.89) at 1989 district meet. 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. Placed fifth in both 100 (12.86) and 200 (26.81) this spring. Ran on sprint medley (1:48.8) and 4x100 (50.2) relay teams which placed third. Has career bests of 12.2 in 100 and 26.2 in 200. .Born 11-10-69 at Grand Forks, N.D. Has one brother and one step-sister. International business major. Special Olympics volunteer.

JULIE BRUNAUGH 400
5-5, 135, Fr. Vancouver (Columbia River)

Graduated from Columbia River in 1989. Lettered in track (3) and volleyball (2). Most inspirational award winner in track. Most improved and Most Inspirational in volleyball. Played on back row. . .Was on CWU's volleyball team last fall, but did not letter. Finished seventh in 400 meters at district meet this spring in time of 1:04.04. Ran season best 1:03.8 in UPS Shotwell Invitational (April 21). Also ran on CWU 4x400 relay team which placed third in district meet (4:06.18). . .Born 3-20-71 at Portland. Has one brother and one sister. Math major. Plans to be actuary. Father (Jim) competed in track and football at CWU. Earned All-American honors by placing third in mile relay at 1967 national meet. Placed sixth in mile relay in 1966 meet.

SANDY DRAPER Shot Put, Discus
5-11, 175, Jr. 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. Three-year track letter winner. Placed sixth in district shot put (37-10 3/4) freshman season. Placed seventh sophomore year with put of 38-10 1/2 and sixth this spring with put of 38-10 1/2. Career best of 39-5 during 1989 season. . .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.

TAMI ESPOSITO 200, 400
5-6, 110, Fr. Auburn

Graduated from Auburn in 1989. Lettered in cross country (3) and track (3). Coaches award winner in cross country. Best of 58.9 in 400. Qualified for state meet. . .Placed fifth this spring in 400 at district meet with season-best 1:01.59. Also ran on third-place 4x400 relay team (4:06.18). Competed in 200 at district meet, but

didn't make finals. Season best of 27.4. .Born 5-14-71 at Seattle. Has two brothers and one sister. Fashion merchandising major.

ERIKA GUSTAFSON
5-10, 195, Sr.

Discus
Kalilof, AK (Soldotna)

Graduated from Soldotna in 1986. Lettered in swimming. Placed 10th in diving at Alaska state championship meet. Also swam 100 back and 100 fly. On squad past four seasons. Awarded letter this spring. Career best of 103-5 in discus. .Born 3-22-68 at San Raphael, Calif. Has two step-brothers and two half-sisters. Secondary math education major. Active in Math Club.

KRIS KJOLSO
5-8, 147, So.

100 Hurdles, LJ, Jav, 200, Heptathlon
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 freshman season 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. Placed 14th in heptathlon at national meet this spring. Placed fifth in heptathlon (3988), seventh in 100 hurdles (16.60) and sixth in javelin (117-7) at district meet this spring. Also ran on sprint medley (1:48.8) and 4x100 (50.2) relays teams, which placed third. Career bests of 26.89 in 200, 2:27.10 in 800, 15.5 in 100 hurdles, 1:05.06 in 400 hurdles, 17-8 in long jump and 119-3 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. Elementary education major.

KELLI LAMBERT
5-3, 110, Fr.

100, 200, 400, 800
Tacoma (Foss)

Graduated from Foss in 1989. Lettered in volleyball (3) and track (3). Setter in volleyball. Captain and Team MVP. Three times all-league. All-state one year. Captain and MVP in track. Twice placed in state meet. .CWU's Most Valuable Female Performer this spring. Also selected Most Inspirational award winner. Reached semifinals of 800 in national meet. Placed second in 800 at district in season-best time of 2:15.0. Also ran on third-place sprint medley relay (1:48.8) and 4x400 meter relay (4:06.18) teams. Best marks of 13.13 in 100, 26.6 in 200, 59.9 in 400 and 2:15.0 in 800. .Born 7-21-71 at Tacoma. Has two brothers. Undecided on major. Active in choir and CMA church.

LISA OSTRANDER
5-9, 123, Fr.

HJ, TJ, LJ
Vancouver (Columbia River)

Graduated from Columbia River in 1989. Four-year letter winner in track. Competed in 200, high jump, triple jump, 4x100 relay and 4x200 relay. .Placed fifth in triple jump at district meet (32-9 1/4). Season bests of 34-10 1/2 in triple jump, 14-8 1/2 in long jump and 4-8 in high jump. .Born 11-30-70 at Portland, Ore. Has one sister. Computer science major. High school activities included DECA, Pep Club and Church.

Laurie Records
Junior

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. Has competed in district meet past two seasons, but has not placed in either shot put or discus. Career bests of 36-9 1/2 and 127-0, respectively. . .Born 7-21-69 at Fort Knox, Kent. Has two brothers. Active in student government and band at Federal Way.

KATRINA REEVES
5-9, 130, Fr.

Hurdles
Syracuse, Kans.

Graduated from Syracuse in 1989. Four-year letter winner in track and cross country. MVP in track senior season. . .Placed fourth in 100 hurdles (15.95) and seventh in 400 hurdles (1:11.57) in district meet this spring. Season bests of 15.7 and 1:11.57. . .Born 4-26-71 in Germany. Father works for Boeing and is stationed in Bombay, India. Mother lives in Bellevue. Has one sister. Undecided on major. High School activities included National Honor Society and student government.

SANDI RILEY
5-4, 120, Sr.

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 in high hurdles four straight years. Placed eighth junior year in time of 17.9. Ran career best of 16.2 in prelims of district meet this spring, but didn't qualify for finals. . .Born 1-10-68 at Mt. Vernon. Health education major. High school activities included band, mat maids, FHA and FBLA. Has two brothers.

SHELLY THORSTAD
5-5, 125, Fr.

