

# Colorado State University

## Track and Field

2011 Media Guide



Meaghn Peak



Brian Fox

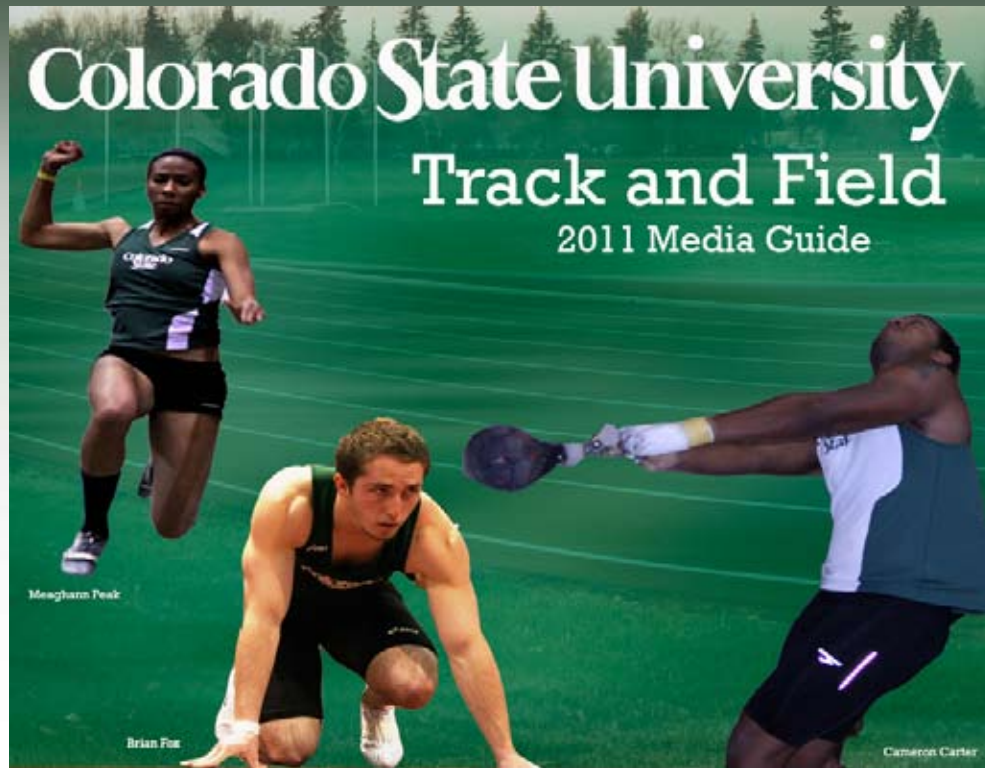


Cameron Carter

# New Facilities



The Academic and Training Center features a state-of-the-art weight room with five tutor rooms, a computer/study room with individual workstations, and offices for our academic staff.



Front cover: Meaghann Peak, Brian Fox and Cameron Carter.

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2002 Men's MWC Indoor Champions  
 2006 Women's MWC Indoor Champions  
 2008 Women's MWC Outdoor Champions

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## Quick Facts

### General Information

Location .....	Fort Collins, Colo.
Founded .....	1870
Enrollment .....	26,348
Nickname .....	Rams
Colors .....	Green and Gold
Elevation .....	5,004 feet
Facilities .....	Jack Christiansen Track ..... South College Field House
Conference.....	Mountain West Conference
President.....	Dr. Anthony A. Frank
Director of Athletics .....	Paul Kowalczyk
Assoc. A.D./SWA.....	Christine Susemihl
Faculty Representative .....	Jim Francis
Athletic Department Phone .....	970/491-3350
Athletic Website .....	www.CSURams.com
Ticket Office .....	1-800/491-RAMS

### Track and Field Information

Head Coach.....	Brian Bedard ..... (Colorado State, '88)
Years at CSU .....	22
Track and Field Office Phone.....	970/491-7651

### Media Information

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Mailing Address ..	311 McGraw Athletic Center

## Women's Roster

NAME	EVENT	CLASS (IND/OUT)	HOMETOWN (LAST SCHOOL)
Lindsay Banning	Hurdles	FR/SO	Longmont, Colo. (Silver Creek)
Sara Benson	Hurdles	FR/FR	Colorado Springs, Colo. (Rampart)
Cate Brus	Multis	SO/SO	Cody, Wyo. (Cody)
Mindy Campbell	Jumps	FR/FR	Kamuela, Hawaii (Hawaii Preparatory)
Malia Carr	Distance	FR/FR	Battle Ground, Wash. (Battle Ground HS)
Isabel Cisneros	Sprints	FR/FR	Fort Collins, Colo. (Poudre)
Ashley Dace	Jumps	JR/SO	Colorado Springs, Colo. (Stillwater)
Bethany DeLong	Jumps, Sprints	FR/FR	Laurel, Neb. (Laurel-Concord)
Michelle Dettmann	Distance	JR/JR	Gresham, Ore. (Centennial)
Olivia Downing	Jumps	JR/JR	Fort Collins, Colo. (Fossil Ridge)
Kelsie Enderson	Sprints	JR/JR	Briggsdale, Colo. (Northeastern Junior College)
Jessie Evitt	Sprints	SO/SO	Fort Collins, Colo. (Poudre)
Jennifer Ford	Jumps	FR/FR	Fort Collins, Colo. (Fort Collins)
Alison Forrester	Jumps	FR/FR	Littleton, Colo. (Rock Canyon)
Kendra Gerk	Distance	JR/JR	Greeley, Colo. (Greeley West)
Allison Gohl	Distance	JR/SO	Westminster, Colo. (Northglenn)
Morgan Griffin	Pole Vault	FR/FR	Colorado Springs, Colo. (Lewis-Palmer)
Sarah Hamilton	Sprints	FR/FR	Fort Collins, Colo. (Fort Collins)
Kaitlin Hanenburg	Distance	FR/FR	Colorado Springs, Colo. (Classical Academy)
Katie Hazel	Sprints	FR/FR	Windsor, Colo. (Windsor)
Whitney Henderson	Middle Distance	SO/SO	Hamilton, Mont. (Corvallis)
Sarah Heuer	Distance	SO/SO	St. Charles, Ill. (Geneva Community)
Heather Hopkins	Sprints	SO/SO	Grand Junction, Colo. (Grand Junction)
Katelyn Houghton	Sprints	JR/JR	Pine, Colo. (Hastings College)
Elizabeth Johnson	Throws	SO/SO	Fort Collins, Colo. (Fossil Ridge)
Serena Johnson	Throws	SR/JR	Aurora, Colo. (Eaglecrest)
Sabrina Jones	Jumps	FR/FR	Denver, Colo. (Aurora Central)
Lindsey Keller	Hurdles	SO/SO	Centennial, Colo. (Eaglecrest)
Ellie Keyser	Distance	SR/SR	Fort Collins, Colo. (Rocky Mountain)
Elle Killingsworth	Distance	FR/FR	Lakewood, Colo. (Green Mountain)
Kalie Kirk	Sprints, Hurdles	SO/SO	Monument, Colo. (St. Louis)
Ashly Lester	Sprints	SO/SO	Fort Collins, Colo. (Rocky Mountain)
Janice McClain	Sprints	JR/JR	Bayfield, Colo. (Bayfield)
Amy Medina	Jumps	FR/FR	Loveland, Colo. (Mountain View)
Sara Page	Pole Vault	FR/FR	Kearney, Mo. (Liberty)

## Women's Roster

NAME	EVENT	CLASS (IND/OUT)	HOMETOWN (LAST SCHOOL)
Meaghann Peak	Jumps	JR/JR	Aurora, Colo. (Cherokee Trail)
Hannah Pensack-Rinehart	Distance	FR/SO	Loveland, Colo. (Thompson Valley)
Alice Perez	Distance	SO/SO	Pico Rivera, N.M. (El Rancho)
Nicole Peters	Distance	JR/JR	Houston, Texas (Langham Creek)
Katie Peterson	Distance	FR/SO	Littleton, Colo. (Highlands Ranch)
Leslie Peterson	Sprints	SR/SR	Vail, Colo. (Battle Mountain)
Stephanie Pollard	Pole Vault	FR/FR	Fort Collins, Colo. (Rocky Mountain)
Johanna Reed	Distance	FR/FR	Crawford, Colo. (Paonia)
Alyssa Reinhart	Jumps	FR/FR	Sanger, Calif. (Clovis East)
Alix Richards	Throws	FR/FR	Overland Park, Kan. (Shawnee Mission South)
Kat Robinson	Distance	FR/FR	Nederland, Colo. (Nederland)
Meagan Robinson	Sprints	SO/SO	Fort Collins, Colo. (Poudre)
Rachel Saunders	Pole Vault	SO/JR	Douglas, Wyo. (Douglas)
Becky Schmitt	Distance	FR/FR	Loveland, Colo. (Heritage Christian Academy)
Jessica Sharbono	Throws	FR/FR	Billings, Mont. (Billings West)
Jenna Sliwinski	Throws	SO/SO	Salt Lake City, Utah (Judge Memorial)
Marissa Smith	Sprints	FR/FR	Holyoke, Colo. (Holyoke)
Lana Thompson	Middle Distance	FR/SO	Overland Park, Kan. (Olathe East)
Kenisha Throughsingh	Throws	JR/JR	Jamaica (Central Arizona)
Kelsey Tofany	Sprints	FR/FR	Aspen, Colo. (Aspen)
Kerstyn Towslee	Pole Vault	FR/FR	Burnet, Texas (Burnet)
Sophia Wagner	Multis	JR/JR	Marietta, Ohio (Marietta)
Emma Waibel	Sprints	SO/SO	Glenwood Springs, Colo. (Glenwood Springs)
Kayla Wein	Hurdles	FR/FR	Broomfield, Colo. (Broomfield)
Aliese Willard	Middle Distance	SO/SO	Fort Collins, Colo (Rocky Mountain)

## Men's Roster

NAME	EVENT	CLASS (IND/OUT)	HOMETOWN (LAST SCHOOL)
Kevin Aiken	Middle Distance	FR/SO	Fort Collins, Colo. (Rocky Mountain)
Damon Austin	Middle Distance	SR/JR	Loveland, Colo. (University of Portland)
Alex Balsiger	Middle Distance	FR/FR	Parker, Colo. (Oklahoma)
Trevor Brown	Hurdles	FR/FR	Colorado Springs, Colo. (Wasson)
Wil Buchanan	Middle Distance	SR/no	Fort Collins, Colo. (University of Colorado)
Seth Butler	Middle Distance	FR/FR	Findlay, Ohio (Liberty Benton)
Tanner Burgard	Jumps	FR/FR	Bozeman, Mont. (Bozeman)
Cameron Carter	Throws	SR/SR	Bellflower, Calif. (Mayfair)
Matt Collins	Sprints	FR/FR	Louisville, Colo. (Monarch)
Kelby Dias	Hurdles	SO/SO	Colorado Springs, Colo. (Sierra)
Brian Fox	Sprints	SR/SR	Fort Collins, Colo. (Fort Collins)
Ryan Friese	Middle Distance	SR/No	Colorado Springs, Colo. (Rampart)
Cameron Fullerton	Distance	JR/JR	Rapid City, S.D. (Stevens)
Graham Gilliland	Jumps	FR/FR	Fort Collins, Colo. (Rocky Mountain)
Ken Harriman	Throws	FR/SO	Pueblo, Colo. (Pueblo South)
Nigel Joseph	Hurdles	No/SR	Calgary, Alberta, Canada (Unmerited of Calgary)
Jake Keyser	Distance	SR/SR	Central Point, Ore. (Crater)
Ben Larson	Distance	FR/FR	Fort Collins, Colo. (Rocky Mountain)
Kody Leach	Distance	FR/FR	Greeley, Colo. (Greeley West)
Andrew Lesser	Distance	SO/SO	Colorado Springs, Colo. (Coronado)
Ian Lettow	Throws	SR/SR	Arvada, Colo. (Faith Christian)
Kyle Lucas	Sprints	FR/FR	Loveland, Colo. (Kansas)
Spenser Lynass	Distance	JR/JR	North Bend, Ore. (North Bend)
Joe Marchand	Distance	FR/FR	Louisville, Colo. (Monarch)
Josh McMillin	Multis	SO/SO	Colorado Springs, Colo. (Rampart)
Christian Meyer	Distance	FR/FR	Albuquerque, N.M. (Sandia)
Seth Monson	Sprints, Hurdles	FR/FR	Beaverton, Ore. (Westview)
Josh Murphy	Sprints	SR/SR	Broomfield, Colo. (Faith Christian)
John O'Neill	Distance	JR/JR	Vail, Colo. (Battle Mountain)
Ian Reinhard	Hurdles	FR/FR	Colorado Springs, Colo. (Mitchell)
Brandon Ribble	Jumps	SO/SO	Arvada, Colo. (University of Wyoming)
Andrew Roberts	Distance	SO/SO	Boulder, Colo. (Lyons)
Carson Rowley	Throws	SO/SO	Casper, Wyo. (Natrona County)
Sam Saccomano	Hurdles	SO/SO	Ledyard, Conn. (Ledyard)
Andrew Schall	Pole Vault	JR/SO	Fort Collins, Colo. (Idaho State University)
Tyler Short	Middle Distance	JR/JR	Masonville, Colo. (Thompson Valley)
Torrey Smith	Jumps	FR/FR	Niwot, Colo. (Faith Christian)
J.P. Taxman	Sprints	FR/FR	Colorado Springs, Colo. (Whittier)
Daniel Wallis	Distance	SR/SR	Wellington, New Zealand (Western State)
Ryan Wasilawski	Jumps	SO/SO	Evergreen, Colo. (Clear Creek)
Robert Wasinger	Multis	FR/FR	Arvada, Colo. (Ralston Valley)
Tyson Williams	Throws	No/SR	Grand Junction, Colo. (Fruita Monument)

## Colorado State finds success during 2010 season

### Hemphill produces record-setting year, women take second at Mountain West Conference championship

Colorado State kicked off the indoor season Dec. 5, at the Wyoming Power Meet. Tanesha Johnson, who won the triple jump and 55-meter dash, was one of seven Rams to take home first-place finishes. Rachel Saunders won the pole vault, clearing a height of 3.20 meters, and Jennifer Ugochukwu took first in the shot put, with a throw of 14.54 meters.

At the Mountain West-Big 12 Challenge Colorado State continued its early success. Ellie Keyser and Daniel Wallis completed a sweep of the men's and women's 5,000-meter run, with times of 17 minutes and 27 seconds, and 14:34.56, respectively.

Early success carried over to the Potts Indoor Invitational where Nigel Joseph (50.67 seconds) and Emma Waibel (1:02.75) each took first in the 400-meter dash. Josh McMillin, Ken Harriman and Cameron Fullerton each claimed first-place finishes in the pole vault, shot put and 3,000-meter run.

Despite individual victories at the Mountain West Conference indoor championships, both the men's and women's teams placed sixth overall. Tanesha Johnson was named all-conference for her performance in the triple jump, placing third with a distance of 12.57 meters. Along with Johnson, four other Rams were named all-conference: Keyser (3,000-meters), Tyson Williams (shot put), Kristen Krugler (pentathlon) and Ryan Billups (triple jump).

Thanks to Kristen Hemphill the outdoor season started in impressive fashion. Hemphill broke the school record in the 3,000-meter steeplechase at the Stanford Invitational (March 27), with a time of 10:08.00.

At the CSU-Pueblo Open Jeremy Freed won the 1,500-meter run, with a time of 3:59.31, and Nigel Joseph took first in the 400-meter hurdles. Cameron Carter had an impressive day, winning both the discus and hammer throw.

A week later Colorado State showed its full potential, recording eight first-place finishes at the Tom Benich Track and Field Classic. The Ram's achievements were highlighted by Cate Brus and Kelby Dias' victories in the high jump and 110-meter hurdles.

Hemphill raised the bar again at the Mt. SAC Relays, breaking her own school record in the 3,000-meter steeplechase, this time with a time of 10:02.59. She was rewarded by the Mountain West Conference, which named her Athlete of the Week April 20.

Sonni Russell claimed the same honor May 10, after she set her personal best in the high jump at the Fum McGraw Open. Russell cleared a height of 1.73 meters, placing her fifth all-time at Colorado State.

Concluding the outdoor season, 10 Rams earned all-conference honors after their performances at the MWC championships. Billups set a school record in the triple jump, with a distance of 15.46 meters, surpassing the previous record by 10 inches. Caston Mabin placed second in the high jump, clearing a height of 2.04 meters, which tied him for 10th all-time at Colorado State. Tyson Williams (shot put), Brian Fox (4x100-meter relay), Sulaiman Sayyid (4x100-meter relay), Dias (4x100-meter relay), Antoine Harrison (4x100-meter relay), Hemphill (3,000-meter steeplechase and 5,000-meters), Elizabeth Johnson (discus), and Kristen Kugler (heptathlon) were also named all-conference. As a team the Rams placed second on the women's side and sixth on the men's.

Following the Mountain West Conference championships Colorado State sent 14 athletes, including Hemphill and Billups, to regionals. Hemphill later qualified for the NCAA championships, where she finished seventh overall in the 3,000-meter steeplechase, with a time of 10:07.40.



## A Message From University President Dr. Anthony A. Frank



### Welcome to Colorado State University!

It's going to be a great year for Colorado State University—and as a Rams fan, I'm fully convinced Ram athletics is on a very strong trajectory to success.

A healthy, competitive athletics programs is driven by student athletes who embody the high personal standards, strong character, and commitment to excellence that are characteristic of a great University. At CSU, we expect that our athletes have a commitment to teamwork and success that's fully matched by their commitment to individual achievement in the classroom and to serving as a positive role model on campus and in the community. And every year, our Ram athletes meet and exceed this expectation.

Their success is important for our entire campus community. We all work hard and take life seriously--when the Rams score, it gives us a reason to celebrate and show off our unabashed pride in all things green and gold. The success of our sports teams also helps draw attention to the University as a whole and, because we run a clean and well-grounded program, it spotlights the importance we place on key civic values like responsibility, integrity, and fair play.

While we have high standards for our student-athletes in the classroom and on the field, we also believe it is the University's responsibility to provide them—and all our students—with the tools they need to compete and succeed at the highest levels. That is why we've been investing in upgraded classroom buildings and residence halls these last few years, and why we've also completed a new practice facility and state-of-the-art Academic and Training Center, which offers student-athletes quality weight-training facilities paired with study environments, computer labs, and academic support needed to help them balance the demands of coursework and competition.

Like our fans, we have high expectations for our athletics programs, and we're confident in the leadership of our coaches and Athletic Director Paul Kowalczyk, who work to keep our programs competitive, transparent, and high-quality. Colorado State is extremely fortunate to have an intensely loyal fan base, and success on the court or on the field is a great reward to our supporters. But our greatest reward is the success that we all share when the young men and women in the Rams jerseys graduate and go on to achieve great things in their lives after CSU.

On behalf of Colorado State's students, faculty, staff, and alumni, I thank you for your continued support of Ram athletics.

Go Rams!

Dr. Anthony A. Frank  
President







**Board of Governors**



**Joe Blake**  
 Chancellor  
 Colorado State  
 University System



**Patrick McConathy**  
 Chairman of the Board  
 CEO, Yarmony Energy



**Ed Haselden**  
 Vice Chairman  
 President & CEO,  
 Haselden Construction



**Joseph C. Zimlich**  
 Treasurer  
 CEO, Bohemian Companies



**Bonifacio A. Cosyleon**  
 Secretary  
 President, Byerly and  
 Cosyleon, Inc.



**Don Elliman**  
 Voting Member  
 COO, State of Colorado



**Dorothy Horrell**  
 Voting Member  
 President,  
 Bonfills Stanton Foundation



**John Ikard**  
 Voting Member  
 President & CEO,  
 FirstBank Holding Company



**Scott C. Johnson**  
 Voting Member  
 Owner and Operator,  
 Flying Diamond Ranch



**Mary Lou Makepeace**  
 Voting Member  
 Vice President for Colorado,  
 Gill Foundation

The Board of Governors of the Colorado State University System represents the people of Colorado, assuring effective management, accountability, and responsible leadership of all the CSU System campuses – Fort Collins, Pueblo and the new online Global Campus.

Board members come from across the state and from many fields — business, public service, agriculture — and share a strong commitment to excellence, innovation, and student success.

The Board of Governors sets a standard of excellence for all the campuses that carry the Colorado State

name, through the establishment of a bold vision, mission, and values coupled with ambitious stretch goals for each campus, and strongly supports Colorado State athletics programs as a source of pride for students, alumni, and the State of Colorado.

The Board of Governors and the CSU System work to further the roles of its three universities to be integral contributors to the economic development of the state. Work force education, research funding and new business and product development are some of the areas where the institutions are excelling.





Colorado State University is transforming lives, solving problems, supporting economic vitality, and targeting our world's greatest challenges. Committed to the land-grant heritage of education, research, and outreach, Colorado State sets the standard as a 21st-century research university characterized by a global reach, scholarly excellence, and an immediate impact on the world. And as a land-grant university, we're particularly committed to creating access and opportunity for people in Colorado and around the world who can benefit from our special brand of hands-on, engaged learning.

As a Carnegie Community Engagement University, Colorado State University leads the world in disciplines such as human and animal health, clean energy and the environment, global and sustainable business, engineering, and climate research.

Challenging academic programs and world-changing research are hallmarks of Colorado State, and it is our special commitment to service, outreach, and transforming our world through innovation that sets this university apart from other institutions. That commitment is reflected in our classrooms, in the work of our faculty around the world, and in our groundbreaking commitment to move research breakthroughs rapidly from the laboratory to the marketplace. Even more important, it is reflected in

the quality of our students and graduates, who embody the university's mission and go on from CSU to make a significant impact on our world.

With more than 150 programs of study and 78 undergraduate degree programs offered in eight colleges and the graduate school, and a faculty-to-student ratio of 17:1, students have access to a wealth of educational possibilities at Colorado State. Along with outstanding programs in the liberal and performing arts, humanities and social sciences, Colorado State offers some of the top professional programs in the country in construction management, occupational therapy, psychology, communications and agriculture.

Colorado State is also making investments in new facilities — \$27 million has been committed for building a new indoor practice facility and a new academic and training center dedicated to student-athletes. New residence halls, a parking garage, and both new and renovated academic buildings are just a few of the projects under construction across campus.

We invite you to learn more about Colorado State, a university with vision, character, and a commitment to excellence.





**C**olorado State University takes very seriously its role in educating student-athletes. Excellence is expected on the field and in the classroom.

The most recent NCAA academic statistics reveal that Colorado State leads the Mountain West Conference in graduation rate for student-athletes at 66 percent – well ahead of the conference’s overall student-athlete graduation rate of 57 percent. In football, Colorado State is second in the MWC, graduating 68 percent of its student-athletes – again, well ahead of the conference average of 49 percent.

Colorado State, however, is not resting on its reputation for graduating its student-athletes. The state-of-the-art Anderson Academic Center, which will greatly enhance



the academic facilities available for student-athletes, opens in August 2009.

While the athletic department takes its role in the educational process very seriously, Colorado State’s mission to provide a world-class education is at the core of academic success. U.S. News and World Report ranked Colorado State in its top tier in its annual “America’s Best Colleges” report. The university offers 79 majors and 27 minors, and many of its programs are ranked among the best in the country.

Colorado State continues to push forward in its mission to provide the best possible education. Construction recently was completed on the state-of-the-art University Center for the Arts and Computer Science buildings, and the Indoor Practice Facility, Academic and Training Center, and the College of Business’ Rockwell Hall expansion soon will be completed.

- CSU’s Veterinary Medicine program ranks second in the country and is the national leader in federal research dollars.
- *BusinessWeek* ranked CSU’s undergraduate College of Business program 67th (up from 73rd in 2008). The program ranks 30th among all public schools and 14th among all colleges and universities in the West and Southwest. The marketing and business law programs were ranked in the nation’s Top 10 by the magazine.
- In December 2008, CSU conferred its 150,000th bachelor’s degree and 200,000th overall degree.
- According to NCAA statistics, CSU’s graduation rate for student-athletes is higher than the graduation rate for the overall student body.



# This is Fort Collins & Colorado



Old Town Fort Collins, the inspiration for Disneyland's Mainstreet USA.

### Fort Collins Facts

- No. 1 place to live in the United States (*Money* magazine, August 2006).
- No. 1 Best Place to Live and Work for Young Professionals (pop. 100,000-200,000), Next Generation Consulting, March 2009.
- No. 2 in *Forbes* magazine's best United States cities for business and careers (March 2009); Denver ranked 14th and Boulder was 20th among five Colorado locations in the publication's top 40.
- One of the Top 20 Places to Thrive (Best Boomer Towns, February 2009).
- Ranked 10th-best educated city in America (*Forbes* magazine, November 2008).
- One of the Best Places to Raise Your Kids (*BusinessWeek*, November 2008).
- Gold level Bicycle Friendly Community (League of American Bicyclists, September 2008).



One of Colorado's most vibrant cities, Fort Collins is the best place in the country to live, work and play. Located on the northern Front Range of the majestic Rocky Mountains, the city is within an hour's drive of Denver, the nation's 25th-largest metro area.

