

ALL-TIME COACHES

Men

H.L. McWilliams.....	1924 (1 Year)
Don Faurot.....	1925-1928 (4 Years)
Chauncy Simpson	1929-1934 (6 Years)
Fred Faurot.....	1935-1937 (3 Years)
Woodrow Rider.....	1938 (1 Year)
Ed Markel	1939-1942 (4 Years)
Boyd King	1947; 1950 (2 Years)
James Dougherty	1948-1949 (2 Years)
Ken Gardner.....	1959-1981 (31 Years)
Ed Schneider	1982-2005 (24 Years)
John Cochrane	2006-2013 (7 Years)
Tim Schwegler.....	2013 - 2022 (9 Years)
Leslie Hardesty.....	2022 -

WOMEN

Ken Gardner.....	1977 (1 Year)
Barb Mayhew.....	1978-1979 (2 Years)
Ed Schneider.....	1980 (1 Year)
John Cochrane	1980-2013 (33 Years)
Tim Schwegler.....	2013 - 2022 (9 Years)
Leslie Hardesty.....	2022

HALL OF FAME

Established in 1983, the Truman Athletics Hall of Fame recognized the best of the best among student-athletes, administrators and coaches at the University. The following have been inducted into the Hall of Fame and are associated with the Track and Field programs. Their complete bios can be found online at TrumanBulldogs.com.

Men

Don Allbritton (2003)	Gerald "Shag" Grossnickle (1984)	Willard Sims (1986)
Ray Armstead (1994)	Jack Hammock (1990)	Dennis Sissom (1998)
Bill Ausmus (1990)	Earl Hatcher (1985)	James Streeter (1986)
Willie Barton (1984)	Aubrey Johnson (1987)	Larry Swift (1985)
Mike Berentes (1991)	Larance Jones (1985)	Donald "Red" Sylvara (1987)
Leroy Berry (1998)	Jerome Krumeich (1993)	David Taylor (1989)
Clifford Bohmback (1987)	Michael Laususe (1997)	Charles Thornton (1994)
Dick Brownlee (1991)	Linley Lipper (1996)	Orville Towers (1987)
Ralph Cavanah (1984)	Dennis Littrell (1993)	Don Vail (1988)
Wayne Clinton (1989)	Wayne McKanna (1989)	R.E. Valentine (1984)
Dale Collier (1989)	Milton McPike (1984)	Wayne Ventling (1993)
John Cochrane (2013)	H.L. McWilliams (1984)	Floyd Waddle (1995)
Levi Craig (1983)	Alec Meinke (2008)	Sharron Washington (1988)
L.E. "Horse" Dabney (1986)	Jack Perrin (1990)	Robert Watts (1992)
James Dougherty (1983)	Leo Petree (1991)	Ronald P. Werling (1996)
Robert Doyle (1988)	Glendle Pickering (1996)	1972 Track & Field Team (2022)
Lenvil Elliott (1989)	Steve Powell (1991)	
Gary Evans (1990)	Jack Robinson (1983)	
Don Faurot (1983)	Martin Rohde (1984)	
Dan Futrell (1990)	Ed Schneider (1986)	
Kenneth Gardner (1983)	Fred Schwengel (1983)	
Thomas Geredine (1988)	John "Hi" Simmons (1985)	
Darrel Gourley (1989)	Chauncey Simpson (1989)	

Women

Marlene Frahm Goucher (1997)
Deborah (Carter) Graves (1993)
Carol Humphries-Drummond (1997)
Kerry Knepper (2002)
Cindy (Springman) Noll (1999)
Stacy (Roberts) Schroeder (2003)
Sandra Hester (2013)
John Cochrane (2013)

Academic All-America

Since 1952, the College Sports Information Directors of America (CoSIDA) has bestowed Academic All-America honors on more than 14,000 student-athletes covering all divisions and NCAA championship sports.

To be eligible for Academic All-America consideration, a student-athlete must be a varsity starter or key reserve, maintain a cumulative GPA of 3.30 on a 4.00 scale, have reached sophomore athletic and academic standing and been voted as Academic All-District by regional CoSIDA members.

1988	Karen Bastart (1T)	2012	Jennifer Zweifel (1T)
1989	Karen Bastart (1T)		Michael Dial (2T)
1992	Rob Jensen (2T)		Joey Walls (3T)
1993	Scott Beattie (1T)	2013	Rachel McCarroll (3T)
	Rob Jensen (2T)	2015	Dominic Kacich (3T)
1994	Virginia Hoefer (2T)	2017	Laura Tarantino (3T)
1995	Virginia Hoefer (2T)		
1996	Virginia Hoefer (1T)		
	Jason Golonka (2T)		
2000	Beth Luebbering (1T)		
2001	Beth Luebbering (1T)		
2002	Beth Luebbering (1T)		
	Kayse Hahn (2T)		
2007	Jacquie Faust (3T)		
2010	Katrina Biermann (3T)		

Indoor Records

Men

Trent Cuthbert	6.36	1984
Brian Dzingai	6.76*	2001
Bill Dorsam	7.26**	1984
David Mayhew	8.14	2002
Brian Dzingai	21.54	2001
Larry Jones	47.44	1974
Ray Armstead	1:10.79	1983
Matt Antognoli	1:19.24	1997
Dan Futrell	1:50.84	1977
Joey Walls	2:30.01	2012
Chad Jansen	3:53.29	1992
Linley Lipper	4:05.90	1974
Alan Heincker	8:28.16	2003
Ben Rosario	14:27.34	2002
Blackburn/Froelker	10:04.16	2000
Helbig/Aversman		
Kacich/Thomas	1:30.89	2015
Gonzales/Anderson		
Banks/Krumeich	3:14.34	1967
Walker/Davis		
Pemberton/Allen	7:37.54	1969
Young/Denney		
Tom Geredine	7.67m (24-5.5)	1971
Shawn Weber	15.76m (51-9.25)	1996
Charles Thornton	2.20m (7-2.5)	1979
Don Albritton	4.89m (16-0.5)	1971
Jacob Morris	20.79m (68-2-5)	2024
Alec Meinke	17.88m (58-8)	1983

* Brian Dzingai's converted time for the 55m Dash is 6.30.

**Bill Dorsam's converted time for the 60m Hurdles is 7.91

WOMEN

Deb Carter	6.78*	1978
Jill Lowry	7.76	2002
Megan Williams	8.11	2001
Christina Winkler	8.68**	2004
Christina Winkler	25.11	2004
Christina Winkler	56.72	2004
Sarah Armstrong	1:24.89	2005
Leigh Earle	1:37.14	1987
Sophie Oxandale	2:14.56	2023
Anne Ratermann	2:58.99	2011
Michelle Coleman	4:43.41	1992
Kerry Knepper	4:58.07	1990
Dani Dell'Orco	9:52.03	2010
Dani Dell'Orco	17:06.07	2010
Henrikson/Dascher	11:57.11	2024
Baker/Mathis		
Lowry/Jessen	1:44.66	2001
Curry/Hahn		
Winkler/Hoskins	3:50.23	2004
Jessen/Jones		
Rackers/Knepper	9:21.89	1990
Perkins/Ruden		
Jennifer Zweifel	5.94m (19-6)	2012
Jennifer Zweifel	12.51m (41-0.5)	2012
Stacy Roberts	1.73m (5-8)	1990
Katrina Biermann	4.01m (13-1.75)	2010
Rachel McCarroll	18.85m (61-10.25)	2013
Marlene Frahm	15.25m (50-0.5)	1985

* Deb Carter's converted time for the 60m Dash is 7.39

**Christina Winklers' converted time for the 55m Hurdles is 8.09

Other Indoor Records:

300M Dash - Carol Drummond (40.64) - 1981

500M Dash - Kasye Hahn (1:16.43) - 2002

200m Hurdles - Megan Mosher (28.87) - 1998

4x400y Relay - Winkler, Jessen, Hoskins, Jones (3:56.50) - 2004

4x55m Shuttle Hurdle Relay - Mudyirwa, Bixler, Bruemmer, Mosher (34.32) - 1998

OUTDOOR Records

Men

Brian Dzingai	10.19	2001
Brian Dzingai	20.50	2000
Ray Armstead	44.87	1984
Dan Futrell	1:46.81	1979
Ed Schneider	3:47.04	1964
Rob Jensen	14:32.10	1992
Andy Doering	30:11.79	2002
David Mayhew	14.51	2000
Sean Bergstedt	50.18	2007
Ron Harmon	9:04.04	1974
Charles Thornton	2.14m (7-00.25)	1979
Don Albritton	4.99 (16-4.50)	1972
James Walton	7.69m (25-2.75)	2005
Freddy Thompson	15.75m (51-8.25)	1984
Alec Meinke	17.69m (58-00.50)	1983
Jacob Morris	59.33m	2024
Jacob Morris	61.51m	2023
Mark Sissom	62.10m (203-9)	1977
Don Albritton	7328	1972
Berry/Weigland	40.84	1963
Taylor/Taylor		
Jackson/Kurmeich	1:24.44	1967
Davis/Banks		
Bridges/Damper	3:08.15	1979
Futrell/Williams		
Woods/Smith	7:26.94	1976
Evans/Futrell		
Powell/Bridges	3:18.84	1977
Laususe/Futrell		
Ventling/Jones	9:53.34	1974
Harmon/Lipper		

