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Central Washington University Men's Track and Field/Cross-Country Running Records

Central Washington University Athletics

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MEN'S TRACK & FIELD/CROSS COUNTRY RECORDS

Track and Field District/Region and National Finishes

Year	District	Nationals
1953	3rd, 23 1/2	NA, 18
1954	5th, 18	NA, 7
1955		NA, 5
1956		DNS
1957		DNS
1958		NA, 4
1959	6th, 5	NA, 5
1960	None	NA, 6
1961	2nd, 25	DNS
1962	None	NA, 7
1963	1st, 63 1/2	23rd, 8
1964	1st, 73	24th, 8
1965	1st, 65	31st, 7
1966	1st, 56	5th, 20
1967	1st, 86	7th, 27
1968	1st, 77	9th, 27
1969	No meet	8th, 17
1970	No meet	13th, 12
1971	1st, 84	NA, 2
1972	1st, 230	40th, 5
1973	No meet	NA, 13
1974	1st, 257	DNS
1975	2nd, 183	NA, 1 1/2
1976	5th, 57	NA, 3
1977	2nd, 106 2/3	NA, 4
1978	3rd, 104	NA, 8
1979	2nd, 138	NA, 1
1980	2nd, 144	51st, 1
1981	2nd, 194	DNS
1982	2nd, 162	20th, 10
1983	3rd, 111	22nd, 11
1984	4th, 69	34th, 6
1985	4th, 96 1/2	DNS
1986	3rd, 146	42nd, 3
1987	1st, 204	11th, 19
1988	1st, 215	8th, 24
1989	2nd, 194	23rd, 10
1990	3rd, 178	18th, 17
1991	2nd, 214	17th, 15
1992	3rd, 183	17th, 15
1993	2nd, 180	34th, 5
1994	2nd, 161 1/2	43rd, 3
	Regional	Nationals
1995	3rd, 112	51st, 2
1996	4th, 88	17th, 19

Head Coaches: B.A. Leonard (1923-25); Harold Quigley (1926-28); Sig Fogerty (1929); Roy Sandberg (1930); Leo Nicholson (1931-33, 35-37); No track (1934);

George Mabee (1938-41); Phil Sarboe (1942-43); No track (1944-45); Jerry Lillie (1946); L.G. Carmody (1947); Monte Reynolds (1948-57); Bink Beamer (1958-63); Art Hutton (1964-71); Tom Lionville (1972-74); Spike Arlt (1975-89); Doug Adkins (1990); Charles Chandler (1990-94), Kevin Adkisson (1995), John Picha (1996).

Cross Country District, Regional, Conference and National Finishes

Nationals

1970 6th, 282
1975 6th, 244
1976 10th, 377
1979 8th, 327
1980 5th, 247
1981 7th, 211
1982 11th, 360
1985 6th, 259
1986 12th, 385
1991 16th, 421

District

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
1989 6th, 142
1990 4th, 112
1991 2nd, 58

1992 5th, 128
1993 4th, 134

Regional

1994 5th, 138
1995 5th, 124

Conference

1967 1st, 31
1968 2nd, 54
1969 2nd, 42
1970 1st, 49
1971 1st, 54
1972 2nd, 73
1973 3rd, 70
1974 4th, 69
1975 1st, 24
1976 1st, 23
1994 5th, 110
1995 5th, 114

Head Coaches: Art Hutton (1963-70), Tom Lionville (1971-73), Spike Arlt (1974-88, 90-93), Gil Coleman (1989), Kevin Adkisson (1994-95) Note: Steve Gough (1974), Chris Baumgartner (1975) and Leon Leslie (1976) served as meet-day coaches while Arlt continued to also serve as assistant football coach. Baumgartner and Leslie were selected the District 1 Coach-of-the-Year. Arlt also won that award in 1979, 1985, 1986 and 1991. Conferences: Evergreen (1967-76), PNWAC (1994-95).

Hall-of-Fame: 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. Another former track standout in the Hall-of-Fame is Dick Bedlington, who was inducted in 1994. Bedlington still holds CWU's school record in the javelin.