This city of 137,200 residents basks in 300 days of sunshine per year — more than San Diego and Florida — and includes the historic Old Town district with its restaurants, shops, and entertainment, all within walking distance of Colorado State University's campus.

Since its founding as a military fort in 1864, Fort Collins has anchored northern Colorado's rich heritage of academic, business and recreational pursuits. Hiking, mountain biking, kayaking, river rafting and rock climbing are just a few popular outdoor pursuits for students and residents.

The city maintains more than 600 acres of parks, 5,000 acres of natural areas, 20 miles of off-street trails for hiking and biking, and three golf courses. The Lincoln Center and the University Center for the Arts, anchored in Fort Collins, are northern Colorado's cultural arts centers.

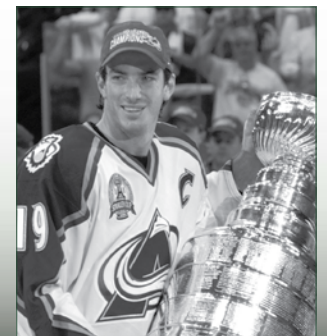
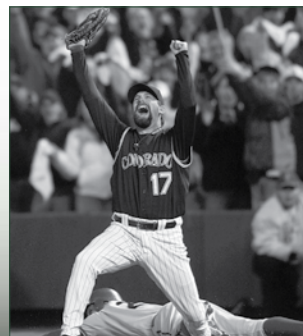




The Denver Metro Area, with a population of 2.4 million, is less than an hour's drive from Fort Collins. A major-league metropolis, named by the *Sporting News* the best sports city in the United States, Denver is home to three teams that have competed for their respective world championships in the past 11 years — the Super Bowl XXXII and XXXIII champion Denver Broncos, the 1996 and 2001 Stanley Cup champion Colorado Avalanche, and the 2007 National League champion Colorado Rockies, who lost the World Series that season to the Boston Red Sox. The Denver Nuggets, meanwhile, just finished their most successful season in 24 years, going all the way to the NBA's Western Conference Finals before bowing out to the eventual world champion Lakers.

Sports fans in Colorado are among the most passionate in the nation, and for good reason — their teams are winners.

Denver has all the features of any big city, including great shopping and nightlife on the 16th Street Mall (Denver Pavilions, below left), a one-of-a-kind concert venue in Red Rocks Amphitheatre (below, second from right), an adrenaline-inducing amusement park in Elitch Gardens, and the world's 10th-busiest airport, Denver International. Nicknamed the Mile High City because it is one mile above sea level, downtown Denver is home to the Colorado state capitol building, the 13th step of which is exactly one mile in elevation.



## Director of Athletics Paul Kowalczyk



### PAUL KOWALCZYK

Director of Athletics | Fifth Year at CSU | Kent State; '80, '86

Director of Athletics Paul Kowalczyk has placed Colorado State's program on an ambitious path toward national prominence with his insightful and visionary leadership.

Kowalczyk is in his fifth year leading CSU's program, demonstrating an unmistakable commitment to the university after signing in 2010 a five-year contract extension, through 2015. From the moment he arrived on campus in 2006, he has shown a leadership style that is steady and consistent with ambitious goals clearly established. Under his watchful eye, a foundation has been built to cultivate long-term success throughout the program. With the foundation firmly in place, Colorado State's program stands on the threshold of taking a bold step forward nationally to reach "stretch goals" established by the Board of Governors when Kowalczyk arrived.

Perhaps nothing better illustrates the progress toward prominence that CSU's program has made during Kowalczyk's tenure than the changing skyline surrounding Moby Arena and the McGraw Athletic Center, both of which serve as centerpieces of the athletics department.

During the summer of 2009, CSU opened two state-of-the-art athletics facilities that are visually prominent to any avid Rams fan upon arriving on campus.

A training facility includes an indoor football practice field plus basketball and volleyball practice courts, adjacent to Moby Arena. Also, a new academic and strength and conditioning center is next to the McGraw Athletic Center.

Over the last year-plus, Kowalczyk also has stewarded significant upgrades to Sonny Lubick Field at Hughes Stadium, including a \$2.5 million landscaping initiative following the 2010 season that will make the venue's grounds at the base of the Rocky Mountain foothills even more attractive. Additionally in the last two years, Kowalczyk oversaw improvements to several CSU team locker rooms, and this fall, has spearheaded a \$1 million project that will furnish Moby Arena with new state-of-the-art video boards.

The two new facilities, along with upgrades to CSU's stadium, arena and McGraw Athletic Center offices, make CSU's resources among the finest in the nation. Those additions and improvements also have made CSU competitive nationally while enhancing the institution's image across a broad spectrum. The facilities represent one of Kowalczyk's primary goals when he was appointed to his position at CSU. Almost immediately upon his arrival, he worked closely with campus leaders to develop the facilities initiative.

"These buildings show that Colorado State is unmistakably serious about achieving its stretch goals," Kowalczyk said. "Combined with the recent renovations at our football stadium, this puts us where we need to be in terms of offering quality, state-of-the-art facilities for our coaches and student-athletes, those who are here now and those who are thinking about coming here."

The facilities, along with recent contracts he negotiated with Russell Athletic (apparel and uniforms), Under Armour (footwear), and a deal with the University of Colorado to keep the Rocky Mountain Showdown at Invesco Field for the long-term future, also reflect Kowalczyk's commitment to excellence throughout the program.

### KOWALCZYK AT A GLANCE

#### Education

- Bachelor of business administration, accounting; Kent State University, 1980
- Master of arts, sports administration, Kent State University; 1986

#### Athletics Administration Experience

- 2000-06: Southern Illinois University; Director of Athletics
- 1995-00: Northwestern University; Associate Athletics Director for External Affairs
- 1991-95: Northwestern University; Assistant Athletics Director/ Business Manager-Finance and Personnel
- 1988-91: Kansas State University; Assistant Athletics Director for Business Operations
- 1987-88: Portland State University; Athletics Business Manager
- 1986-87: Youngstown State University; Assistant to the Athletics Director, Marketing
- 1985-86: Kent State University; Assistant to the Associate Athletics Director, Fundraising

#### Personal

- Born: Feb. 17, 1958
- Birthplace: Warren, Ohio
- Family: Married to Peg Lynch Kowalczyk
- Last name is pronounced kuh-WALL-check



## Director of Athletics Paul Kowalczyk

**Athletic Department Mission Statement**

The purpose of the Colorado State University Department of Athletics is to recruit, educate, develop and graduate student-athletes within an environment that pursues excellence, values integrity and ethical conduct, promotes respect for all individuals, teaches sportsmanship, entertains our constituents and emphasizes championship performance.

“Average is simply not good enough,” he said. “We must continually find ways to improve every aspect of our program while meeting the needs of our student-athletes and providing resources for our coaches -- not just to compete, but to win, and do it while serving the university, the community and the region.”

Soon after Kowalczyk’s arrival in Fort Collins, he worked closely with the Board of Governors of the Colorado State University System and the university leadership to set in place a set of “stretch goals.” “The support of the board and campus administration, which was there every step of the way, was critical,” Kowalczyk said. “We have leadership on this campus that not only recognizes the importance of investing in athletics, but also what a successful athletics department can do for the university.”

Colorado State’s stretch goals include:

- Achieve a No. 1 ranking in the Director’s Cup, a ranking system that reflects overall program success;
- Annual Bowl Championship Series inclusion;
- NCAA men’s and women’s basketball tournament participation.

While the entire program under Kowalczyk’s guidance has moved forward with the completion of the facilities, he readily admits there are more challenges that lie ahead.

“We will never stand still. We will continue to move forward. As a program, we will strive for excellence in every area, just as we challenge our student-athletes in competition and in the classroom.

“Our efforts will always include continually and diligently working to expand our ticket and Ram Club donor base as a means to generate additional revenue and scholarship fund support.”

Colorado State’s expected emergence nationally has provided followers of the program optimism and excitement.

Kowalczyk brought a wealth of experience and knowledge to Fort Collins when he was named the school’s 16th Director of Athletics on April 11, 2006, after having served for six successful years in the same capacity at Southern Illinois University.

In the spring of 2008, he was named to the prestigious NCAA Division I Leadership Council, an advisory body to the Division I Board of Directors. The council identifies issues important to the future of Division I and offers its expertise in defining appropriate action items. Reappointed in June 2010, his current term expires in 2014.

Kowalczyk also remains involved in NCAA, NACDA and MWC activities.

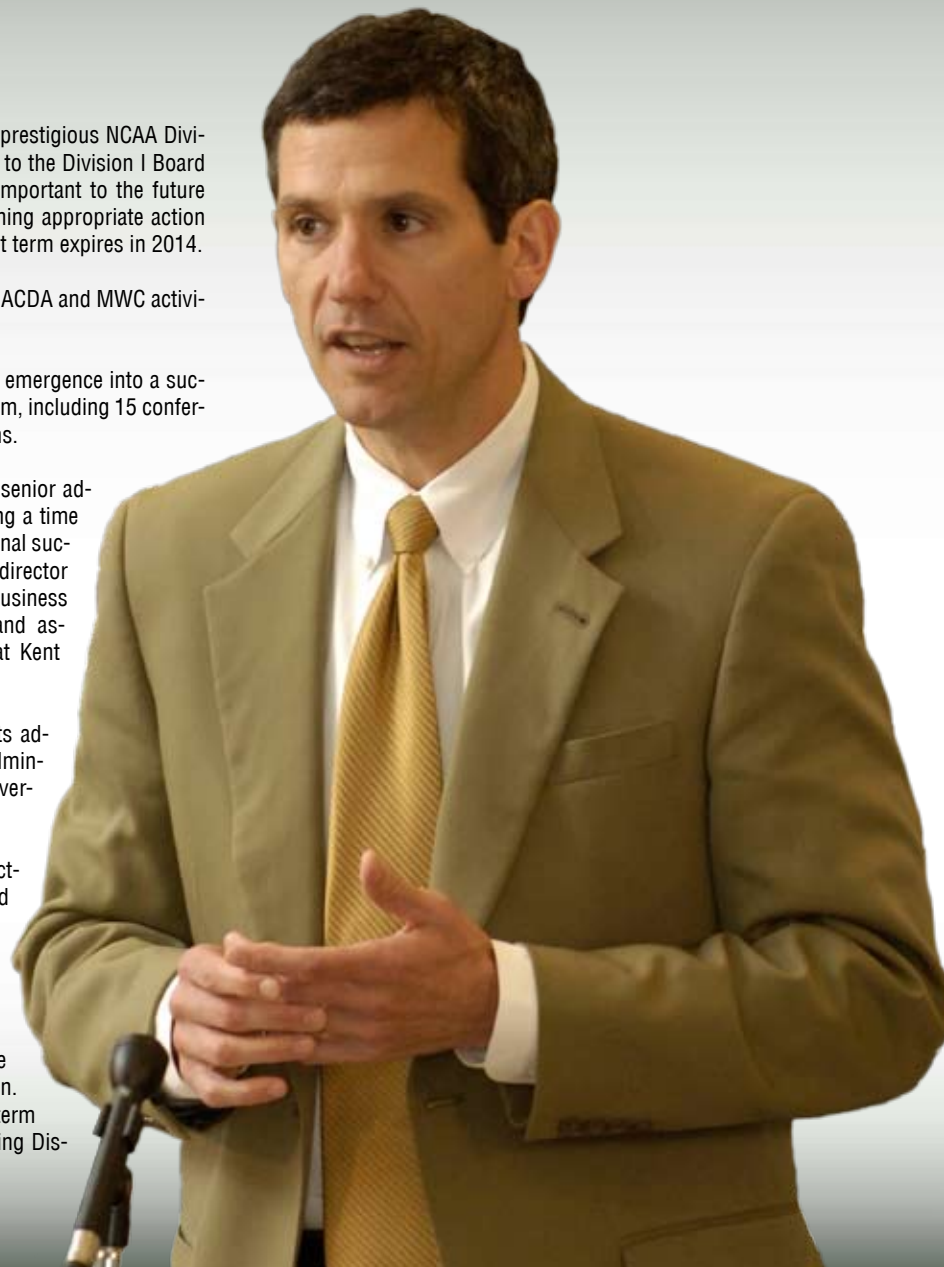
During his tenure at SIU, he led the Salukis’ emergence into a successful, nationally renowned athletics program, including 15 conference championships in seven sport programs.

Before his tenures at CSU and SIU, he was senior administrator at Northwestern University during a time in which the Wildcats program enjoyed national success. He also served as assistant athletics director for business operations at Kansas State, business manager for athletics at Portland State, and assistant to the associate athletics director at Kent State.

Kowalczyk holds a master’s degree in sports administration and a bachelor’s of business administration in accounting from Kent State University.

A native of Warren Ohio, Kowalczyk was inducted into the Warren High School Distinguished Hall of Fame. The award recognizes and honors individuals for their achievements and performance. In 2004, he received the National Football Foundation’s Gen. Robert R. Neyland Outstanding A.D. Award, and in 2006 was named the Athletic Director of the Year for the Division I-AA Central Division. Kowalczyk in 2010 concluded a four-year term on the NACDA Executive Council, representing District 7.

He is married to Peg Lynch Kowalczyk.



# New Academic & Training Center



**Cost:** \$7 million  
**Size:** 16,000 square feet,  
**Location:** Southeast of the McGraw Athletic Center

**Features:**

- Training portion includes a state-of-the-art weight room, strength and conditioning offices, a nutrition center and restrooms.
- Academic center features five private tutorial rooms and large study areas
- Includes a computer lab with 30 workstations, more workspace and offices for CSU's academic staff.

In 1998, Colorado State enhanced its weight room and built an academic center as part of the McGraw Athletic Center project, but these facilities no longer meet the needs of its expanded student-athlete base, nor do they allow the Rams to compete for top-quality recruits.

Because of the heavy time constraints placed on CSU student-athletes through practice, travel, strength and conditioning, and community service, a quality learning environment is essential for the university's student-athletes to achieve the high standards of academic success expected of them.

The Academic and Training Center is the latest centerpiece for CSU's athletic program and support its mission to recruit, educate, develop, and graduate Rams student-athletes within an environment that prusues excellence, values integrity and ethical conduct, promotes respect for all individuals, teaches sportsmanship, entertains our constituents and emphasizes championship performance.



The McGraw Athletic Center (right), which was built in 1998 and houses the CSU athletic department, is now accompanied by a pair of new, state-of-the-art facilities: the Academic & Training Center (top) and the Indoor Practice Facility. Both facilities were shown off at the grand opening celebration on Sept. 18, 2009.





**J**ack Christiansen Track is one of the finest track and field facilities in the region in a picturesque setting that lends itself comfortably to annually hosting marquee events. Such is the history surrounding the Jack Christiansen Memorial Track on the east side of Colorado State's main campus.

Since it opened in 1989, the venue has provided a backdrop for success for the Rams. As a result, the program has the ability to attract some of the region's finest athletes. The list of performers who've visited the track is impressive. Heading that list is Bryan Berryhill, a 10-time All-American and two-time NCAA title winner, arguably the finest distance runner ever to don CSU colors. Other athletes, such as Olympic gold medalist pole vaulter Stacy Dragila, distance runner Adam Goucher, sprinter Leonard Myles-Mills, high jump indoor world record holder Kajsa Bergqvist, sprinter Frankie Fredericks, Olympian sprinter Obadele Thompson, jumper Roger Giles and the Rams' own men's NCAA title winner Casey Malone, women's NCAA title winner Loree Smith, men's All-Americans Drew Loftin and Adam and Brian Trainor, and women's All-American Liz Toman, have graced the facility

with their impressive performances.

The track was completed in 1989 after more than a year of construction, which followed years of planning. The completion of the facility allowed the school to host some of the region's top meets annually, beginning in 1990. Three times the facility has been the site of the conference track and field championships. In the summer of 2008 the facility received a face lift as the track was resurfaced.

The track is named in honor of Jack Christiansen, one of the finest athletes in school history. Christiansen was a football and track All-American who graduated in 1951. Following his career at the school -- then known as Colorado A&M -- he played for the NFL's Detroit Lions and later was inducted into the Pro Football Hall of Fame, the only former CSU athlete to earn such an honor. In 1950, Christiansen ran the 100

**T**he Rams' indoor track and field training facility is the venerable South College Fieldhouse, near the Jack Christiansen Track. This historic venue, built in 1924, underwent a renovation in 1998 that increased its square footage to 61,877. Its indoor track itself was most recently resurfaced in 2010.

Prior to the opening of Moby Arena in 1966, the Rams' basketball team played in the fieldhouse. The venue contains three main wings: the south area, which includes the indoor track; the middle area, which houses offices and locker rooms; and the north area, which is where the basketball team formerly played and now is used for indoor court sports.

During the early 1990s, movie producers used the fieldhouse to film a scene from *A League of Their Own* (1992), starring Geena Davis and Tom Hanks. The script included a switch-hitting slugger named Marla Hooch (Megan Cavanagh), who in the movie hailed from Fort Collins.



## Brian Bedard

### Head Coach 22nd Season

### 2008 Women's Outdoor Coach of the Year

Coach Brian Bedard is entering his fifth year as the Rams Head Coach, and his 22nd season as a track coach for Colorado State University. During his coaching tenure, Colorado State track and field athletes have won many great honors, including the history-making women's victory at the 2008 Mountain West Conference Outdoor Championship, the first ever outdoor title in school history.

Coach Bedard has been on the Rams coaching staff since the fall of 1988, when he began his career as the throwing events coach. He was honored as the Mountain Region and NCAA Division I Assistant Coach of the Year in 2005. He has coached two Olympians, a USA national discus champion, two NCAA champions, 32 All-America performances, and 51 conference champions. All of Colorado State's school records in the throwing events have been set during Bedard's tenure. In 2005, Bedard was inducted into the Colorado State University Hall of Honor for his accomplishments as a coach.

One of Coach Bedard's most successful athletes is Casey Malone, a discus thrower Bedard originally recruited from Colorado's Arvada West High School. Bedard and Malone have worked together for over 14 years and in 2010 Casey won his second discus title at the USA championships. In 2009 Casey also won the discus title, earning a spot on the U.S. team competing at the world championships, placing fifth. In 2008 Casey placed third at the Olympic trials, securing a spot on the United States Olympic team that competed in Beijing. Malone also made the U.S. Olympic team in 2004 and placed sixth in the discus competition at the Athens Olympics. In 1996, when Malone was a freshman at Colorado State, Bedard coached him to a junior national title and a junior world championship gold medal. In all during his collegiate career, Malone garnered four All-America certificates and an NCAA title in the discus. He currently

owns the Colorado State University school record in the discus at 211 feet, 6 inches.

Another of Bedard's standout throwers is Loree Smith, the 2005 NCAA national champion hammer thrower, who was also the runner-up in the indoor weight throw and a five-time All-American. Loree set the American collegiate record in the indoor weight throw with a mark of 74-3, during the 2005 indoor season. Loree also set an NCAA collegiate record in the hammer throw at the MWC championships with a throw of 229-9. (70.02 m). Smith earned a spot on the United States Olympic team in 2008 and competed in the hammer throw in the Beijing Olympics.

Many other athletes have enjoyed tremendous success under Coach Bedard's guidance. He coached Shelly Borrman, a Fort Collins native and five-time All-American and 1999 NCAA discus runner-up, who still owns the Colorado State school record and Western Athletic Conference record in the discus with a throw of 198-8. Another discus thrower, Liz Toman, placed second in the 2001 NCAA national championships. Drew Loftin was the 2003 NCAA indoor runner-up in the weight throw and outdoor runner-up in the hammer. Loftin threw 71-1.5 in the weight throw and 232-0 in the hammer while competing for the Rams. Bedard recently began working with Loftin again after a five-year layoff from throwing and Loftin placed third in the hammer at the 2010 USA championships throwing 247-0. Bedard's most recent All-American thrower is Jason Schutz, who placed sixth in the discus at the 2008 NCAA championships and 16th at the Olympic trials.

Coach Bedard's expertise extends beyond throwing events. For three seasons he coached the long jump and triple jump events and was also the heptathlon/decathlon coordinator for 10 seasons. He coached Toman to a school record, conference championship, and NCAA -qualifying mark in the high jump. In multi-events Bedard coached Doug Crumb and Matt Smoldt to conference titles in the decathlon, and Lindsey Malone to a school-record point total of 5,160 in the heptathlon.

Coach Bedard has shared his coaching expertise as a featured speaker at numerous conferences and clinics across the country. He has also developed two instructional videos on discus throwing technique, which are available through Championship Books and Videos. Before he began his coaching career, Bedard was a student-athlete in track and field at Colorado State University from 1983-88. He finished as the Western Athletic Conference runner-up in the discus and placed eighth in the shot put.

Bedard is married to Jill Bedard (formerly Johnson), a volleyball standout for Colorado State from 1987-90. They have two daughters, 14-year-old Kelcey and 12-year-old Baylee.

## BEDARD AT A GLANCE

- Fifth year as head coach; 22nd year as track coach
- Led women to first-ever outdoor conference championship in 2008
- Has coached two Olympians, one USA national champion, two NCAA national champions, 32 All-Americans and 51 conference champions
- Inducted into CSU Hall of Honor in 2005

Below: Bedard with Casey Malone and Jason Schutz



## Tim Cawley

Assistant Coach - Multis, Jumps, Pole Vault

Eighth Year

University of Wyoming

Tim Cawley begins his eighth season at Colorado State, where he is responsible for the multi-events as well as the horizontal jumps and pole vault.

Cawley has seen his student-athletes break numerous school records in a variety of events, ranging from the 60-meter dash to the heptathlon. While at CSU Cawley has coached eight NCAA All-America performances, 22 NCAA championship qualifiers, 18 conference champions and several NCAA regional qualifiers.

Cawley also developed a sprint sled specifically designed to be pulled over sprint blocks. This sprint sled has been picked up by and is now sold by Gill Athletics.

Cawley joined the Rams from Wisconsin-Milwaukee, where he was an assistant coach. During his stint with the Panthers he oversaw sprints, hurdles, jumps, pole vault, javelin, hammer, and assisted in the day-to-day operations of the program. In his two seasons, Cawley coached 43 conference champions and saw 21 school records fall.

Prior to Wisconsin-Milwaukee, Cawley spent two years as the jumps coordinator at West Virginia. While there, he coached one All-American, two NCAA qualifiers and two conference champions. He also received his master's degree from West Virginia in athletic coaching education.

Cawley earned his degree in art education from the University of Wyoming, where he competed in the jumps and was on the 4x100-meter relay team. At the NCAA championships, he earned All-America honors in 1998 in the long jump and also competed in the triple jump. In 2008, he finished in the top 10 at the USA indoor championships in the triple jump.



## Bryan Berryhill

Head Cross Country Coach, Assistant Track Coach - Distance | Fifth Year | Colorado State University



Bryan Berryhill is in his fifth year as the head cross country and assistant track coach at his alma mater, where he was a 10-time All-American and two-time national champion during his running career for the Rams. Berryhill is one of the most recognized names in Colorado State track & field history, having won the NCAA indoor mile in 2001 and then winning the outdoor 1,500-meter title three months later. He graduated in 2001.

Berryhill guided the women's cross country team to CSU's first-ever Mountain West Conference and regional team championships during the 2007 season. In winning the Mountain West title, the Rams ended BYU's 19-year reign as conference champion. Because of the team's success, Berryhill earned Mountain West Conference and regional Coach of the Year honors. Other accomplishments by the Rams under Berryhill's guidance have included April Thomas winning the first individual women's cross country title in school history, both Allison Gohl and Jake Keyser earning MWC cross country Freshman of the Year honors, the women's cross country team finishing 24th in 2006 and 15th in 2007 at the NCAA championships, and Rob Watson (3,000-meter steeplechase) and Nicole Feest (10K) setting school records in 2007. Watson was also the 2007 NCAA Midwest regional champion in the steeplechase. Both Watson and Feest went on to compete in the 2007 NCAA Outdoor Track and Field Championships.

In 2009 he guided Ryan Friese to the indoor and outdoor 800-meter conference championships, and Wil Buchanan to the NCAA championships in the 1,500 meters. The '09 season also saw Kristen Hemphill run in the USA championships in the 3,000-meter steeplechase. During the 2009 cross country season Berryhill guided sophomore Ellie Rastall and Hemphill to the NCAA championships. During the 2010 track season he helped Hemphill win the MWC steeplechase title, set the school record in the steeplechase, and earn All-America honors by placing seventh in the event at the 2010 NCAA championships.

Berryhill is married to the former Toni Zander, who was also a member of the CSU track & field family. The couple has three children, 7-year-old Libby, 5-year-old Eli and 2-year-old Lainey.



## Cathleen Campbell

Assistant Track Coach - High Jump, Assistant Cross Country Coach | Second Year | University of Richmond

Cathleen Campbell enters her second season as an assistant coach at Colorado State University. She is the director of operations for the track and field program, and coaches the high jump. Campbell also acts as an assistant for the cross country program in the fall. During the 2009-10 track season, she coached a national qualifier in the women's high jump. Campbell served as a volunteer coach with the Rams during the 2008-09 season.

Campbell graduated from the University of Richmond in 2003 with a bachelor of science in computer science and physics. Campbell competed in the high jump, heptathlon and 400 hurdles. While at Richmond, she was a team captain, a member of the 2003 Atlantic 10 indoor championship team, and conference champion in the heptathlon in 2002 and 2003.