100, 100 Hurdles
Blaine

Graduated from Blaine in 1989. Four-year letter winner in basketball and track. Earned one letter in volleyball. Won four Most Inspirational awards (two in basketball, one each in volleyball and track). Most Improved in basketball and MVP in track. Hitter in volleyball and guard in basketball. . .Placed eighth in 100 hurdles (16.92) at district meet this spring. Also ran on third place 4x100 relay team (50.2). Season best of 16.4 in 100 hurdles. . .Born 7-15-71 at White Rock, B.C. Has one sister. Communications major.

LEANNE TROPLE
5-7, 120, So.

400, 800, 1500, 3000, 5000
Sedro Woolley

Graduated from Sedro Woolley High School in 1987. Lettered in track. Captain and most inspirational award winner. . .Two-year letter winner in cross country and track. Placed 42nd in 1988 district meet (21:09) and 192nd at nationals (21:00). Placed 20th in 1989 district meet (20:36). Team Captain and MVP. . .Placed sixth last spring in 5000 meters (20:04.37) at district meet. Career best marks of 1:06.3 in 400, 2:29.2 in 800, 5:04.7 in 1500, 11:19.2 in 3000, 19:33.8 in 5000 and 42:31.8 in 10,000. Had CWU best marks this spring in 1500, 3000 and 5000. 1989 and 1990 co-captain. . .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 1/2. Maiden name was Robinson. Sister-in-law Tracy Trople also on this spring's team.

TRACY TROPLE
5-5, 130, Fr.

100 Hurdles, TJ
Toledo

Graduated from Toledo in 1989. Earned four letters in track. Competed in state meet senior year in triple jump. Team captain. Also competed in gymnastics at club level, winning a state title in 1986. .Placed seventh this spring in triple jump at district meet with season-best 30-7 1/2. Ran season best 17.2 in 100 hurdles. .Born 12-1-70 at Longview. Has one brother and one sister. Brother (Dallas) was member of men's team. Undecided on major. Was member of honor society in high school.

TRACY VENESS
5-2, 130, Fr.

Javelin
Yelm

Graduated from Yelm in 1989. Lettered in soccer (2) and track (3). Halfback in soccer. Twice team Captain in track. Most Inspirational award winner in track. .Placed eighth in district meet in javelin this spring (107-6). Season best of 117-11. .Born 3-7-71 at Seattle. Has one brother. Marketing major.

HEATHER WADE
5-2, 105, So.

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) and also competed in 100 and 200 freshman season. Placed seventh in 200 (27.11) and also was on third-place sprint medley (1:48.8) and 4x100 (50.2) relay teams. Team Co-Captain along with LeAnne Trople. Career bests of 12.8 and 26.46. .Born 10-15-69 at Ellensburg. Has two brothers. Elementary education major. Was cheerleader and ASB representative. High school activities included pep club, Spanish Club and church.

1990 Men's Track Review

DATE	MEET	CWU Winners
Mar. 3	UW Invitational	Jav - Paul Pedersen 167-7
Mar. 10	Salzman Relays	110 HH - Keith Baker 14.8; Disc - Dave Phillips 150-0; 4x400 Relay - Mitchell, Klassen, Van DeMark, Meyers 3:21.9
Mar. 17	Husky Track Classic	None
Mar. 24	Spring Break Open	None
Mar. 31	UPS Triangular	Disc - Dave Phillips 154-8; 110 HH - Greg Olsen 15.33; 400 - Brian Meyer 49.16; 800 - Tim Conner 2:00.17; 4x400 - Central 3:18.64
Apr. 7	WWU Invitational	4x400 Relay - Mitchell, Olsen, Van DeMark, Meyer 3:18.7; SP - Dave Phillips 51-10 1/2
Apr. 14	UW Invitational	None
Apr. 21	UPS Shotwell	4x100 - Mitchell, Ward, Meyer, Baker 42.8; Disc - Dave Phillips 157-1; HJ - Ron Olson 6-8; 110 HH - Greg Olsen 15.2; 100 - James Mitchell 10.6; 400 Hurdles - Greg Olsen 54.2; 4x400 - Van DeMark, Olsen, Mitchell, Meyer 3:19.8
Apr. 28	CWU Invitational	PV - Richard Maib 13-0; 4x100 - Mitchell, Ward, Meyer, Baker 43.5; Jav - Paul Pedersen 175-4; 110 HH - Keith Baker 14.4; Disc - Dave Phillips 167-0; 100 - James Mitchell 10.7; HJ - Kenny Thompson 6-6
May 5	Tartan Cup	Hammer - Dave Phillips 142-0; 4x100 - Mitchell, Thompson, Meyer, Baker 41.88; 110 HH - Greg Olsen 15.64; HJ - R. Olson 6-10 1/2; 400 Hurdles - G. Olsen 52.63; 200 - Baker 22.31; 4x400 - Mitchell, Olsen, Van DeMark, Meyer 3:17.62
May 11-12	NAIA District 1	Discus - Dave Phillips 149-3; LJ - R. Olson 23-1 1/4; 4x100 Relay - Mitchell, Thompson, Meyer, Baker 41.8; 400 - Brian Meyer 48.79; 100 - James Mitchell 10.5; HJ - Kenny Thompson 6-10 1/2; 400 Hurdles - Greg Olsen 53.16
May 24-26	NAIA Nationals	None

TEAM SCORES

Salzman Relays (Mar. 10 at PLU; co-ed) - Pacific Lutheran 450, Seattle Pacific 218, Puget Sound 206, Central Washington 173, Western Washington 144, Whitman 51. Men - Pacific Lutheran 276, Puget Sound 115, Central Washington 115, Western Washington 105, Seattle Pacific 68, Whitman 43.

UPS Triangular (Mar. 31 at Tacoma) - Pacific Lutheran 95, Puget Sound 60, CWU 45.