WOMEN

Deb Carter	11.68	1977
Jill Lowry	23.98	2001
Kasye Hahn	55.75	2002
Sophie Oxandale	2:11.38	2023
Lexi Henrikson	4:35.87	2023
Dani Dell'Orco	16:42.46	2010
Kerry Knepper	34:28.00	1990
Megan Williams	13.80	2002
Christina Winkler	57.81	2004
Danna Kelly	10:49.66	2009
Erin Burns	1.73m (5-08.00)	1997
Katrina Biermann	3.88m (12-08.75)	2010
Dafros Mudyirwa	6.15m (20-2.25)	2000
Jennifer Zweifel	6.15 (20-2.25)	2012
Jennifer Zweifel	12.85m (42-02.00)	2012
Marlene Frahm	15.09m (49-06.25)	1985
Vicki Perez	49.94m (163-10)	1993
Natasha Carter	53.22m (174-7)	2000
Marlene Frahm	45.32m (148-8)	1985
Myrna Moore	4806	1984
Kandlbinder/Curry	47.00	2000
Carter/Mudyirwa		
Kandlbinder/Curry	1:40.70	1999
Carter/Mudyirwa		
Hoskins/Jessen	3:44.02	2004
Winkler/Jones		
Rackers/Knepper	9:16.66	1990
Perkins/Ruden		
Jessen/Lowry	4:02.13	2003
Jones/Komiskey		
Armstrong/Williams	12:11.31	2005
Hoskins/Rawlings		

Other Records:

2000m Steeple - Lauren White (7:29.50) 2004

800m SptMedly - Moore/Chezum/Mericle/Witte (1:46.80) 2004

STOKES STADIUM Records

Men

100m DASH	10.31	Parker Love (Southwest Baptist)	2024
200m DASH	20.93	Lerone Clark (Lincoln)	2004
400m DASH	46.35	Kenny Shields (Highland CC)	1999
800m RUN	1:50.15	John Partee (Lewis)	2019
1500m RUN	3:48.73	Lucas Rackers (Missouri S&T)	2024
3000m RUN	8:42.70	Robby Lane (Northwest Missouri)	1999
5000m RUN	14:35.73	Evan Horgan (Lewis)	2024
10000m RUN	30:23.96	Charlie Wirth (Lewis)	2024
110m HURDLES	14.14	Decasmo Wright (Lincoln)	2006
400m HURDLES	52.13	Sean Bergstedt (Truman)	2007
3000M Steeple	9:01.24	Josphat Boit (Central Methodist)	2002
HIGH JUMP	2.12m (6-11.50)	Cale VanGenderen (Central College)	2004
POLE VAULT	5.35m (17-06.50)	Andrei Skvortsov (Central Missouri)	1998
LONG JUMP	7.83m (25-08.00)	Sean Robbins (Can-Do Athletics)	1998
TRIPLE JUMP	15.32m (50-03.25)	Tom Geredine (Truman)	1970
SHOT PUT	18.83m (61-09.50)	Jason Stuke (Emporia State)	1998
DISCUS	57.84m (189-09)	Jeff Kremer (Central Missouri)	1998
HAMMER	68.83m (225-10)	Jacob Luebbert (Missouri S&T)	2024
JAVELIN	67.78m (222-04)	Tyler Stoltz (North Dakota)	2006
4x100m RELAY	41.00	Lincoln	2003
4x400m RELAY	3:12.24	Dolph/Stockdale/Knox/Harris (Central Missouri)	1998
DECATHLON	6,702	Otto Knittel (Missouri S&T)	2024

WOMEN

100m DASH	11.32	Collinique Farrington (Southwest Baptist)	2024
200m DASH	23.25	Collinique Farrington (Southwest Baptist)	2024
400m DASH	54.45	Davita Prendergast (Lincoln)	2006
800m RUN	2:09.85	Ashleigh Macleod (Lewis)	2019
1500m RUN	4:33.87	Michayla Wenzel (Indianapols)	2019
3000m RUN	9:57.00	Beth Luebbering (Truman)	2000
5000m RUN	17:09.88	Hannah Smrcka (Lewis)	2024
10000m RUN	35:57.31	Caroline Pacer-Ryan (Lewis)	2024
100m HURDLES	13.85	Aurelia Trywinska (Highland CC)	1998
400m HURDLES	1:00.02	Gillian Curtiss (Emporia State)	1998
3000M Steeple	10:49.02	Briana Leonard (Indianapolis)	2019
HIGH JUMP	1.78m (5-10.00)	Yashira Rhymer-Stuart (Bellarmine)	2019
POLE VAULT	3.98m (13-00.75)	Sabrina Robison (Indianapolis)	2024
LONG JUMP	6.01m (19-08.75)	Madison Hicks (Southwest Baptist)	2024
TRIPLE JUMP	12.29m (40-04.00)	Cierra Pulliam (Lewis)	2019
SHOT PUT	15.83m (51-11.25)	Lane Kadlec (Lewis)	2019
DISCUS	49.16m (161-3)	Julie Humphreys (Northwest Missouri)	1998
HAMMER	62.74m (205-10)	Zoe Pentecost (Indianapolis)	2024
JAVELIN	49.18m (161-4)	Vonnetta Gatewood (Pittsburg State)	1998
4x100m RELAY	45.82	Lincoln	2006
4x400m RELAY	3:48.31	Brune/Pitman/Jordan/Curtiss (Emporia State)	
Heptathlon	4,968	Ellie Lengerich (Indianapolis)	2024

NATIONAL CHAMPIONS



Deb Carter
1978 60M Dash (i)



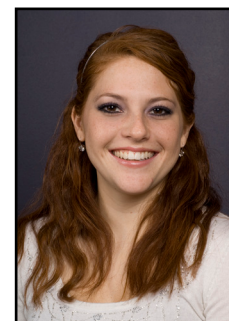
Marlene Frahm
1985 Shot Put (i)
1985 Shot Put



Sandra Hester
1990 400M Hurdles



Christina Winkler
2004 400M Hurdles



Katrina Biermann
2010 Pole Vault (i)

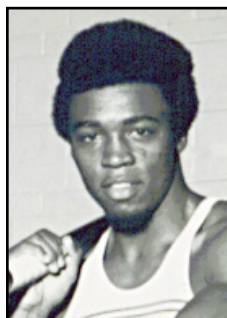
Indoor NATIONAL Qualifiers

Year	Name	Event	Place	Year	Name	Event	Place
1978	Anderson, Renita	60Y Hurdles		2010	Biermann, Katrina	Triple Jump	6th (AA)
	Carter, Deb	60M Dash	1st (AA)		Biermann, Katrina	Pole Vault	1st (AA)
1985	Copper, Dorothy	Shot Put		2011	Zweifel, Jennifer	Triple Jump	6th (AA)
	Frahm, Marlene	Shot Put	1st (AA)	2012	Zweifel, Jennifer	Triple Jump	4th (AA)
1987	Thiel, Sharon	400M Dash		2013	Zweifel, Jennifer	Long Jump	3rd (AA)
1988	Knepper, Kerry	3000M Run			McCarroll, Rachel	Weight Throw	6th (AA)
1989	Knepper, Kerry	3000M Run	4th (AA)	(AA) - All-American			
	Ringger, Karla	55M Hurdles					
	Roberts, Stacy	High Jump					
	Wulff, Mary	3000M Run					
1990	Hester, Saunda	55M Hurdles					
	Hester, Saunda	400M Dash					
	Kaestner, Karla	55M Hurdles	3rd (AA)				
	Knepper, Kerry	1500M Run					
	Knepper, Kerry	3000M Run	3rd (AA)				
	Roberts, Stacy	High Jump	3rd (AA)				
	Ruden, Rhonda	800M Run					
1991	Hester, Saunda	400M Dash					
	Roberts, Stacy	High Jump					
	Ruden, Rhonda	800M Run					
	White, Stephanie	Triple Jump					
1992	Coleman, Michelle	1500M Run					
	Coleman, Michelle	3000M Run					
1993	Perez, Vicki	Shot Put	3rd (AA)				
1995	Loussaert, Jan	55M Hurdles					
1996	Loussaert, Jan	55M Hurdles					
1997	Mosher, Megan	55M Hurdles					
	Mudyirwa, Dafros	Long Jump					
1998	Carter, Natasha	Shot Put					
	Carter, Natasha	Weight Throw					
	Mosher, Megan	55M Hurdles					
2000	Carter, Natasha	Weight Throw	3rd (AA)				
	Luebbering, Beth	5000M Run					
	Morton, Kristi	Pole Vault	T6th (AA)				
	Williams, Megan	55M Hurdles					
2001	Morton, Kristi	Pole Vault					
	Williams, Megan	55M Hurdles					
2002	Singleton, Karena	Triple Jump					
	Williams, Megan	60M Hurdles	4th (AA)				
2003	Jessen, Sara	60M Hurdles					
2004	Winkler, Christina	60M Hurdles	2nd (AA)				
	Winkler, Christina	400M Dash					
2005	Grimes, Danielle	Weight Throw					
	Hoskins, Candice	800M Run					
2006	Colon, Ashley	Weight Throw					
2007	Carpenter, Bridgette	Shot Put	7th (AA)				
	Colon, Ashley	Weight Throw	3rd (AA)				
2008	Biermann, Katrina	Triple Jump	11th				
	Lauer, Christian	Triple Jump	10th				
2009	Bernard, Ashley	Shot Put	12th				
	Biermann, Katrina	Pole Vault	T-8th (AA)				
	Dochterman, Shaina	400M Dash	6th (AA)				