After graduation, Campbell became a volunteer coach at Colorado School of Mines, where she assisted with jumpers and decathletes. During the 2007-08 season, Campbell became the high jump coach at Northern Colorado. She coached a Big Sky Conference champion and regional qualifier in the women's high jump.

Campbell is Level I USA Track & Field certified and Level II USA Track & Field certified in jumps, throws and combined events. She is also certified as a USA Track & Field Level I instructor and USA Track & Field Official.



## Karim Abdel Wahab

Assistant Coach

First Year

Helwan University



Karim Abdel Wahab comes to Colorado State after four years as the sprints and hurdles coach at Northern Colorado. With the Bears, he helped the track team set school records in the women's indoor 60-meter dash, the women's indoor 55- and 60-meter hurdles, and the men's indoor 200-meter dash, as well as coaching several Big Sky Conference winners and finalists in the sprints, high hurdles and 4x100-meter relays.

Also with the Bears, Abdel Wahab helped the 100-meter and 200-meter men's sprinters to qualify for the NCAA regional championship for the first time in Northern Colorado's Division I history.

In February 2010 Abdel Wahab was asked by Egypt to coach the Egyptian record holder in the men's 100 meters and 200 meters. He helped Amr Seoud set national records in the events and Seoud won the 200-meter dash gold medal in the 2010 African championships with an Egyptian and Arab record of 20.36 seconds. He also finished fourth in the 100 meters with a new Egyptian record of 10.18.

Prior to being with the Bears, Abdel Wahab spent two years as a volunteer assistant coach for sprints and hurdles at Colorado School of Mines. With the Orediggers, he designed training programs for the sprinters and high hurdlers and helped the top sprinter break the school record in the men's indoor 60-meter dash.

Prior to coaching, Abdel Wahab worked as a technical programming director and coaches supervisor at XL'N Sports in Fort Collins. At XL'N he helped design and implement sports-specific training programs for high school, professional and college-level athletes in speed and power-dominated sports.

A native of Egypt, Abdel Wahab graduated from Helwan University in Cairo in 2002 with a degree in sports and exercise science. From 1996 through 2003, he served as an assistant coach for sprints and hurdles for Al Gezira Sports Club in Cairo, where he helped develop and prepare Egyptian athletes for national and international competitions.

While a coach at Al Gezira, Abdel Wahab coached the Egyptian national record-holder in the 110-meter hurdles, the Egyptian men's record-holder in the 100-meter dash and the under-20 women's record holder in the 100-meter hurdles.

Karim and his wife Katie have two daughters and a son, 8-year-old Lina, 4-year-old Eman and 1-year-old Makeen.

## Joe Stephens

Volunteer Assistant Coach - Distance Third Year Mount Marty College



Joe Stephens begins his third season as a volunteer cross country and track coach with Colorado State University. Stephens moved to Fort Collins in the summer of 2007 to further his training for the Olympic marathon trials. Stephens has a bachelor's degree in recreation management from Mount Marty College, in Yankton, S.D., and a master's in sports administration from Fort Hays State University, in Hays, Kan.

While in college, Stephens competed in distance events on the NCAA Division I, II and NAIA levels. He qualified and competed in the NAIA National Outdoor Track and Field Championships during his sophomore and junior seasons. Stephens began coaching in 2003 as a graduate assistant cross country and track coach at Fort Hays State. He coached on the 2004 Rocky Mountain Athletic Conference outdoor track and field championship teams and guided one runner to an NCAA DII All-America award in the 10,000-meters.

During the 2005-07 seasons, Stephens became the jumps and 10,000-meters/ marathon coach at Black Hills State University. He coached three Dakota Athletic Conference champions, two NAIA national qualifiers and two school-record holders while at BHSU.

## Janay DeLoach

Volunteer Assistant Coach - Jumps | Third Year | Colorado State University

Janay DeLoach is one of the most decorated female track athletes in CSU history. In 2008 she became only the third female athlete in school history to earn multiple All-America honors in the same season as she earned the award in both the outdoor long jump and 100 meters. In addition to these two, she earned the award in the 2007 indoor and outdoor long jumps, bringing her career total to four All-America honors.

She also holds the top two long jumps in CSU history, as she broke her own school record with a jump of 21 feet, 3¼ inches in 2008.

The Edwards Air Force Base, Calif., native joined the track coaching staff after an amazing athletic career. On top of her four All-America certificates, she is a two-time winner of the Virginia K. Frank Award as the most outstanding female athlete at CSU. She also won four Mountain West Conference long jump titles and was named all-conference on four occasions. She continues to bring her determination and success to the current track and field team, where she works closely with Tim Cawley.

DeLoach graduated in 2008 with a double-degree in psychology and human development and family studies.

In 2009, DeLoach qualified for the indoor and outdoor USA championships. She is currently enrolled in the graduate program for occupational therapy at CSU.

DeLoach won the U.S. long jump championship in February, with a world-leading mark of 22 feet, 11.25 inches



## Kristen Hemphill

Volunteer Assistant Coach | First Year | Colorado State University



Kristen Hemphill returns to her alma mater to coach only a year after graduating. During Hemphill's senior season she broke the school record twice in the 3,000-meter steeplechase (10 minutes, 2.59 seconds) and was named all-conference. She placed seventh overall at the NCAA championships in the 3,000-meter steeplechase. Throughout her career at Colorado State she collected all-conference, all-region and academic all-conference honors. She is originally from Los Alamos, N.M, where she won four state championships in track and cross country while attending Los Alamos High School. She also holds LAHS school records in the 800-meters, 1,600-meters and 3,200-meters.

## Melissa Harms

Volunteer Assistant Coach | First Year | Colorado State University



Melissa Harms begins her first season as a volunteer assistant coach at Colorado State University. She comes to Colorado State after spending four years at the University of Northern Colorado, where she was an assistant coach in charge of throwing events. While at UNC, she coached eight school records, three all-conference selections and one NCAA qualification.

Harms is a Colorado native, originating from Haxtun, Colo. She competed for the Rams as a hammer thrower from 1999-2004. She has spent the last seven years teaching high school social studies and currently teaches world history at Roosevelt High School in Johnstown, Colo.

## Jason Smith

Volunteer Assistant Coach | First Year | Colorado State University



Jason Smith joined the Colorado State track and field program in 2011. He was a two-sport athlete while attending Colorado State as an undergraduate. Jason finished seventh in the triple jump (14.03m) at the 2009 Mountain West Conference indoor championships. In addition, Jason also served as the place kicker for the football program, and currently holds the most accurate field-goal percentage in school history. He is originally from Denver, Colo., and attended Arapahoe High School.





## Cameron Carter

*Throws • SR./SR.*

*Mayfair*

*Bellflower, Calif.*

**2010 (Junior):** Earned first place in the discus throw at the Colorado State-Pueblo Open (March 28) with a distance of 53.49 meters...

Scored

at the Tom Benich Track and Field Classic (April 3) taking sixth in the hammer throw with a distance of 53.25 meters... Placed fifth in the discus throw at both the Tom Benich Track and Field Classic (April 3) and the Jack Christiansen Invite (May 8)

**2009 (Indoor Sophomore/Outdoor Junior):** During the indoor season, Cameron scored at the Air Force Collegiate Invitational (Feb. 13) finishing eighth (15.19m) in the shot put. Cameron also scored at the MWC indoor championships with a fifth-place finish in the shot put (15.77m). Cameron had a nice outdoor season as he scored twice at the Jack Christiansen Invitational (April 24) by finishing fourth in the hammer throw (54.77m) and second in the discus throw (51.98m).

**2008 (Indoor Freshman/Outdoor Sophomore):** During the indoor season, Cameron finished 10th in the weight throw (15.51m) and 11th in the shot put (13.28m) at

the MWC indoor championships (Feb. 28). During the outdoor season, he was a consistent scorer in the discus throw, including a win (53.47m) at the Jack Christiansen Invitational (April 25) and a third-place finish (54.21m) at the Mesa Classic (April 11). At the MWC outdoor championships (May 14), he scored with a fourth-place finish (54.22m) in the discus throw and an eighth-place finish (45.51m) in the hammer throw. At the Midwest Regional (May 30), he scored in the discus throw with an eighth-place finish (50.95m).

**2007 (Outdoor Freshman):** After redshirting during the indoor season, Cameron scored in both his events at the MWC outdoor championships (May 9) with a second-place finish in the discus throw (56.46m) and

sixth-place finish in the shot put (14.82m), establishing personal bests in both events. At the end of the year he was named all-MWC in the discus and earned an MWC academic all-conference award.

**High School:** Cameron earned varsity letters in both track and football while attending Mayfair High School in Lakewood, Calif. He was named all-Suburban League in track (three times) and football (twice), and in 2006 was named (60.17m), set in 2006.

**Personal:** Cameron was born June 3, 1988, to Brenda and Jim Carter in Inglewood, Calif. He has two brothers, Michael and David, and three sisters, Yvette, Brandy and Khirin.





**Ryan Friese**  
*Middle Distance • SR./ -*  
*Rampart*  
*Colorado Springs, Colo.*

**2010 (Junior):** Recognized as winner of the Merrill-Gheen Award, given to top male scholar-athlete at Colorado State... Finished fourth in the 400-meter dash at the Colorado State-Pueblo Open (March 28)...Placed seventh in the 400-meter

dash at the Tom Benich Track and Field Classic with a time of 50.92... Took first in the 800-meter run at the Jack Christiansen Invite (May 8)... finished eighth in the 800-meter run at the MWC championships (May 12)

**2009 (Junior):** Ryan scored in the 800-meter run with a first-place finish (1:53.25) at the Air Force Collegiate Invitational (Feb. 13). At the MWC indoor championships, he also claimed first place in the 800-meter run (1:51.17). He had a very successful outdoor season. He scored in the 800-meter run with a first-place finish (1:50.34) at the Wyoming Gem City Duals (April 18). At the Front Range Invitational (May 2), he took first place in the 800-meters (1:50.97). He won the 800-meters (1:51.24) and ran the final leg on the third-place 4x400-meter relay team at the MWC championships (May 13). Ryan finished his season running the 800-meters at the NCAA Midwest Regional meet.

**2008 (Sophomore):** Ryan had a very successful sophomore year. During the indoor season, he scored in the 800-meters with a fourth-place finish (1:56.19) at the Air Force Invitational (Feb. 1) and with a third-place finish (1:53.53) at the MWC indoor championships (Feb. 28). He was named all-MWC in both the 800-meters and 4x400-meter relay. During the outdoor season, he never finished lower than third place in the 800-meters and counted four wins and three scores among his results. His scores included a first-place finish (1:52.07) at the Jack

Christiansen Invitational (April 25), first place (1:50.38) at the Front Range Championships (May 3) and a second-place finish (1:49.70) at the MWC outdoor championships (May 14), where he established a personal best. At the end of the season he was an MWC Scholar-Athlete and earned the 2008 Richard and Bernice Maycumber Scholarship Endowment.

**2007 (Freshman):** During the indoor season, Ryan scored with an eighth-place finish (13.95m) in the triple jump at the MWC indoor championships (Feb. 22). His outdoor season counted three scores in the triple jump and one in the long jump. He finished second (13.87m) in the triple jump at the Rob Upton Invitational (March 24). At the Jack Christiansen Invitational (April 21), he finished in second (14.15m) in the triple jump and eighth (6.23m) in the long jump. Finally, at the MWC outdoor championships (May 9), he finished in eighth place (13.66m) in the triple jump.

**High School:** Ryan lettered all four years in track while attending Rampart High School in Colorado Springs, Colo. He earned all-state honors in the 400-meters and the triple jump. He also earned All-America honors in the 4x400-meter relay.

**Personal:** Ryan was born May 31, 1988, to Kurt and Lydia Friese. He has an older sister, Natasha Henderson. He is majoring in computer engineering.





**Brian Fox**  
*Sprints • SR./SR.*  
*Fort Collins*  
*Fort Collins, Colo.*

**2010 (Junior):** Scored twice at the Don Barrett Air Force Duals (January 30), after finishing fourth in both the 200 and 400-meter dash...Member of the 4x100-meter relay team that finished third at the MWC championships (May 12)...

Finished second in the 400-meter dash at the Colorado State-Pueblo Open (March 28) in 49.48 seconds...Scored at the Tom Benich Track and Field Classic (April 3) after his fifth-place finish in the 400-meter dash... Earned eighth place in the 200-meter dash at the Jack Christiansen Invite (May 8) with a time of 21.95 seconds.

**2009 (Sophomore):** During the indoor season, Brian scored in the MWC indoor championships by finishing eighth in the 400-meter dash (49.99). Brian scored in multiple events during the outdoor season. He had a first-place finish in the 200-meter dash (22.11) and a first-place finish in the 400-meter dash (48.87) at the Wyoming Gem City Duals (April 18). He finished third in the 400-meter dash (48.98) and fifth in the 200-meter dash (21.80) at the Jack Christiansen Invitational (April 24). At the MWC championships (May 13), he closed out the season with a sixth-place finish in the 400-meter dash (48.56) and was a member of the third-place 4x400-meter relay team.

**2008 (Freshman):** After gaining experience during the indoor season, Brian had a successful outdoor season with scores in three events. At the Jack Christiansen Invitational (April 25), he finished in third place in the 200 meters (21.72) and in second place in the 400 meters (49.68). At the Front Range Championships (May 3), he finished in fifth place in the 400 meters (48.63). Finally he finished in eighth place in the 400-meters (49.26) at the MWC outdoor championships (May 14). Following the season, he was named an MWC Scholar-Athlete.

**High School:** Brian was a varsity letterwinner in both football and track while attending Fort Collins High School in Fort Collins, Colo. In 2007, he was named track MVP. He was part of a conference championship team in 2005 and regional champion in 2006 and 2007. He holds the school record in the 4x200-meter relay (1:27.01), set in 2007.

**Personal:** Brian was born Dec. 14, 1988, to Daniel and Janet Fox in Boulder, Colo. He has two sisters, Laurie and Megan. His mother works at Colorado State. His sister Laurie ran track at Penn State and his sister Megan ran track at CSU. Majoring in health and exercise science.





## Nigel Joseph

*Hurdles • No./SR.  
Unmerited of Calgary  
Alberta, Canada*

**2010 (Junior):** Competed in the Canadian track and field championships in Toronto (July)...Qualified for the quarterfinals in the 400-meter hurdles at the NCAA West regionals (May 27) by placing 22nd in a

time of 51.67 seconds...Finished fifth in the 400-meter hurdles (51.60) at the Mountain West championships (May 15)...Captured first place in the 400 meters (52.17) at the Fum McGraw Open...Took second (52.78) in the same event at the Front Range Classic (May 2)...Placed third in the long jump (22-3.00) at the Jack Christiansen Invite (April 25)...Won the 400-meter race (52.05) at the CSU-Pueblo Open (March 25).

**2009 (Sophomore):** Nigel had a nice indoor season scoring with a third-place finish in the 60-meter hurdles (8.27) at the MWC indoor championships. He had an even more impressive outdoor season as he scored in the second meet of the season with a fifth-place finish in the 110-meter hurdles (15.04) at the Mesa Classic (April 10). He took first place in the 110-meter hurdles (15.16) and the 400-meter hurdles (52.54) at the Wyoming Gem City Duals (April 18). At the Jack Christiansen Invitational (April 24), Nigel claimed first place in the 110-meter hurdles (14.75) and second place in the 400-meter hurdles (53.28). He scored with a third-place finish (53.06) in the 400-meter hurdles at the Front Range Invitational (May 2). He had another first-place finish in the 400-meter hurdles at the Colorado State Ram Open (52.04). At the MWC championships (May 13), he scored with a fourth-place finish in the 110-meter hurdles (14.89), a second-place finish in the 400-meter hurdles (52.09) and as a member of the third-place 4x400-meter relay team. Nigel finished his collegiate season running the 400-meter hurdles at the NCAA Midwest

regional meet. He continued his season by competing at the Canadian national championships, where he qualified for the Francophone Games in Lebanon.

**2008 (Freshman):** During the indoor season, Nigel posted two scores at the MWC indoor championships (Feb. 28), finishing seventh in the 60-meter hurdles (8.54) and eighth in the 400 meters (49.09). He had a very successful outdoor season, scoring in four events and winning three others. His season began with wins in the 400-meter hurdles at the Colorado Potts Outdoor Invitational (March 22), Tom Benich Classic (April 5), and the Colorado State Ram Open (April 19). His scoring events began with a third-place finish (14.81) in the 110-meter hurdles at the Jack Christiansen Invitational (April 25).

**Personal:** Nigel was born Sept. 18, 1986, to Alice Joseph and Wole (Wally) Ladejoh. He is majoring in liberal arts





## Jake Keyser

*Distance • SR./SR.  
Crater  
Central Point, Ore.*

**2010 (Junior):** Finished 20th in the 3,000-meter steeplechase in a time of 9:29.92 at the Stanford Invitational (March 26) Took 23rd and 16th in the 800-meter run, and the 1,500-meter run respectively, at the University of Colorado Invitational (April 10)... Placed fifth in the 5,000-meter run at the MWC champion-

ships (May 12) in a time of 9:26.98.

**2009 (Sophomore):** Jake began the indoor season with a first-place finish in the mile run (4:23.88) at the Don Barrett Air Force Duals (Jan. 31). He finished the season with an 11th-place finish in the 5,000-meter race (15:41.50) at the MWC indoor championships. During the outdoor season, he scored with a second-place finish in the 3,000-meter steeplechase (9:48.74) at the Wyoming Gem City Duals (April 18). He followed that up with his best performance in the 3,000-meter steeplechase, a third-place finish (9:06.85) at the Oregon Relays (April 23). Jake finished his season running the 3,000-meter steeplechase at the NCAA Midwest Regional meet.

**2008 (Freshman):** Jake's freshman outdoor season was highlighted by two wins in the 3,000-meter steeplechase. His first (9:40.63) came at the Tom Benich Classic (April 5) and the second (9:30.10) came at the Front Range Championships (May 3). Another season highlight came at the Colorado State Ram Open (April 19), where he finished second in the 1,500-meters (4:07.23). He also qualified for the Midwest Regional in the steeplechase. He earned an MWC Scholar-Athlete Award at the end of the season.

**High School:** Jake lettered in three sports while at Crater High School in Central Point, Ore., where he was a three-time city champion in cross country and track. He won the Oregon cross country state championship in 2007.

He also holds the sophomore 1,500-meter record and won the academic Scholar-Athlete in both his junior and senior years. Personal:

**Personal:** Jake was born April 25, 1989, to Jeffery and Jodie Keyser. He has a younger brother, John, and is majoring in business administration.





**Ian Lettow**  
*Throws • SR./SR.*  
*Faith Christian*  
*Arvada, Colo.*

**2010 (Junior):** Scored in three events at the Colorado State-Pueblo Open (March 28) after finishing second in the shot put, fifth in the discus throw and third in the hammer throw...Placed eighth in the hammer throw at the Tom Benich Track

and Field Classic (April 3) with a throw of 52.85 meters...Also took second in the shot put at the Tom Benich Track and Field Classic...Finished seventh in the shot put at the MWC championships (May 12)...Competed in NCAA championships (May 27) preliminaries.

**2009 (Sophomore):** Ian had a good indoor season as he scored in two meets. He had a first-place finish in the shot put (16.44m) early in the season at the Don Barrett Air Force Duals (Jan. 31). He followed that up by scoring in the shot put with a seventh-place finish (25.73m) at the Air Force Collegiate Invitational (Feb. 13). He finished the season with a score in the shot put as he finished sixth (15.67m) at the MWC indoor championships (Feb. 26). During the outdoor season, Ian scored several times in the shot put. He started the season with a first-place finish in the shot put (15.62m) at the Potts Invitational (March 21). He had a second-place finish in the shot put (15.88m) at the Rob Upton Invitational (Mar. 28). He scored in the shot put with a fourth-place finish (15.85m) at the Jack Christiansen Invitational (April 24). He ended his season with a score in the shot put, finishing third (16.64m) at the MWC championships.

**2008 (Freshman):** Ian had a very successful season in the shot put with two scores during the indoor season and three more during the outdoor season. He finished in sixth place (15.88m) at the Air Force Invitational (Feb. 1) and followed that with an eighth-place finish (15.06m) at the MWC indoor championships (Feb. 28)

His outdoor season consisted of a fourth-place finish (14.82m) at the Jack Christiansen Invitational (April 25), a fifth-place finish (14.70m) at the Front Range Championships (May 3), and culminated with a fourth-place finish (15.97m) at the MWC outdoor championships (May 14), which set a personal outdoor best.

**High School:** Ian earned varsity letters in both track and football while attending Faith Christian High School in Arvada, Colo.

**Personal:** Ian was born Nov. 25, 1988, to Kris and Chrissie Lettow in San Diego, Calif. He has a sister, Adrienne. He is majoring in business administration.





## Spenser Lynass

*Distance • JR./JR.*

*North Bend*

*North Bend, Ore.*

**2010 (Sophomore):** Placed third in the mile run at both the Mountain West-Big 12 Challenge (Jan. 23) and the Don Barrett Air Force Duals (Jan. 30)...Finished 15th at the Stanford University Invitational (March 26) in the 3,000-meter

steeplechase with a time of 9:08.74...Recorded a 12th-place finish in the 5,000-meter run at the University of Colorado Invitational (April 10)... Took 13th in the 1,500-meter run and seventh in the 3,000-meter steeplechase at the MWC championships (May 12).

**2009 (Freshman):** Spenser scored once during the indoor season with a fourth-place finish in the 3,000-meter run (9:18.27) at the Air Force Collegiate Invitational (Feb. 13). He started the outdoor season with a first-place finish in the 3,000-meter steeplechase (9:51.3) at the Rob Upton Invitational (March 28). He also had a second-place finish in the 3,000-meter steeplechase (9:04.94) at the Oregon Relays (April 23). Spenser finished his season running the 3,000-meter steeplechase at the NCAA Midwest regional meet.

**High School:** Spenser won two Oregon state championships in cross country and lettered four times in cross country and track, and three times in swimming, while attending North Bend High School in North Bend, Ore. He was named first-team all-league and all-state in both cross

country and track. He won the North Bend Division 4A championships in cross country (three times) and track (four times). He holds the school records in the 5,000 meters and 3,000 meters.

**Personal:** Spenser was born Oct. 1, 1989, to Bill and Tamara Lynass in Burke, S.D. He has an older sister, Kassy, and a younger brother, Sam. Majoring in health and exercise science.





## Tyson Williams

*Throws • - /SR.*

*Fruita Monument*

*Grand Junction, Colo.*

**2010 (Junior):** Earned all-conference honors with his third-place finish in the shot put at the MWC championships (May 12)...Recorded an eighth-place finish in the discus throw and fourth-place finish in the hammer throw at the

Colorado State-Pueblo Open (March 28)...Took first in the shot put at the Tom Benich Track and Field Classic (April 3) with a distance of 16.64... Finished second in the shot put at the Jack Christiansen Invite (May 8).

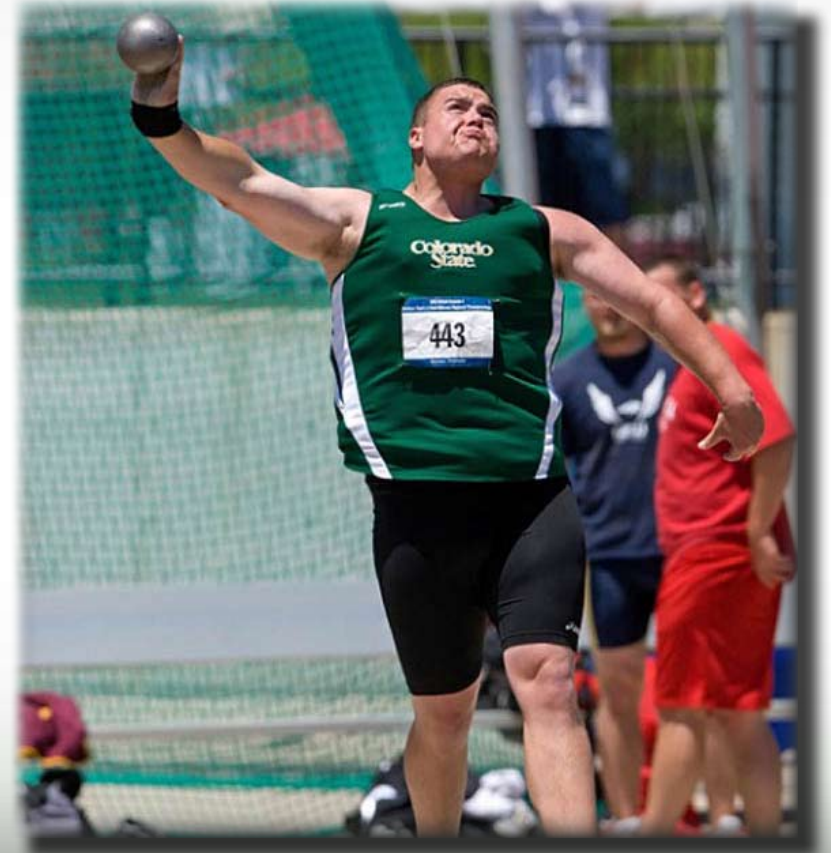
**2009 (Junior Indoor/Sophomore Outdoor):** Tyson scored twice during the indoor season. At the Air Force Collegiate Invitational (Feb. 13), he took third place in the shot put (16.88m). He recorded a first-place finish in the shot put (16.18m) at the Wyoming Robert Shine Invitational (Feb. 20). He scored in the shot put with a third-place finish (16.05) at the MWC championships (Feb. 26). Tyson finished his season at the NCAA Midwest Regional meet where he recorded his best toss in the shot put (17.61m).

