

6-1-2000

# Central Washington University Men's Track and Field All-Time Top 10s

Central Washington University Athletics

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## Recommended Citation

Central Washington University Athletics, "Central Washington University Men's Track and Field All-Time Top 10s" (2000). *Track and Field*. Book 493.

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Men's All-Time Top 10s  
Through June 1, 2000

100 Meters

1.	John Willis (1979)	10.21	
2.	Chris Courtney (1998)	10.53	
3.	Jim Kjolso (1965)	10.3	
	Art Ballard (1993)	10.3	
5.	Chris Faulconer (2000)	10.61	
6.	Don Pierce (1955)	10.4	
	Tom Buckner (1964)	10.4	
	James Mitchell (1992)	10.64	
9.	Chad Klassen (1993)	10.5	Keith Baker (1991-92) 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)	10.5	
	Mike Behrbaum (1972)	10.5	
	Glen Walker (1964)	10.5	

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.	Chris Faulconer (1999)	21.50	
6.	James Mitchell (1991)	21.63	
7.	Joe Evans (1967)	21.4	
	Tom Lines (1970)	21.4	
9.	Keith Baker (1991)	21.72	
10	John Doncaster (1962)	21.5	

400 Meters

1.	Jim Hay (1967)	47.1	
2.	Tim Hart (1980)	47.37	
3.	Dave Walker (1971)	47.3	
4.	Jay Spears (1996)	47.86	
5.	James Mitchell (1991)	48.42	
6.	Jim Brunaugh (1966)	48.3	
7.	Brian Meyer (1990)	48.63	
8.	Bob Knies (1972)	48.6	
	Paul Wallace (1968)	48.6	
	Steve Shireman (1968)	48.6	

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. Tom Gaschk (2000) 3:51.53
6. Mark Brown (1978) 3:51.9
7. Conny Englund (1966) 3:53.7
8. Mark Henry (1967) 3:55.0
9. Mike Anderberg (1977) 3:55.6
10. Paul Harshman (1984) 3:56.6

#### 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. Eric Tollefson (1995) 14:27.5
6. Mark Henry (1967) 14:32.8
7. John Freeburg (1980) 14:35.5
8. Bruce Manclark (1976) 14:39.0
9. Ted Mittelstaedt (1982) 14:41.6
10. Phil Phimister (1981) 14:42.4

#### 10,000 Meters

1. Paul Harshman (1984) 29:41.50
2. Phil Phimister (1981) 29:46.5
3. Eric Tollefson (1996) 30:04.69
4. John Freeburg (1981) 30:29.0
5. Jim Hennessy (1977) 30:32.0
6. Paul Harshman (1982) 30:47.0
7. Neil Sturgeon (1987) 30:47.3
8. Kent Hernandez (1980) 30:50.0
9. Sam Ring (1969) 31:02.6
10. Mike Wold (1977) 31:06.4

#### Steeplechase

1. Lou Boudreaux (1977) 8:55.91
2. Terry Kelly (1971) 9:00.8
3. Eric Tollefson (1996) 9:02.23
4. Mike Wold (1977) 9:14.1
5. James Day (1997) 9:16.02
6. Cande Gonzalez (1994) 9:18.26

- |    |                      |        |    |                     |
|----|----------------------|--------|----|---------------------|
| 7. | Bob Prather (1983)   | 9:19.0 | 8. | Cope Belmont (1986) |
|    |                      | 9:20.5 |    |                     |
| 9  | Conny Englund (1983) | 9:20.8 |    |                     |
|    | Joel Czech (1986)    | 9:20.8 |    |                     |

110 Meter Hurdles

- |     |                         |       |
|-----|-------------------------|-------|
| 1.  | Keith Baker (1991)      | 14.26 |
| 2.  | John Kirry (1969)       | 14.3  |
| 3.  | 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 |
| 8.  | Rick Conroy (1966)      | 14.6  |
|     | Lance Soliday (1993)    | 14.6  |
| 10. | Four with               | 14.7  |

400 Hurdles

- |    |                         |       |
|----|-------------------------|-------|
| 1. | John Kirry (1968)       | 51.5  |
| 2. | Greg Olsen (1990)       | 52.63 |
| 3. | Mike Behrbaum (1972)    | 52.5  |
|    | Goreal Hudson (1994)    | 52.5  |
| 5. | John McKibbin (1969)    | 52.7  |
| 6. | Charles Chandler (1986) | 53.73 |
| 7. | Len Lloyd (1965-1966)   | 53.7  |
| 8. | Reed Caudle (1976)      | 54.2  |
| 9. | Kyle Peer (1979-80)     | 54.5  |
|    | Tom Clark (1975)        | 54.5  |
|    | John Arlt (1987)        | 54.5  |

4x100 Meter Relay

- |    |      |       |
|----|------|-------|
| 1. | 1999 | 40.97 |
| 2. | 1972 | 40.9  |
| 3. | 1966 | 41.0  |
|    | 1970 | 41.0  |
| 5. | 1992 | 41.39 |
| 6. | 1993 | 41.63 |
| 7. | 1967 | 41.4  |
| 8. | 1989 | 41.79 |
| 9  | 2000 | 41.84 |
|    | 1968 | 41.6  |
|    | 1965 | 41.6  |
|    | 1971 | 41.6  |
|    | 1991 | 41.6  |