DISTRICT 1 (May 11-12 at Bellingham)

Team scores - Pacific Lutheran 218, Western Washington 200, Central Washington 178, Simon Fraser 140, Puget Sound 101, Whitworth 20, Whitman 20.

CWU placers: Marathon - 8. Dallas Trole 3:19:41; Discus - 1. Dave Phillips 149-3, 4. Ron Olson 138-3; Long Jump - 1. Ron Olson 23-1 1/4, 8. Mario Andaya 20-7; Steeplechase - 7. David Miskimens 10:33.9; 4x100 - 1. Mitchell, Thompson, Meyer, Baker 41.8; Javelin - 4. Paul Pederson 187-3, 6. Ron Olson 182-7, 7. Steve Scherffius 178-9; Pole Vault - 3. Richard Maib 13-5 1/4; 110 HH - 2. Keith Baker 14.73, 3. Greg Olsen 15.02; 400 - 1. Brian Meyer 48.79, 6. Shawn Van DeMark 51.1; 100 - 1. James Mitchell 10.5, 4. Kenny Thompson 10.9, 5. Keith Baker 11.0; High Jump - 1. Kenny Thompson 6-10 1/2, 2. Ron Olson 6-10 1/2; 800 - 7. Tim Conner 1:57.7; Triple Jump -

2. Ron Olson 45-8 1/4, 8. Mario Andaya 40-2 3/4; Shot Put - 4. Dave Phillips 46-8; 400 Hurdles - 1. Greg Olsen 53.16, 8. Ivan Isaacson 57.16; 200 - 2. James Mitchell 22.18, 4. Brian Meyer 22.69, 6. Keith Baker 22.74; 4x400 - 2. Meyer, Van DeMark, Ward, Mitchell 3:18.98; Decathlon - 2. Ron Olson 6636.

NAIA NATIONALS (May 24-26 at Stephenville, Tex.)

Team scores - 18. Central Washington 17.

Thursday's results: 100 - James Mitchell 10.74 (4th in heat). Javelin - Ron Olson 174-2 (dnp). 110 High Hurdles - Keith Baker 14.76 (4th in heat, advances). 400 - Brian Meyer 49.43 (4th in heat). 4x100 Relay - James Mitchell, Kenny Thompson, Brian Meyer, Keith Baker 42.41 (5th in heat, advances). 400 Intermediate Hurdles - Greg Olsen 53.50 (2nd in heat, advances).

Friday's results: Shot Put - 11. Dave Phillips 50-10 1/4. 400 Hurdles - Greg Olsen 53.35 (4th in heat, advances). 110 High Hurdles - 6. Keith Baker 15.05 (4th in semifinals, 14.67). 4x100 Relay - Mitchell, Thompson, Meyer, Baker 42.05 (7th in heat).

Saturday's results: High Jump - 5. Kenny Thompson 6-11, 9. Ron Olson 6-8 3/4. 400 Hurdles - 5. Greg Olsen 52.95. Discus - 3. Dave Phillips 161-5.

BEST MARKS

Running Events: 100 - James Mitchell 10.5 (5-12) & 10.74 (5-24); 200 - James Mitchell 22.18 (5-12); 400 - Brian Meyer 48.63 (5-5); 800 - Tim Conner 1:54.3 (5-11); 1500 - Tim Conner 4:03.75 (5-5); 3000 - Dave Forythe 9:09.6 (3-3); 3000 Meter Steeplechase - Dave Miskimens 10:16.5; 5000 - Brad Hooper 15:44.1 (4-7); 10,000 - Dan Sutich 32:50.6 (4-7); 5,000 Meter Race-Walk - Scott MacDonald 33:17.0 (4-28); Marathon - Dallas Trole 3:19:41.

Hurdles: 110 Highs - Keith Baker 14.4 (4-28); 400 Intermediates - Greg Olsen 52.63 (5-5).

Relays: 4x100 Relay - Mitchell, Thompson, Meyer, Baker 41.88 (5-5); 4x400 Relay - Mitchell, Olsen, Van DeMark, Meyer 3:17.62 (5-5).

Jumping Events: High Jump - Kenny Thompson 6-11 (5-26); Pole Vault - Richard Maib 13-5 1/4 (5-12); Long Jump - Ron Olson 23-1 1/4 (5-11); Triple Jump - Ron Olson 48-3 1/4 (4-28).

Weight Events: Shot Put - Dave Phillips 51-10 1/2 (4-7); Javelin - Ron Olson 192-8 (5-5); Discus - Dave Phillips 167-0 (4-28); Hammer - Dave Phillips 142-0 (5-5); Decathlon - Ron Olson 6636 (April 8-9)

AWARD WINNERS

Captain	Dave Phillips, Ron Olson
Inspirational	Ron Olson
MVP	Ron Olson

Letter winners - Steve Scherffius (3), Dan Sutich (3), Mark Ward (3), Keith Baker (2), Ivan Isaacson (2), Mike Kunst (2), James Mitchell (2), Greg Olsen (2), Ron Olson (2), Paul Pedersen (2), Dave Phillips (2), Brad Hooper, Mario Andaya, Tim Conner, Richard Maib, Brian Meyer, Dave Miskimens, Kenny Thompson, Shawn Van DeMark, Dan Baxter, Tim Clarke, Jason Krilich, Bryan Gormley.