**2008 (Sophomore Indoor/Freshman Outdoor):** Tyson posted a score during the indoor season with a fifth-place finish (15.65m) in the shot put at the MWC indoor championships (Feb. 28). During the outdoor season, he was a consistent scorer for the Rams. At the Jack Christiansen Invitational (April 25), he finished second in the shot put (15.24m) and sixth in the discus throw (46.38m). He finished third in the shot put (15.73m) at the Front Range Championships (May 3). Finally, at the MWC outdoor championships (May 14) he scored with a seventh-place finish in the hammer throw (47.4m) and an eighth-place finish in the shot put (15.12m).

**2007 (Freshman Indoor):** Tyson scored during the indoor season with an eighth-place finish in the shot put (15.25m) at the MWC indoor championships (Feb. 22) before redshirting the outdoor season to work on his technique.

**High School:** Tyson was a two-time letterwinner in both track and football while attending Fruita Monument High School in Fruita, Colo., where he holds the records in the shot put (16.42m) and the discus throw (50.29m), both set in 2006.

**Personal:** Tyson was born Feb. 15, 1988, to Jared and Janet Williams in Burley, Idaho. He has an older brother, Chris. During the summer of 2008, he married the former Desirae Thygerson. He is majoring in accounting.







## Kevin Aiken

*Middle Distance • SO./SO.  
Rocky Mountain  
Fort Collins, Colo.*

**2010 (Freshman):** Ran his best race, finishing eighth (1:59.72) in the 800-meter run, at the Jack Christiansen Invite (May 8)...Opened the season placing 19th at the Colorado State-Pueblo Open (March 28) with a time of 2:07.79 in the 800-meter run. Competed in the 800-meter run at both the Tom Benich Track and Field Classic at the University of Northern Colorado (April 3) and the CU Invitational (April 10), finishing 36th and 26th, respectively.

**High School:** Kevin lettered in both cross country and track and field while attending Rocky Mountain High School in Fort Collins, Colo. He received all-conference honors in both sports and was named the top athlete of his team all four years in cross country. He holds his high school's records in the 5K run (16:20), the 800-meter run (1:57.8) and the 400-meter run (49.5).

**Personal:** Kevin was born on June 10, 1990, to Marianne and Joseph Aiken in Chicago, Ill. He has a younger sister, Sarah. He is majoring in mechanical engineering.



## Damon Austin

*Middle Distance • SR./JR.  
University of Portland  
Loveland, Colo.*

**2010 (Sophomore):** Finished third in the 1,500-meter run at the Colorado State-Pueblo Open (March 28) in a time of 4:06.91...

Took sixth in the 1,500-meter race at the Jack Christiansen Invite (May 8) and 19th in the same event at the University of Colorado Invitational (April 10)...Also recorded a 24th-place finish in the 800-meter run at the University of Colorado Invitational (April 10) with a time of 2:02.16.

**2009 (Sophomore):** Damon began the indoor season at the Air Force Indoor All-Comers Meet (Jan. 16), where he finished second in the mile run (4:35.06). He also recorded a first-place finish in the mile (4:32.49) at the Air Force Collegiate Invitational (Feb. 13).

**2008 (Freshman):** Damon attended the University of Portland, where he finished seventh in the mile (4:38.83) at the Great NW Classic (Feb. 8).

**High School:** Damon lettered in both cross country and track while attending Thompson Valley High School in Loveland, Colo. He was named all-Northern Conference in track in 2006 and in cross country in 2007, and all-state in track in 2006. He was named cross country team MVP in 2007. He holds the school 4x800-meter record (7:51), set in 2007. He was named academic all-state in both cross country and track in 2006 and 2007.

**Personal:** Damon was born April 20, 1989, to Byron and Debra Austin. He has three brothers, Ryan, Devin and Sean. He is majoring in health and exercise science.



## Alex Balsiger

*Middle Distance • FR./FR.  
Oklahoma  
Parker, Colo.*

**High School:** Named all-conference for cross country in 2006 and 2007...Second-team all-state in cross country in 2007 and 2008...4x800-meter state champion in 2009.

**Personal:** Born Jan. 20, 1991, in Fremont Calif...Son of Jill and Steve Balsiger...Has a brother, Adam (17)...Father played football at the University of Wisconsin-Stout...Majoring in mechanical engineering.



## Trevor Brown

*Hurdles • FR./FR.  
Wasson  
Colorado Springs, Colo.*

**(High School):** Earned the Colorado Gatorade Track Athlete of the Year in 2010...Named all-state in both the 300-meter hurdles and the 110-meter hurdles during his senior year... Captured a state record in the 300-meter hurdles with a time of 36.81 seconds...Placed third in the 100-meter hurdles at the 2010 USA Junior Outdoor Track and Field Championships...Held the nation's top high-school time in the 60-meter hurdles during the week of Feb. 19, 2010.

**Personal:** Born March 24, 1992 to Maureen and Harold Brown...Has a younger brother, Seth (16), and two sisters, Brianna and Marlee... Father played football at Ohio State University... He has yet to declare a major.



## Wil Buchanan

*Middle Distance • SR./ -  
University of Colorado  
Fort Collins, Colo.*

**2010 (Junior):** Did not compete due to injury...Was granted by the NCAA a sixth year of eligibility for the 2011 indoor season.

**2009 (Junior):** Wil began the indoor season with a strong performance at the Don Barrett Air Force Duals (Jan. 31), finishing in first place in the 800 meters (1:55.89). He scored at the Air Force Collegiate Invitational (Feb. 13), claiming second place in the 800-meters (1:53.80). Wil scored three times during the outdoor season. He took first place in the 1,500 meter run (3:50.09) at the Front Range Invitational (May 2). He claimed second place in the 1,500-meters (3:56.61) and third in the 4x400-meter relay at the MWC championships. At the NCAA Midwest regional meet, Wil recorded a personal best in the 1,500 meters (3:45.86) to qualify for the finals, where he finished third, earning his first trip to the NCAA championships.

**2008 (Sophomore):** Wil redshirted both the indoor and outdoor seasons.

**2007 (Freshman):** Wil attended the University of Colorado. During the indoor season, he scored at the Air Force Invitational (Feb. 2) with a second-place finish in the 800 meters (1:55.14). During the outdoor season he won the 800 meters (1:56.12) at the Rob Upton Invitational (March 24).

**High School:** Wil was a four-time letterwinner in both cross country and track while at Rocky Mountain High School in Fort Collins, Colo. He was all-league/all-city all four years in cross country and track. In 2005, he was the Colorado state champion in the 800 meters and part of the Front Range Conference track champions. He holds the school 800-meter record (1:52.19), set in 2005.

**Personal:** Wil was born Dec. 12, 1986, to Kris and Carol Buchanan. He has a younger sister, Kate, and a younger brother, Matt. He is majoring in chemical engineering.



**Seth Butler**  
*Middle Distance • FR./FR.*  
*Liberty Benton*  
*Findlay, Ohio*

**High School:** Member of four conference and four district championship teams...Earned 16 conference championships throughout four years...Named all-state 10 times...Four-time state champion in 800 meters.

**Personal:** Born April 25, 1991, in Findlay, Ohio...Son of Mark and Kimberly Butler...Has three brothers Jason (28), Aaron (27) and Daniel (20) and four sisters Ashley (25), Amy (24), Tamara (23) and Michaela (12)...Majoring in business.



**Tanner Burgard**  
*Jumps • FR./FR.*  
*Bozeman*  
*Bozeman, Mont.*

**High School:** Lettered in track and football while attending Bozeman High School...Three-time all-conference selection...All-state in the 400 meters, long jump and 4x400-meter relay his senior year.

**Personal:** Born Dec. 25, 1991, to Chris and Sandi Burgard...Has a younger sister, Kelsey (16)...Majoring in business administration.



**Matt Collins**  
*Multis • FR./FR.*  
*Monarch*  
*Louisville, Colo.*

**High School:** Lettered three times in football and twice in track...Earned all-conference honorable mention in football in 2009...Holds the school record in the high jump at 6 feet, 2 inches...Academic all-state honorable mention in both 2009 and 2010

**Personal:** Born Aug. 30, 1991, to Bob and Gayle Collins...Majoring in business administration.



**Kelby Dias**  
*Hurdles • SO./SO.*  
*Sierra*  
*Colorado Springs, Colo.*

**2010 (Freshman):** Scored at the Colorado State-Pueblo Open (March 28) by taking eighth in the 200-meter dash with a time of 22.78 seconds... Also finished second in the 110-meter hurdles at the same meet...Won the 100-meter hurdles at the Tom Benich Track and Field Classic (April 3)...Placed second in the 110-meter hurdles at the Jack Christiansen Invite (5/8/10) after finishing in 14.62 seconds...Earned fourth place in the long jump with a distance of 6.63 meters at the Jack Christiansen Invite (May 8)...At the MWC championships (May 12) finished fifth in the 110-meter hurdles and third in the 4x100-meter relay.

**High School:** Kelby was a three-sport athlete lettering in football, basketball and track while attending Sierra High School in Colorado Springs, Colo. He garnered all-league honors in all three sports, all-state honors in football and track. He won nine individual state championships and was captain of the track team his senior year. He was also a high school All-American in the 110-meter high hurdles.

**Personal:** Kelby was born Nov. 1, 1989, to

David and Leslie Dias in Colorado Springs, Colo. He has two sisters, Alyssa and Paige. He has yet to declare a major.

## Cameron Fullerton

*Distance • JR./JR.*

*Stevens*

*Rapid City, S.D.*



**2010 (Sophomore):** Won the 3,000-meter run at the Potts Invite (Jan. 23), with a time of 9:51.50...Placed sixth in the 5,000-meter run at the Colorado State-Pueblo Open in a time of 16:26.59...Finished 12th in the same event at the Tom Benich Track and Field Classic (April 3)...Took third at the Jack Christiansen Invite (May 8) in the 5,000-meter run.

**2009 (Sophomore):** During the indoor season Cameron recorded his best time in the mile run with a 14th-place finish (4:56.10) at the Air Force Indoor All-Comers Meet (Jan. 16). He scored once during the outdoor season with an eighth-place finish in the 5,000-meter run (16:14.16) at the Jack Christiansen Invitational (April 24).

**2008 (Freshman):** Cameron did not compete during either the indoor or outdoor seasons.

**High School:** Cameron lettered in three sports while attending Stevens High School in Rapid City, S.D. He finished fourth at the South Dakota state meet in the 3,200 meters, and was named all-conference, all-state and team MVP. He was captain of both the cross country and track teams in 2007.

**Personal:** Cameron was born Oct. 27, 1988, to Mark and Vivian Fullerton in Casper, Wyo. He has two brothers, Nick and Chris. He is majoring in business administration.



## Graham Gilliland

*Jumps • FR./FR.*

*Rocky Mountain*

*Fort Collins, Colo.*

**High School:** Two-sport athlete at Rocky Mountain High School, competing in both track & field and basketball...Placed third in the triple jump at the 2010 Colorado Class 5A state championships...Member of the National Honor Society...Two-time winner of the Rocky Mountain High School Honor Athlete Award.

**Personal:** Born Feb. 18, 1992, to Dave and Lucin Gilliland in Atlanta, Ga...Has one older brother, Colin (20), and one younger sister Mary (13)...Majoring in biological science.



## Ken Harriman

*Throws • FR./SO.*

*Pueblo South*

*Pueblo, Colo*

**2010 (Freshman):** Won the shot put at the Potts Invite (Jan. 23), with a distance of 15.58 meters...Scored at the Colorado State-Pueblo Invitational by placing fifth in the shot put with a distance of 14.95 meters...Finished eighth in the shot put at the Tom Benich Track and Field Classic (April 3)...took sixth in the shot put at the University of Colorado Invitational (April 10) with a distance of 15.19 meters

**High School:** Ken lettered in track and football while attending Pueblo South High School in Pueblo, Colo. He was the 4A state champion in the shot put three times.

He garnered all-state honors in track and all-league honors in football. He was also an honor-roll student.

**Personal:** Ken was born to Mark and Jo Harriman on Aug. 19, 1990, in Pueblo, Colo. He has an older brother, Greg, and an older sister, Ashley. He has yet to declare a major.



## Ben Larson

*Distance • FR./FR.*

*Rocky Mountain*

*Fort Collins, Colo.*

**High School:** Named all-conference three times in both track and cross country...Four-time academic all-state honoree...Named Athlete of the Year by his coaches after his senior season...Was a four-time honor athlete at Rocky Mountain High School.

**Personal:** Born June 8, 1992, to Wayne and Andrew Larson...Has one younger sister, Meg.



## Kody Leach

*Distance • FR./FR.*

*Greeley West*

*Greeley, Colo.*

**High School:** Finished eighth in the 3,200-meter run at the 2010 Colorado state track and field championships...Placed second in the 1,600 meters his junior year at the Northern Conference meet.

**Personal:** Majoring in biological science.



**Andrew Lesser**  
*Distance • SO./SO.*  
*Coronado*  
*Colorado Springs, Colo.*

**2010 (Freshman):** Earned a second-place finish in the 5,000-meter run at the Colorado State-Pueblo Open (March 28) with a time of 15:50.42...Finished 18th in the 1,500-meter run at the Tom Benich Track and Field Classic (April 3).

**High School:** Andrew lettered four times in track and three times in cross country at Coronado High School in Colorado Springs, Colo. He was named captain of his high-school cross country team in 2007. He earned first-team all-academic honors for track and cross country in 2007 as well.

**Personal:** Andrew was born June 1, 1990, in Colorado Springs, Colo. He was raised by his father Mike. He has a younger brother, Christian. He is majoring in business administration.



**Kyle Lucas**  
*Sprints • FR./FR.*  
*University of Kansas*  
*Loveland, Colo.*

**High School:** Lettered twice in football and four times in track, while attending Loveland High School...Earned all-city honors for track his senior year...Holds the school record in the 4x400-meter relay...Member of four city championship teams and two conference championship teams.

**Personal:** Born Aug. 23, 1991, to Kathy and Jeff Lucas, in Fort Collins, Colo...Has one older sister, Michelle (24)...Majoring in civil engineering.



**Joe Marchand**  
*Distance • FR./FR.*  
*Monarch*  
*Louisville, Colo.*

**High School:** Earned all-league honors twice in cross country and twice in track...Named team runner of the year twice in cross country and twice in track...Holds the school record in the 4x800-meter relay.

**Personal:** Born Aug. 3, 1991, to Rick and Arla Marchand, in Denver, Colo...Has two older sisters, Lauren (25) and Leslie (23)...Majoring in mechanical engineering.



**Josh McMillin**  
*Multis • SO./SO.*  
*Rampart*  
*Colorado Springs, Colo.*

**2010 (Freshman):** Won the pole vault at the Potts Invite (Jan. 23), clearing a height of 4.40 meters...Finished 19th in the 110-meter hurdles with a time of 20.37 seconds at the Colorado State-Pueblo Open (March 28)... Also placed second in the pole vault, clearing a height of 4.42 meters...At the Tom Benich Track and Field Classic (April 3) finished fifth in the javelin throw with a distance of 46.59 meters...Took second in the pole vault and

eighth in the javelin throw at the University of Colorado Invitational (April 10)

**High School:** Josh participated in track and football while attending Rampart High School in Colorado Springs, Colo. He was a captain of the track team and participated in the pole vault.

**Personal:** Josh was born July 24, 1990, to Larry and Cindy McMillin in Colorado Springs, Colo. He has an older brother, Chris. He is majoring in civil engineering.



**Christian Meyer**  
*Distance • FR./FR.*  
*Sandia*  
*Albuquerque, N.M.*

**High School:** Named to the all-city team in cross country once and track and field twice... Named all-state a total of six times...Lettered in cross country, basketball and track...Saluditorian of graduating class.

**Personal:** Born July 30, 1991, to Brent and Dawn Meyer in Albuquerque, N.M...Has three younger brothers, Carl (16), Peter (13) and Eric (10)...Majoring in physics.



**Seth Monson**  
*Sprints, Hurdles • FR./FR.*  
*Westview*  
*Beaverton, Ore.*

**(High School):** Won state championships in the 400-meter race (48.30) and 300-meter race (44.63)...Ran a season-best time in the 110-meter hurdles (14.27).

**Person:** Born Dec. 5, 1991, to Melissa and Brent Monson...Has five older sisters, Hannah (34), Meghan (32), Clara (31), Martha (28) and Karinne (23)...Majoring in health and exercise science.



**Josh Murphy**  
*Sprints • SR./SR.*  
*Faith Christian*  
*Broomfield, Colo.*

**2010 (Junior):** Finished fifth in the 200-meter dash at the Don Barrett Air Force Duals (Jan. 30)...Finished 16th in the 400-meter dash at the Colorado State-Pueblo Open (March 28)... Member of the 4x100-meter relay team that took first at the Colorado State-Pueblo Open (March 28)...Took 11th in the 200-meter dash at the Jack Christiansen Invite (May 8).

**2009 (Sophomore):** Josh began the indoor season with a third-place finish in the 200-meter dash (23.07) at the Wyoming Power Meet (Dec. 6). He recorded his best time of the year in the 60-meter dash (7.13) at the Air Force All-Comers Meet (Jan. 16). He had a successful outdoor season posting scores in three meets. At the Wyoming Gem City Duals (April 18), he finished second in the 200-meter dash (22.19). He had an eighth-place finish in the 200 meters (22.19) at the Jack Christiansen Invitational (April 24). He had a seventh-place finish in the 200 meters (22.49) at the Front Range Invitational (May 2).

**2008 (Freshman):** Josh posted two scores at the Jack Christiansen Invitational (April 25) when he finished seventh in the 200 meters (22.29) and eighth in the 100 meters (11.30). He was named academic all-conference at the end of the year.

**High School:** Josh was a varsity letterwinner in both track and football while attending Faith Christian High School in Arvada, Colo. He was named first-team all-conference in football and second-team all-state in both football and track. He was part of two conference championship teams in football and track, three state football championship teams, and two state track championship teams. He holds the school record in the 200-meter dash and the 4x200-meter relay, both set in 2007.

**Personal:** Josh was born May 31, 1989, to Douglas and Judy Murphy in Denver, Colo. He has a sister, Michaela. He is majoring in construction management.



**John O'Neill**  
*Distance • JR./JR.*  
*Battle Mountain*  
*Vail, Colo.*

**2010 (Sophomore):** Placed fourth in the mile run at the Don Barrett Air Force Duals (Jan. 30)...Placed third in the 5,000-meter run at the New Mexico Classic (Feb. 5)...Placed ninth at the MWC championships (May 12) in the 10,000-meter run with time of 33:57.77

**2009 (Freshman):** At the MWC indoor championships (Feb. 26), John had a 15th-place finish in the 5,000-meter run (16:21.69) and a 21st-

place finish in the 3,000-meter run (9:20.78). During the outdoor season, John's best time in the 10,000-meter run (35:21.36) came at the MWC championships (May 13) as he finished 13th.

**High School:** John lettered in both cross country and track while attending Battle Mountain High School in Minturn, Colo. He was named all-league in cross country and track and was named all-state in cross country and in the 4x800 meters, mile and two mile in track. He was the cross country regional champion three times and Colorado state champion twice. He holds several school records, including the 4x400 meters (3:28) and 4x800 meters (7:52). At the Arcadia Invite, he ran 9:16.88 in the 3,200 meters. He was cross country team captain in 2006 and 2007.

**Personal:** John was born July 6, 1990 son of Bill and Beth O'Neill. He has a sister, Allison. He is majoring in journalism and technical communications.



**Ian Reinhard**  
*Hurdles • FR./FR.*  
*Mitchell*  
*Colorado Springs, Colo.*

**High School:** Lettered in track three times... Earned a sixth-place finish in the 110-meter hurdles at state meet his senior year...Named team captain both his junior and senior seasons.

**Personal:** Born March 3, 1992, to Robert and Margaret Reinhard...Has two sisters, Sara and Jenny...Majoring in health and exercise science.



## Brandon Ribble

*Jumps • SO./SO.*  
*University of Wyoming*  
*Arvada, Colo.*

**2010 (Freshman):** Earned a fourth-place finish at the Colorado State-Pueblo Open (March 28) in the 110-meter hurdles with a time of 15.59... Recorded a sixth-place finish in the 100-meter hurdles at the Tom Benich Track and Field Classic (April 3)... Took first in the high jump at the Jack Christiansen Invite (May 8), clearing a height of 1.99 meters... Placed seventh in the 110-meter hurdles at the MWC championships (May 12).

**High School:** Brandon was a three-sport athlete at Ralston Valley High School, lettering in basketball, football and track. He earned all-state honors in all three sports and was the track team MVP in 2008. He was part of back-to-back league championship teams in all three sports as well in 2007 and 2008. He was captain of all three teams in his senior season.

**Personal:** Brandon was born May 25, 1990, to Glenn and Gaye Ribble in Wheat Ridge, Colo. He has an older sister, Briana. He is majoring in restaurant and resort management.



## Andrew Roberts

*Distance • SO./SO.*  
*Lyons*  
*Boulder, Colo.*

**2010 (Freshman):** Recorded a 10th-place finish in the 800-meter run at the Colorado State-Pueblo Open (March 28) Scored at the University of Colorado Invitational (April 10) with his seventh-place finish in the 3,000, meter run, finishing in 8:42.89... Placed fifth in the 1,500-meter run at the Jack Christiansen Invite (May 8)... Finished 11th at the MWC championships (May 12) in the 1,500-meter run.

**High School:** Andrew lettered four times in cross country and track while attending Lyons High School in Lyons, Colo. He earned all-conference and all-state honors all four years. He holds numerous Lyons High School records in track and cross country.

**Personal:** He was born Sept. 23, 1990, to Mark and Kim Roberts. He has three younger brothers, Paul (11), Isaac (7) and John (3), and five younger sisters, Melissa (17), Miriam (14), Sarah (9), Katie (5) and Elizabeth (1). He is majoring in civil engineering



## Carson Rowley

*Throws • SO./SO.*  
*Natrona County*  
*Casper, Wyo.*

**2010 (Freshman):** Placed seventh in the discus throw, shot put and hammer throw at the Colorado State-Pueblo Open (March 28)... Finished 15th overall in the hammer throw at the Tom Benich Track and field Classic (April 3)... Placed sixth in the shot put with a throw of 15.35 meters at the Jack Christiansen invite (May 8).

**2009:** Redshirted

**High School:** Carson was a letterwinner in both football and track while attending Natrona County High School in Casper, Wyo. He was named all-conference and all-state in football (2007) and track (2008). He holds the school record for the indoor shot put (16.52m), set in 2008. He was a football team captain in 2007 and a track team captain in 2007 and 2008.

**Personal:** Carson was born on June 1, 1989, to Thomas and Cammy Rowley in Powell, Wyo. He has a brother, Lucas. He is majoring in civil engineering.



## Sam Saccomano

*Hurdles • SO./SO.*  
*Ledyard*  
*Ledyard, Conn.*

**2010 (Freshman):** Finished 20th in the 200-meter dash at the Colorado State-Pueblo Open (March 28)... Recorded two 18th-place finishes in the 100-meter hurdles and 200-meter dash, at the Tom Benich Track and Field Classic (April 3)... Scored at the Jack Christiansen Invite (May 8) with his third-place finish in the 110-meter hurdles in time of 14.95.

**High School:** Sam lettered in football and track while attending Ledyard High School in Ledyard, Conn. He received all-state honors in both sports his senior season. He captained both teams and was the team MVP in football and the team points leader in track during his senior season as well.

**Personal:** He was born on June 22, 1991, to Nicholas and Linda Saccomano in Norwich, Conn. He has an older brother, Ben, and an older sister, Maggie. He is majoring in civil and biological engineering.



**Andrew Schall**  
Pole Vault • JR./SO.  
Idaho State University  
Fort Collins, Colo.

**2010 (Freshman):** Scored at the Tom Benich Track and Field Classic after placing eighth in the pole vault, clearing a height of 4.45 meters...

Took second in the pole vault at both the University of Colorado Invitational (April 10) and the Jack Christiansen Invite (May 8).

**High School:** Andrew lettered in track and soccer while attending Rocky Mountain High School in Fort Collins, Colo. He was named the track team MVP in 2008 and was team captain of the soccer team in 2007. He was also first-team academic all-state.

**Personal:** Andrew was born April 13, 1990, to Heather and Jim Schall in Fort Collins, Colo. He has an older brother, Tyler, an older sister, Caitlin, and two younger sisters, Laurel and Hannah. He is majoring in construction management.