OUTDOOR NATIONAL Qualifiers

Year	Name	Event	Place
1977	Carter, Deb	100M Dash	
1978	Carter, Deb	100M Dash	
1980	Humphries, Carol	400M Hurdles	
1981	4x100M Relay		
	Brewer, Janice; Drummond, Carol; Long, Bernee; Witte, Nancy		
	Drummond, Carol	400M Hurdles	4th (AA)
	Kjewski, Vicki	5000M Run	
	Long, Bernee	100M Hurdles	
1982	Frahm, Marlene	Shot Put	6th (AA)
	Mericle, Linda	100M Hurdles	
	Moore, Myrna	100M Hurdles	
	Moore, Myrna	Long Jump	
1983	4x100M Relay		
	Chezum, Libbi; Mericle, Linda; Moore, Myrna; Witte, Nancy		
	Copper, Dorothy	Shot Put	
	Frahm, Marlene	Shot Put	
	Frahm, Marlene	Discus	
	Frahm, Marlene	Javelin	
	Mericle, Linda	100M Hurdles	
	Mericle, Linda	400M Hurdles	
	Moats, Lisa	Long Jump	
	Moore, Myrna	100M Hurdles	
	Moore, Myrna	Long Jump	
	Springman, Cindy	10K Run	
1984	4x100M Relay		
	Chezum, Libbi; Kendrick, D.J.; Mericle, Linda; Moats, Lisa		
	Bonnstetter, Jill	800M Run	
	Cooper, Dorothy	Shot Put	(AA)
	Frahm, Marlene	Shot Put	3rd (AA)
	Frahm, Marlene	Discus	
	Frahm, Marlene	Javelin	
	Gipple, Terri	Triple Jump	
	Moats, Lisa	Long Jump	7th (AA)
	Moats, Lisa	Triple Jump	
	Moore, Myrna	100M Hurdles	
	Moore, Myrna	Long Jump	
	Moore, Myrna	Triple Jump	
	Moore, Myrna	High Jump	
	Springman, Cindy	10K Run	
1985	Frahm, Marlene	Shot Put	1st (AA)
	Frahm, Marlene	Javelin	
1987	4x400M Relay		8th (AA)
	Earle, Leigh; Morlan, Janet; Ruble, Darena; Thiel, Sharon		
	Mitchell, Cheryl	10K Run	
1989	Hester, Saunda	400M Hurdles	4th (AA)
	Knepper, Kerry	10K Run	2nd (AA)
1990	Hester, Saunda	400M Hurdles	1st (AA)
	Knepper, Kerry	5000M Run	
	Knepper, Kerry	10K Run	2nd (AA)
1991	Hester, Saunda	400M Hurdles	
	Ruden, Rhonda	1500M Run	
1992	Perez, Vicki	Discus	4th (AA)
1993	Perez, Vicki	Discus	2nd (AA)
1996	Burns, Erin	400M Hurdles	
	Loussaert, Jan	100M Hurdles	
1997	Burns, Erin	400M Hurdles	
	Burns, Erin	High Jump	
	Mosher, Megan	100M Hurdles	
1998	4x100M Relay		6th (AA)
	Bruemmer, Gretchen; Carter, Sa-Tonya; Kandlbinder, Molly; Mudyirwa, Dafros		
	Carter, Natasha	Hammer	
	Mudyirwa, Dafros	Long Jump	
1999	4x100M Relay		
	Carter, Sa-Tonya; Curry, Jamille; Kandlbinder, Molly; Mudyirwa, Dafros		
	Luebbering, Beth	10K Run	6th (AA)
	Mudyirwa, Dafros	Long Jump	
2000	4x400 Relay		8th (AA)
	Curry, Jamille; Dorsey, Lauren; Hahn, Kasye; Kandlbinder, Molly		
	Carter, Natasha	Shot Put	
	Carter, Natasha	Hammer	3rd (AA)
	Dorsey, Lauren	400M Hurdles	
	Luebbering, Beth	3000M Run	
	Luebbering, Beth	10K Run	5th (AA)
	Morton, Kristi	Pole Vault	7th (AA)
	Mudyirwa, Dafros	Long Jump	8th (AA)
	Singleton, Karena	Triple Jump	7th (AA)
	Williams, Megan	100M Hurdles	8th (AA)
2001	4x400M Relay		5th (AA)
	Curry, Jamille; Hahn, Kasye; Jessen, Sara; Jones, Candi		
	Curry, Jamille	200M Dash	
	Curry, Jamille	400M Dash	
	Hahn, Kasye	400M Dash	
	Jessen, Sara	400M Hurdles	
	Jones, Candi	400M Dash	
	Lowry, Jill	100M Dash	
	Lowry, Jill	200M Dash	
	Luebbering, Beth	10K Run	
	McDuffey, Jackie	400M Hurdles	
	Morton, Kristi	Pole Vault	
	Singleton, Karena	Triple Jump	
	Williams, Megan	100M Hurdles	7th (AA)
2002	4x400M Relay		6th (AA)
	Curry, Jamille; Hahn, Kasye; Jones, Candi; Winkler, Christina		
	Hahn, Kasye	400M Dash	
	Lowry, Jill	100M Dash	
	Lowry, Jill	200M Dash	
	Schmidt, Suzanne	3000M Steep	
	Singleton, Karena	Triple Jump	
	Williams, Megan	100M Hurdles	5th (AA)
	Winkler, Christina	400M Hurdles	5th (AA)
2003	4x400M Relay		8th (AA)
	Jessen, Sara; Jones, Candi; Lowry, Jill; Winkler, Christina		
	Jessen, Sara	100M Hurdles	
	Jessen, Sara	400M Hurdles	
	Winkler, Christina	100M Hurdles	
	Winkler, Christina	400M Hurdles	4th (AA)
	Zidon, Leah	3000M Run	11th
2004	4x400M Relay		8th (AA)
	Hoskins, Candice; Jessen, Sara; Jones, Candi; Winkler, Christina		
	Jessen, Sara	100M Hurdles	
	Jessen, Sara	400M Hurdles	4th (AA)
	White, Lauren	3000M Steep	
	Winkler, Christina	100M Hurdles	2nd (AA)
	Winkler, Christina	400M Hurdles	1st (AA)
2005	Grimes, Danielle	Discus	
2006	Carpenter, Bridgette	Discus	
	Faust, Jacquie	10K Run	
2007	Carpenter, Bridgette	Discus	
	Carpenter, Bridgette	Shot Put	6th (AA)
	Colon, Ashley	Hammer	
	Faust, Jacquie	10K Run	
	Kelly, Danna	3000M Steep	
2008	Bernard, Ashley	Hammer	17th
	Dochterman, Shaina	400M Hurdles	12th
	Holeman, Kortney	Discus	15th
	Lauer, Christian	Triple Jump	6th (AA)
2009	Biermann, Katrina	Pole Vault	6th (AA)
	Dochterman, Shaina	400M Hurdles	4th (AA)
	Holeman, Kortney	Discus	12th
	Kelly, Danna	3000M Steep	3rd (AA)
2010	Biermann, Katrina	Pole Vault	
	Dell'Orco, Dani	5000M Run	10th
	Dell'Orco, Dani	10K Run	5th (AA)
	Zweifel, Jennifer	Triple Jump	9th
2011	Dochterman, Shaina	400M Hurdles	17th
	Nelson, Rebecca	Javelin	17th
	Ratermann, Anne	800M Run	17th
	Zweifel, Jennifer	Triple Jump	6th (AA)
	Zweifel, Jennifer	Long Jump	11th
	Zweifel, Jennifer	Triple Jump	3rd (AA)
	Zweifel, Jennifer	Long Jump	6th (AA)
2012	Nelson, Rebecca	Javelin	17th
2013	Nelson, Rebecca	Heptathlon	12th
2014	Smestad, Cassidy	Shot Put	15th
2016	Tarantino, Laura	10K Run	14th
2021	Telep, Natalie	Javelin	15th
2023	Telep, Natalie	Javelin	18th
	Ellie Weltha	Shot Put	9th (AA)

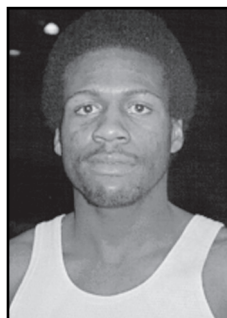
NATIONAL CHAMPIONS



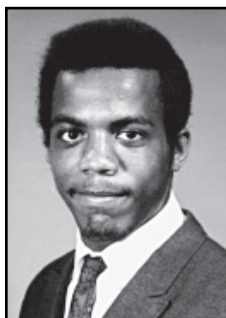
Don Allbritton
1969 Pole Vault



Fred Banks
1967 440Y Dash



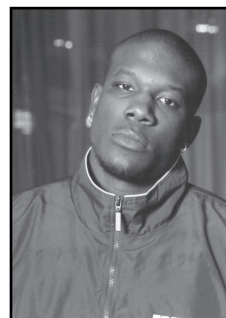
Dan Futrell
1979 800M Run



Tom Geredine
1971 Long Jump
1972 Triple Jump



Larry Jones
1972 440Y Dash
1973 440Y Dash
1974 400M Dash



James Walton
2004 Long Jump



Jacob Morris
2024 Discus



Indoor NATIONAL Qualifiers

Year	Name	Event	Place
1985	Tim Brown	1500M Run	3rd (AA)
1987	Tim Brown	1500M Run	6th (AA)
1989	Rich Hayward	Shot Put	6th (AA)
1992	Rob Jensen	5000M Run	2nd (AA)
	Chad Lamason	Triple Jump	6th (AA)
	Kevin Long	800M Run	6th (AA)
	Brandon Truman	55M Dash	6th (AA)
	Chad Jansen	1500M Run	8th
1994	Shawn Weber	High Jump	T7th (AA)
1995	Shawn Weber	Triple Jump	5th (AA)
1996	Jon Coyle	Long Jump	5th (AA)
	Shawn Weber	Triple Jump	2nd (AA)
1997	Matt Antognoli	400M Dash	5th (AA)
	Shawn Weber	Triple Jump	6th (AA)
2000	Chad Froelker	High Jump	7th
2001	Brian Dzingai	55M Dash	7th
2002	James Walton	Long Jump	2nd (AA)
2004	Ephraim Woods	60M Hurdles	2nd (AA)
2005	James Walton	Long Jump	2nd (AA)
2007	Sean Bergstedt	400M Dash	8th (AA)
2012	Derek Atwood	Shot Put	12th
2022	Jacob Morris	Weight Throw	10th (AA)
2023	Jacob Morris	Weight Throw	8th (AA)
2024	Jacob Morris	Weight Throw	9th (AA)