1990 Women's Track Review

DATE	MEET	CWU Winners
Mar. 3	UW Invitationa;	None
Mar. 10	Salzman Relays	None
Mar. 17	Husky Track Classic	None
Mar. 31	UPS Triangular	None
Apr. 7	WWU Invitational	None
Apr. 14	UW Invitational	None
Apr. 21	UPS Shotwell	400 - Tami Esposito 1:01.7; 100 - Mikki Bergman 12.2; 800 - Kelli Lambert 2:18.2; 200 - Mikki Bergman 26.2; 4x100 - Bergman, Kjolso, Thorstad, Wade 50.3; 4x400 - Berg, Brunaugh, Esposito, Lambert 4:08.8
Apr. 28	CWU Invitational	400 - Kelli Lambert 59.9; 100 - Mikki Bergman 12.5; 200 - Kelli Lambert 26.6
May 5	Tartan Cup	5000 - LeAnne Trople 19:46.85; 800 - Kelli Lambert 2:16.1; 4x400 - Berg, Brunaugh, Trople, Lambert 4:07.34; 4x100 Field Eventers - Central 54.5
May 11-12	NAIA District 1	None
May 24-26	NAIA Nationals	None

TEAM SCORES

Salzman Relays (Mar. 10 at PLU; co-ed) - Pacific Lutheran 450, Seattle Pacific 218, Puget Sound 206, Central Washington 173, Western Washington 144, Whitman 51. Women - Pacific Lutheran 174, Seattle Pacific 150, Puget Sound 91, Central Washington 58, Western Washington 39, Whitman 8.

UPS Triangular (March 31 at Tacoma) - Pacific Lutheran 101, Puget Sound 55, Central Washington 22.

DISTRICT 1 (May 11-12 at Bellingham)

Team Scores - Simon Fraser 285, Pacific Lutheran 221, Puget Sound 103, Western Washington 82, Central Washington 71, Whitworth 18, Whitman 8.

CWU placers: Heptathlon - 5. Kris Kjolso 3988; Sprint Medley - 3. Bergman, Wade, Kjolso, Lambert 1:48.8; Triple Jump - 5. Lisa Ostrander 32-9 1/4, 8. Tracy Trople 30-7 1/2; Shot Put - 6. Sandy Draper 38-10 1/2; 4x100 - 3. Bergman, Thorstad, Kjolso, Wade 50.2; 100 Hurdles - 4. Katrina Reeves 15.95, 7. Kris Kjolso 16.60, 8. Shelly Thorstad 16.92; 400 - 5. Tami Esposito 1:01.59, 7. Julie Brunaugh 1:04.04; 100 - 5. Mikki Bergman 12.86; 800 - 2. Kelli Lambert 2:15.0; Javelin - 6. Kris Kjolso 117-7, 8. Tracy Veness 107-6; 400 Hurdles - 6. Sinikka Berg 1:10.97, 7. Katrina Reeves 1:11.57; 200 - 5. Mikki Bergman 26.81, 7. Heather Wade 27.11; 4x400 - 3. Berg, Brunaugh, Esposito, Lambert 4:06.18.

NAIA NATIONALS (May 24-26 at Stephenville, Tex.)

Team Scores - CWU did not score.

Thursday's results: Heptathlon - Kris Kjolso (100 hurdles, 16.39, 667; Shot Put, 32-9 1/4, 529; High jump, no height, 0; 200, 27.05, 708). 800 - Kelli Lambert 2:19.16 (3rd in heat, advances).

Friday's results: Heptathlon - 14. Kris Kjolso 3029 (Long Jump, 16-6; Javelin, 112-6; 800, did not compete). 800 - Kelli Lambert 2:17.66 (5th in heat).

BEST MARKS

Running Events: 100 - Mikki Bergman 12.2 (4-21); 200 - Mikki Bergman 26.2 (4-21); 400 - Kelli Lambert 59.9 (4-287); 800 - Kelli Lambert 2:15.0 (5-12); 1500 - LeAnne Trople 5:04.7 (4-7); 3000 - LeAnne Trople 11:29.2 (4-28); 5000 - LeAnne Trople 19:46.85 (5-5); 10,000 - No performances; Marathon - No performances.

Hurdles: 100 Hurdles - Kris Kjolso 15.5 (4-28); 400 Hurdles - Sinikka Berg 1:08.85 (5-5).

Relays: 4x100 - Bergman, Thorstad, Kjolso, Wade 50.2 (5-12); 4x400 - Berg, Brunaugh, Esposito, Lambert 4:06.18 (5-12); Sprint Medley - Bergman, Wade, Kjolso, Lambert 1:48.8 (5-11).

Jumping Events: High Jump - Lisa Ostrander 4-8 (3-31); Long Jump - Kris Kjolso 16-7 1/2 (4-28); Triple Jump - Lisa Ostrander 34-10 1/2 (3-31).

Weight Events: Shot Put - Sandy Draper 38-10 1/2 (5-12); Discus - Laurie Records 127-0 (4-28); Javelin - Kris Kjolso 119-3 (3-3). Heptathlon - Kris Kjolso 3988 (Apr. 8-9)

AWARD WINNERS

Captain	LeAnne Trople and Heather Wade
Inspirational	Kelli Lambert
MVP	Kelli Lambert

Letter winners - Sandi Riley (3), Sandy Draper (3), Mikki Bergman (2), Kris Kjolso (2), Laurie Records (2), LeAnne Trople (2), Heather Wade (2), Sinikka Berg, Julie Brunaugh, Tami Esposito, Kelli Lambert, Lisa Ostrander, Katrina Reeves, Shelly Thorstad, Tracy Trople, Tracy Veness, Erika Gustafson.