**Tyler Short**  
Middle Distance • JR./JR.  
Thompson Valley  
Masonville, Colo.

**2010 (Sophomore):** Earned a fourth-place finish at the Colorado State-Pueblo Open (March 28) in the 800-meter run with a time of 1:56.25... Placed 12th in the 800-meter run at the Tom Benich Track and Field Classic (April 3) ... Finished second in the 800-meter run at the Jack Christiansen Invite (May 8).

**High School:** Tyler was a three-sport athlete at Thompson Valley High School in Loveland, Colo., lettering in football, basketball and track. He received all-state honors in all three sports during his tenure.

**Personal:** Tyler was born Sept. 26, 1988, to Gregg and Jean Short in Loveland, Colo. He has a sister, Lisa. He is majoring in construction management.



**Torrey Smith**  
Jumps • FR./FR.  
Faith Christian  
Niwot, Colo.

**High School:** Lettered in basketball, soccer and track... Won state championships in basketball in 2009 and 2010... Holds the record in the high jump at 6 feet, 4 inches.

**Personal:** Born Aug. 24, 1991, to Maxine and Paul Smith in Santa Barbara, Calif... Has one older sister, Cambria Smith (23).



**J.P. Taxman**  
Sprints • FR./FR.  
Whittier  
Colorado Springs, Colo.

**High School:** Earned four letters in track at Cheyenne Mountain High School... Holds the school record in the 100-meter dash, 4x100-meter relay and 4x200-meter relay... Named team MVP senior year.

**Personal:** Born Sept. 24, 1990, to Richard and Trudy Taxman... He has two sisters, Lisa and Bonnie, and two brothers, Gary and Paul.



**Daniel Wallis**  
Distance • SR./SR.  
Western State  
Wellington, New Zealand

**2010 (Junior):** Won the 5,000-meter run at the Mountain West-Big 12 Challenge (Jan. 23), with a time of 14:34.56... Earned a first-place victory in the mile run at the Don Barrett Air Force Duals (Jan. 30), with a time of 4:11.00... Finished 28th at the Tom Benich Track and Field Classic (April 3) in the 1,500-meter run... Placed 10th in the time of 32:34.14 in the 5,000-meter run at the MWC championships (May 12).

**2009 (Sophomore):** During the indoor season Daniel finished fourth to score in the mile run (4:25.86) at the Air Force Collegiate Invitational (Feb. 13). He recorded two scores at the MWC indoor championships (Feb. 26) finishing in sixth place in the 5,000 meters (15:21.60) and eighth place in the 3,000-meter run (8:46.56). During the outdoor season, Daniel recorded his best time in the 1,500 meters at the MWC championships (May 13), finishing in 11th place (4:02.80).

**2008 (Freshman):** Daniel competed in distance running at Western State, where he had season-best times in the 800 meters (1:59.88), 1,500 meters (3:55.21) and 3,000 meters (8:49.91).

**High School:** Daniel played three sports while attending Napier Boys High School in Napier, New Zealand. He finished in third place in the New Zealand school 6,000-meter road race in 2004, and in fifth place in the New Zealand

school 1,500 meters in 2005. He was the captain of his cross country and track teams in 2004 and 2005. He holds the senior boys school record in the 3,000 meters.

**Personal:** Daniel was born Nov. 11, 1987, to Karen and John Wallis in Wellington, New Zealand. He has a younger sister, Grace. He is majoring in political science



## Ryan Wasilawski

*Jumps • SO./SO.*

*Clear Creek*

*Evergreen, Colo.*

**2010 (Freshman):** Scored twice at the Colorado State-Pueblo Open (March 28) with his seventh-place finish in the long jump and fifth-place finish in the triple jump...Earned a fourth-place finish in the long jump and fifth-place finish in the triple jump at the Tom Benich Track and Field Classic (April 3)... Took second in the long jump with a distance of 14.07 meters at the Jack Christiansen Invite (May 8).

**High School:** Ryan was a three-sport athlete at Clear Creek High School near Evergreen, Colo., lettering in football, basketball and track. He was named all-league in basketball his senior season and took home the same honor for track in the triple jump, long jump and high jump. He was named the outstanding track athlete all four years. He was captain of both the basketball and track teams in his senior season.

**Personal:** He was born Oct. 29, 1989, to Peter and Ginny Wasilawski in Denver, Colo. He has an older sister, Alyson. He is majoring in health and exercise science.



## Robert Wasinger

*Multis • FR./FR.*

*Ralston Valley*

*Arvada, Colo.*

**High School:** Lettered in both track and football while attending Ralston Valley High School... Member of three league-champion track and football teams..Holds the school record in the 4x200-meter relay.

**Personal:** Born Jan. 20, 1992, to William and Lia Wasinger...Has one sister, Tiana...Father played football at Adams State...Majoring in health and exercise science.





## Kendra Gerck

*Distance • JR./JR.*

*Greeley West*

*Greeley, Colo.*

**2010 (Sophomore):** In her first event of the indoor season, Gerck ran the Rams' fourth-best time in the 5,000 meters, crossing the line at 17:28.03, placing second (Jan. 23)... Finished second in the 3,000-meter run with a time of

10:35.67 at the Don Barretttt Air Force Duals (Jan. 30)... Ran a season-best in the 3,000 meters, placing fifth (10:18.69) at the New Mexico Classic (Feb. 5)... Placed 18th (17:14.23) in the 5,000 meters at Iowa State, a Rams season best (Feb. 13)... Altered the CSU record books in the 10,000-meter run in the outdoor season at the Mt. SAC Relays, placing 13th with a time of 35:24.47, good for eighth all-time (April 15)... Placed third (10:21.10) in the 3,000 meters at the Front Range Classic (May 1)... Ran the 5,000 meters in 17:51.25, good for sixth place at the MWC championships (May 15)... Awarded MWC academic all-conference.

**2009 (Freshman):** Kendra had a productive first season as she recorded her best times in the MWC indoor championships with a seventh-place finish in the 3,000 meters (10:23.74) and a 10th-place finish in the 5,000 meters (19:03.35). She started the outdoor season with a ninth-place finish in the 1,500 meters (4:52.25) at the CU Invitational (April 11). She had a nice performance at the Oregon Relays (April 23) finishing the 5,000-meter race in 17th place with a time of 17:12.16. She ended her season at the MWC championships with an eighth-place finish in the 10,000 meters (39:22.74) and a fifth-place finish in the 5,000 meters (18:19.00).

**High School:** While attending Greeley West High School in Greeley, Colo., Kendra was the 2007 state champion in both the 1,600 meters and 3,200 meters. She lettered four times in both cross country and track, and was

named Greeley Tribune Athlete of the Year three times. Twice she was a league champion and was named first-team all-state in cross country in 2005. She was named cross country MVP from 2005-07 and track MVP from 2006-07. In 2006, she won the Division 4A championship for cross country, and in 2007 was the 4A state champion in cross country. She holds the school record for both the 1,600 meters (5:06) and 3,200 meters (10:56).

**Personal:** Kendra was born Feb. 23, 1990, to Kenneth and Margaret Gerck. She has two older sisters, Beth and Kelly, who competed in cross country and track at the University of Northern Colorado. She is majoring in health and exercise science.





**Ellie Keyser**  
*Distance • SR./SR.*  
*Rocky Mountain*  
*Fort Collins, Colo.*

**2010 (Junior):** Won the mile run at the Don Barrett Air Force Duals (Jan. 30)...Recorded a fourth-place finish at the New Mexico Classic (Feb. 5) in the 5,000-meter run...Finished fifth in the 3,000-meter run at the Iowa Classic (Feb. 12)...Placed third in the 3,000-meter run

at the MWC indoor championships...Took first place in the 5,000-meter run at the Mountain West-Big 12 Challenge (Jan. 23), with a time of 17:27.35...Named to the 2010 Division I women's all-academic track and field team...Earned all-conference after her fourth-place finish in the 10,000-meter run at the MWC championships (May 12)...Finished 10th in the 1,500-meter run at the Tom Benich Track and Field Classic (April 3)...Finished 18th in the 5,000-meter run at the Sun Angel Track Classic (April 8).

**2009 (Sophomore):** Ellie began the indoor season at the Don Barrett Air Force Duals (Jan. 31), where she finished ninth in the mile run (5:24.62). She had a strong performance in the 5,000 meters at the MWC indoor championships (Feb. 26) finishing fifth (18:44.19). She began the outdoor season by recording her best time in the 1,500 meters finishing fourth (4:45.85) at the CU Invitational (April 11), and also had a third-place finish in the 3,000 meters (10:27.86). She took first place in the 3,000 meters (10:27.67) at the Wyoming Gem City Duals (April 18). She nabbed another first-place finish in the 5,000 meters (17:50.88) at the Front Range Invitational (May 2). She ended the season with a good showing in the 10,000-meter run, finishing fourth (38:54.45) at the MWC championships.

**2008 (Freshman):** Ellie was a consistent scorer throughout her freshman year, posting three scores during both the indoor and outdoor seasons. She finished in second place in the 5,000 meters (18:29.96) at the

Air Force Invitational (Feb. 1). At the MWC indoor championships (Feb. 28), she finished in fourth place in both the 3,000 meters (10:29.86) and the 5,000 meters (17:54.37). During the outdoor season, she finished in third place in the 3,000 meters (10:31.34) at the Front Range Championships (May 3). Finally, she finished in seventh place in the 5,000 meters (17:53.02) and in eighth place in the 10,000 meters (37:02.50) at the MWC outdoor championships (May 14).

**High School:** Ellie earned four letters in both cross country and track while attending Rocky Mountain High School in Fort Collins, Colo. She was named first-team all-conference and all-state in both her junior and senior years and was the best overall athlete in cross country in 2006. In 2006, she was the Class 5A champion in cross country. She was named academic all-state all four years.

**Personal:** Ellie was born March 27, 1989, to Pat and Jan Rastall. She has a younger sister, Addy. Majoring in human development and family studies.





## Elizabeth Johnson

*Throws • SO./SO.*

*Fossil Ridge*

*Fort Collins, Colo.*

**2010 (Freshman):** Earned all-conference honors in the discus throw after her second-place finish at the MWC championships (May 12)...Placed seventh in the discus throw at the

Tom Benich Track and Field Classic (April 3)... Recorded a fifth-place finish in the discus throw at the University of Colorado Open (April 10) with a distance of 42.38 meters... Scored twice at the Jack Christiansen Invite (May 8) after finishing second in the discus throw and eighth in the hammer throw.

**2009:** Redshirted.

**High School:** Elizabeth was a varsity letterwinner in both track and softball while attending Fossil Ridge High School in Fort Collins, Colo. She was named all-state in both the discus and the shot put, and she holds the school records in those events as well. She was also state champion in the shot put (once) and in the discus throw (three times).

**Personal:** Elizabeth was born March 29, 1990, to Tom and Michelle Johnson. She has two brothers, Jacob and Kyle. Her father played football while attending Adams State College. She is majoring in art.





## Meaghann Peak

*Jumps • JR./JR.*

*Cherokee Trail*

*Aurora, Colo.*

**2010 (Sophomore):** Earned a fourth-place finish in the triple jump at the Tom Benich Track and Field Classic (April 3)... Placed fifth in the long jump at the Jack Christiansen Invite (May 8) with a distance of 4.97 meters.

**2009 (Freshman):** Meaghann scored once during the indoor season at the Air Force Collegiate Invitational (Feb. 13) with a third-place finish in the triple jump (11.44 meters). She also scored four times during the outdoor season, starting with a third-place finish in the triple jump (10.75 meters) at the Wyoming Gem City Duals (April 18). She recorded a sixth-place finish in the triple jump (10.85 meters) at the Jack Christiansen Invitational (April 24). She scored again at the Front Range Invitational (May 2) with a fourth-place finish in the triple jump (10.84 meters) and a 10th-place finish in the 100-meter hurdles (15.95 meters).

**High School:** Meaghann was a four-time letterwinner in track and three-time winner in poms while attending Cherokee Trail High School in Aurora Colo. she advanced to the regional meet all four years. She also ran 10:57 in the 3,200-meters and 4:53 at the Congress Avenue Mile. She received all-conference honors in track and was part of the Skyline League championship team in 2008. She holds her high school's record for the triple jump with a leap of 35 feet, 4  $\frac{3}{4}$  inches.

**Personal:** Meaghann was born Nov. 15, 1990, to Myron and Marion Peak in Aurora, Colo. She has a younger sister, Morganne, and an older sister, Tionna. She is majoring in math.





## Nicole Peters

*Distance • JR./JR.*

*Langham Creek*

*Houston, Texas*

**2010 (Sophomore):** Finished sixth in the 800-meter run and second in the mile at the Don Barrett Air Force Duals (Jan. 30)...Placed seventh in the Iowa Classic (Feb. 12)...Won the 3,000-meter steeplechase with a time of 11:22.06 at the Tom Benich Track and Field Classic (April 3)...

Finished 17th in the 5,000-meter run at the Sun Angel Track Classic (April 8)...Placed fifth in the 3,000-meter steeplechase at the MWC championships (May 12).

**2009 (Freshman):** Nicole started the indoor season at the Air Force Indoor All-Comers Meet (Jan. 16), where she finished second in the mile run (5:33.47). She bested that time in the mile at the Don Barrett Air Force Duals (Jan. 31), finishing fourth (5:21.25). She claimed first place in the 3,000 meters (10:31.28) at the Air Force Collegiate Invitational (Feb. 13). She recorded her best time in the 3,000 meters at the Frank Sevigne Husker Invitational (Feb. 6) finishing fifth (9:56.92). She had her best race in the 1500 meters at the Wyoming Gem City Duals (April 18) finishing third (4:43.51). She had an impressive finish in the 5,000 meters at the Oregon Relays (April 23) finishing third (16:44.04). She had a strong performance at the MWC championships, finishing second in the 3,000-meter steeplechase (11:24.68) and finishing fourth in the 5,000-meters (18:14.31). Nicole finished her season competing in the 5,000 meters and 3,000-meter steeplechase at the NCAA Midwest Regional meet, recording her best time of the season in the steeplechase with a time of 10:51.51.

**High School:** Nicole earned letters in four sports while at Langham Creek High School in Houston, Texas. She was all-area four times in cross country and three times in track, and was named all-state three times in cross country. Four times she was named MVP of the cross country

and track teams. She finished in the top five at the Houston Division 5A regional meet all four years. She also ran 10:57 in the 3,200 meters and 4:53 at the Congress Avenue Mile.

**Personal:** Nicole was born Oct. 30, 1989, to David and Susan Peters. She has a brother, Brian, and two sisters, Karen and Christine. She is majoring in natural resources management.





## Jenna Silwinski

*Throws • SO./SO.*

*Judge Memorial*

*Salt Lake City, Utah*

**2010 (Freshman):** Finished fifth, 17th and 22nd in the hammer throw, discus throw and shot put, respectively, at the Tom Benich Track and Field Classic (April 3)...Placed sixth in the shot put with a distance of 12.41 meters and fourth in the hammer throw with a distance of

49.29 meters at the University of Colorado Invite (April 10)...Scored at the Jack Christiansen Invite (May 8) after placing third in the hammer throw...Placed sixth in the hammer throw at the MWC championships (May 12).

**High School:** Jenna earned letters in four sports while attending Judge Memorial High School in Salt Lake City, Utah. She was named all-state in the 4x100-meter relay and the medley relay, as well as track and field team MVP and the school's most outstanding female athlete. She is a four-time Region X champion in track and field and a two-time champion in soccer. Her teams won one soccer state championship, three state championships in track and field and three times were state runner-up in cross country. She also holds the school record in the 300-meter hurdles (45.64).

**Personal:** Jenna was born July 3, 1990, to Jim and Connie Sliwinski. She has two younger sisters, Ellen and Jackie. Her father played football at the University of Toledo. She is majoring in health and exercise science.





## Lindsay Banning

*Hurdles • FR./SO.*

*Silver Creek*

*Longmont, Colo.*

**2009-10:** Competed in track & field and swimming at CSU.

**High School:** Two-time all-state and all-conference in track...Holds five school track records (100-meter hurdles, 300-meter hurdles, 4x400 relay, 4x200 relay and 4x200 sprint medley relay)... Also swam for the Raptors...Three-time all-state honoree...Honored as all-conference three of four years...Twice named MVP...Owns seven swimming high school records (200 IM, 50 Free, 100 Fly, 100 Breast, 200 Free Relay, 400 Free Relay and 200 Medley Relay)...National Honor Society student...2008 and 2009 first-team academic all-conference honoree...Swam for Rally Sport Aquatic Club.

**Personal:** Born on Nov. 6, 1990...Daughter of Angie and Robert Banning... Has one older brother, Kendall...Majoring in human development and family studies.



## Sara Benson

*Hurdles • FR./FR.*

*Rampart*

*Colorado Springs, Colo.*

**High School:** 400-meter hurdles regional champion in both 2008 and 2010...300-meter hurdles regional champion in 2009 and 2010... Earned top-20 All-America honors after finishing eighth at nationals in the 400-meter hurdles.

**Personal:** Born Oct. 16, 1991, to Tom and Lisa Benson in Colorado Springs, Colo...Has a younger brother, Nathan (14)...Majoring in technical journalism.



## Cate Brus

*Multis • SO./SO.*

*Cody*

*Cody, Wyo.*

**2010 (Freshman):** Placed seventh in the 60-meter hurdles at the Don Barrett Air Force Duals (Jan. 30)... Finished 15th in the javelin throw and eighth in the 100-meter hurdles at the Tom Benich Track and Field Classic (April 3)... Won the high jump at the Tom Benich Track and Field Classic (April 3), clearing a height of 1.65 meters... Took sixth in the women's decathlon at the Glenn Morris Multi Event (April 22)...placed 12th in the high jump at the MWC championships (May 12)

**High School:** Cate earned varsity letters in basketball, volleyball and indoor and outdoor track while attending Cody High School in Cody, Wyo. She received all-state honors three years for indoor and all four years for outdoor track. She was also the Wyoming state champion two years straight in the high jump from 2008-09, and as captain of the track team, was the state champion in the 100-meter and 300-meter hurdles in 2009. Cate holds her high school's records in the high jump, 100-meter hurdles and 300-meter hurdles as well as the Wyoming high school state record in the high jump with a leap of 5 feet, 7 1/4 inches.

**Personal:** Cate was born July 18, 1991, to Scott and Jeanine Brus in Cody, Wyo. She has an older sister, Erica. Her father was a basketball player at Northwest Community College in Wyo. Majoring in art.



## Mindy Campbell

*Jumps • FR./FR.*

*Hawaii Preparatory*

*Kamuela, Hawaii*

**High School:** Lettered in volleyball, soccer and track while attending Hawaii Preparatory Academy...Member of the 2009 state champion team...Holds the school record in the high jump at 5 feet, 4 inches.

**Personal:** Born May 20, 1992, to Randy and Joan Campbell, in San Diego, Calif...Has one younger sister, Tori (16)...Father played basketball at South Dakota School of Mines...She has yet to declare a major.



## Malia Carr

*Distance • FR./FR.*

*Battle Ground*

*Battle Ground, Wash.*

**High School:** Lettered in cross country, track and bowling at Battle Ground High School...Captain of track team her senior year...Named team MVP her junior season.

**Personal:** Born May 6, 1991, to Doug and Melissa Carr in Portland, Ore...She has an older sister, Sera and a younger sister, Rose...Majoring in equine science.



## Isabel Cisneros

*Sprints • FR./FR.*

*Poudre*

*Fort Collins, Colo.*

**High School:** Lettered twice in track and twice in cross country while attending Poudre High School...Earned all-state honors in track and field...Named team MVP her senior year...Holds school record in the 4x200-meter relay, with a time of 1:44.06.

**Personal:** Born May 4, 1992, to Brenda and Elliot Cisneros...Has a younger sister, Amalia (15)..Has yet to declare a major.



## Ashley Dace

*Jumps • JR./SO.*

*Stillwater*

*Colorado Springs, Colo.*

**2010 (Sophomore):** Finished 11th in the high jump at the Tom Benich Track and Field Classic (April 3)...Recorded an eighth-place finish in the high jump at the Jack Christiansen Invite (May 8), clearing a height of 1.48 meters.

**2009 (Freshman):** Ashley had her best performance, a ninth-place finish, in the pentathlon (3,208) at the MWC indoor championships (Feb. 26).

**High School:** Ashley earned varsity letters in both track and tennis while attending Stillwater Area High School in Stillwater, Minn., where she was named all-conference and MVP on her tennis team. She was tennis team captain in 2007 and track team captain in 2008.

**Personal:** Ashley was born Oct. 2, 1989, to John and Evy Dace in Mission Viejo, Calif. She has a brother, J.D. Her father was a tennis player at the Naval Academy, and her uncle was a tennis player at the University of Florida. She is majoring in business administration.



## Bethany DeLong

*Jumps, Sprints • FR./FR.*

*Laurel-Concord*

*Laurel, Neb.*

**High School:** State champion in the 200-meter dash, long jump and 4x100-meter relay during the 2009 season...Holds the Class C state record in the long jump...Member of 2009 Nebraska state champion track and field team...State champion in the 100-meter dash, 4x100-meter relay and 4x400-meter relay in 2008.

**Personal:** Born April 23, 1991, to Rolly and Cindy DeLong in Laurel, Neb...She has two older brothers, Colten (21) and A.J. (23), and an older sister, Candice (25)...She has yet to declare a major.



## Michelle Dettmann

*Distance • JR./JR.*

*Centennial*

*Gresham, Ore.*

**2010 (Sophomore):** Recorded a 13th-place finish in the 1,500-meter run at the Tom Benich Track and Field Classic (April 3)...Placed 11th in the 10,000-meter run at the MWC championships (May 12).

**2009 (Freshman):** Michelle started the indoor season at the Air Force All-Comers meet (Jan. 16), where she placed sixth with a time of 5:57.66 in the mile. She claimed fifth place in the 3,000 meters (10:58.32) at the Air Force Collegiate Invitational (Feb. 13). In her first MWC indoor championships, Michelle came in 17th overall in the 3,000 meters (10:53.63). She had a nice outdoor season as well, coming in fourth in the 5,000 meters (17:42.68) at the Arizona State Invitational (March 27). She had an impressive fourth-place finish in the 5,000 meters (17:29.76) at the Oregon Relays (April 23). Michelle finished the season with a 13th-place finish in the 10,000 meters (41:17.12) at the MWC championships.

**High School:** Michelle was the 3,000-meter city champion from 2005-07, the cross country conference champion in 2006-07 and won the Oregon 6A state championship in 2007. She was a four-time letterwinner in both cross country and track while attending Centennial High School in Gresham, Ore. She holds the school 1,500-meter record (4:42) and the 3,000-meter record (10:06).

**Personal:** Michelle was born July 3, 1990, to Vicki and Jeff Dettman. She has a younger sister, Andrea. She is majoring in health and exercise science.



## Olivia Downing

*Jumps • JR./JR.*

*Fossil Ridge*

*Fort Collins, Colo.*

**2010 (Sophomore):** Placed sixth in the high jump and third in the triple jump at the Don Barrett Air Force Duals (Jan. 30)...Placed second in the triple jump at the Colorado State-Pueblo Open (March 28), with a distance of 11.57 meters...



Cleared a height of 1.58 meters in the high jump at the University of Colorado Open (April 10), which earned her sixth place...Recorded a third-place finish in the long jump and sixth-place finish in the high jump at the Jack Christiansen Invite (May 8)...Finished in eighth place in the triple jump at the MWC championships (May 12).

**2009 (Freshman):** During the indoor season, Olivia set her personal best in the triple jump at the MWC indoor championships (Feb. 26) with a leap of 11.14m. During the outdoor season, she recorded her best triple jump (11.43 meters) at the Colorado State Ram Open (May 9), taking first place. She also recorded a ninth-place finish in the high jump (1.60m) at the MWC outdoor championships (May 13).

**High School:** Olivia was a varsity letterwinner in both track and volleyball while attending Fossil Ridge High School in Fort Collins, Colo., where she was named all-conference in the 4x400-meter relay, the triple jump and the long jump. She holds school records in the 4x200-meter relay, the triple jump and the long jump. In her junior and senior years, she was a volleyball team captain.

**Personal:** Olivia was born July 11, 1990, to Shane Downing and Tammy Percy in Denver, Colo. She has three brothers, Keston Downing and Nate and Kyle Percy, and one sister, Tannis Downing. She is majoring in biological science.



## Kelsie Enderson

*Sprints • JR./JR.*

*Northeastern Junior College  
Briggsdale, Colo.*

**2009/10 (Freshman/Sophomore):** Attended Northeastern Junior College in Sterling, Colo...Earned her associate of science degree in May 2010.

**High School:** Lettered four times in both basketball

and volleyball, while attending Briggsdale High School...Named all-conference honorable mention in both sports...Member of undefeated league championship basketball team her senior season.

**Personal:** Born Feb. 8, 1990, to Jennifer Ender-son...Has two brothers, Ben (23) and Bryce (11), and one sister, Alaina (9)...Majoring in health and exercise science.



## Jessie Evitt

*Sprints • SO./SO.*

*Poudre*

*Fort Collins, Colo.*

**2010 (Freshman):** Finished 12th in the 300-meter dash at the Don Barrett Air Force Duals (Jan. 30)...Finished 24th in the 400-meter dash at the Tom Benich Track and Field Classic (April 3)...Ended 22nd in the 400-meter dash at the University of Colorado Open (April 10).