(AA) - All-American

OUTDOOR NATIONAL Qualifiers

Year	Name	Event	Place	Year	Name	Event	Place
1963	Dale Collier	Shot Put	4th (AA)	1995	Shawn Weber	Triple Jump	10th
1964	Ed Schneider	Mile	2nd (AA)	1996	Shawn Weber	Triple Jump	3rd (AA)
	David Taylor	High Jump			Shawn Weber	High Jump	6th (AA)
1965	David Taylor	High Jump	4th (AA)	1997	Matt Antognoli	400M Dash	6th (AA)
1966	Jerry Krumeich	100Y Dash	6th (AA)	1998	Matt Antognoli	400M Dash	11th
	Jerry Krumeich	200Y Dash	4th (AA)		Keith Aumiller	400M Hurdles	9th
	David Taylor	High Jump	4th (AA)		Chad Froelker	Decathlon	6th (AA)
	Ron Werling	3000M Steeplechase	2nd (AA)	1999	Keith Aumiller	400M Hurdles	12th
1967	Fred Banks	440Y Dash	1st (AA)	2000	Chad Froelker	Decathlon	2nd (AA)
	Fred Banks	220Y Dash	2nd (AA)	2001	Jake Kingery	Decathlon	5th (AA)
1968	Wayne Denney	800M Run	3rd (AA)		Brian Dzingai	100M Dash	9th
1969	Mile Relay		4th (AA)		Brian Dzingai	200M Dash	10th
	(Ron Davis; Wayne Denney; Nick Francis; Larry Gardner)				Matt Helbig	1500M Run	11th
	Don Allbritton	Pole Vault	1st (AA)		Danny McDonald	400M Dash	12th
	Ron Davis	440Y Dash	3rd (AA)		David Mayhew	110M Hurdles	15th
1970	Don Allbritton	Pole Vault	4th (AA)	2002	Brian Dzingai	100M Dash	8th (AA)
	Tom Geredine	Triple Jump	6th (AA)		Matt Helbig	1500M Run	5th (AA)
1971	Don Allbritton	Pole Vault	5th (AA)		Jake Kingery	Decathlon	4th (AA)
	Mike Berentes	Decathlon	6th (AA)		Brian McQueary	3000M Steeplechase	7th (AA)
	Tom Geredine	Long Jump	1st (AA)	2003	Pat Boyle	3000M Steeplechase	8th (AA)
	Tom Geredine	Triple Jump	2nd (AA)	2004	James Walton	Long Jump	1st (AA)
	Steve Harting	Decathlon	4th (AA)	2005	James Walton	Long Jump	2nd (AA)
1972	Mile Relay		5th (AA)	2006	Sean Bergstedt	400M Hurdles	3rd (AA)
	(Bob Gonzales; Larry Jones; Rob Nelson; Wayne Ventling)			2007	Sean Bergstedt	400M Hurdles	2nd (AA)
	Don Allbritton	Pole Vault	3rd (AA)	2008	Sean Bergstedt	400M Hurdles	2nd (AA)
	Tom Geredine	Long Jump	6th (AA)	2009	Derek Atwood	Shot Put	13th
	Tom Geredine	Triple Jump	1st (AA)		Alex Van Delft	Shot Put	16th
	Larry Jones	440Y Run	1st (AA)	2012	Joey Walls	1500M Run	10th
	Dennis Littrell	High Jump	6th (AA)	2015	Dominic Kacich	400M Dash	17th
1973	4x400M Relay		2nd (AA)	2022	Jacob Morris	Discus	4th (AA)
	(Gary Evans; Bob Gonzales; Larry Jones; Wayne Ventling)			2023	Jacob Morris	Discus	8th (AA)
	Larry Jones	440Y Run	1st (AA)	2024	Jacob Morris	Hammer Throw	13th
1974	4x400M Relay		2nd (AA)		Jacob Morris	Discus	1st (AA)
	(Gary Evans; Bob Gonzales; Larry Jones; Wayne Ventling)						
	Ron Harmon	3000M Steeplechase	3rd (AA)				
	Larry Jones	400M Dash	1st (AA)				
	Linley Lipper	Mile	5th (AA)				
1975	Chris Franklin	880Y Run	7th (AA)				
	Charles Thornton	Triple Jump	8th (AA)				
	Mark Sissom	Discus	10th				
1976	4x400M Relay		5th (AA)				
	(Al Catching; Gary Evans; Mike Laususe; Ephraim Woods)						
	Dan Futrell	800M Run	2nd (AA)				
	Hurel Manns	110M Hurdles	7th (AA)				
1977	Dan Futrell	800M Run	2nd (AA)				
	Mark Sissom	Discus	6th (AA)				
1978	Dan Futrell	800M Run	4th (AA)				
	Charles Thornton	High Jump	5th (AA)				
1979	4x400M Relay		3rd (AA)				
	(Sterling Bridges; Herb Damper; Dan Futrell; Perry Williams)						
	Dan Futrell	800M Run	1st (AA)				
	Charles Thornton	High Jump	2nd (AA)				
1980	4x400M Relay		3rd (AA)				
	(Ray Armstead; Sterling Bridges; Jim Nickerson; Herb Damper)						
1982	Ray Armstead	400M Dash	3rd (AA)				
1983	Alec Meinke	Shot Put	7th (AA)				
	Trent Cuthbert	100M Dash	9th				
	Freddy Thompson	Triple Jump	5th (AA)				
	Darren Blair	Triple Jump	8th (AA)				
1984	4x400M Relay		6th (AA)				
	(Ray Armstead; Trent Cuthbert; Bill Dorsam; Chuck Simmons)						
	Ray Armstead	400M Dash	2nd (AA)				
	Freddy Thompson	Triple Jump	7th (AA)				
1985	Wade Sorenson	High Jump	5th (AA)				
1989	Rich Hayward	Discus	4th (AA)				
1990	Matt Candrl	Decathlon	7th (AA)				
	Mark Collier	Shot Put	7th (AA)				
	Steve Danner	Decathlon	5th (AA)				
	Rich Hayward	Discus	3rd (AA)				
	Rich Hayward	Shot Put	4th (AA)				
1991	Matt Candrl	Decathlon	3rd (AA)				
1992	Rob Jensen	10,000M Run	6th (AA)				
	Rob Jensen	5000M run	10th				
	Dave Killeen	3000M Steeplechase	7th (AA)				
1993	Geoff Heskett	Hammer	3rd (AA)				

(AA) - All-American

Prior to the 1984-85 season, Division II athletes could also compete in the NCAA Division I Championships. The following Bulldogs have placed at the Division I meet.

Indoor:

1971	Tom Geredine	Long Jump	3rd
1972	Larry Jones	440Y Dash	1st
1974	Larry Jones	440Y Dash	1st
1977	Dan Futrell	880Y Dash	5th
1979	Dan Futrell	880Y Dash	3rd

Outdoor:

1972	Larry Jones	400M Dash	2nd
	Don Allbritton	Decathlon	3rd
1974	Larry Jones	440Y Dash	1st
1979	Dan Futrell	800M Dash	4th
1984	Ray Armstead	400M Dash	4th