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)
Javelin (1986 spec.)	192-8	Ron Olson (1990)
Discus	180-8	Mitch Ringe (1975)
Shot Put	58-2	Bill Harsh (1973)
Hammer	187-10	Jon Torrence (1987)
Decathlon	6636	Ron Olson (1990)
Pole Vault	15-6	John Winters (1978)
High Jump	6-11	Kenny Thompson (1990)
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. James Mitchell (1990)	10.5
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. Brian Meyer (1990)	48.63
6. Bob Knies (1972)	48.6
Paul Wallace (1968)	48.6
Steve Shireman (1968)	48.6
9. Dave Swisher (1971)	48.7
10. 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. Keith Baker (1990)	14.4
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. Greg Olsen (1990)	52.63
3. Mike Behrbaum (1972)	52.5
4. John McKibbin (1969)	52.7
5. Charles Chandler (1986)	53.73
6. Len Lloyd (1965-1966)	53.7
7. Reed Caudle (1976)	54.2
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. 1990	41.88
10. 1969	41.7

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. 1990	3:17.62
9. 1964	3:18.9
1989	3:19.14

High Jump		3. Chris Burch (1985)	6339	1979 John Willis	11.1
1. Kenny Thompson (1990)	6-11	4. Gary Zaslomovich (1975)	6071	1981 George Steele	11.0
Ron Olson (1990)	6-10 1/2	5. Jimmie Dillingham (1986)	5768	1990 James Mitchell	10.5
3. Eric Schultz (1978)	6-10	6. Ken Cadieux (1984)	5659		
4. Dave Hegland (1975)	6-9 1/4	7. Tim Clarke (1975)	5526	100 Yards	
5. Dan Smith (1981)	6-9			1953 Ray Adams	10.3
6. Alan Taylor (1980)	6-8	Shot Put		1963 Glen Walker	9.9
Mike Boland (1977)	6-8	1. Bill Harsh (1973)	58-2	1964 Glen Walker	9.9
Scott Frick (1987)	6-8	2. Bob Santo (1968)	55-0	1965 Jim Kjolso	9.6
9. Rick Conroy (1969)	6-6 1/2	3. Mike Williams (1971)	53-7 1/2	1966 Jim Kjolso	9.7
10. Ron Smithwick (1968)	6-6	4. Bill Walker (1988)	53-0 1/4	1971 Steve Slavens	9.8
Ken Chelin (1967)	6-6	5. Clay Baskett (1965)	52-6 1/2	1974 Pat Fitterer	10.1
Ed Davis (1970)	6-6	6. Dick Nunez (1977)	52-6	1975 Pat Fitterer	9.6
Gregg Arlt (1979)	6-6	7. John Kinnard (1971)	52-2 1/2		
Jack McMaster (1980)	6-6	8. Mike Daniels (1976)	52-1 1/2	200 Meters	
		9. Dave Phillips (1990)	51-10 1/2	1968 Joe Evans	21.6
		10. Kay Lybbert (1962)	51-8 3/4	1979 John Willis	22.5
Long Jump					
1. Dave Walker (1970)	25-1 3/4	Discus		220 Yards	
2. Ray Colombo (1971)	24-0	1. Mitch Ringe (1975)	180-8	1963 Tom Buckner	21.8
3. Marty Rose (1970)	23-11 1/2	2. Bill Harsh (1973)	176-0	1964 Tom Buckner	22.1
4. Dick Knight (1962)	23-7	3. Mike Daniels (1977)	172-11	1965 Jim Kjolso	21.4
5. Mike Behrbaum (1971)	23-5 1/2	4. Jon Torrence (1987)	172-2	1966 Jim Kjolso	21.8
6. Tim Guglomo (1972)	23-3 1/2	5. Mike Williams (1971)	168-7	1967 Dennis Esser	21.7
7. Jeff Hocker (1977)	23-2	6. Dave Phillips (1990)	167-0	1972 Steve Slavens	21.1
8. Jim Kjolso (1965)	23-1 1/2	7. Ray Kinnaman (1961)	164-0		
Darrell Charles (1980)	23-1 1/2	8. Dan Smith (1971)	161-8	400 Meters	
10. Ron Olson (1990)	23-1 1/4	9. Larry Warwick (1966)	161-4	1968 Jim Hay	48.1
		10. Bill Jurgens (1953)	161-2	1979 Tim Hart	48.5
Triple Jump				1980 Tim Hart	48.2
1. Wayne Sweet (1982)*	w49-7	Hammer		1990 Brian Meyer	48.79
2. Darrell Charles (1980)	49-5	1. Jon Torrence (1987)	187-10		
3. Brian McElroy (1988)*	w48-10 3/4	2. Scott Bickar (1989)	176-11	440 Yards	
4. Bill Lampe (1976)	48-10 1/4	3. Henry Midles (1978)	166-1	1962 Jim Mecklenburg	50.8
5. Ron Olson (1990)	48-3 1/4	4. Bill Harsh (1973)	163-1	1963 Tony Clark	49.5
6. Jeff Frederick (1978)	48-2	5. John Gruver (1975)	156-10	1967 Jim Hay	47.3
Dave Walker (1970)	48-2	6. Dave Barta (1984)	156-7	1974 Jim Noren	49.3
8. Pierre Crockrell (1984)	47-9 1/2	7. Rick Wells (1975)	149-4		
9. Craig Jones (1974)*	47-5 1/2w	John Pietz (1989)	149-4	800 Meters	
10. Jimmie Dillingham (1987)	47-5	9. Scott Londino (1984)	146-2	1968 Bart Barto	1:50.9
*Best legal jumps - Sweet	48-5 1/2,	10. Scott Drummond (1979)	144-3		
McElroy 46-11, Jones 46-2 1/2.					
Pole Vault		Javelin		880 Yards	
1. John Winters (1978)	15-6	1. Dick Bedlington (1970)	241-11	1958 Mike Higgins	1:59.0
2. Ray Payne (1972)	15-0	2. Fred Andrew (1968)	241-5	1962 Dave Brown	1:57.8
3. Dick Clintworth (1967)	14-10 3/4	3. Dave Andrews (1977)	233-10	1963 Mike Veak	1:54.6
4. Gene Triplett (1965)	14-8	4. Lars Lahdenpers (1966)	227-0	1965 Jim Boora	1:54.0
5. Jack Curtright (1963)	14-7 1/2	5. Wayne Worby (1968)	226-9	1966 Jim Boora	1:52.2
6. Mike Boland (1977)	14-6	6. John Karas (1964)	225-4	1967 Jim Boora	1:51.2
Les Harmon (1968)	14-6	7. Mike Hamilton (1976)	217-1	1971 Steve Keller	1:59.2
Dave Morris (1971)	14-6	8. Gary Correll (1958)	216-11	1972 Bob Bullis	1:56.8
Ken Jannison (1971)	14-6	9. Jim Hunter (1970)	214-10		
Tom Dixon (1987)	14-6	10. Greg O'Meara (1970)	214-1		
William Mauntel (1989)	14-6			1500 Meters	
Decathlon		CMU DISTRICT CHAMPIONS		1982 Rob Schippers	3:54.0
1. Ron Olson (1990)	6636	100 Meters		1983 Rob Schippers	3:50.34
2. Greg Emry (1971)	6569	1968 John Beard	10.7	1987 Mike Pace	3:51.64
				1988 Mike Pace	3:49.80