**High School:** Jessie lettered all four years at Poudre High School in Fort Collins, Colo., in softball and track and field. She was named captain of the track team three straight years, 2007-09, and captained the softball team in 2008. She was part of two teams that hold Poudre High School records, the 4x100-meter relay (49.95) and the 800-meter medley relay (1:49.96).

**Personal:** Born Feb. 27, 1991, to Derek and Julie Evitt in Albuquerque, N.M. She has an older sister, Rachelle. She is currently undecided on her major.



## Jennifer Ford

*Jumps • FR./FR.*

*Fort Collins*

*Fort Collins, Colo.*

**High School:** Earned four letters in track and three letters in softball...Named second-team all-conference in softball her senior year.

**Personal:** Born July 27, 1992, to Tom and Cheri Ford...Has a younger brother, Charlie (15)...She has yet to declare a major.



## Alison Forrester

*Jumps • FR./FR.*

*Rock Canyon*

*Littleton, Colo.*

**High School:** Placed second in the high jump at the 2008 and 2009 class 4A Colorado state championships..Holds the school record of 5 feet, 5 inches in the high jump at Rock Canyon High School...Also lettered in volleyball her junior and senior year

**Personal:** Born Feb. 19, 1992, to Karen and Jim Forrester in Highlands Ranch, Colo...She has an older sister, Kimberly (21), and younger brother, Kyle (16)...Majoring in health and exercise science.



**Morgan Griffin**  
*Pole Vault • FR./FR.*  
*Lewis-Palmer*  
*Colorado Springs, Colo.*

**High School:** State qualifier in the 200-meter run and 400-meter run... Was the 2009 state runner-up in the pole vault... Holds school record in 200-meter dash... Lettered in basketball, volleyball and track.

**Personal:** Born April 3, 1992, to Wayne and Robyn Griffin... Has one older brother, Kyle (21)... Majoring in human development and family studies.



**Sarah Hamilton**  
*Sprints • FR./FR.*  
*Fort Collins*  
*Fort Collins, Colo.*

**High School:** Earned team Most Valuable Hurdler three years in a row... Member of 2008 conference champion team at Fort Collins High School... Named team captain her senior season... Named AP Scholar and High Honor Roll, and earned spanish award.

**Personal:** Born Aug. 27, 1992, to Nannette and John Hamilton... Has two brothers, Daniel (23) and Jonathan (16), and one older sister, Joelle (20)... Majoring in biology and minoring in Spanish.



**Kaitlin Hanenburg**  
*Distance • FR./FR.*  
*Classical Academy*  
*Colorado Springs, Colo.*

**High School:** The 2008 Gatorade Girls Cross Country Runner of the Year. Claimed the individual state cross country title three years straight from 2007-09... Runner-up at the Nike Cross Country Southwest Regional Meet in 2009... Captured individual state titles in the 3,200 meters and 1,600 meters in both 2008 and 2009... Was the state runner-up in the 800-meters in 2008 and the state runner-up in the 3,200, 1,600, and 800 meters in 2007... Named the 2010 winner of the Colorado Sports-women Award... Member of four Class 3A cross country state championships and three track state championships.

**Personal:** Born Nov. 25, 1991, to Barry and Anita Hanenburg in Colorado Springs, Colo... Has an older sister, Emily (22), and brother, Ben (18)... Majoring in biology.



**Katie Hazel**  
*Sprints • FR./FR.*  
*Windsor*  
*Windsor, Colo.*

**High School:** Earned all-league honors all four years for track and field... Named all-state in the 800-meter medley in 2009 and all-state in the 4x200-meter relay in 2010... High school won the Northern Conference championship and state championship in 2010.

**Personal:** Born July 11, 1992, to Robert and Ginger Hazel in Windsor, Colo... Has an older sister, Laura (21)... Majoring in business.



**Whitney Henderson**  
*Middle Distance • SO./SO.*  
*Corvallis*  
*Hamilton, Mont.*

**2010 (Freshman):** Finished ninth in the 800 meters in a time of 2:22.10, and eighth in the 400-meter dash at the Tom Benich Track and Field Classic (April 3)... Scored at the Jack Christiansen Invite (May 8) after finishing fourth in the 400-meter dash.

**High School:** Whitney lettered in volleyball, basketball and track while attending Corvallis High School in Corvallis, Mont. She was named all-conference as a volleyball and track athlete and received the All-Valley Sportsmanship Award. She was the state champion in the 4x100-meter relay in 2006 and 2007 and was also the state champion in the 100-, 200- and 300-meter races in 2008. Whitney holds her high school record in the 400 meters with a time of 57.9. She was an all-conference player as she captained her volleyball team in 2008. She was also an all-star player as she captained the basketball team in 2008 and 2009. Whitney was named academic all-state and was on the honor roll and a member of the National Honor Society.

**Personal:** Born on March 4, 1991, to Stacey and Marilyn Auch in Salt Lake City, Utah. She has two younger sisters, Angella and Marsaday, and a younger brother, Colby. She is majoring in political science.



## Sarah Heuer

*Distance • SO./SO.  
Geneva Community  
St. Charles, Ill.*

**2010 (Freshman):** Earned a seventh-place finish in the 3,000-meter run at the Tom Benich Track and Field Classic (April 3) with a time of 10:49.22...Placed fifth in the 10,000-meter run at the MWC championships (May 12).

**High school:** Sarah lettered in cross country, lacrosse and track while attending Geneva Community High School in Geneva, Ill., and Prior Lake High School in Prior Lake, Minn. She received all-state honors her sophomore and junior seasons while at Prior Lake and received all-state honors her senior year at Geneva Community. She was part of a state championship cross country team at Prior Lake and also captained the team the previous year in 2007. She received all-academic honors, was a board scholar and graduated with a 3.9 GPA.

**Personal:** Sarah was born to Mark and Susan Heuer on Jan. 31, 1991, in St. Paul, Minn. She has a young brother, Zach, and two older sisters, Siena and Meghan. She is majoring in biological science.



## Heather Hopkins

*Sprints • SO./SO.  
Grand Junction  
Grand Junction, Colo.*

**2010 (Freshman):** Placed seventh in both the 60-meter dash 200-meter dash at the Don Barrett Air Force Duals (Jan. 30)...Finished 16th in the 400-meter dash at the Tom Benich Track and Field Classic (April 3) with a time of 1:02.44...Placed ninth in the 200-meter dash at the University of Colorado Open (April 10)... Scored twice at the Jack Christiansen Invite (May 8) after finishing seventh in the 1,500-meter run and fifth in the 200-meter dash.



## Katelyn Houghton

*Sprints • JR./JR.  
Hastings College  
Pine, Colo.*

**2010 (Sophomore):** Recorded a 17th-place finish in the 100-meter hurdles at the Tom Benich Track and Field Classic (April 3)...Scored at the Jack Christiansen Invite (May 8) after placing fifth in the 100-meter hurdles with a time of 15.46 seconds.

**2009 (Hastings College):** Katelyn was an NAIA national qualifier in the 60-meter hurdles in her freshman season.

**High School:** Katelyn earned letters in four sports, cheer, volleyball, basketball and track, while attending Platte Canyon High School in Bailey, Colo. She received all-state honors three years in cheer and four years in track. She was captain of the track and cheer teams in her senior season and received the team MVP award in track the same season. She was part of a state championship track team in 2005 and finished second in the state in the 100-meter hurdles

three straight years from her sophomore to senior seasons.

**Personal:** Katelyn was born July 28, 1990, to Guy and Kammy Houghton in St. Paul, Minn. She has an older sister, Krystal, and a younger sister, Grace. She is majoring in biomedical science.



## Serena Johnson

*Throws • SR./JR.  
Eaglecrest  
Aurora, Colo.*

**2010 (Junior):** Finished 10th in the hammer throw with a distance of 44.40 meters at the University of Colorado Invite (April 10)...Placed eighth in the discus throw and fourth in the hammer throw at the Jack Christiansen Invite (May 8)...Finished 20th in the discus throw at the MWC championships (May 12).

**2009 (Sophomore):** Serena had her best weight throw of the indoor season at the Wyoming Robert Shine Invitational (Feb. 20) with a toss of 17.01m, good for second place. She finished her season at the MWC indoor championships, placing 16th in the shot put (12.26m) and fifth in the weight throw (16.83m). She started her outdoor season with a third-place finish in the hammer throw (52.28m) at the Potts Invitational (March 21). She came in second in the hammer throw (50.65m) at the Rob Upton Invitational (March 28). She had a second-place finish at the CU invitational (April 11)

in the hammer throw (50.78m). She scored in the discus throw at the Jack Christiansen Invitational (April 24) with a throw of 45.57 meters and again in the hammer throw with a third-place finish (53.59m). She had another third-place finish in the hammer throw (52.12m) at the Colorado State Ram Open (May 9). Serena recorded season bests in all three throwing events at the MWC championships (May 13) with a 14th-place finish in the shot put (11.93m), a seventh-place finish in the discus throw (46.06m) and an eighth-place finish in the hammer throw (53.91).

**2008 (Indoor Freshman):** During the indoor season, Serena gained valuable experience. She then redshirted the outdoor season.

**High School:** Serena earned varsity letters in both basketball and track and field while attending Eaglecrest High School in Centennial, Colo. She was named all-league and all-city in the shot put and discus in both 2006 and 2007, and was all-state in the shot put in 2006. She holds the school record in the shot put (12.74m) and discus throw (39.75m).

**Personal:** Serena was born on Aug. 1, 1989, to Darius and Barbara Johnson in Clovis, N.M. She has a brother, Darius Jr., and a sister, Tanesha, who also competes for Colorado State track. She is majoring in business administration.



### Sabrina Jones

*Jumps • FR./FR.  
Aurora Central  
Aurora, Colo.*

**High School:** Runner-up in the triple jump at the Colorado Class 5A state championships in 2009...Also a state qualifier in the high jump... Lettered in volleyball, track and basketball.

**Personal:** Born July 24, 1992, to Deborah Jones...Has a younger brother, Davelon (16)... Majoring in health and exercise science.



### Lindsey Keller

*Hurdles • SO./SO.  
Eaglecrest  
Centennial, Colo.*

**2010 (Freshman):** Finished ninth in the 60-meter dash at the Don Barrett Air Force Duals, with a time of 8.15 second and fourth in the 60-meter hurdles.

**High School:** Lindsey lettered in cheer and track while attending Eaglecrest High School in Centennial, Colo. She earned all-conference honors all four years in the 100-meter hurdles, and all-conference in the 400 meters her sophomore and junior seasons. She was the Centennial League champion in the 100-meter hurdles her senior season and was an all-state honorable mention for the same event. She was the captain of the track team her junior and senior seasons, and captain of the cheer team her senior year.

**Personal:** Lindsey was born Jan. 30, 1991, to Gary and Joanna Keller. She has an older brother, Steve. She is a third-generation athlete as her father played basketball at the University of Nebraska-Kearney and her grandfather played football at Fullerton Junior College.



### Elle Killingsworth

*Distance • FR./FR.  
Green Mountain  
Lakewood, Colo.*

**High School:** Lettered in soccer, cross country and track while attending Green Mountain High School...Earned all-league honors in cross country all four years and in track in 2008, 2009 and 2010...Named league MVP in cross country senior season.

**Personal:** Born April 6, 1992, to Terry and Annette Killingsworth..Has two older brothers, Chris (23) and Jon (21), and one younger sister, Katherine (16)...Majoring in biomedical sciences.



### Kalie Kirk

*Sprints, Hurdles • SO./SO.  
St. Louis  
Monument, Colo.*

**2010 (Freshman):** Competed during her freshman year at St. Louis University...Posted times in the top 10 in six events during the indoor season, dominating the 60-meter dash and 60-meter hurdles with the top seven and the top 11 times, respectively...Set school records in the 55-meter hurdles (8.27 seconds), the 60-meter dash (7.97) and 60-meter hurdles (8.82)...Also set school records during the outdoor season in the 100-meter hurdles (14.93) and the 400-meter hurdles (1:03.78).



**Ashly Lester**  
Sprints • SO./SO.  
Rocky Mountain  
Fort Collins, Colo.

**2010 (Freshman):** Placed eighth in the 200-meter dash at the Don Barrett Air Force Duals (Jan. 30), with a time of 27.00 seconds...Member of the 4x100-meter relay team that placed fifth at the Tom Benich Track and Field Classic (April 3)...Finished 20th in the 200-meter dash at the University of Colorado Invite (April 10).

**High school:** Ashly lettered in softball and track while attending Rocky Mountain High School in Fort Collins, Colo. She earned all-conference honors in the 400-, 200- and 100-meter runs her junior season. She was named team MVP her junior season. She was the 400-meter state champion in 2008 and won state championships in the 4x400 meters her freshman and sophomore years.

**Personal:** Ashly was born July 20, 1991, to Kent and Sandy Lester in Fort Collins, Colo. She has a younger sister, Carly. She has yet to declare a major.



**Janice McClain**  
Sprints • JR./JR.  
Bayfield  
Bayfield, Colo.

**2010 (Sophomore):** Finished 15th in the 60-meter dash and 13th in the 200-meter dash at the Don Barrett Air Force Duals (Jan. 30)

**2009 (Freshman):** Janice competed in two meets during the outdoor season, recording a fourth-place finish in the pole vault (2.80m) at the Front Range Invitational (May 2), and a second-place finish (2.90m) at the Colorado State Ram Open.

**High School:** Janice was a four-time letterwinner in both track and cross country while attending Bayfield High School in Bayfield, Colo. She was named to the academic all-state teams in cross country (2006) and track (2007). She was cross country team captain in 2006.

**Personal:** Janice was born Feb. 1, 1989, to John and Stephanie McClain in Dallas, Texas. Her father played football at Texas Tech University. She is majoring in sports medicine.



**Amy Medina**  
Jumps • FR./FR.  
Mountain View  
Loveland, Colo.

**High School:** Captured 4A state titles in the triple jump in 2009 and high jump in 2008... Holds school records in eight events.

**Personal:** Born Dec. 28, 1991, to Jose and Jacque Medina in Loveland, Colo. Has two older brothers, Christopher (28) and Anthony (23), and an older sister, Danielle (24)...Majoring in exercise science.



**Sara Page**  
Pole Vault • FR./FR.  
Liberty  
Kearney, Mo.

**High School:** Won the Missouri Class 4A pole vault championship with a preliminary vault of 11 feet, 7 inches.

**Personal:** Born Sept 21, 1991, to Lance and Dianna Page...Has a younger sister, Katie (18)... Father played football at Emporia State...Majoring in health and exercise science.



**Hannah Pensack-Rinehart**  
Distance • FR./SO.  
Thompson Valley  
Loveland, Colo.

**2010 (Freshman):** Finished 15th in the 3,000-meter run at the Tom Benich Track and Field Classic (April 3)...Placed eighth in the 1,500-meter run at the Jack Christiansen Invite (May 8) with a time of 5:10.85.

**High School:** Hannah earned letters in cross country, swimming and track while attending Thompson Valley High School in Loveland, Colo. She was the team MVP in cross country in 2005 and was the team captain in 2008. She was part of two state championship cross country teams in 2006 and 2008 as well as two state championship track teams in 2008 and 2009.

**Personal:** Born May 5, 1991, to Zan and Kathy Pensack-Rinehart in Fort Collins, Colo. She has two older brothers, Nathan and Seth, and an older sister, Rachel. Majoring in health and exercise science.



### Alice Perez

*Distance • SO./SO.  
El Rancho  
Pico Rivera, N.M.*

**High School:** Alice lettered in both cross country and track while attending El Rancho High School in Pico Rivera, N.M. She was part of the Del Rio League champions from 2004-08. She was named cross country team captain in 2007 and track team captain in 2008.

**Personal:** Born July 5, 1990. She is majoring in liberal arts.



### Katie Peterson

*Distance • FR./SO.  
Highlands Ranch  
Littleton, Colo.*

**2010 (Freshman):** Earned a fourth-place finish in the 5,000-meter run at the Jack Christiansen Invite (May 8) with a time of 20:13.82.

**High School:** Katie earned four letters in cross country and three in track while attending Highlands Ranch High School in Highlands Ranch, Colo. She was the captain of the cross country team in 2008 and was a recipient of the scholar-athlete award.



### Leslie Peterson

*Sprints • SR./SR.  
Battle Mountain  
Vail, Colo.*

**High School:** Member of 2005 cross country regional and state champion team...Captain of track team all four years, and cross country her senior year.

**Personal:** Born Nov. 16, 1987, to Erik and Lorrie Peterson, in Rock Springs, Wyo...Has one younger sister, Karlie (20)...Majoring in business-finance/management.



### Stephanie Pollard

*Pole Vault • FR./FR.  
Rocky Mountain  
Fort Collins, Colo.*

**High School:** Earned three letters in gymnastics and one in track...Earned first team all-conference honors in gymnastics her senior year.

**Personal:** Born July 30, 1992, to Steve and Anita Pollard...Has an older sister, Courtney (21), and younger sister, Kelly (15)...Majoring in health and exercise science.



### Johanna Reed

*Distance • FR./FR.  
Paonia  
Crawford, Colo.*

**High School:** Reed, from Paonia (Colo.) High School, was the 2010 Colorado Class 2A state champion in the 800 meters and the mile.

**Personal:** Majoring in human development and family studies.



### Alyssa Reinhart

*Jumps • FR./FR.  
Clovis East  
Sanger, Calif.*

**High School:** Lettered four times in track while attending Clovis East High School...Named all-league in 2008...Named team captain for her senior season.

**Personal:** Born Feb 3, 1992, to Tom and Tammie Reinhart...Has one older sister, Ashley (21)...Majoring in equine science.



### Alex Richards

*Throws • FR./FR.  
Shawnee Mission South  
Overland Park, Kan.*

**High School:** Runner-up in the discus throw at the 2009 Class 6A Kansas state championships, and claimed third place in 2008...State qualifier in the shot put. Took fourth in the young women's discus at the 2009 AAU national championships.

**Personal:** Born Oct. 25, 1991, to Rick and Shelly Richards...Mother ran track at Kansas... She has yet to declare a major.



## Kat Robinson

*Distance • FR./FR.  
Nederland  
Nederland, Colo.*

**High School:** A standout at Nederland High School, Robinson was a member of the state champion cross country team... Individually, Robinson made herself known as a three-time state qualifier in the 800 meters as well as a two-time state qualifier in the 1,600 meters.



## Meagan Robinson

*Sprints • SO./SO.  
Poudre  
Fort Collins, Colo.*

**2010 (Freshman):** Finished 12th in the 400-meter dash and fifth in the 100-meter dash at the Tom Benich Track and Field Classic (April 3)... Recorded a 12th-place finish in the 200-meter dash at the University of Colorado Invite (April 10)

**High School:** Meagan lettered twice in softball and four times in track while attending Poudre High School in Fort Collins, Colo. She received all-league honors all four years in track & field and once in softball. She was the track team MVP in her senior season and holds her school records in the medley and 4x100-meter race. She was captain of the track team her sophomore through senior seasons.

**Personal:** Meagan was born Aug. 21, 1991, to Kent and Rhonda Robinson in Wheat Ridge, Colo. She has two younger brothers, Justin and Michael. Majoring in health and exercise science.



## Rachel Saunders

*Pole Vault • SO./JR.  
Douglas  
Douglas, Wyo.*

**2010 (Sophomore):** Placed second in the pole vault at the Don Barrett Air Force Duals (Jan. 30), clearing a height of 3.7 meters... Won the pole vault at the Tom Benich Track and Field Classic (April 3), clearing a height of 3.60 meters.

**2009 (Freshman):** Rachel scored twice in her first outdoor season, finishing first in the pole vault (3.20m) at the Wyoming Gem City Duals (April 18) and fifth (3.20m) at the Jack Christiansen Invitational (April 24). She also had a first-place finish, posting her season best in the pole vault (3.50) at the CU Invitational (April 11).

**High School:** Rachel was a varsity letterwinner in three sports while attending Douglas High School in Douglas, Wyo. In 2008, she was named all-league in basketball. She was named all-state in cross country (2004) and track (2005-08). She was track team MVP in both 2006 and 2008. She won Wyoming state team championships in cross country (2004), basketball (2005) and track (2005-06). She holds the school pole vault record (3.35m), set in 2008.

**Personal:** Rachel was born Oct. 4, 1989, to Tom and Anne Saunders. She has three sisters, Brittanie, Marissa, and Emma. Her sisters Brittanie and Marissa ran track and cross country at CSU. She is majoring in human development and family studies



## Jessica Sharbono

*Throws • FR./FR.  
Billings West  
Billings, Mont.*

**High School:** Earned all-state and all-conference honors every season of her career... Was the 2009 Class 2A Montana state champion in the discus and third-place finisher in the shot put... In 2009, Sharbono was the No. 9-ranked high school athlete in the discus in the United States... Won the prestigious Golden West Invitational discus title in 2008, and was the runner up in 2009.

**Personal:** Born Feb. 2, 1992, to Kevin and Lisa Sharbono in Portland, Ore... Has one younger brother, Tanner (16)... Has yet to declare a major.



## Marissa Smith

*Sprints • FR./FR.  
Holyoke  
Holyoke, Colo.*

**High School:** As a standout athlete at Holyoke High School, Smith made her mark not only in athletics but within academics as well... Competed in track and field, volleyball and basketball. Earned first place in the 100 meters, 200 meters, 400 meters and 4x200-meter relay at the 2010 Colorado Class 2A state championships... Was an honor roll student at Holyoke and a member of the National Honor Society.

**Personal:** Majoring in health and exercise science.



**Lana Thompson**  
*Middle Distance • FR./SO.*  
*Olathe East*  
*Overland Park, Kan.*

**2010 (Freshman):** Finished 20th in the 800-meter dash at the Tom Benich Track and Field Classic (April 3).

**High School:** Lana lettered in track, cross country and soccer all four years at Olathe East High School in Olathe, Kan. She was part of a state championship team in cross country in 2007 and part of two state championship teams in track, in 2008 and 2009.

**Personal:** Lana was born June 4, 1991, to Robert and Laura Thompson in Overland Park, Kan. She has an older brother, Phillip, and an older sister, Sarah. She has yet to declare a major.



**Kenisha Throughsingh**  
*Throws • JR./JR.*  
*Central Arizona*  
*Jamaica*

**Freshman/Sophomore:** Spent freshman and sophomore years at Central Arizona College, where she was an NJCAA All-American hammer (170 feet, 3 inches) and javelin (148p-1) thrower...her best mark in the discus is 150-3 and best mark in the shot put is 45-8.

**Personal:** Graduated with an AA degree from Central Arizona College.



**Kelsey Tofany**  
*Sprints • FR./FR.*  
*Aspen*  
*Aspen, Colo.*

**High School:** Earned three letters in cross country and four letters in track at Aspen High School...Earned honor roll recognition all four years.

**Personal:** Born Oct. 10, 1991, to Sydney and William Tofany in Aspen, Colo...Has an older brother, Barton (21)...Majoring in equine science.



**Kerstyn Towslee**  
*Pole Vault • FR./FR.*  
*Burnet*  
*Burnet, Texas*

**High School:** Lettered in cross country, basketball, softball and track...Four-year regional qualifier in the pole vault...Took third place in the pole vault at regionals her junior season...Earned academic all-state honors in basketball and was named softball team captain her senior year.

**Personal:** Born June 3, 1992, to Billy Towslee and Jennifer Giesenschlag...Has two brothers, Case (20) and Ross (9), and one younger sister, Reagan (11)...Her aunt Gretchen Towslee played basketball at Texas A&M.



**Sophia Wagner**  
*Multis • JR./JR.*  
*Marietta*  
*Marietta, Ohio*

**2010 (Sophomore):** Finished 11th in the 60-meter hurdles at the Don Barrett Air Force Duals (Jan. 30)...Recorded a ninth-place finish in the javelin throw at the Tom Benich Track and Field Classic (April 3) with a distance of 29.87 meters...Earned a sixth-place finish in the 400-meter hurdles and fourth place finish in the long jump at the Jack Christiansen Invite (May 8)

**2009 (Freshman):** Sophia scored once during her first indoor season in the pentathlon (3,253) at the MWC indoor championships (Feb. 26). She also had a fifth-place finish in the pentathlon (3,111) at the Potts Invite (Jan. 23). She had a very impressive first outdoor season, scoring four times, beginning with a second-place finish in the javelin (29.83m) at the Wyoming Gem City Duals (April 18). She scored twice at the Front Range Invitational (May 2) with a fifth-place finish in the javelin (27.59m) and a sixth-place finish in the 100-meter hurdles (15.49). She capped the season with a sixth-place finish in the heptathlon (4,367) at the MWC championships.

**High School:** Sophia earned varsity letters in three sports while attending Marietta Senior High School in Marietta, Ohio. During her time there, she was named all-league in both soccer and track, and was named MVP and captain of her track team in 2008. In 2006-07 she was



part of a basketball state championship team, and in 2008 she was the 100- and 300-meter hurdles champion in the Southeastern Ohio Athletic League. She holds multiple school records, including 100- and 300-meter hurdles, shot put, long jump and the sprint medley.

**Personal:** Sophia was born July 10, 1989, to Gregory and Jane Wagner. She has two brothers, Cody and Clint. Her father ran track at Marshall, and her brother Cody played football at Dayton. She is majoring in zoology.