Indoor Conference champions

Men

Year	Event	Name	Mark
1975	Two-Mile Relay		7:54.8
1976	Two-Mile Relay		7:49.2
	60-Hurdles	Hurel Manns	7.4
	600-Y	Ephraim Woods	1:11.3
	880-Y	Dan Futrell	1:55.4#
	Mile Relay		3:17.7
1977	440-Y	Mike Laususe	50.5
	60-Hurdles	Hurel Manns	7.35
	Two-Mile Relay		7:47.1#
	High Jump	Charles Thornton	6-11.25#
	880-Y	Dan Futrell	1:55.56
	1000-Y	Chris Franklin	2:11.68#
	Mile Relay		3:18.45
1978	Long Jump	Charles Thornton	22-08.25
	Mile Relay		3:22.83
	600-Y	Dan Futrell	1:12.2
	High Jump	Charles Thornton	6-08.00
	60Y Dash	Billy Smith	6.42
1979	High Jump	Charles Thornton	6-08.00
	Two-Mile Relay		7:49.1
	Long Jump	Charles Thornton	22-07.75
	440Y Dash	Herb Dampier	50.64
	60Y Dash	Sterling Bridges	6.17
	600Y Run	Dan Futrell	1:10.81
	Triple Jump	Charles Thornton	48-03.00
	300Y Dash	Perry Williams	31.07
	1000Y Run	Dan Futrell	2:14.99
	Mile Relay		3:21.75
1980	Long Jump	Kent Hackamack	22-03.00
	440Y Dash	Herb Dampier	49.31
	60Y Dash	Sterling Bridges	6.12
	Triple Jump	Darren Blair	48-04.00
	Mile Relay		3:18.35
1981	440Y Dash	Ray Armstead	49.61
1982	Shot Put	Alec Meinke	53-04.00
	440Y Dash	Ray Armstead	48.83
1983	Shot Put	Alec Meinke	57-03.50#
	440Y Dash	Ray Armstead	48.2
	Triple Jump	Freddy Thompson	49-50.00
	60Y Dash	Trent Cuthbert	6.36
1984	Mile Run	Tim Brown	4:12.00
1985	Shot Put	Rich Hayward	52-06.75
1988	Triple Jump	Chadd Lamason	48-02.75
1992	600Y Run	Tracy Grant	1:13.77
	Triple Jump	Shawn Weber	51-09.75
1996	400M Dash	Matt Antognoli	48.86
1997	400M Dash	Matt Antognoli	48.71
1998	Mile Relay		3:22.50
	600Y Run	Chad Froelker	1:11.75
	800M Run	Matt Helbig	1:55.31
2000	600Y Run	Danny McDonald	1:11.56
2001	60M Dash	Brian Dzingai	6.88#
2002	200M Dash	Brian Dzingai	21.71
	5000M Run	Ben Rosario	14:54.08
	Long Jump	James Walton	24-05.75
2003	Mile	Matt Helbig	4:11.21
2005	Long Jump	James Walton	24-00.75
2007	400M Dash	Sean Bergstedt	48.49
2012	600Y Run	Ryan Peterson	1:12.51
	Shot Put	Derek Atwood	56-10.25
	600Y Run	Ryan Peterson	1:12.78
2013	Triple Jump	Brandon Hackamack	46-11.75
2019	400M Dash	Elijah Farrales	49.84
2020	Weight Throw	Bobby Campbell	19.11m (62-08.25)
2024	Shot Put	Jacob Morris	16.44m (53-11.25)

Women

Event	Name	Mark
Shot Put	Marlene Frahm	
1000Y Run	Roberta Warren	
Shot Put	Marlene Frahm	
880Y Run	Mary Gray	
Shot Put	Marlene Frahm	46-02.50
Shot Put	Marlene Frahm	48-05.50
Long Jump	Teri Gipple	18-07.50
Mile Run	Kerry Knepper	5:06.80
2-Mile Relay		9:46.2
Mile Run	Kerry Knepper	5:05.00
1000Y Run	Sherry Wulff	2:46.68
3,000M	Kerry Knepper	10:22.6
High Jump	Stacy Roberts	5-06.00
60Y Hurdles	Karla Kaestner	8.28
Mile Run	Kerry Knepper	4:58.07
3,000M	Kerry Knepper	10:18.40
2-Mile Relay		9:48.9
Triple Jump	Stephanie White	38-00.00
1,000M	Rhonda Ruden	3:00.83
2-Mile Relay		9:57.90
55M Hurdles	Jan Loussaert	8.22
600Y Run	Liz Hopkins	1:27.61
Mile Relay		4:00.05
Long Jump	Dafros Mudyirwa	18-04.75
Shot Put	Natasha Carter	43-02.50
55M Hurdles	Jan Loussaert	8.27
3,000M	Beth Luebbering	10:24.34
Wt. Throw	Sarah McLean	50-03.25
55M	Molly Kandlbinder	7.20
200M	Molly Kandlbinder	25.62
400M	Molly Kandlbinder	57.91
3,000M	Beth Luebbering	10:25.83
5,000M	Beth Luebbering	17:32.18
55M Hurdles	Megan Williams	8.22
Pole Vault	Kristi Morton	11-04.25
Triple Jump	Karena Singleton	38-03.50
Wt. Throw	Natash Carter	56-09.25
600Y Run	Candi Jones	1:25.12
55M Hurdles	Megan Williams	8.11
Pole Vault	Kristi Morton	11-08.00
60M	Jill Lowry	7.76
200M	Jill Lowry	25.47
400M	Kayse Hahn	57.41
600Y Run	Sara Jessen	1:26.55
60M Hurdles	Megan Williams	8.85
600Y Run	Candi Jones	1:27.95
60M Hurdles	Sara Jessen	8.90
4x400M Relay		3:56.64
4x800M Relay		9:32.65
High Jump	Lainie Bohnsack	5-05.25
600Y Run	Candi Jones	1:25.09
60M Hurdles	Christina Winkler	8.68
4x400M Relay		3:52.73
4x800M Relay		9:32.72
400M	Christina Winkler	57.96
600Y Run	Sarah Armstrong	1:24.89
Wt Throw	Ashley Colon	53-07.00
Triple Jump	Christen Lauer	37-11.25
Wt Throw	Ashley Colon	58-06.75
400M	Shaina Dochtermann	58.19
Triple Jump	Katrina Biermann	38-04.75
200M	Shaina Dochterman	25.18
3,000M	Danna Kelly	10:10.92
5,000M	Danna Kelly	18:01.88
Pole Vault	Katrina Biermann	12-10.25
5,000M	Karen Grauel	17:36.61
Triple Jump	Jennifer Zweifel	41-00.50
Weight Throw	Rachel McCarroll	56-10.25
Weight Throw	Rachel McCarroll	61-10.25
High Jump	Sydney Cornett	5-4.25
High Jump	Sydney Cornett	5-4.25
800m Run	Sophie Oxandale	2:14.56
4x400 Relay	Dasher,Baker,Pipkin,Oxandale	4:00.75

Indoor Conference champions

55/60 dash

Men	Women
2002 Brian Dzingai.....6.88 (60m)	2002 Jill Lowry7.76 (60m)
1984 Trent Cuthbert6.36 (60y)	2000 Molly Kandlbinder..7.20 (55m)
1980 Sterling Bridges.....6.12 (60y)	
1979 Sterling Bridges.....6.17 (60y)	
1978 Billy Smith6.42 (60y)	

55/60 HURDLES

Men	Women
1977 Hurel Manns.....7.35 (60y)	2004 Christina Winkler...8.68 (60m)
1976 Hurel Manns.....7.4 (60y)	2003 Sara Jessen8.90 (60m)
	2002 Megan Williams.....8.85 (60m)
	2001 Megan Williams.....8.11 (55m)
	2000 Megan Williams.....8.22 (55m)
	1997 Jan Loussaert.....8.27 (55m)
	1995 Jan Loussaert.....8.22 (55m)
	1990 Karla Kaestner8.28 (60y)

200 DASH

Men	Women
2002 Brian Dzingai.....21.71 (m)	2009 Shaina Dochterman 25.18 (m)
1979 Perry Williams31.07 (300y)	2002 Jill Lowry25.47 (m)
	2000 Molly Kandlbinder....25.62 (m)

400 DASH

Men	Women
2019 Elijah Farrales49.84	2008 Shaina Dochtermann 58.19 (m)
2007 Sean Bergstedt48.49 (m)	2005 Christina Winkler57.96 (m)
1998 Matt Antognoli48.71 (m)	2002 Kayse Hahn.....57.41 (m)
1997 Matt Antognoli48.86 (m)	2000 Molly Kandlbinder....57.91 (m)
1983 Ray Armstead.....48.20 (440y)	
1982 Ray Armstead.....48.83 (440y)	
1981 Ray Armstead.....49.61 (440y)	
1980 Herb Damper.....49.31 (440y)	
1979 Herb Damper.....50.64 (440y)	
1977 Mike Laususe50.5 (440y)	

600 Run

Men	Women
2013 Ryan Peterson1:12.78 (y)	2005 Sarah Armstrong ...1:24.89 (y)
2012 Ryan Peterson1:12.51 (y)	2004 Candi Jones1:25.09 (y)
2001 Danny McDonald...1:11.56 (y)	2003 Candi Jones1:27.95 (y)
2000 Chad Froelker1:11.75 (y)	2002 Sara Jessen1:26.55 (y)
1992 Tracy Grant1:13.77 (y)	2001 Candi Jones1:25.12 (y)
1979 Dan Futrell.....1:10.81 (y)	1995 Liz Hopkins.....1:27.61 (y)
1978 Dan Futrell.....1:12.2 (y)	
1976 Ephraim Woods.....1:11.3 (y)	

800 Run

Men	Women
2000 Matt Helbig1:55.31	2023 Sophie Oxandale.....2:14.56
1977 Dan Futrell.....1:55.56 (880y)	1983 Mary Gray(880y)
1976 Dan Futrell.....1:55.4 (880y)	

DISTANCE

Men	Women
2003 Matt Helbig Mile (4:11.21)	2011 Karen Grauel.... 5K (17:36.61)
2002 Ben Rosario 5K (14:54.08)	2009 Danna Kelly 3K (10:10.92)
1985 Tim Brown Mile (4:12.00)	2009 Danna Kelly 5K (18:01.88)
1979 Dan Futrell.... 1000Y (2:14.99)	2000 Beth Luebbering...3K (10:25.83)
1977 Chris Franklin 1000Y (2:11.68)	2000 Beth Luebbering...5K (17:32.18)
	1999 Beth Luebbering...3K (10:24.34)
	1992 Rhonda Ruden..1000M (3:00.83)
	1990 Kerry Knepper .. 3K (10:18.40)
	1990 Kerry Knepper .. Mile (4:58.07)
	1989 Kerry Knepper 3K (10:22.6)
	1989 Sherry Wulff.. 1000Y (2:46.68)
	1989 Kerry Knepper .. Mile (5:05.00)
	1987 Kerry Knepper .. Mile (5:06.80)
	1982 Roberta Warren.....1000Y