Mile		440 Yard Intermediate Hurdles		Triple Jump				
1966	Connie Englund	4:15.8	1963	Len Lloyd	55.1	1971	Tim Guglomo	44-7 1/2
1967	Connie Englund	4:14.6	1964	Len Lloyd	54.4	1976	Bill Lampe	48-4 3/4
1972	Paul Slichter	4:25.0	1966	Len Lloyd	54.2	1981	Darrell Charles	46-2 1/2
			1967	Bob Metzger	55.7	1982	Wayne Sweet	48-5 1/2
			1972	Mike Behrbaum	53.4	1987	Jimmie Dillingham	47-5
			1974	Wayne Tegan	53.5	1989	Ron Olson	46-6 3/4
			1975	Tom Clark	55.3			
Two Miles			400 Meter Relay			Discus		
1958	Larry Hitchen	10:16.6	1981	Central	44.1	1953	Bill Jurgens	140-8
			1989	Central	42.14	1971	Mike Williams	165-10
			1990	Central	41.8	1972	Bill Harsh	162-10
						1976	Mitch Ringe	160-2
			440 Yard Relay			1977	Mike Daniels	165-11
			1965	Central	41.8	1978	Mitch Ringe	165-7
			1966	Central	42.3	1982	Jon Torrence	165-6
			1967	Central	41.6	1984	Rick McElwee	153-3
			1968	Central	41.9	1985	Tracy Goff	153-8
			1971	Central	43.4	1986	Jon Torrence	163-1
			1972	Central	41.2	1987	Jon Torrence	164-11
			1974	Central	42.4	1989	Dave Phillips	144-6
						1990	Dave Phillips	149-3
3000 Meters			Mile Relay			Javelin		
1977	Toby Suhm	15:13.5	1963	Central	3:17.9	1955	Gary Correll	179-3
1979	Toby Suhm	15:21.4	1964	Central	3:21.9	1962	John Karas	199-6
1980	Phil Phimister	14:52.4	1965	Central	3:18.1	1963	John Karas	206-3
1981	John Freeburg	15:08.5	1966	Central	3:18.8	1965	Kugle Louis	209-0
1982	Ted Mittelstaedt	14:41.6	1967	Central	3:13.9	1968	Fred Andrew	225-9
1983	Dale King	14:42.8	1968	Central	3:15.8	1971	Dick Bedlington	238-3
1984	Paul Harshman	14:42.10	1974	Central	3:22.1	1977	Dave Andrews	208-11
1987	Dale King	15:19.84				1979	Mike Slegwarth	190-5
						1988	Chris Cooley	186-2
Three Miles			High Jump			Shot Put		
1967	Mike Henry	14:07.4	1974	Dave Heglund	6-4	1953	Bill Jurgens	49-2 1/8
			1975	Dave Heglund	6-9 1/4	1954	Bill Jurgens	50-3 7/8
			1978	Eric Schultz	6-6 1/4	1960	Kay Lybbert	51-4
			1981	Dan Smith	6-8	1962	Kay Lybbert	50-3 3/4
			1983	Dan Smith	6-8	1967	Bob Santo	52-6
			1990	Kenny Thompson	6-10 1/2	1968	Bob Santo	52-10 1/2
						1971	John Kinnard	48-5
			Long Jump			1972	Bill Harsh	52-1 1/2
			1962	Dave Olson	22-10	1974	Mike Daniels	48-2
			1964	Jay Lane	22-8 1/4	1975	Mike Daniels	48-7 1/4
			1971	Ray Colombo	23-0	1987	Bill Walker	52-1 1/4
			1981	Darrell Charles	22-9 3/4	1989	Bill Walker	51-10
			1989	Ron Olson	22-10 3/4			
			1990	Ron Olson	23-1 1/4			
						Hammer		
Marathon			Pole Vault			1971	Brian Midles	137-5
1980	John Freeburg	2:24:33	1954	Bill Jenne	12-6 1/2	1987	Jon Torrence	178-6
			1962	Pat Katzer	13-6	1989	Scott Bickar	173-10
			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			
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						
1990	Greg Olsen	53.16						