16 CWU TRACK 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 - 14.26, Keith Baker (1991)
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.) - 197-8, Russ Capps (1993)
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 & 1992-indoor)
Long Jump - 25-1 3/4, Dave Walker (1970)
Triple Jump - 49-5, Darrell Charles (1970)

Tomlinson Stadium Records

100 - 10.3, Art Ballard, Central Washington (1993)
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)
3,000 Race-Walk - 16:34.2, Dominic Urbano, unattached (1994)
5,000 Race-Walk - 25:20.6, Gary Briggs, Pacific Lutheran (1994)
10,000 Race-Walk - 43:26.0, David Cummings, CWU (1988)
Steeplechase - 9:15.6, Buck Jones, unattached (1989)
110 High Hurdles - 14.53, Don Erickson, Puget Sound (1984)
400 Hurdles - 52.5, Goreal Hudson, Central Washington (1994)
4x100 Relay - 41.6, Pacific Lutheran (Toso, Lerum, Bray, Seydel, 1994)
4x400 Relay - 3:15.08, Simon Fraser (Clarke, Tyler, Devlin, Kaay; 1984)
Javelin - 245-4, Drew Stevick, Whitworth (1969)
Javelin (1986 spec.) - 208-8, Craig Stelling, PLU (1987)
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 - 6,743, Don Erickson, UPS (1984)

District 1 Records (1953-1994)

100 - 10.3, Art Ballard, Central Washington (1993)
200 - 21.64, James Mitchell, CWU (1991); Marc Hill, Western Washington (1994)
400 - 47.58, Marc Hill, Western Washington (1994)
800 - 1:49.11, Dan Bertoia, Simon Fraser (1991)
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 (1988)
5,000 Race-Walk - 24:28.75, Jason Glover, Pacific Lutheran (1994)
10,000 Race-Walk - 44:03.8, David Cummings, CWU (1983)
Steeplechase - 9:06.4, Marty Clapp, Seattle Pacific (1983)
Marathon - 2:22.30, Bruce Manclark, Western Washington (1978)

110 High Hurdles - 14.31, Nolan Toso, Pacific Lutheran (1994)
400 Intermediates - 52.96, Eric Benner, Pacific Lutheran (1988)
4x100 Relay - 41.81, Whitworth (Scott Miller, Don Latimer, Tommy Stewart, Tim Wright, 1983)
4x400 Relay - 3:15.08, Simon Fraser (Paul Clarke, Kevin Tyler, Andrew Devlin, John Kaay, 1984); Central Washington (Goreal Hudson, Chad Klassen, Loren Myers, Jay Spears, 1994)
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)
Javelin (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 1967). 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).

Regional Meet Records (1995-96)

100 - 10.82, Chirs Courtney, Central Washington (1996 prelims)
200 - 21.80, Chris Courtney, Central Washington (1996)
400 - 48.02, Ryan Chaney, George Fox (1995)
800 - 1:52.92, Sasha Smiljanic, Simon Fraser (1995)
1500 - 3:51.17, Chris Myhr, Simon Fraser (1995)
5000 - 14:39.17, Eric Tollefson, Central Washington (1996)
10,000 - 31:26.09, Eric Tollefson, Central Washington (1995)
Steeplechase - 9:02.23, Eric Tollefson, Central Washington (1996)
5000 Race-Walk - 23:28.88, Jason Glover, Pacific Lutheran (1995)
110 Hurdles - 14.66, Nolan Toso, Pacific Lutheran (1995 prelims)
400 Hurdles - 53.21, Rio Okamura, Western Oregon (1995)
4x100 Relay - 42.22, Western Oregon (Lee Evans, Scott Olds, Keoni McHone, Alper Kasapoglu)
4x400 Relay - 3:17.56, George Fox (Peter Carmack, Hank Schaffeld, Torrey Lindbo, Ryan Chaney)
Long Jump - 23-11, Alper Kasapoglu, Western Oregon (1996)
Triple Jump - 47-8 1/2, Aaron Young, George Fox (1995)
High Jump - 6-10 1/4, Justin Marion, Northwest Nazarene (1996)
Pole Vault - 15-7, Matt Frketich, Western Oregon (1995); John Smith, George Fox (1995); Neil Owen, Pacific Lutheran (1996)
Discus - 160-11, Jason Tootikian, Western Oregon (1996)
Shot Put - 52-11 1/2, Jason Tootikian, Western Oregon (1996)
Javelin - 199-5, Craig Gries, Western Oregon (1995)
Hammer - 181-0, Dan Nelson, Western Oregon (1996)
Decathlon - 6,458, B.J. Wilson, Central Washington (1995)