RELAYS

Men	Women
1998 Mile Relay3:22.50	2023 4x400 Relay4:00.75
1980 Mile Relay3:18.35	2004 4x800 Relay9:32.72
1979 Mile Relay3:21.75	2004 4x400 Relay3:52.73
1979 Two-Mile Relay.....7:49.1	2003 4x800 Relay9:32.65
1978 Mile Relay3:22.83	2003 4x400 Relay3:56.64
1977 Mile Relay3:18.45	1995 Mile Relay4:00.05
1977 Two-Mile Relay.....7:47.1	1992 Two-Mile Relay.....9:57.90
1976 Mile Relay3:17.7	1990 Two-Mile Relay.....9:48.9
1976 Two-Mile Relay.....7:49.2	1989 Two-Mile Relay.....9:46.2
1975 Two-Mile Relay.....7:54.8	

Indoor Conference champions

Long Jump

Men		Women	
2005	James Walton.....24-00.75	1997	Dafros Mudyirwa18-04.75
2002	James Walton.....24-05.75	1986	Teri Gipple18-07.50
1980	Kent Hackamack22-03.00		
1979	Charles Thornton.....22-07.75		
1978	Charles Thornton.....22-08.25		

Triple Jump

Men		Women	
2019	Brandon Hackamack 46-11.75	2012	Jennifer Zweifel41-00.50
1996	Shawn Weber.....51-09.75	2008	Katrina Biermann38-04.75
1992	Chadd Lamason48-02.75	2007	Christen Lauer.....37-11.25
1983	Freddy Thompson49-50.00	2000	Karena Singleton.....38-03.50
1980	Darren Blair48-04.00	1991	Stephanie White.....38-00.00
1979	Charles Thornton.....48-03.00		

Pole Vault

Men		Women	
		2010	Katrina Biermann12-10.25
		2001	Kristi Morton11-08.00
		2000	Kristi Morton11-04.25
1979	Charles Thornton.....6-08.00	2015	Sydney Cornett5-04.25
1978	Charles Thornton.....6-08.00	2014	Sydney Cornett5-04.25
1977	Charles Thornton.....6-11.25	2003	Lainie Bohnsack.....5-05.25
		1990	Stacy Roberts.....5-06.00

High Jump

Men		Women	
1979	Charles Thornton.....6-08.00	2015	Sydney Cornett5-04.25
1978	Charles Thornton.....6-08.00	2014	Sydney Cornett5-04.25
1977	Charles Thornton.....6-11.25	2003	Lainie Bohnsack.....5-05.25
		1990	Stacy Roberts.....5-06.00

SHOT PUT

Men		Women	
2024	Jacob Morris.....53-11.25	1997	Natasha Carter.....43-02.50
2012	Derek Atwood.....56-10.25	1985	Marlene Frahm.....48-05.50
1988	Rich Hayward.....52-06.75	1984	Marlene Frahm.....46-02.50
1983	Alec Meinke.....57-03.50	1983	Marlene Frahm.....
1982	Alec Meinke.....53-04.00	1982	Marlene Frahm.....

WEIGHT THROW

Men		Women	
2020	Bobby Campbell.....62-08.25	2013	Rachel McCarroll.....61-10.25
		2012	Rachel McCarroll.....56-10.25
		2007	Ashley Colon58-06.75
		2006	Ashley Colon53-07.00
		2000	Natasha Carter.....56-09.25
		1999	Sarah McLean.....50-03.25

Men's Team Finish

MIAA		GLVC	
1924	1955.....3rd	1983.....2nd	2011.....9th
1925	1956.....4th	1984.....3rd	2012.....9th
1926	1957.....2nd	1985.....5th	2013.....10th
1927	1958.....2nd	1986.....4th	
1928	1959.....1st	1987.....5th	2014.....7th
1929	1960.....1st	1988.....4th	2015.....8th
1930	1961.....1st	1989.....5th	2016.....9th
1931	1962.....1st	1990.....5th	2017.....9th
1932.....2nd	1963.....1st	1991.....6th	2018.....9th
1933	1964.....1st	1992.....3rd	2019.....6th
1934	1965.....1st	1993.....5th	2020.....10th
1935	1966.....1st	1994.....7th	2021.....COVID
1936	1967.....1st	1995.....5th	2022.....8th
1937	1968.....1st	1996.....7th	2023.....10th
1938.....6th	1969.....2nd	1997.....4th	2024.....6th
1939.....6th	1970.....1st	1998.....4th	
1940.....6th	1971.....2nd	1999.....5th	
1941.....6th	1972.....1st	2000.....4th	
1942.....5th	1973.....1st	2001.....5th	
1947	1974.....1st	2002.....3rd	
1948.....4th	1975.....4th	2003.....6th	
1949.....6th	1976.....1st	2004.....7th	
1950.....6th	1977.....T1st	2005.....6th	
1951.....6th	1978.....1st	2006.....6th	
1952.....5th	1979.....1st	2007.....8th	
1953.....2nd	1980.....1st	2008.....8th	
1954.....2nd	1981.....4th	2009.....8th	
	1982.....5th	2010.....8th	

WOMEN'S TEAM

MIAA		GLVC	
1982.....3rd	2009.....4th	2014.....5th	
1983.....3rd	2010.....7th	2015.....9th	
1984.....2nd	2011.....6th	2016.....7th	
1985.....4th	2012.....4th	2017.....7th	
1986.....3rd	2013.....9th	2018.....6th	
1987.....3rd		2019.....6th	
1988.....4th		2020.....10th	
1989.....1st		2021.....COVID	
1990.....1st		2022.....9th	
1991.....3rd		2023.....5th	
1992.....3rd		2024.....6th	
1993.....4th			
1994.....3rd			
1995.....3rd			
1996.....7th			
1997.....4th			
1998.....5th			
1999.....2nd			
2000.....1st			
2001.....2nd			
2002.....2nd			
2003.....1st			
2004.....3rd			
2005.....5th			
2006.....5th			
2007.....3rd			
2008.....4th			

OUTDOOR Conference

Men

Year	Event	Name	Mark	Year	Event	Name	Mark
1971	Triple Jump	Tom Geredine.....	49-07.00	2001	100M Dash	Brian Dzingai.....	10.19#
	Long Jump	Tom Geredine.....	24-04.00		200M Dash	Brian Dzingai.....	20.50#
	Pole Vault	Don Allbritton.....	15-00.00		100M Dash	Brian Dzingai.....	10.32
	High Jump	Al Fulton.....	6-8.00		200M Dash	Brian Dzingai.....	20.99
1972	Triple Jump	Tom Geredine.....	48-05.50	2002	1500M Run	Matt Helbig.....	3:55.58
	High Jump	Don Allbritton.....	6-08.50		10,000M Run	Andy Doering.....	31:22.11
	440-y	Larry Jones.....	47.1		3,000M Steep	Brian McQueary.....	9:21.31
	220-y	Larry Jones.....	21.4		Decathlon	Jake Kingery.....	6,974
1973	Long Jump	Tom Geredine.....	23-05.50	2003	10,000M Run	Alan Heincker.....	31:08.07
	Pole Vault	Don Allbritton.....	16-00.50		Long Jump	James Walton.....	24-08.50
	Triple Jump	Tom Geredine.....	49-04.75		400M Hurdles	Sean Bergstedt.....	51.72
	High Jump	Dennis Littrell.....	6-8.00		400M Hurdles	Sean Bergstedt.....	51.50
1974	3000M Steep	Ron Harmon.....	9:07.3	2004	400M Hurdles	Sean Bergstedt.....	51.36
	Mile	Linley Lipper.....	4:13.1		1500M Run	Joey Walls.....	3:54.79
	440-y	Larry Jones.....	46.6		100M Dash	Nick Anderson.....	10.80
	220-y	Larry Jones.....	21.4		4x400 Relay	Eddie Barrett, Mitch Henderson, Kyle Kubernat, Elijah Farrales	3:18.27
1975	3-Mile Run	Ron Harmon.....	14:26	2005	Discus	Jacob Morris.....	52.31m (171-07)
	Mile Relay	Larry Jones.....	3:14.6		Discus	Jacob Morris.....	54.00m (180-05)
	220-y	Larry Jones.....	21.3		Hammer	Jacob Morris.....	61.51m (201-10)
	Mile Relay	Ron Harmon.....	9:11.50		Discus	Jacob Morris.....	56.34m (184-10)
1976	3000M Steep	Dennis Littrell.....	6-06.00	2006			
	440-y	Larry Jones.....	48.3				
	Discus	Mark Sissom.....	154-06.50				
	High Jump	Charles Thornton.....	6-08.00				
1977	440-Y	Mike Laususe.....	48.5	2007			
	Mile Relay	Dan Futrell.....	3:13.6				
	Triple Jump	Charles Thornton.....	48-08.50				
	Discus	Mark Riley.....	164-1				
1978	800M Run	Dan Futrell.....	1:53.05	2008			
	High Jump	Charles Thornton.....	6-08.00				
	Mile Relay		3:16.34				
	Long Jump	Perry Williams.....	23-00.50#				
1979	High Jump	Charles Thornton.....	6-10.00#	2009			
	100Y Dash	Sterling Bridges.....	9.9#				
	880Y Dash	Dan Futrell.....	1:49.5#				
	Mile Relay		3:13.8				
1980	Discus	Mark Sissom.....	168-1#	2010			
	High Jump	Charles Thornton.....	6-10.25#				
	Long Jump	Kent Hackamack.....	23-11.50				
	100M Dash	Sterling Bridges.....	11.11				
1981	800M Run	Dan Futrell.....	1:52.59#	2011			
	Mile Relay		3:16.27				
	100M Dash	Sterling Bridges.....	10.78				
	400M Dash	Ray Armstead.....	47.21				
1982	High Jump	Darren Blair.....	6-08.00	2012			
	Shot Put	Alec Meinke.....	51-02.50#				
	400M Dash	Ray Armstead.....	46.59#				
	Long Jump	Kent Hackamack.....	23-11.75#				
1983	High Jump	Kent Hackamack.....	6-10.00#	2013			
	Pole Vault	Tim St. Clair.....	15-10.50				
	Shot Put	Alec Meinke.....	52-06.25				
	Triple Jump	Darren Blair.....	50-06.25				
1984	Shot Put	Alec Meinke.....	56-09.50	2014			
	Triple Jump	Freddy Thompson.....	50-02.50				
	100M Dash	Trent Cuthbert.....	10.85				
	Shot Put	Rich Hayward.....	52-08.00				
1985	800M Run	Curtis Elam.....	1:53.07	2015			
	Pole Vault	Dave Bingaman.....	16-01.75				
	Decathlon	Matt Candl.....	6,456				
	Hammer	Rich Hayward.....	164-07.75				
1986	Shot Put	Rich Hayward.....	53-10.00	2016			
	Decathlon	Matt Candl.....	6,635				
	800M Run	Kevin Long.....	1:54.32				
	1500M Run	Chad Jansen.....	3:54.96				
1987	5000M Run	Rob Jensen.....	14:53.53	2017			
	10,000M Run	Rob Jensen.....	30:30.51				
	3,000M Steep	Dave Killeen.....	9:21.60				
	5000M Run	Scott Beattie.....	15:07.30				
1988	10,000M Run	Scott Beattie.....	32:14.30	2018			
	Hammer	Geoff Heskett.....	173-11.0#				
	Hammer	Geoff Heskett.....	188-02.0#				
	Triple Jump	Shawn Weber.....	49-06.50				
1989	High Jump	Shawn Weber.....	6-07.75	2019			
	Long Jump	Jon Coyle.....	23-06.75				
	Triple Jump	Shawn Weber.....	48-06.00				
	5000M Run	Jeremy Struttman.....	15:31.74				
1990	10,000M Run	Craig Maxwell.....	32:26.19	2020			
	High Jump	Brian Waters.....	6-08.00				
	Long Jump	John Coyle.....	23-08.75				
	400M Dash	Matt Antognoli.....	47.00				