4x400 Relay

- |    |      |         |
|----|------|---------|
| 1. | 1968 | 3:11.5  |
| 2. | 1967 | 3:12.0  |
| 3. | 1970 | 3:12.7  |
| 4. | 1994 | 3:13.50 |
| 5. | 1992 | 3:14.27 |
| 6. | 1993 | 3:14.31 |
| 7. | 1966 | 3:15.5  |
| 8  | 1971 | 3:16.7  |
| 9. | 1963 | 3:16.8  |

10. 1975 3:17.0

#### High Jump

1. Kenny Thompson (1990,92) 6-11
2. Ron Olson (1990) 6-10 1/2
3. Eric Schultz (1978) 6-10
4. Dave Hegland (1975) 6-9 1/4
5. Dan Smith (1981) 6-9
6. Alan Taylor (1980) 6-8
- Mike Boland (1977) 6-8
- Scott Frick (1987) 6-8
9. James Neil (1997) 6-7 1/2
10. Rick Conroy (1969) 6-6 1/2

#### Long Jump

1. Dave Walker (1970) 25-1 3/4
2. Ray Colombo (1971) 24-0
3. Marty Rose (1970) 23-11 1/2
- Rob Rising (1995) 23-11 1/2
5. Dick Knight (1962) 23-7
6. Mike Behrbaum (1971) 23-5 1/2
7. Tim Guglomo (1972) 23-3 1/2
8. Jeff Hocker (1977) 23-2
9. Jim Kjolso (1965) 23-1 1/2
- Darrell Charles (1980) 23-1 1/2

#### Triple Jump

1. Wayne Sweet (1982) 49-7
2. Darrell Charles (1980) 49-5
3. Brian McElroy (1988) 48-10 3/4
4. Bill Lampe (1976) 48-10 1/4
5. Ron Olson (1990) 48-3 1/4
6. Jeff Fredrick (1978) 48-2
- Dave Walker (1970) 48-2
8. Pierre Crockrell (1984) 47-9 1/2
9. Craig Jones (1974) 47-5 1/2
10. Jimmie Dillingham (1987) 47-5

#### Pole Vault

1. John Winters (1978) 15-6
2. Rick Maib (1992) 15-5
3. Mike Alexander (2000) 15-2
4. Ray Payne (1972) 15-0
- Scott Alexander (2000) 15-0
6. Dick Clintworth (1967) 14-10 3/4
7. Gene Triplett (1965) 14-8
8. Jack Curtright (1963) 14-7 1/2
9. Mike Boland (1977) 14-6
- Les Harmon (1968) 14-6
- Dave Morris (1971) 14-6
- Ken Jannison (1971) 14-6
- Tom Dixon (1987) 14-6
- William Mauntel (1989) 14-6
- Eric Fifield (1992) 14-6

### Decathlon

1. Ron Olson (1990) 6636
2. Greg Emry (1971) 6569
3. B.J. Wilson (1995) 6458
4. Chris Burch (1985) 6339
5. Jay Spears (1994) 6327
6. Kirk Palmberg (1996) 6321
7. Russ Capps (1993) 6234
8. James Neil (1997) 6080
9. Gary Zasimovich (1975) 6071
10. Jimmie Dillingham (1986) 5768

### Shot Put

1. Bill Harsh (1973) 58-2
2. Bob Santo (1968) 55-0
3. Mike Williams (1971) 53-7 1/2
4. Bill Walker (1988) 53-0 1/4
5. Clay Baskett (1965) 52-6 1/2
6. Dick Nunez (1977) 52-6
7. John Kinnard (1971) 52-2 1/2
8. Mike Daniels (1976) 52-1 1/2
9. Dave Phillips (1990) 51-10 1/2
10. Kay Lybbert (1962) 51-8 3/4

### Discus

1. Mitch Ringe (1975) 180-8
2. Bill Harsh (1973) 176-0
3. Mike Daniels (1977) 172-11
4. Jon Torrence (1987) 172-2
5. Tony Hoiby (1999) 171-5
6. Mike Williams (1971) 168-7
7. Dave Phillips (1990) 167-0
8. Ray Kinnaman (1961) 164-0
9. Dan Smith (1971) 161-8
10. Larry Warwick (1966) 161-4

### Hammer

1. Jon Torrence (1987) 187-10
2. Scott Bickar (1989) 176-11
3. Henry Middles (1978) 166-1
4. Bill Harsh (1973) 163-1
5. John Gruver (1975) 156-10
6. Dave Barta (1984) 156-7
7. Dave Phillips (1991) 153-6
8. Tony Hoiby (1999) 151-1
9. Rick Wells (1975) 149-4
- John Pietz (1989) 149-4

### Javelin

1. Dick Bedlington (1970) 241-11
2. Fred Andrew (1968) 241-5
3. Dave Andrews (1977) 233-10
4. Lars Lahdenpers (1966) 227-0
5. Wayne Worby (1968) 226-9
6. John Karas (1964) 225-4

7. Mike Hamilton (1976) 217-1
8. Gary Correll (1958) 216-11
9. Jim Hunter (1970) 214-10
10. Greg O'Meara (1970) 214-1

(Note: Specifications for javelin, reducing distance, were changed in 1986. Russ Capps holds school-record with post-1986 javelin with best of 197-8).