**Emma Waibel**  
*Sprints • SO./SO.*  
*Glenwood Springs*  
*Glenwood Springs, Colo.*

**2010 (Freshman):** Won the 400-meter dash at the Potts Invite (Jan. 23)...Finished 10th in the 200-meter dash at the Don Barrett Air Force Duals (Jan. 30)...Finished 25th in the 400-meter dash at the Tom Benich Track and Field Classic (April 3)... Came in 12th in the 400-meter dash at the University of Colorado Invite (April 10).

**High School:** Emma lettered in swimming, cross country and track during her tenure at Glenwood Springs High School in Glenwood Springs, Colo. She holds her high school's records in the 4x400, 4x100, 4x200 and medley relays.

**Personal:** Emma was born June 11, 1991, to Burt and Hope Waibel in Clovis, N.M. She is a second-generation athlete as her father played lacrosse at the Air Force Academy. She has an older sister, Katie. Majoring in health and exercise science.



**Kayla Wein**  
*Hurdles • FR./FR.*  
*Broomfield*  
*Broomfield, Colo.*

**High School:** Claimed the state championship in the 100-meter hurdles at the 2008 Colorado state championships, and also took the championship in the 100-meter hurdles in 2007...Was a state qualifier in the 100-meter dash, 200-meter dash, 100-meter hurdles and 300-meter hurdles.

**Personal:** Born Aug. 8, 1992, to Darcie and Kevin Wein, in St. Paul, Minn...Has one older brother, Michael (21)...Majoring in zoology.



**Aliese Willard**  
*Middle Distance • SO./SO.*  
*Rocky Mountain*  
*Fort Collins, Colo.*

**2010 (Freshman):** Placed second in the 800-meter run at the Don Barrett Air Force Duals (Jan. 30), with a time of 2:15.75...Scored twice at the Air Force Invitational (Feb. 12), after finishing fifth in the 800-meters and second in the mile...Recorded a 10th-place finish in the 1,500-meter run at the Sun Angel Track Classic (April 8)...Earned a seventh-place finish in the 1,500-meter run at the MWC championships (May 12).

**High School:** Aliese lettered in cross country and track while attending Rocky Mountain High School in Fort Collins, Colo. She was part of the track state championship team in 2006 and won

state championships in the 3,200-meter relay in 2006 and 2009. She earned MVP honors in cross country and track in her junior season. She also earned first- and second-team all-state honors during her tenure.

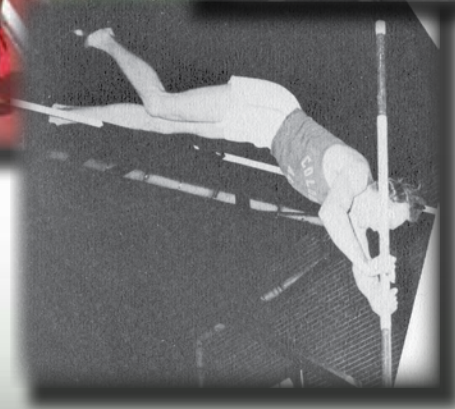
**Personal:** Aliese was born Oct. 13, 1990, to Randy and Kimberly Willard in Fort Collins, Colo. She has three brothers, Andrew, Christopher and David. Majoring in journalism.

**NATIONAL CHAMPIONS**

LOREE SMITH	2006	Hammer
BRYAN BERRYHILL	2001	Indoor Mile/Outdoor 1,500 M
CASEY MALONE	1998	Discus
WENDY KOEING KNUDSON	1975 and 1976	800 Meters
GORDON RIDDEL	1951	Pole Vault
IVAN DYEKMAN	1931	Hammer

**RAMS OLYMPIANS**

CASEY MALONE	2004 and 2008	Discus
LOREE SMITH	2008	Hammer
LIBBY HICKMAN	2000	10,000 Meters
SCOTT STOLL	1994	Bobsled
GREG DUHAIME	1984	3,000 M Steeplechase
PAM GREENE	1972 and 1980	200 Meters
WENDY KNUDSON	1972 and 1976	800 Meters
GLENN MORRIS	1936	Decathlon



**Women's Indoor All-Americans**

Mile	1994	Debbie Maass.....	7th/4:46.06
	1995	Debbie Maass	
	2002	Katie Yemm.....	7th/4:44.14
3,000 Meters	1988	Libbie Johnson.....	8th/9:42.77
5,000 Meters	1997	Sarah Piccolo .....	9th/16:31.81
Long Jump	2007	Janay DeLoach.....	5th/20-9.25
Shot Put	2001	Liz Toman .....	4th/53-6.25
	2003	Loree Smith.....	9th/53-2.25
	2005	Loree Smith.....	8th/53-7.75
Weight Throw	1998	Grettel Miller .....	8th/63-10.5
	2003	Loree Smith.....	8th/63-7
	2005	Loree Smith.....	2nd/74-3.75
	2006	Jill McCormick.....	9th/65-11.5
Pentathlon	2007	Katie Lloyd.....	7th/4,047

**Women's Outdoor All-Americans**

400-Meter Hurdles	1982	Konnie Mackey	
100 Meters	1958	Lillian Greene-Chamberlain	
	1959	Lillian Greene-Chamberlain	
	1961	Lillian Greene-Chamberlain	
	2008	Janay DeLoach .....	11th/11.65
200 Meters	1973	Pam Greene (220-Yds).....	1st/24.2
	1976	Pam Greene.....	2nd/23.75
800 Meters	1975	Wendy Koenig-Knudson.....	1st/2:05.97
	1976	Wendy Koenig-Knudson.....	1st/2:01.54
1,500 Meters	1976	Wendy Koenig-Knudson.....	1st/4:24.09
3,000 Meters	1988	Elizabeth Johnson	
Steeplechase	2002	Meg Larson .....	10th/10:20.92
5,000 Meters	1992	Sandy Ham.....	2nd/16:24.26
	1998	Marne Findlay .....	12th/16:36.99
10,000 Meters	1979	Amy Laffoon.....	3rd/34:24.0
Long Jump	2007	Janay DeLoach.....	6th/21-0.75
	2008	Janay DeLoach .....	6th/21-3.75
Discus	1995	Shelly Greathouse-Borrman .....	8th/172-2
	1996	Shelly Greathouse-Borrman .....	5th/180-2
	1998	Shelly Greathouse-Borrman .....	3rd/190-5
	1999	Shelly Greathouse-Borrman .....	2nd/192-0
	2000	Liz Toman .....	5th/169-3
	2001	Liz Toman .....	2nd/184-5
	2005	Katie Hansen.....	8th/172-11
Hammer	1998	Shelly Greathouse-Borrman.....	6th/193-10
	2004	Loree Smith.....	6th/208-4
	2005	Loree Smith.....	1st/224-8
Heptathlon	2008	Emily Pearson .....	10th/5,553
	2008	Katie Lloyd .....	13th/5,445

**Men's Indoor All-Americans**

55 Hurdles	1997	Josh Proctor	
60 Meters	2004	John Woods.....	6th/6.71
Mile	1975	Greg Duhaime	
	1979	Jon Sinclair.....	5th/4:10.13
	1980	Richie Harris	
	1996	Dave Sobolik.....	6th/4:04.49
	1998	Bryan Berryhill.....	2nd/4:03.55
	1999	Bryan Berryhill.....	2nd/3:58.97
	2001	Bryan Berryhill.....	1st/3:56.84

**Men's Outdoor All-Americans**

100 Meters	1952	Alex Burl.....	7th/10.8
	1954	Alex Burl.....	6th/9.8
200 Meters	1954	Alex Burl (220-Yds) .....	5th/21.3
	1968	Dan Columbus .....	6th/21.0
	2004	John Woods.....	8th/20.85
1,500 Meters	1979	Richie Harris.....	7th
	1980	Richie Harris.....	3rd/3:39.68
	1997	Chad DiPrince.....	16th/3:54.34
	1998	Bryan Berryhill.....	3rd/3:42.66
	1999	Bryan Berryhill.....	3rd/3:48.21
	2000	Bryan Berryhill.....	3rd/3:40.37
3,000 Meters	2001	Bryan Berryhill.....	12th/8:18.3
Shot Put	2005	Magnus Lohse.....	4th/63-11.5
Weight Throw	2002	Drew Loftin.....	7th/68-4.5
	2003	Drew Loftin.....	2nd/71-1.5
	2008	Jason Schutz .....	9th/68-10.0
	2001	Bryan Berryhill.....	1st/3:37.05
Steeplechase	1959	Gary Eliassen.....	3rd
	1976	Mike Lohman	
5,000 Meters	1933	Forrest Harvey (2 miles) .....	3rd
	1935	Forrest Harvey (2 miles) .....	7th
	1979	Jon Sinclair .....	7th/13:53.6
	1983	Chuck DeGarmo .....	6th/14:07.08
	2000	Mike Klass.....	9th/14:08.26
10,000 Meters	1968	Tarry Harrison.....	2nd/29:56.8
	1975	Bobby Grubbs.....	8th/29:16.6
400 Hurdles	1973	Chris Adsit .....	5th/50.78
Pole Vault	1952	Gordon Riddell.....	1st/13-9
	1953	Gordon Riddell.....	5th/13-5.5
Discus	1929	Dan Beattie.....	5th
	1934	Chester Cruikshank .....	6th/148-5
	1935	Chester Cruikshank .....	7th/150-9
	1949	Thurman "Fum" McGraw .....	8th/156-3
	1974	Marshall Smith .....	3rd/186-5
	1975	Marshall Smith .....	2nd/190-1
	1996	Casey Malone .....	5th/190-2
	1997	Casey Malone .....	11th/180-9
	1998	Casey Malone .....	1st/200-2
	2000	Casey Malone .....	5th/201-7
		Brian Trainor .....	12th/190-5
	2001	Brian Trainor .....	10th/184-3
	2003	Drew Loftin.....	7th/184-9
	2007	Jason Schutz .....	8th/191-9.5
	2008	Jason Schutz .....	6th/186-3
Hammer	1929	Dan Beattie.....	4th/148-0
	1931	Ivan Dyekman .....	1st/162-0
	1933	Chester Cruikshank .....	2nd/155-11
	1934	Chester Cruikshank .....	4th/163-10
	1935	Chester Cruikshank .....	2nd/159-10
	1979	Mike Duffala .....	8th/197-8
	2003	Drew Loftin.....	2nd/222-6
	2005	Adam Trainor .....	8th/207-5
Decathlon	1982	John Harrell .....	10th/7,360



<u>55 Meters</u>			<u>400 Meters</u>			<u>3,000 Meters</u>			<u>Triple Jump</u>			<u>Pentathlon</u>		
6.84	Janay DeLoach	12-9-05	55.30	Katrice Thomas	2-5-05	9:30.34	Kristen Hemphill	2-16-08	41-6.5	A. Huddleston-Miller		4084	Katie Lloyd	3-04-07
6.86	Brandi Bernert	2-14-98	55.46	Megan Fox	2-12-05	9:33.58	Karen Bockell	2-12-00	2-28-05			3855	Nancy Malloy	1979
6.93	Andrea Bush	2-10-89	55.89	Mary Norwesh	2-27-93	9:35.55	Meg Larson	2-10-01	41-3	Tanesha Johnson	2-25-10	3820	Emily Pearson	2-28-08
7.04	Kelly Delph	3-1-91	55.97	Megan Addy	2-28-98	9:37.47	Elizabeth Roodell	2-9-02	39-7.25	Missy Hanlen	2-28-92	3804	Mary Harrington	3-9-79
7.07	Tanesha Johnson	12-5-09	56.20	S. Everson-Stewart	2-9-02	9:39.06	Kirsten Anthony	2-16-08	38-4.25	Michelle Brown	2-25-95	3796	Kristen Kugler	2-25-10
7.08	Carissa Wherry	2-11-95	56.23	Christine Reaux	2-24-95	9:43.09	Nicole Feest	1-27-07	38-1.25	Kat Cirone	2-28-04	3688	Cristina Gourdin	2-27-04
7.12	Kadeisha Hilliard	2-24-96	57.09	Tisha Slade	2-1-97	9:45.46	April Thomas	1-27-07	38-0.25	Enioma Haynes	2-20-99	3674	Lindsey Malmgren	2-22-01
7.14	Amber Johnson	1-20-01	57.30	Eileen Amador	2-24-95	9:46.60	Nicole Boes	1-28-89	37-10.75	Leslie Banks	2-23-02	3589	Ashleigh Morton	2-28-08
7.15	Christine Reaux	1-14-94	57.32	Becky Hammitt	2-16-02	9:48.20	Heather Loseke	2-16-08	37-8	Meaghann Peak	2-25-10	3499	Liz Toman	2-26-98
7.20	Katrice Thomas	1-29-05	57.80	Nancy May	2-19-88	9:56.92	Nicole Peters	2-6-09	37-7.25	Jamie Davies	1-22-00	3469	Tonya Cure	2-22-07
									37-5	Stacy Hancock	2-11-06			
<u>60 Meters</u>			<u>800 Meters</u>			<u>5,000 Meters</u>								
7.31	Janay DeLoach	2-24-06				16:26.16	Nicole Feest	2-11-06						
7.35	Brandi Bernert	1-30-99	2:06.54c	W. Koenig Knudson	3-3-77	16:31.81	Sarah Piccolo	3-7-97						
7.55	Tanesha Johnson	2-28-08	2:09.27	Mary Ridder	2-9-02	16:44.11	April Thomas	2-10-07						
7.63	Amber Johnson	1-23-99	2:10.23	Jeanie Crist	2-26-99	16:49.75	Marne Findlay	2-5-99						
7.67	Learsha Jones	2-28-08	2:11.26	Becky Hammitt	2-15-03	16:50.28	Sandy Ham	2-8-92						
7.67	Megan Fox	2-04-06	2:12.44	Chantelle Dron	1-21-06	17:06.37	Kristen Hemphill	2-6-09						
7.67	Candace Lelo	2-28-03	2:13.00	Jenny Hodsdon	2-12-94	17:14.23	Kendra Gerk	2-11-10						
7.76	Folami Gaither	1-23-99	2:14.31	Rebekah Yetzer	3-4-06	17:14.66	Michelle Carman	2-12-05						
7.85	Leslie Banks	2-16-02	2:14.68	Kim Watson	2-9-02	17:25.58	Ellie Rastall	2-25-10						
7.87	Sarah Niemann	2-22-02	2:15.20	Marissa Suanders	1-24-08	17:30.44	Marisa Keefe	2-12-00						
			2:15.56	Katie Yemm	2-12-00									
<u>55-Meter Hurdles</u>						<u>High Jump</u>								
7.85	Angie Polk	2-28-98				5-11.25	Liz Toman	2-26-00						
7.97	Felicia Dixon	2-24-96				5-10	Rheannon Backes	2-25-06						
8.00	Stacy Dickson	1-21-94	2:37.84c	W. Koenig Knudson	1977	5-8.75	Sonni Russell	2-28-09						
8.10	Katie Lloyd	12-9-06	2:58.11	Ashlee Velez	1-28-06	5-8.5	Lindsey Malmgren	1-22-99						
8.17	Emily Pearson	12-9-06	2:58.22	Shannon Meredith	2-13-93	5-8	Katie Lloyd	2-26-05						
8.22	Andrea Adam	2-11-95	2:58.31	Rebekah Yetzer	2-14-04	5-8	Anne McLaughlin	2-28-05						
8.30	Learsha Jones	12-5-07	2:58.46	Danielle Korb	2-14-04	5-8	Nancy Malloy	1-15-77						
8.30	Kandi Brown	1-20-01	2:58.67	Alison Taylor	1-20-07	5-7.75	Missy Hanlen	1-24-92						
8.38	Enioma Haynes	1-16-99	3:00.24	Missy Spyers-Duran	2-9-90	5-7.25	Ashleigh Morton	2-28-08						
8.41	Kristi Morrison	2-25-94	3:00.63	Kirsten Anthony	1-20-07	5-7	Michelle Roberts	1-23-09						
<u>60-Meter Hurdles</u>						<u>Long Jump</u>								
8.28	Angie Polk	1-30-99	3:01.09	Cara Wyndham	1-30-88	21-0.75	Janay DeLoach	12-9-06						
8.45	Andrea Adam	1-29-94	3:07.04	Robyn Jokumsen	2-5-94	19-11	Katie Lloyd	12-9-06						
8.49	Emily Pearson	2-16-08				19-9	Cristin Napier	2-1-97						
8.67	Katie Lloyd	2-23-07	4:44.14	Katie Yemm	3-9-02	19-1	Kelly Delph	3-1-91						
8.67	Kandi Brown	2-24-01	4:46.06	Debbie Maass	3-11-94	19-0.75	Kadeshia Hilliard	2-22-97						
8.68	Learsha Jones	2-28-08	4:46.73	Chantelle Dron	2-11-06	18-10.25	A. Huddleston	1-29-05						
8.87	Niomi Ridge	2-28-08	4:47.59	Danielle Korb	2-11-06	18-10	Cindi Lapp	2-2-80						
8.89	Andrea Little	2-28-03	4:47.94c	W. Koenig Knudson	2-14-76	18-8.5	Mary Harrington	2-11-77						
8.90	Rachelle Mims	2-27-05	4:51.74	Libbie Johnson	1-30-88	18-6.5	Emily Pearson	2-28-08						
8.90	Enioma Haynes	1-23-99	4:53.04	Kirsten Anthony	2-10-07	18-6.5	Nancy Malloy	1-15-77						
			4:53.47	Heather Loseke	1-27-07									
			4:53.52	Marissa Saunders	2-28-08									
			4:56.69	Kristen Hemphil	1-28-06									
<u>200 Meters</u>									<u>Weight Throw</u>					
24.17	Brandi Bernert	1-30-99												
24.39	Tanesha Johnson	2-25-10												
24.46	Katrice Thomas	1-22-05												
24.53	Amber Johnson	2-24-01												
24.57	Christine Reaux	2-24-95												
24.67	Janay DeLoach	2-23-07												
24.77	Megan Fox	2-24-06												
24.88	Mary Norwesh	2-20-93												
24.95	Megan Addy	2-14-98												
25.00	Kelly Delph	2-23-91												

<b><u>100 Meters</u></b>			<b><u>400-Meter Hurdles</u></b>			<b><u>5,000 Meters</u></b>			<b><u>Pole Vault</u></b>			<b><u>Heptathlon</u></b>		
11.45	Janay DeLoach	5-14-08	57.70	Mary Norwesh	5-23-92	16:20.18	Sandy Ham	6-6-92	12-9.5	Christine Ahn	5-7-04	5605	Emily Pearson	5-13,14-08
11.51	Andrea Bush	5-20-89	58.25	Megan Addy	4-26-01	16:27.00	Karen Bockel	5-5-00	12-6.25	Ashleigh Morton	4-19-08	5445	Katie Lloyd	6-14-08
11.68	Brandi Bernert	5-21-99	58.93	Konnie Mackey	5-12-84	16:29.82	Elizabeth Roodell	5-3-02	12-4	Jamie Davies	3-25-00	5251	Cristina Gourdin	4-21,22-05
11.70	Tanesha Johnson	4-19-08	59.09	Kristi Morrison	3-18-95	16:30.91	Sarah Piccolo	4-18-97	12-0	Kate Colvin	5-3-08	5160	Lindsey Malmgren	4-26,27-01
11.93	Amber Johnson	4-29-00	59.84	Jeanette Watson	5-3-97	16:35.91	Michelle Carman	3-25-05	11-9.75	Rachel Suanders	4-10-10	5057	Kristen Kugler	5-12-10
11.94	Kelly Delph	4-20-91	1:00.60	Nancy May	5-9-87	16:36.99	Marne Findlay	6-5-98	11-6	Kate Yee	3-30-02	4994	Tonya Cure	5-10,11-06
11.96	LaSandra Smith	5-20-89	1:00.82	Stacey Dickson	4-17-94	16:40.10	Nicole Boes	4-25-87	11-1.75	Shay Horak	5-10-02	4915	Liz Toman	4-23,24-98
12.05	Kadeshia Hilliard	5-19-95	1:00.85	Niomi Ridge	5-14-08	16:42.36	Kirsten Anthony	4-25-08	10-8	Ashley Nance	4-26-03	4772	Zuzana Krajciová	4-3,4-03
12.08	Katrice Thomas	3-26-05	1:01.27	Cristina Gourdin	4-30-05	16:43.80	Nicole Feest	3-25-05	10-2.5	Kate Dannecker	5-8-10	4711	Martha Caflisch	4-16,17-86
12.09	Learsha Jones	5-3-08	1:01.37	Zuzana Krajciová	5-3-03	16:44.04	Nicole Peters	4-23-09	9-9	Sandy Kienholz	5-23-98	4709	Sophia Wagner	5-12-10
			<b><u>800 Meters</u></b>			<b><u>10,000 Meters</u></b>			<b><u>Shot Put</u></b>					
			1:59.91	W. Koenig Knudson	7-23-76							<b><u>Triple Jump</u></b>		
<b><u>100-Meter Hurdles</u></b>			2:06.80	Mary Ridder	5-3-02	34:00.73	Nicole Feest	4-20-07	54-9.5	Loree Smith	5-14-05	41-6 A Huddleston-Miller 4-1-05		
13.58	Felicia Dixon	5-23-97	2:09.20	Michelle Wertz	5-11-85	34:08.94	Sarah Piccolo	4-25-97	53-0.25	Missy Faubus	5-9-09	41-2.25 Tanesha Johnson 4-5-08		
13.68	Emily Pearson	5-14-08	2:09.40	Charlene Delventhal	5-12-79	34:24.00	Amy Laffoon	6-5-79	52-1.25	Liz Toman	4-7-01	39-2.5 Michelle Brown 5-18-96		
13.80	Angela Polk	5-8-98	2:09.67	Michelle Wertz	5-10-86	34:30.60	Julie Benzel	4-30-84	51-2.75	Keela Niemeyer	4-30-04	39-2.25 Missy Hanlen 5-4-91		
13.83	Kandi Brown	5-20-00	2:10.03	Jeanie Crist	5-20-00	34:55.03	Kim Leal	4-22-02	51-0	Jennifer Ugochukwu	5-9-09	38-5.25 Diane Schneider 5-16-90		
13.96	Konnie Mackey	5-7-83	2:10.04	Becky Hammitt	4-9-05	35:03.50	Ellie Rastall	4-15-10	50-6	Hannah Metzler	5-17-02	38-0.25 Kat Cirone 4-24-04		
14.04	Rachelle Mims	4-9-05	2:10.52	Katie Yemm	4-24-04	35:06.56	Jennifer Kintzley	4-20-01	49-3.5	Amy Thiel	5-21-99	37-10.75 Meagan Peak 4-23-10		
14.06	Niomi Ridge	5-14-08	2:11.83	Kendra Woodruff	5-19-01	35:24.47	Kendra Gerk	4-15-10	48-11.5	Jill McCormick	5-1-04	37-9.25 Olivia Downing 4-23-10		
14.09	Katie Lloyd	5-3-08	2:11.86	Jenny Hodsden	4-29-94	35:42.29	Bonnie Tamis	5-29-81	48-11.5	Kelly Curran	4-5-80	37-7.75 Julie O'Bryan 5-11-01		
14.14	Learsha Jones	5-14-08	<b><u>1,500 Meters</u></b>			35:51.18	Kelly Schumacher	4-16-99	47-0	Grettel Miller	3-28-98	37-3.75 Sonni Russell 4-19-08		
14.20	Stacey Dickson	5-19-95	4:21.80	W. Koenig Knudson	4-24-76				<b><u>Hammer</u></b>					
			4:23.80	Barb Lawson	6-10-71									
<b><u>200 Meters</u></b>			4:24.19	Debbie Maass	5-25-94	5-10.75	Niomi Ridge	5-3-08	229-9	Loree Smith	5-13-05			
23.84	Andrea Bush	5-20-89	4:25.63	Katie Yemm	5-4-01	5-10.75	Liz Toman	5-19-00	197-2	Jaimee Troth	5-27-06			
23.88	Becky Sorensen	4-10-93	4:25.90	Kirsten Anthony	4-10-09	5-9.25	Rheannon Backes	5-15-04	195-5	Haley Hunt	5-28-04			
23.94	Brandi Bernert	3-27-99	4:26.25	Marissa Saunders	5-3-08	5-8.75	Katie Lloyd	4-12-06	194-6	Stacey Poulos	5-12-06			
24.03	Katrice Thomas	4-17-04	4:26.33	Libby Johnson	5-9-87	5-8	Sonni Russell	5-8-10	193-10	Greathouse-Borrman	6-6-98			
24.17	Megan Fox	4-17-04	4:26.67	Kim Watson	4-13-02	5-8	Cristina Gourdin	4-1-04	192-6	Grettel Miller	5-2-98			
24.26	Janay DeLoach	4-25-08	4:27.29	Danielle Korb	4-20-07	5-8	Lindsey Malmgren	3-28-98	191-7	Megan Berg	4-8-10			
24.30	Tanesha Johnson	5-14-08	4:27.40	Cara Wyndham	4-18-87	5-8	Erin Braunschwieger	4-21-89	186-1	Hannah Metzler	4-21-01			
24.48	Emily Pearson	5-14-08	<b><u>Steeplechase</u></b>			5-8	Brenda Wilson	5-12-78	185-8	Leah Elmshausen	5-1-10			
24.52	Kadeshia Hilliard	3-25-95	10:02.59	Kristen Hemphill	4-15-10	5-7.75	Anne McLaughlin	4-8-06	184-11	Keela Niemeyer	4-17-04			
24.57	Amber Johnson	4-22-01	10:10.16	Meg Larson	5-18-01				<b><u>Javelin</u></b>					
			10:46.27	Nicole Peters	4-30-10									
<b><u>400 Meters</u></b>			11:02.24	Erin Cunningham	5-18-01	21-4.25	Janay DeLoach	6-12-08	163-2	Liz Toman	4-24-98			
53.64	Katrice Thomas	5-17-03	11:04.82	Linnea Pudwill	5-13-05	19-11	Kelly Delph	3-31-90	153-3.5	Emily Pearson	5-14-08			
54.41	Megan Fox	4-24-04	11:15.71	Rebekah Yetzer	5-14-04	19-10.75	Katie Lloyd	5-26-06	151-1.5	Francine Kaylor	4-10-82			
54.46	Andrea Bush	5-16-90	11:17.89	Ashlee Velez	5-12-06	19-5	Mary Harrington	4-8-78	144-7	Aimee Ainsworth	5-21-93			
54.62	Megan Addy	5-2-98	11:36.20	Erin Weber	4-29-06	19-4.75	Cristin Napier	4-11-98	139-9	Shannon Mack	4-1-00			
54.64	Eileen Amador	5-18-96	11:27.72	Danielle Rawlings	5-14-08	19-2.25	Becky Sorensen	5-21-93	139-7	Ashleigh Morton	5-14-08			
54.69	Becky Sorensen	5-21-93	11:42.31	Marisa Keefe	3-30-02	19-1	Nancy Malloy	4-15-78	135-7	Kristen Kugler	5-12-10			
55.14	Christine Reaux	4-1-95				18-10	Kadeshia Hilliard	5-23-97	135-4	Katie Lloyd	6-14-08			
55.18	Tisha Slade	5-18-96				18-9.25	Tonya Cure	5-14-04	134-4	Grettel Miller	5-3-97			
55.69	Tanesha Johnson	5-2-08				18-8	Pat Koehler	4-24-76	132-6	Jenny Lowell	4-9-77			
56.04	Becky Hammitt	4-23-05												