OUTDOOR Conference

Women

Year	Event	Name	Mark	Year	Event	Name	Mark
1982	Shot Put	Marlene Frahm		2009	3,000M Stpc	Danna Kelly	10:58.09
1983	Shot Put	Doroth Copper			4x400M Relay		3:54.24
	880Y Run	Jennifer Rumley			Pole Vault	Katrina Biermann	12-08.00
1984	Shot Put	Marlene Frahm	45-01.00		Discus	Kortney Holeman	131-09
	400M Hurdles	Linda Mericle	1:05.11	2010	Pole Vault	Katrina Biermann	12-05.50
	100M Dash	Libby Chezum	12.58	2013	10,000M	Karen Grauel	36:35.89
	440y Relay		48.12	2014	Javelin	Rebecca Nelson	119-05
1985	Shot Put	Marlene Frahm	47-08.00	2016	Shot Put	Cassidy Smestad	47-04.50
	400M Hurdles	Karen Barber	1:03.89	2017	10,000M	Laura Tarantino	36:36.50
1987	100M Hurdles	Karla Ringger	14.81	2018	Pole Vault	Cassie Jennings	12-00.50
	5000M	Cheryl Mitchell	18:33.80		Javelin	Elle Renault	138-09
	400M Hurdles	Karla Ringger	1:03.40	2019	Javelin	Elle Renault	39.35m (129-01)
1988	10,000M	Kerry Knepper	36:52.10	2021	Javelin	Natalie Telep	43.40m (142-05)
	Long Jump	Michelle Naylor	18-01.25	2023	Discus	Ellie Weltha	44.43m (145-09)
1989	10,000M	Kerry Knepper	39:38.30				
	Hepathlon	Karen Bastert	4,037 pts				
1990	110M Hurdles	Karla Kaestner	14.54				
	400M Hurdles	Saundra Hester	1:02.37				
	3,000M	Kerry Knepper	9:57.35				
	5,000M	Kerry Knepper	18:01.67				
	10,000M	Kerry Knepper	36:21.00				
	High Jump	Stacy Roberts	5-05.00				
1991	400M Hurdles	Saundra Hester	1:03.19				
	5,000M	Michelle Coleman	18:14.98				
1992	5,000M	Michelle Coleman	18:12.95				
	Discus	Vicki Perez	136-09.00				
1993	5,000M	Lisa Dillin	18:30.20				
	Discus	Vicki Perez	163-10.00				
1994	3,000M	Ginny Hoefer	10:27.81				
	100M Hurdles	Jan Loussaert	14.65				
	4x100M Relay		49.31				
	4x400M Relay		4:00.41				
1995	100M Hurdles	Jan Loussaert	14.70				
1996	High Jump	Erin Burns	5-03.50				
	3,000M	Marta McKee	10:18.42				
	400M Hurdles	Erin Burns	1:03.25				
1997	100M Hurdles	Megan Mosher	14.54				
1998	4x100M Relay		47.13				
1999	Long Jump	Dafros Mudyirwa	19-02.75				
	3,000M	Beth Luebbering	10:36.40				
	5,000M	Beth Luebbering	18:24.80				
	10,000M	Beth Luebbering	37:52.40				
	4x100M Relay		47.08				
	4x400M Relay		3:54.30				
2000	100M	Molly Kandlbinder	12.19				
	200M	Molly Kandlbinder	24.66				
	400M	Kasye Hahn	56.89				
	3,000M	Beth Luebbering	10:22.37				
	5,000M	Beth Luebbering	18:22.89				
	10,000M	Beth Luebbering	38:49.85				
	4x100M Relay		47.40				
	Pole Vault	Kristi Morton	11-05.75				
	Long Jump	Dafros Mudyirwa	20-02.25				
	Hammer	Natasha Carter	165-00				
2001	100M	Jill Lowry	11.89				
	200M	Jill Lowry	23.98				
	400M	Jamille Curry	56.06				
	10,000M	Beth Luebbering	39:14.48				
	100M Hurdles	Megan Williams	13.89				
	4x100M Relay		47.65				
	4x400M Relay		3:49.20				
	Pole Vault	Kristi Morton	11-11.75				
2002	100M	Jill Lowry	12.06				
	400M	Kasye Hahn	56.57				
	100M Hurdles	Megan Williams	14.06				
	400M Hurdles	Christina Winkler	1:01.82				
	4x100M Relay		47.79				
	4x400M Relay		3:50.45				
2003	100M Hurdles	Christina Winkler	14.33				
	400M Hurdles	Christina Winkler	1:00.57				
	4x400M Relay		3:51.37				
2004	100M Hurdles	Christina Winkler	13.99				
	400M Hurdles	Christina Winkler	59.84				
	4x400M Relay		3:44.02				
2006	5,000M	Jacque Faust	17:43.46				
	10,000M	Jacque Faust	36:44.18				
	3,000M Stpc	Danna Kelly	11:29.01				
2007	10,000M	Jacque Faust	39:00.69				
	3,000M Stpc	Danna Kelly	11:21.34				
2008	Triple Jump	Christen Lauer	39-00.50				
	400M Hurdles	Shaina Dochtermann	1:00.74				
	4x400M Relay		3:53.25				

OUTDOOR Conference

100 dash

Men	Women
2015 Nick Anderson 10.80	2002 Jill Lowry 12.06)
2002 Brian Dzingai 10.32	2001 Jill Lowry 11.89
2001 Brian Dzingai 10.19	2000 Molly Kandlebinder 12.19
1984 Trent Cuthbert 10.85	1984 Libby Chezum 12.58
1980 Sterling Bridges 10.78	
1979 Sterling Bridges 11.11	
1978 Sterling Bridges 9.9 (Y)	

110/100 HURDLES

Men	Women
	2004 Christina Winkler 13.99
	2003 Christina Winkler 14.33
	2002 Megan Williams 14.06
	2001 Megan Williams 13.89
	1997 Megan Mosher 14.54
	1995 Jan Loussaert 14.70
	1994 Jan Loussaert 14.65
	1990 Karla Kaestner 14.54
	1987 Karla Ringger 14.81

200 DASH

Men	Women
2002 Brian Dzingai 20.99	2001 Jill Lowry 23.98
2001 Brian Dzingai 20.50	2000 Molly Kandlebinder 24.66
1974 Larry Jones 21.3 (220y)	
	1998 Matt Antognoli 47.00
	1982 Ray Armsted 46.59
	1980 Ray Armsted 47.21
	1976 Mike Laususe 48.5 (440y)
	1974 Larry Jones 48.3 (440y)