DISTRICT RECORDS

100	10.5	James Mitchell, Central Washington (1990)
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 Race-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 High Hurdles	14.2	Roger Meuter, Whitworth (1968)
400 Intermediates	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 1/2	Kenny Thompson, CWU (1990); Ron Olson, CWU (1990)
Long Jump	25-1 1/4	Vic White, Eastern Washington (1979)
Triple Jump	52-1/4	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	Year	Athlete	Time	Place	Event
1953	Jack Brenner	196-6 1/4	3rd	Javelin	1982	Wayne Sweet	47-10	5th	Triple Jump
1953	Bill Jurgens	47-3/4	2nd	Shot Put	1983	Rob Schippers	3:46.59	2nd	1500
1954	Bill Jurgens	48-9 7/8	3rd	Shot Put	1983	Dale King	14:25.59	5th	5000
1960	Denny Driskell		3rd	400 Hurdles	1983	Wayne Sweet	47-5 3/4	6th	Triple Jump
1962	Jack Curtright	13-6	3rd	Pole Vault	1984	Paul Harshman	30:07.0	3rd	10,000
1963	Jack Curtright	14-7 1/2	2nd	Pole Vault	1986	Jon Torrence	163-4	6th	Discus
1964	Jack Curtright	14-6	2nd	Pole Vault	1986	Ken Rossetto	1:52.61	5th	1500
1966	Lars Lehdenper	227-0	3rd	Javelin	1987	Jon Torrence	187-7	1st	Hammer
1966	Jim Boora	1:51.5	2nd	880	1987	Neil Sturgeon	No Time	5th	10,000
1967	Jim Boora	1:51.0	2nd	400	1987	Mike Pace	3:44.46	4th	1500
1967	Mark Henry	14:07.7	3rd	Three Miles	1988	Mike Pace	3:50.13	2nd	1500
1967	CWU	3:13.1	3rd	Mile Relay	1988	David Cummings	43:24.4	2nd	Race-Walk
	Bart Barto, Jim Hay, Paul Wallace, Jim Brunaugh				1988	Bill Walker	53-0 1/4	6th	Shot Put
1968	Sam Ring	9:54.0	3rd	Steeplechase	1988	Brian McElroy	48-10 3/4	6th	Triple Jump
1968	John Kirry		2nd	400 Hurdles	1988	Dominic Urbano	47:42.1	7th	Race-Walk
1969	Dick Bedlington	218-6	2nd	Javelin	1989	Scott Bickar	172-5	4th	Hammer
1969	Terry Kelley	9:41.0	3rd	Steeplechase	1989	Bill Walker	52-1 3/4	6th	Shot Put
1973	Bill Harsh	174-11	2nd	Discus	1989	Ron Olson	6-10 1/4	7th	High Jump
1978	Mark Brown	14:24.75	2nd	5000	1990	Kenny Thompson	6-11	5th	High Jump
1979	Mark Brown	14:57.1	2nd	5000	1990	Greg Olsen	52.95	5th	400 Hurdles
1980	Tim Hart	47.34	6th	400	1990	Dave Phillips	161-5	3rd	Discus
1982	Rob Schippers	3:47.18	2nd	1500	1990	Keith Baker	15.05	6th	110 Highs

NATIONAL PLACEWINNERS

Year	Athlete	Time	Place	Event	Year	Athlete	Time	Place	Event
1953	Bill Jurgens	146-1 1/4	4th	Discus	1969	Sam Ring		6th	Steeplechase
1954	Bill Jenne	12-9	6th	Pole Vault	1969	David Walker	24-2	6th	Long Jump
1955	Don Pierce	9.6	4th	100	1969	CWU	42.1	6th	440 Relay
1955	Gary Correll	189-3	5th	Javelin		Loe Evans, Larry Volland, Tom Lines, Marty Rose			
1958	Mike Higgins	1:54.1	4th	880	1970	Dick Bedlington	222-8	4th	Javelin
1962	John Karas	198-2	6th	Javelin	1970	Dave Walker		6th	Long Jump
1965	Jim Boora	1:52.8	4th	880	1970	Dale Shea		6th	Steeplechase
1965	Jim Kjolso	21.6	5th	220	1970	CWU	41.2	5th	440 Relay
1965	Jim Kjolso	9.8	6th	100		Dave Walker, Tom Lines, Steve Slavens, Volland			
1966	Gene Triplett	14-6	4th	Pole Vault	1970	CWU	3:13.8	5th	Mile Relay
1966	CWU	41.4	6th	440 Relay		Dave Walker, Dave Swisher, Ray Nail, Tom Lines			
	Bob McCarthy, Fred Bieber, Dennis Esser, Kjoslo				1971	Mike Williams	158-10	5th	Discus
1966	CWU	3:16.6	6th	Mile Relay	1972	CWU	41.1	4th	400 Relay
	Fred Bieber, Jim Brunaugh, Jim Boora, Jim Kjolso					Mike Berhbaum, Walker, Steve Slavens, Bob Knies			
1967	Mark Henry	9:22.1	4th	Steeplechase	1972	Bill Harsh	54-11	6th	Shot Put
1967	Bob Santo	53-1	5th	Shot Put	1973	Bill Harsh	156-0	4th	Hammer
1967	Fred Andrew	217-3	6th	Javelin	1973	Bill Harsh		6th	Shot Put
1968	Fred Andrew	NA	4th	Javelin	1975	Dave Hegland	6-9	5th(T)	High Jump
1968	Bob Santo	NA	4th	Shot Put	1976	Jim Hennessy	14:25.8	5th	5000
1968	Jim Boora	NA	5th	800	1976	Henry Midles		6th	Hammer
1968	Bart Barto	NA	6th	800	1977	Mike Daniels	168-2	5th	Discus
1968	CWU	3:14.3	5th	Mile Relay	1977	Lou Boudreaux	8:55.91	5th	Steeplechase
	Steve Shireman, Paul Wallace, Bart Barto, Jim Hay								

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	Sherrí Calkins, Cheryl Carpenter, Kiity 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 Klehn (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	55.27	Sharon Wilson, Pacific Lutheran (1990)
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	36:04.0	Heather Lucas, Pacific Lutheran (1990)
Marathon	2:47:31	Wanda Howlett, Puget Sound (1990)
100 Hurdles	14.4	Kari Jacobson, Whitworth (1988)
400 Hurdles	1:00.8	Janell Massey, Western Washington (1986)
4x100 Relay	47.1	Simon Fraser (Parrish, Jolly, Matheson, Leclair, 1990)
4x400 Relay	3:48.86	Simon Fraser (Kripps, O'Gorman, Matheson, Leclair, 1990)
4x800 Relay	9:13.0	Simon Fraser (Street, Evanow, Tomlinson, Grant, 1984)
800 Medley	1:44.2	Simon Fraser (Parrish, Jolly, Matheson, Leclair, 1990)
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	5,183	Kim Vanderhoek, Simon Fraser (1990)
High Jump	5-9	Holly Wilson, Pacific Lutheran (1984)
Long Jump	18-10 1/4	Lana Jolly, Simon Fraser (1990)
Triple Jump	37-8 3/4	Diana Tavener, Pacific Lutheran (1990)