<b>55 Meters</b>			<b>800 Meters</b>			<b>5,000 Meters</b>			<b>Pole Vault</b>		
6.25	Duan Ruff	2-14-98	1:48.83	Bryan Berryhill	2-13-98	14:02.59	Josh Glaab	2-12-05	17-3	Josh Horak	2-2-02
6.26	Calvin Branch	2-22-97	1:50.75	Ryan Friese	3-8-09	14:14.05	Dylan Olchin	2-8-02	17-0.25	Kirk Cooper	2-19-10
6.28	John Woods	1-29-05	1:51.30	Joey Alzola	2-10-01	14:15.39	Mowa Haile-Selassie	3-3-95	16-8.75	Doug Dieker	2-25-10
6.29	Sean Ingram	1-22-00	1:51.32	Mike Nicks	3-7-04	14:16.87	Austin Vigil	2-14-03	16-6	Scott Hall	2-28-87
6.29	Eric Gray	1-16-99	1:51.87	Niall Dunne	2-5-99	14:25.77	Josh Lybarger	2-10-01	16-4.75	Brent Sagnotti	1-27-01
6.29	Drew Smith	2-6-98	1:52.03	Brian Kelly	2-28-04	14:35.66	Jason Surratt	2-12-94	16-4	John Harrell	2-6-82
6.29	J'Sharlon Jones	2-6-98	1:52.10	Greg White	2-13-88	14:36.65	Andres Urbina	2-16-08	16-3.5	Brandon Mora	2-25-06
6.29	Carlos Jones	2-6-98	1:52.39	Scott Sanders	1-20-07	14:44.06	Stan Emery	2-7-92	16-1	Darrell Schwandt	2-24-89
6.31	Thal Woods	2-6-98	1:52.59	Rod Schrieber	3-5-88	14:44.54	Rob Watson	2-10-07	16-0.75	Kurt Davies	2-28-98
6.31	Paul Turner	2-12-94	1:52.89	Rob Gneiser	1-31-92	14:50.87	Jeremy Freed	2-10-07	16-0	Jack Cunningham	2-16-74
<b>60 Meters</b>			<b>1,000 Meters</b>			<b>High Jump</b>			<b>Shot Put</b>		
6.63	John Woods	3-5-05	2:26.78	Greg Brewster	1-23-81	7-0	Randy Morgan	1-24-76	65-8.75	Magnus Lohse	1-29-05
6.70	Eric Gray	1-30-99	2:28.34c	Bill Roth	2-2-85	7-0	Ray Lisby	3-1-74	60-2	Brian Trainor	2-24-01
6.71	Sean Ingram	1-29-00	2:28.37	Allen Russell	1-23-81	6-11.75	Matt Hoskins	2-27-88	59-2.25	Drew Loftin	3-1-03
6.73	Drew Smith	2-26-00	2:28.97	Kevin Scrivner	1-23-81	6-11	Jacob Benson	2-27-05	58-6	Jeremy Graff	3-1-03
6.75	J'Sharlon Jones	1-23-99	2:29.08	Rob Gneiser	2-9-91	6-10	Duane Myers	1-22-77	58-5.75	Casey Malone	2-20-99
6.80	Sulaiman Sayyid	2-28-08	2:29.33	Jim Nagel	1-23-81	6-9.5	Tim Merz	2-27-03	58-4.75	Tyson Williams	2-12-10
6.80	Daniel Ward	2-25-00	2:29.41	Abe Sauer	2-13-93	6-9.5	Dave Eckhardt	2-28-92	58-2	Matt McKinney	2-04-06
6.84	Duan Ruff	1-29-00	2:29.74c	Bryan Berryhill	1-23-98	6-9	Rob Blakney	2-28-98	57-11	Mattias Borrman	3-1-96
6.85	Antione Harrison	1-22-10	2:30.34c	Torgun Lovely	2-13-93	6-9	Norm Bair	1-26-74	57-8.5	Nate Heyrman	2-25-06
6.86	Drew Morano	2-27-05	2:30.41	Tim Taylor	2-27-82	6-9	Alex Lockhart	2-9-08	57-6.25	Tony Sotelo	2-20-99
<b>55-Meter Hurdles</b>			<b>Mile</b>			<b>Long Jump</b>			<b>Weight Throw</b>		
7.16	Jeremy Kendall	2-14-98	3:56.73	Bryan Berryhill	3-6-99	24-10	Phil Webb	1-30-70	71-1.5	Drew Loftin	3-14-03
7.29	Josh Proctor	2-22-97	4:04.16	Dave Sobolik	3-9-96	24-3	Len Volz	1936	69-5.25	Adam Trainor	2-27-05
7.42	Jeramie Thomas	2-24-96	4:04.69	Mike Nicks	2-14-04	24-1.75	Jacob Benson	2-28-03	69-5.5	Jason Schutz	2-28-08
7.43	Mike Horton	12-9-05	4:05.52	Richie Harris	2-23-80	24-1.75	Duane Myers	2-11-77	67-9	Alex Godell	2-20-09
7.43	Marcus Turner	2-25-95	4:05.64	Chad DiPrince	2-13-98	24-0.75	Ciarre Campbell	2-27-05	67-5.5	Mattias Borrman	2-25-94
7.55	Justin Hazzard	12-9-05	4:05.84	Scott Sanders	1-27-07	23-10	Mike Lippold	1-19-96	67-0.5	Brian Trainor	2-22-02
7.57	Tony Brown	2-25-89	4:08.53	Jon Sinclair	3-9-79	23-7.25	Warren Franz	2-17-73	65-2.25	Trey Eder	1-21-06
7.60	Mike Armstrong	2-3-90	4:08.94c	Greg Duhaime	2-14-76	23-6.25	Michial Clark	3-16-68	64-10.75	Nate Heyrman	2-27-05
7.60	Greg Dubbe	2-25-89	4:10.74c	Tarry Harrison	3-2-68	23-6	Chris Riggs	2-28-03	64-8.75	Jeremy Graff	2-22-02
7.61	Kelby Dias	12-05-09	4:12.41	Jeremy Freed	1-20-07	23-5.5	Randy Rusing	3-7-81	64-8.5	Rob Upton	2-15-92
<b>60-Meter Hurdles</b>			<b>3,000 Meters</b>			<b>Triple Jump</b>			<b>Heptathlon</b>		
7.96	Justin Hazzard	2-28-04	7:59.34	Mike Nicks	3-5-05	51-2.25	Jacob Benson	2-8-03	5569	Kevin Johnson	2-23-07
7.98	Mike Horton	3-3-06	8:01.14	Bryan Berryhill	1-20-01	50-6.5	Greg Johnson	2-23-80	4713	Doug Dieker	2-3-07
8.00	JT Walker	2-24-01	8:06.09	Rob Watson	3-4-06	49-9.25	Ryan Billups	2-25-10	4596	Josh McMillin	2-25-10
8.04	Kevin Johnson	2-24-07	8:10.84	Mike Klass	2-12-00	49-9	Mike Clark	1969	4364	Bill McCormick	1-29-94
8.07	Jeremy Kendall	2-7-97	8:11.36	Josh Glaab	3-5-05	49-4.25	Nnamdi Agwu	2-25-10	4142	Chris Walker	1-29-94
8.19	Rashaun Greer	1-27-07	8:13.76	Bill Michel	2-15-03	49'3	Jason Smith	12-08-07	3625	Kirk Cooper	2-25-10
8.19	Brian Williams	3-1-03	8:20.99	Dylan Olchin	1-25-02	48-11.5	DeJean Harden	3-6-98			
8.19	Tom Waido	2-28-03	8:21.73	Matt Cianciulli	2-14-04	48-3.25	Jarelle Johnson	2-25-06			
8.23	Kelby Dias	1-29-10	8:22.7	Daniel Wallis	2-09-09	48-0	Mike Yorkey	1-31-76			
8.25	Josh Proctor	2-7-97	8:23.88	Paul Michel	1-25-02	47-11.25	Doug Martin	2-24-90			
<b>200 Meters</b>											
20.91	John Woods	2-5-05									
21.15	Drew Morano	2-24-07									
21.32	Deontrey Taylor	2-14-98									
21.35	Drew Smith	2-24-01									
21.51	Daniel Ward	2-25-00									
21.55	Rodnee Pope	2-28-05									
21.73	Pedro Lopez	2-1-97									
21.74	Chris Riggs	3-1-03									
21.75	Thal Woods	2-26-00									
21.79	Eric Hill	2-23-02									





## Indoor Women

### 50 Yards

6.04	Brandi Bernert	2-12-00
6.23	Maria Midgley	2-6-88
6.24c	Pam Greene	2-7-76
6.30	Konnie Mackey	1-30-82
6.30	Andi Witham	2-16-80

### 220 Yards

25.04c	Pam Greene	3-16-75
26.64c	Cindi Lapp	2-11-77
26.94c	Debbie Skoronsky	3-6-76
27.74c	Jeri Bonnell	3-16-75
28.04c	Sherry Williams	3-6-76

### 600 Yards

1:25.15	Michelle Wertz	3-8-86
1:25.90	Sally Rand	2-6-81
1:27.04c	Konnie Mackey	3-2-84
1:27.16	Chantelle Dron	1-28-06
1:27.42	Jeannette Watson	1-27-96

### 880 Yards

2:06.64c	Wendy Knudson	2-22-75
2:19.65	Sally Rand	2-14-81
2:21.04c	Pat Koehler	2-11-77
2:21.97	Tammy Rudnick	2-6-81
2:22.34c	Michelle Wertz	3-2-84

## Indoor Men

### 50 Yards

5.24	Cecil Stockdale	1-23-81
5.32	Donnie Hill	2-10-80
5.34	Ben Willis	2-2-74
5.39	Dennis Uthe	1-23-81
5.40	Bernie Black	2-16-74

### 220 Yards

24.34c	Ben Willis	2-27-76
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### 600 Yards

1:09.74c	Bob Parry	1-10-76
1:10.73	Lorenzo Zachery	2-26-83
1:10.74	Loren Maxwell	2-22-86
1:10.88	Greg White	2-22-86
1:11.09	Don Frichtel	2-11-77

### 880 Yards

1:51.44c	Don Frichtel	2-26-77
1:51.44c	Del Hessel	1963
1:53.69	Bill Roth	2-25-84
1:54.54c	Randy Sigley	2-3-73
1:54.64	John Morton	3-5-77

## Outdoor Women

### 4xMile Relay (Since 1995)

19:45.95	Dron, Loseke, Anthony, Korb	4-28-07
19:52.82	Larson, Ridder, Sawyer, Yemm	4-25-03

### 100 Yards

10.5	Pam Greene	6-1-74
11.26	Cindi Lapp	4-29-77
11.5	Sherry Williams	4-11-75
11.76	Debbie Skoronsky	5-11-76

### 220 Yards

23.86	Pam Greene	5-11-76
26.4	Debbie Skoronsky	4-3-76

### 440 Yards

56.2	Wendy Knudson	4-11-75
56.3	Pam Greene	4-11-75
59.72	Pat Koehler	5-11-76
59.7	Debbie Skoronsky	4-23-77
1:01.6	Rosie McLennon	4-3-76

### 880 Yards

2:05.4	Wendy Knudson	4-12-75
2:17.7	Rosie McLennon	5-11-76
2:18.6	Pat Koehler	5-11-76
2:22.9	Jana Brownlee	4-23-77
2:27.4	Kathy Sarvary	4-23-77

### Mile Run

4:52.02	Danielle Korb	4-15-06
4:54.8	Barb Lawson	4-24-71
4:55.35	Kristen Hemphill	4-15-06
4:55.5	Wendy Knudson	5-11-76
5:01.10	Heather Loseke	4-15-06

### Two-Mile Run

10:34.0	Wendy Knudson	4-16-76
11:14.6	Lauri Adams	4-15-79
11:51.57	Diane Westover	5-11-76
12:01.75	Suzanne Sibbitt	5-1-76
12:08.5	Sharon Jordan	4-23-77

### Three-Mile Run

16:53.0	Yvonne Rieman	5-26-78
17:04.2	Lauri Adams	4-19-77
18:06.08	Diane Westover	5-11-76
18:57.8	Kathy Hix	4-23-77
19:23.79	Kathy Sarvary	5-11-76

## Outdoor Men

### 4xMile Relay (Since 1995)

16:24.83	PMichel, BMichel, Kirkpatrick, Nicks	4-23-04
17:21.88	Klass, Coster, KJohnson, Bakker	4-19-97

### 100 Yards

9.3	Mike Walker	3-20-74
9.3w	Tim Seguine	1973
9.4	Ben Willis	4-26-74
9.4w	Bert Chism	3-20-74
9.4	Fred McCoy	1960

### 120-Yard Hurdles

13.91	Curby Rogers	5-10-75
14.1	Chris Adsit	4-7-73
14.1	Larry Morgan	1959
14.2	Ken Godfrey	3-20-74
14.2	Dave Gilliland	4-26-75

### 220 Yards

20.6	Dan Columbus	1968
20.8	Pat Shields	1972
20.8	Fred McCoy	1960
21.0	Alex Burl	1952
21.2	Mike Walker	4-6-74

### 440 Yards

46.70	Bob Parry	5-10-75
47.1	Pat Shields	5-12-72
47.5	David King	5-17-69
47.9	Del Hessel	1960
48.0	Jeff Sindt	4-10-76

### 440-Yard Hurdles

50.5	Chris Adsit	6-7-73
50.7	Bruce Ginther	4-26-74
51.2	Rick Steele	4-10-76
52.7	Bob McQueen	3-16-74
52.7	Jerry Phillips	5-2-66

### 880 Yards

1:49.3	Del Hessel	1963
1:51.13	Don Frichtel	5-7-76
1:51.48	Greg Duhaime	5-7-76
1:51.3	Bob Parry	4-10-76
1:51.9	Randy Sigley	5-12-72

### Mile Run

3:57.43	Bryan Berryhill	4-18-99
4:06.63	Dave Sobolik	4-18-97
4:06.88	Mike Nicks	4-9-05
4:08.34	Paul Michel	4-9-05
4:10.78	Greg Duhaime	5-10-75

## Two-Mile Run

9:04.7	Greg Duhaime	5-4-74
9:16.0	Terry Harrison	1969
10:07.2	Jerry Glyde	4-7-62
10:10.2	Wes Crist	4-11-70

### Three-Mile Run

13:29.0	Louis Groake	1972
13:29.7	Terry Harrison	5-24-69
13:55.0	Greg Duhaime	4-26-74
14:07.2	Steve Floto	6-1-73
14:11.8	Wes Crist	5-16-70



**Jack Christiansen Track Records - Men**

Hammer	1999	Libor Charfreitag.....	234' 11"	SMU
Discus	2009	Casey Malone .....	224' 8.5"	Nike
Shot Put	1999	Janus Roberts .....	65' 10.5"	SMU
Javelin	1999	Matti Narhi.....	273' 1"	UTEP
High Jump	1999	Marc Chenn .....	7' 3.25"	BYU
Triple Jump	1990	Roger Giles.....	51' 8"	UTEP
Long Jump	1991	Marc Kimbrough.....	26' .25"	Neosha
Pole Vault	1999	James Davis .....	17' 11"	Fresno St.
100 Meters	1999	Leanard Myles-Mills.....	10.04	BYU
200 Meters	1999	Leanard Myles-Mills.....	20.11	BYU
400 Meters	1996	James Davis.....	45.64	CU
800 Meters	1999	Bryan Berryhill.....	1:49.96	CSU
1,500 Meters	1996	Adam Boucher.....	3:45.43	CU
Steeple	1999	Cesar Perez.....	9:04.62	UTEP
5,000 Meters	1996	Eric Mack .....	14:44.04	AFA
10,000 Meters	1990	Doug Hobbs.....	31:26.74	BYU
110 Hurdles	1999	Laterance Dunbar .....	13.82	TCU
400 Hurdles	1999	Kyle Grossarth .....	50.13	BYU
400-Meter Relay	1999	BYU .....	38.88	
1,600-Meter Relay	1999	TCU .....	3:07.42	
Decathlon	1999	Gregg Sawyer.....	7025	WYO

**Jack Christiansen Track Records - Women**

Hammer	2005	Loree Smith.....	229' 9"	CSU
Discus	1999	Shelly Borrman.....	198' 8"	CSU
Shot Put	1993	Melissa Weis.....	53'	CU
Javelin	1999	Liza Randjelovic .....	181'	SMU
High Jump	1999	Kajsa Bergvist .....	6' 6"	SMU
Triple Jump	1999	Kristel Berendsen .....	13.37 M	BYU
Long Jump	2010	Janay DeLoach.....	6.43 M	Unatt.
100 Meters	1999	Alicia Tyson .....	11.49	UNLV
200 Meters	1999	Alicia Tyson .....	22.78	UNLV
400 Meters	1999	Michele Davis .....	52.55	UNLV
800 Meters	1999	Treva Bryant.....	2:09.44	BYU
1,500 Meters	1999	Sharolyn Shields .....	4:26.41	BYU
3,000 Meters	1999	Elizabeth Jackson .....	9:45.12	BYU
5,000 Meters	1999	Kara Ormond .....	16:52.67	BYU
10,000 Meters	1999	Jackie Morgan.....	37:18.01	BYU
100 Hurdles	1999	Meisha McKelvy.....	12.84	SDSU
400 Hurdles	1999	Saidat Onanuga .....	56.66	UTEP
400-Meter Relay	1999	Rice.....	44.37	
1,600-Meter Relay	1999	Rice.....	3:37.30	
Heptathlon	1990	Laura Zaugg.....	5207	BYU
Pole Vault	1996	Stacy Dragila.....	12' 11"	Unatt.

This fall Colorado State inducted five former student-athletes into the school's Sports Hall of Fame. Two members of this year's class, Sandy (Ham) Fetzer and Marshall Smith, were recognized for their achievements at Colorado State. Both have left lasting legacies within the track and field program.

Colorado State's Sports Hall of Fame honors former Rams and Aggies athletes, coaches and administrators for their achievements and contributions to the university. Many outstanding individuals have been inducted into the Hall of Fame since its inception in 1988.



## Sandy (Ham) Fetzer

**O**ne of the most versatile distance runners in CSU history... First-ever CSU cross country runner to qualify for the NCAA championships... Was CSU's first female All-American in cross country, in 1991... Named as one of the athletic director's top 30 scholar-athletes... Also a WAC Scholar Athlete and cross country academic All-American in 1992... All-American in both cross country and track & field... Took third place in the 1992 Olympic Trials in the 5,000 meters... Nationally ranked in the top 10 in the United States by Track & Field News in the 5,000 meters, both indoors and outdoors, in 1992... Was considered one of the top female distance runners in the United States... Finished 10th overall in the NCAA cross country championships as a senior... Honored as one of the top Sportswomen of Colorado... Was the WAC conference champion in both the 3,000 and 5,000 meters in 1993.

## Marshall Smith



**B**roke the freshman record for the discus in 1972... Won in the US-USSR junior world meet in July 1972... Named the U.S. junior national champion as a sophomore... Won the discus event at Wichita and Kansas relays, as well as the Colorado Invitational... Placed third in the NCAA championships and fourth in the AAU championships in 1974... Set a CSU record with a discus throw of 198 feet, 7 inches, in 1974... Won the collegiate triple crown with wins at Texas, Drake and Kansas in 1974... Won second straight WAC discus title in 1974... Placed fourth in AAU championships... Ranked among the world's top discus throwers in the 1974 season... Mentioned on the January 1975 Track and Field News world list of recognized top individuals for his event.



Cate Brus

Nicole Peters

Ryan Friese

## 2011 Indoor Schedule

Date	Event	Location
1/14/11	Air Force All Comers Meet	Colorado Springs, Colo
1/21/11	Potts Indoor Invitational	Boulder, Colo.
1/22/11	Potts Indoor Invitational	Boulder, Colo.
1/29/11	Don Barrett Duals	Colorado Springs, Colo.
2/4/11	New Mexico Classic	Albuquerque, N.M.
2/5/11	New Mexico Classic	Albuquerque, N.M.
2/11/11	Air Force Invitational	Colorado Springs, Colo.
2/12/11	Air Force Invitational	Colorado Springs, Colo.
2/24/11	Mountain West Conference	Albuquerque, N.M.
2/25/11	Mountain West Conference	Albuquerque, N.M.
2/26/11	Mountain West Conference	Albuquerque, N.M.
3/5/11	Last Chance Qualifiers	TBA
3/6/11	Last Chance Qualifiers	TBA
3/11/11	NCAA Championships	College Station, Tex.
3/12/11	NCAA Championships	College Station, Tex.

## 2011 Outdoor Schedule

Date	Event	Location
3/5/11	Ben Brown Invitational	Fullerton, Calif.
3/19/11	Potts Invitational	Boulder, Colo.
3/25/11	Stanford Invitational	Palo Alto, Calif.
3/26/11	Stanford Invitational	Palo Alto, Calif.
3/26/11	CSU-Pueblo Invitational	Pueblo, Colo.
4/2/11	Fum McGraw Invitational	Fort Collins, Colo.
4/8/11	Sun Angel Track Classic	Tempe, A.Z.
4/9/11	Sun Angel Track Classic	Tempe, A.Z.
4/9/11	Colorado Invitational	Boulder, Colo.
4/14/11	Mt. SAC Relays	Walnut, Calif.
4/14/11	CSU-Pueblo Combined Events	Pueblo, Colo
4/15/11	CSU-Pueblo Invitational	Pueblo, Colo.
4/15/11	CSU-Pueblo Combined Events	Pueblo, Colo.
4/15/11	Mt. SAC Relays	Walnut, Calif.
4/16/11	CSU-Pueblo Invitational	Pueblo, Colo.
4/16/11	Mt. SAC Relays	Walnut, Calif.
4/21/11	Glenn Morris Multi-Events	Fort Collins, Colo.
4/22/11	Glenn Morris Multi-Events	Fort Collins, Colo
4/22/11	Jack Christiansen Invite	Fort Collins, Colo.
4/23/11	Jack Christiansen Invite	Fort Collins, Colo.
4/30/11	Front Range Classic	Laramie, Wyo.
4/30/11	Payton Jordan Cardinal Invitational	Palo Alto, Calif.
5/11/11	Mountain West Conference	Fort Collins, Colo.
5/12/11	Mountain West Conference	Fort Collins, Colo.
5/13/11	Mountain West Conference	Fort Collins, Colo.
5/14/11	Mountain West Confernece	Fort Collins, Colo.
5/26/11	NCAA regional	Eugene, Ore.
5/27/11	NCAA regional	Eugene, Ore.
5/28/11	NCAA regional	Eugene, Ore.
6/8/11	NCAA championships	Des Moines, Iowa
6/9/11	NCAA championships	Des Moines, Iowa
6/10/11	NCAA championships	Des Moines, Iowa
6/11/11	NCAA championships	Des Moines, Iowa