400 DASH

400 HURDLES

Men	Women
2008 Sean Bergstedt 51.36	2008 Shaina Dochtermann . 1:00.74
2007 Sean Bergstedt 51.50	2004 Christina Winkler 59.84
2006 Sean Bergstedt 51.72	2003 Christina Winkler 1:00.57
	2002 Christina Winkler 1:01.82
	1996 Erin Burns 1:03.25
	1991 Sandra Hester 1:03.19
	1990 Sandra Hester 1:02.37
	1987 Karla Ringger 1:03.40
	1985 Karen Barber 1:03.89
	1984 Linda Mericle 1:05.11
	1992 Kevin Long 1:54.32
	1988 Curtis Elam 1:53.07
	1979 Dan Futrell 1:52.59
	1978 Dan Futrell 1:49.5 (880y)
	1977 Dan Futrell 1:53.05
	1976 Dan Futrell 1:53.0 (880y)

800 Run

1500/3000 RUN

Men	Women
2012 Joey Walls 3:54.79	2000 Beth Luebbering 10:22.37
2002 Matt Helbig 3:55.58	1999 Beth Luebbering 10:36.40
1992 Chad Jansen 3:54.96	1996 Marta McKee 10:18.42
	1994 Ginny Hoefer 10:27.81
	1990 Kerry Knepper 9:57.35

5000 RUN

Men	Women
1997 Jeremy Struttman 15:31.74	2006 Jacquie Faust 17:43.46
1993 Scott Beattie 15:07.30	2000 Beth Luebbering 18:22.89
1992 Rob Jensen 14:53.53	1993 Lisa Dillin 18:30.20
	1992 Michelle Coleman 18:12.95
	1991 Michelle Coleman 18:14.98
	1990 Kerry Knepper 18:01.67
	1987 Cheryl Mitchell 18:33.80

STEEPLECHASE

Men	Women
2002 Brian McQueary 9:21.31	2009 Danna Kelly 10:58.09
1992 Dave Killeen 9:21.60	2007 Danna Kelly 11:31.34
1974 Ron Harmon 9:11.50	2006 Danna Kelly 11:29.01

10,000 RUN

Men	Women
2004 Alan Heincker 31:08.07	2017 Laura Tarantino 36:36.50
2002 Andy Doering 31:22.11	2013 Karen Grauel 36:35.89
1997 Craig Maxwell 32:26.19	2007 Jacquie Faust 39:00.69
1993 Scott Beattie 32:14.30	2006 Jacquie Faust 36:44.18
1992 Rob Jensen 30:30.51	2001 Beth Luebbering 39:14.48
	2000 Beth Luebbering 38:49.85
	1999 Beth Luebbering 37:52.40
	1990 Kerry Knepper 36:21.00
	1989 Kerry Knepper 39:38.30
	1988 Kerry Knepper 36:52.10

OUTDOOR Conference

Pole Vault

Men		Women	
1988	Dave Bingaman.....16-01.75	2018	Cassie Jennings.....12-00.50
1982	Tim St. Clair.....15-10.50	2010	Katrina Biermann12-05.50
		2009	Katrina Biermann12-08.00
		2001	Kristi Morton11-11.75
		2000	Kristi Morton11-05.75

High Jump

Men		Women	
1998	Brian Waters.....6-08.00	1996	Erin Burns5-03.50
1996	Shawn Weber.....6-07.75	1990	Stacy Roberts.....5-05.00
1982	Kent Hackmack.....6-10.00		
1980	Darren Blair6-08.00		
1979	Charles Thornton.....6-10.25		
1978	Charles Thornton.....6-10.00		
1977	Charles Thornton.....6-08.00		
1975	Charles Thornton.....6-08.00		
1974	Dennis Littrell6-06.00		

SHOT PUT

Men		Women	
1990	Rich Hayward.....53-10.00	2016	Cassidy Smestad47-04.50
1988	Rich Hayward.....52-08.00	1985	Marlene Frahm.....47-08.00
1983	Alec Meinke.....56-09.50	1984	Marlene Frahm.....45-01.00
1982	Alec Meinke.....52-06.25	1983	Dorothy Copper.....
1980	Alec Meinke51-02.50	1982	Marlene Frahm.....
2023	Jacob Morris.....201-10	2000	Natasha Carter.....165-00
1994	Geoff Heskett188-02		
1993	Geoff Heskett173-11		
1990	Rich Hayward.....164-07.75		

HAMMER

DISCUS

Men		Women	
2024	Jacob Morris.....184-10	2023	Ellie Weltha145-09
2023	Jacob Morris.....180-05	2009	Kortney Holeman131-09
2022	Jacob Morris.....171-07	1993	Vicki Perez163-10
1978	Mark Sissom168-01	1992	Vicki Perez136-09
1977	Mark Riley164-01		
1975	Mark Sissom154-06.50		
2005	James Walton.....24-08.50	2000	Dafros Mudyirwa20-02.25
1998	Jon Coyle23-08.75	1999	Dafros Mudyirwa19-02.75
1996	Jon Coyle23-06.75	1988	Michelle Naylor.....18-01.25
1982	Kent Hackmack23-11.75		
1979	Kent Hackmack23-11.50		
1978	Perry Williams23-00.50		

LONG JUMP

Javelin

Men		Women	
2021	Natalie Telep.....142-05	1996	Shawn Weber.....48-06.00
2019	Elle Renault.....129-01	1995	Shawn Weber.....49-06.50
2018	Elle Renault.....138-09	1984	Freddy Thompson50-02.50
2014	Rebecca Nelson.....119-05	1983	Darren Blair50-06.25
		1977	Charles Thornton.....48-08.50

TRIPLE JUMP

MULTIs

Men		Women	
2003	Jake Kingery6,974	1989	Karen Bastert4,037
1991	Matt Candrl.....6,635		
1990	Matt Candrl.....6,456		

RELAYS

Men		Women	
2019	Mile.....3:18.27	2009	4x4003:54.24
1979	Mile.....3:16.27	2008	4x4003:53.25
1978	Mile.....3:13.80	2004	4x4003:44.02
1977	Mile.....3:16.34	2003	4x4003:51.37
1976	Mile.....3:13.60	2002	4x4003:50.45
1974	Mile.....3:15.30		4x10047.79
		2001	4x4003:49.20
			4x10047.65
		2000	4x10047.40
		1999	4x4003:54.30
			4x10047.08
		1998	4x10047.13
		1994	4x4004:00.41
			4x10049.31
		1984	440yard48.12

OUTDOOR Conference

Men's Team Finish

MIAA	1955..... 6th	1983..... 3rd	2011..... 9th
1924..... 4th	1956..... 2nd	1984..... 3rd	2012..... 9th
1925..... 3rd	1957..... 6th	1985..... 4th	2013..... 11th
1926..... 3rd	1958..... 3rd	1986..... 4th	GLVC
1927..... 3rd	1959..... 1st	1987..... 5th	2014..... 5th
1928..... 3rd	1960..... 1st	1988..... 4th	2015..... 7th
1929..... 4th	1961..... 1st	1989..... 5th	2016..... 8th
1930..... 1st	1962..... 1st	1990..... 4th	2017..... 10th
1931..... T1st	1963..... 1st	1991..... 5th	2018..... 8th
1932..... 2nd	1964..... 1st	1992..... 4th	2019..... 4th
1933..... 5th	1965..... 1st	1993..... 3rd	2020..... COVID
1934..... 2nd	1966..... 1st	1994..... 7th	2021..... 11th
1935..... 6th	1967..... 1st	1995..... 4th	2022..... 10th
1936..... 6th	1968..... 1st	1996..... 4th	2023..... 5th
1937..... 6th	1969..... 2nd	1997..... 4th	2024..... 6th
1938..... 4th	1970..... 2nd	1998..... 2nd	
1939..... 6th	1971..... 2nd	1999..... 5th	
1940..... 3rd	1972..... 1st	2000..... 4th	
1941..... 3rd	1973..... 1st	2001..... 5th	
1942..... 6th	1974..... 1st	2002..... 4th	
1947..... 4th	1975..... 5th	2003..... 6th	
1948..... 5th	1976..... 3rd	2004..... 7th	
1949..... 6th	1977..... 2nd	2005..... 7th	
1950..... 6th	1978..... 1st	2006..... 6th	
1951..... 6th	1979..... 1st	2007..... 7th	
1952..... 6th	1980..... 2nd	2008..... 8th	
1953..... 3rd	1981..... 3rd	2009..... 8th	
1954..... 3rd	1982..... 3rd	2010..... 8th	

WOMEN'S TEAM

MIAA	2009..... 2nd
1982..... 3rd	2010..... 5th
1983..... 1st	2011..... 5th
1984..... 2nd	2012..... 7th
1985..... 4th	2013..... 6th
1986..... 5th	GLVC
1987..... 3rd	2014..... 3rd
1988..... 4th	2015..... 9th
1989..... 2nd	2016..... 4th
1990..... 3rd	2017..... 6th
1991..... 3rd	2018..... 5th
1992..... 3rd	2019..... 5th
1993..... 5th	2020..... COVID
1994..... 3rd	2021..... 7th
1995..... 3rd	2022..... 9th
1996..... 4th	2023..... 3rd
1997..... 5th	2024..... 9th
1998..... 5th	
1999..... 3rd	
2000..... 1st	
2001..... 2nd	
2002..... 2nd	
2003..... 4th	
2004..... 3rd	
2005..... 5th	
2006..... 4th	
2007..... 3rd	
2008..... 4th	