REGIONAL/DISTRICT CHAMPIONS

100 Yards		Marathon		Standing Long Jump	
1975 Pam Riggs	11.0	1988 Mary Veneziani	3:29:40	1967 Maria Floyd	8-2
1976 Pam Riggs	11.0				
				Shot Put	
200 Meters		80 Meter Hurdles		1967 Diane Walters	35-5
1977 Pam Riggs	24.9	1967 Judy Dickenson	14.2*	1984 Lona Joslin	41-4
				Javelin	
220 Yards		100 Meter Hurdles		1981 Lorna Beaver	134-2
1975 Pam Riggs	25.1	1984 Lona Joslin	16.27	1982 Lorna Beaver	144-4
1976 Pam Riggs	24.5				
880 Yards		440 Yard Relay		Discus	
1971 Carol Kruckenberg	2:18.8	1967 Central	52.4	1980 Cindy Pottle	149-0
		1970 Central	51.7		
Mile				Heptathlon	
1971 Carol Kruckenberg	5:14.7			1978 Karen Schillinger	3470
		Long Jump		1983 Lona Joslin	4344
10,000 Meters		1967 Loretta Miles	16-4	1984 Lona Joslin	4647
1983 Carol Christensen	39:16.4	1970 Alma Gapsch	16-8		
1984 Carol Christensen	38:23.0				

ALL-AMERICANS & NATIONAL PLACEWINNERS

Year	Athlete	Time	Place	Event	Year	Athlete	Time	Place	Event
1971	Carol Kruckenberg	2:19.0	3rd	880	1981	Laura Myers	10:01.42	3rd	3000
1971	Carol Kruckenberg	5:12.5	1st	Mile	1982	Lorna Beaver	157-7	3rd	Javelin
1973	Carrie Burrell	142-2	4th	Javelin	1983	Lorna Martinson	151-10	3rd	Javelin
1974	Mary Petrie	135-10.5	5th	Discus	1983	Kelly Keene	5-5 3/4	5th	High Jump
1975	Pam Riggs	11.20	2nd	100 Yards	1987	Kim Burke	17:27.9	6th	5000
1975	Pam Riggs	25.07	4th	220	1989	Kris Kjolso	4249	8th	Heptathlon
1977	Cindy Pottle	158-10.5	4th	Discus	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.

WOMEN'S RETURNING LETTER WINNERS & COACHING STAFF



MIKKI BERGMAN
100, 200



DEANNE CRAYNE
Hurdles



SANDY DRAPER
Shot, Discus



MOLLY HATFIELD
1500, 3000



KRISTI KOESTER
Hurdles



KRIS KJOLSO
Heptathlon



BECKY MIDLES
100, 200



LAURA RECORDS
Shot, Discus



SANDI RILEY
Hurdles



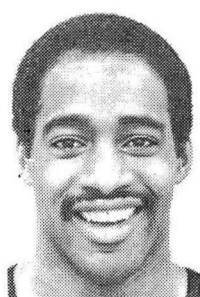
LEANNE TROPLE
800, 1500



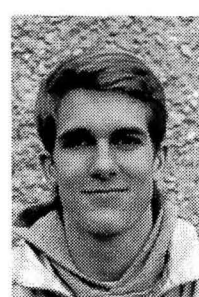
HEATHER WADE
100, 200



DIONNE WIMMER
400, 800, 1500



CHARLES CHANDLER
Head Coach



BUCK JONES
Assistant

ABOUT THE UNIVERSITY



DON GARRITY
University President

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 experi-

ences. 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 studies 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.

Ellensburg is a small quite farming and ranching community which likes have a state university in its center.

QUALIFYING STANDARDS

NATIONAL QUALIFYING

EVENT	Men	Women
100	10.5	12.0
200	21.4	24.7
400	47.7	56.6
800	1:52.0	2:15.0
1,500	3:52.0	4:40.9
Steeplechase/3,000	9:15.0	10:15.0
5,000	14:40.0	17:48.0
10,000	30:50.0	37:55.0
Marathon	2:40.0	3:36.0
10,000 Walk	51:30.0	
110/100 Hurdles	14.4	14.5
400 Hurdles	53.0	63.2
4x100 Relay	41.6	48.6
4x400 Relay	3:15.0	3:54.5
800 Medley Relay		1:47.8
Shot Put	52-2	43-3
Discus	158-0	140-0
Javelin	197-0	138-0
Hammer	170-0	
Pole Vault	15-5	
High Jump	6-10 1/2	5-6 1/2
Long Jump	23-11 1/2	18-6
Triple Jump	48-7 1/4	36-11

DISTRICT QUALIFYING

EVENT	Men	Women
100	11.1	13.0
200	22.7	26.8
400	51.0	61.5
800	1:57.5	2:22.0
1,500	4:01.0	4:50.0
Steeplechase/3,000	9:55.0	10:45.0
5,000	15:30.0	19:00.0
10,000	33:00.0	43:30.0
110/100 Hurdles	15.8	17.5
400 Hurdles	58.0	70.0
Shot Put	42-7 3/4	36-1
Discus	131-3	111-6
Javelin	170-7	118-1
Hammer	137-9	
Pole Vault	12-5 3/4	
High Jump	6-2 3/4	4-11
Long Jump	20-8	15-6 3/4
Triple Jump	42-7 3/4	32-9 1/2

Note: Above times are hand held. Add .24 seconds for times electronically recorded.