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CWU National Track and Field Place-Winners

Outdoor Track & Field 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	Danny 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	CWU	3:13.1	3rd	Mile Relay
	Bart Barto, Jim Hay, Paul Wallace, Jim Brunaugh			
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 3/4 (w)	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
1990	Kenny Thompson	6-11	5th	High Jump
1990	Greg Olsen	52.95	5th	400 Hurdles
1990	Dave Phillips	161-5	3rd	Discus
1990	Keith Baker	15.05	6th	110 Highs
1991	Keith Baker	14.55	4th	110 Highs
1991	Greg Olsen	53.24	5th	400 Hurdles
1991	Dave Phillips	156-4	5th	Discus
1991	David Cummings	49:45.75	7th	Race-Walk

1992 Keith Baker 14.50 2nd 110 Highs
 1992 James Mitchell 10.64 4th 100
 1992 CWU 3:14.37 7th 4x400 Relay
 James Mitchell, Goreal Hudson, D.J. Livingston, Brian Meyer
 1993 Art Ballard 10.75 7th 100
 1993 CWU 3:15.37 6th 4x400 Relay
 Chad Klassen, Jay Spears, D.J. Livingston, Brian Meyer
 1994 Cande Gonzalez 9:25.67 7th Steeplechase
 1994 CWU 3:13.50 8th 4x400 Relay
 Goreal Hudson, Chad Klassen, Loren Myers, Jay Spears
 1995 Rob Rising 23-7 1/2 8th Long Jump
 1995 Cande Gonzalez 9:21.98 8th Steeplechase
 1996 Chris Courtney 10.57 3rd 100

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1996 Eric Tollefson 14:30.15 3rd 5000
 1996 Joe Pearce 158-6 5th Discus
 1996 Tony Hoiby 157-6 6th Discus

Other Outdoor Track & Field Placers

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 Yards
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 Kjoslo	21.6	5th	220
1965	Jim Kjoslo	9.8	6th	100
1966	Gene Triplett	14-6	4th	Pole Vault
1966	CWU	41.4	6th	440 Relay
	Bob McCarthy, Fred Bieber, Dennis Esser, Jim Kjoslo			
1966	CWU	3:16.6	6th	Mile Relay
	Fred Bieber, Jim Brunaugh, Jim Boora, Jim Kjoslo			
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		4th	Javelin
1968	Bob Santo		4th	Shot Put
1968	Jim Boora		5th	800
1968	Bart Barto		6th	800
1968	CWU	3:14.3	5th	Mile Relay
	Steve Shireman, Paul Wallace, Bart Barto, Jim Hay			
1969	Sam Ring		6th	Steeplechase
1969	David Walker	24-2	6th	Long Jump
1969	CWU	42.1	6th	440 Relay
	Lee Evans, Larry Volland, Tom Lines, Marty Rose			
1970	Dick Bedlington	222-8	4th	Javelin
1970	Dave Walker		6th	Long Jump
1970	Dale Shea		6th	Steeplechase
1970	CWU	41.2	5th	440 Relay
	Dave Walker, Tom Lines, Steve Slavens, Larry Volland			
1970	CWU	3:13.8	5th	Mile Relay

Dave Walker, Dave Swisher, Ray Nail, Tom Lines
 1971 Mike Williams 158-10 5th Discus
 1972 CWU 41.1 4th 400 Relay
 Mike Behrbaum, Dave Walker, Steve Slavens, Bob Knies
 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 and Eighth Honorable Mention All-American since 1987.

Indoor Track and Field All-Americans

Year	Athlete	Time	Place	Event
1989	Scott Bickar		52-1/2	5th 35-Pound
1990	Ron Olson	6-9	3rd	High Jump
1991	Keith Baker	7.46	1st	60 Hurdles
1991	Kenny Thompson	6-9	6th	High Jump

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Year	Athlete	Time	Place	Event
1992	Keith Baker	7.45	2nd	60 Hurdles
1992	James Mitchell	6.38	4th	60 Yards

Indoor Track - Top 6 finishers All-Americans.

CWU District/Regional Champions

100
 1968 John Beard 10.7
 1968 John Beard 10.7
 1979 John Willis 11.1
 1981 George Steele 11.0
 1990 James Mitchell 10.5
 1991 Keith Baker 10.83
 1992 Keith Baker 10.8
 1993 Art Ballard 10.3
 1996 Chris Courtney 10.83

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
1991 James Mitchell 21.64
1993 Chad Klassen 21.95
1996 Chris Courtney 21.80

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
1990 Brian Meyer 48.79
1991 James Mitchell 48.42
1993 Jay Spears 49.48
1996 Loren Myers 49.19

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

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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 Hinchon 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

1996 Eric Tollefson 14:39.17

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

1993 Eric Tollefson 32:09.1

1995 Eric Tollefson 31:26.09

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

1991 David Cummings 49:32.03

Steeplechase

1971 Terry Kelly 10:05.1

1977 Mike Wold 9:23.8

1995 Cande Gonzalez 9:18.26

1996 Eric Tollefson 9:02.23

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
1991 Keith Baker 15.06
1992 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
1991 Greg Olsen 53.51
1992 Greg Olsen 55.33
1994 Goreal Hudson 53.27

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

4x100 Meter Relay

1981 Central 44.1
1989 Central 42.14
1990 Central 41.8
1991 Central 41.97
1992 Central 43.04
1993 Central 42.25
1994 Central 41.95

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

4x400 Meter Relay

1993 Central 3:17.71
1994 Central 3:15.08

Mile Relay

1963 Central 3:17.9
1964 Central 3:21.9

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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
1990 Kenny Thompson 6-10 1/2
1991 Kenny Thompson 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
1990 Ron Olson 23-1 1/4
1995 Rob Rising 22-10 1/2

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
1993 Pat Reddick 46-1 1/2
1994 Pat Reddick 45-6 1/2

Discus

1953 Bill Jurgens 140-8
1971 Mike Williams 165-10
1972 Bill Harsh 162-10
1976 Mitch Ringe 160-2
1977 Mike Daniels 165-11

1978 Mitch Ringe 165-7
1982 Jon Torrence 165-6
1984 Rick McElwee 153-3
1985 Tracy Goff 153-8
1986 Jon Torrence 163-1
1987 Jon Torrence 164-11
1989 Dave Phillips 144-6
1990 Dave Phillips 149-3
1991 Dave Phillips 161-2

Javelin

1955 Gary Correll 179-3
1962 John Karas 199-6
1963 John Karas 206-3
1965 Kugie Louis 209-0
1968 Fred Andrew 225-9
1971 Dick Bedlington 238-3
1977 Dave Andrews 208-11
1979 Mike Siegwarth 190-5
1988 Chris Cooley 186-2
1993 Russ Capps 197-8

Shot Put

1953 Bill Jurgens 49-2 1/8
1954 Bill Jurgens 50-3 7/8
1960 Kay Lybbert 51-4
1962 Kay Lybbert 50-3 3/4
1967 Bob Santo 52-6
1968 Bob Santo 52-10 1/2
1971 John Kinnard 48-5
1972 Bill Harsh 52-1 1/2
1974 Mike Daniels 48-2
1975 Mike Daniels 48-7 1/4
1987 Bill Walker 52-1 1/4
1989 Bill Walker 51-10

Hammer

1971 Brian Midles 137-5
1987 Jon Torrence 178-6
1989 Scott Bickar 173-10

Decathlon

1995 B.J. Wilson 645
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Cross Country

Top 25 National Finishers

Year	Athlete	Time	Place
1970	Bill Bloom	26:55	22nd
1970	Terry Kelly	26:56	23rd
1975	Jim Hennessy*	25:35	20th
1976	Jim Hennessy*	24:57	21st
1976	Lou Boudreaux*	24:57	22nd
1977	Toby Suhm*	24:53	13th
1994	Eric Tollefson*	25:03	9th

*ALL-AMERICANS: Top 12 until 1973. Top 25 since 1974.

District 1 Champions

Year	Athlete	Time
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 Champions

Year	Athlete	Time
1975	Jim Hennessy	25:36
1976	Jim Hennessy	26:26

22	CWU TRACK			
1997	Brad Hawkins	25:50.50	4th	5,000