

Grand Valley State Track & Field

GVSU Women's Records

GVSU Women's Indoor Track Records

Name	Event	Record	Year
Icis Charles	55	6.97	2002
Jenn O'Shesky	55 Hurdles	8.04	2005
Icis Charles	200	24.74	2001
Christy Tedrow	400	55.55	2002
Steph Kuhlman	800	2:05.75 (NCAADIIRecord)	2003
Mandi Zemba	Mile	4:45.40	2006
Mandi Zemba	3000	9:32.76	2006
Mandi Zemba	5000	16:16.77 (NCAADIIRecord)	2007
Helmila, Kuhlman, Henry, Tedrow	4x400	3:49.60	2002
O'Dell, Lemson, Kuhlman, Antvelink	4x800	9:02.82	2003
Rivard, Mayer, McCarthy, Zemba	Distance Medley Relay	11:29.89 (NCAADIIRecord)	2007
Kelly O'Brien	High Jump	5'-09.25"	1993
Icis Charles	Long Jump	19'09.5"	2002
Icis Charles	Triple Jump	39'	2002
Katie Corner	Shot Put	45'-09.25"	2005
Rachel Duthler	Pole Vault	12'8.75"	2007
Kathie Posa	20 WT	58'06.75"	2007

GVSU Women's Outdoor Track Records

Name	Event	Record	Year
Icis Charles	100	11.47	2002
Icis Charles	200	24.16	2002
Christy Tedrow	400	54.60	2002
Melissa Smith	800	2:05.30	2000
Mandi Zemba	1,500	4:20.48	2006
Mandi Zemba	3,000	9:27.01	2006
Laura Kruis	3,000 Steeplechase	10:47.51	2001
Mandi Zemba	5,000	15:48.62	2006
Karlie Singleton	10,000	36:08.21	2006
Jenn O'Shesky	100 MH	14.63	2005
Jenn O'Shesky	400 MIH	1:00.76	2005
Charles, Tedrow, Willis, Kuhlman	4x100	46.50	2002
Driggers, Henry, Willis, Dambroski	4x200	1:44.86	2000
Driggers, Henry, Tedrow, Smith	4x400	3:45.02	2000
Murrell, O'Dell, Zemba, Rivard	4x800	9:03.11	2004
Long, Henry, Kuhlman, Ewing	Distance Medley Relay	11:52.48	2002
Kelly O'Brien	High Jump	5'-6 1/2"	1993
Pam Treppa	Long Jump	19'-04 2.5"	2005
Pam Treppa	Triple Jump	38'-04"	2005
Morgan Acre	Hammer Throw	185'06.5"	2005
Rachel Duthler	Pole Vault	12'11.5"	2005
Tami Gipe	Shot Put	45'-06"	1993
Morgan Acre	Discus Throw	157'01.25"	2005
Dedra Barkus	Javelin Throw	138'-10"	1998
Rachel Duthler	Heptathlon	3539	2006

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GVSU Men's Indoor Track Records

Name	Event	Record	Year
Scott Mackey	55	6.35	2002
Garron Lucius	55 Hurdles	7.49	2007
Courtney Hill	200	21.88	1999
MacKenzie Lucius	400	48.29	2007
Bryan Boeve	800	1:51.59	2006
Nate Peck	Mile	4:07.55	2006
Nate Peck	3,000	8:15.84	2006
Nate Peck	5,000	14:07.24	2006
Coleman, Adamec, Lake, Garrett	4x400	3:17.18	2003
Whelan, Wojie, Watson, Siik	4x800	7:46.55	2003
Collins, Coleman, Boeve, Peck	Distance Medley Relay	9:56.63	2006
Bryant Wilson	Pole Vault	17'5.75"	2007
Jeremy Pearson	High Jump	7'0.5"	2000
Brandon Womack	Long Jump	23'09"	2001
Kirk Manchip	Triple Jump	47'05"	2003
John Ybarra	Shot Put	56'9.5"	2005
Jason VanElst	35# Weight Throw	65'9.5"	2002

GVSU Men's Outdoor Track Records

Name	Event	Record	Year
Courtney Hill	100	10.50	1998
Robert Eubanks	100	10.50	1972
Robert Eubanks	200	20.80	1972
Pat Garrett	400	47.35	2002
Bryan Boeve	800	1:51.42	2006
Nate Peck	1,500	3:50.95	2005
Nate Peck	5,000	14:20.84	2005
Ryan Cole	10,000	29:42.25	2005
Chris Hammer	3,000 Steeplechase	9:08:20	2006
Dan Jackson	110 Hurdles	14.22	2006
Joe Lefevre	400 Hurdles	52.42	2005
Smith, Womack, Rejc, Mackey	4x100	41.65	2001
Wurtz, Chalupa, Garrett, Lake	4x200	1:28.33	2000
Lefevre, Oglesbee, Makela, Coleman	4x400	3:11.47	2005
Gatlin, Collins, Rohloff, Boeve	4x800	7:44.01	2004
Blacquiere, Garrett, Siik, Ross	Distance Medley Relay	10:06.79	2002
Ben Hirdes	Pole Vault	17'1"	2003
Jeremy Pearson	High Jump	7'2"	2000
Boomer Hoppough	Long Jump	23'06.50"	2004
Kirk Manchip	Triple Jump	47-6.5	2004
Jason VanElst	Hammer Throw	192'05"	2002
Nick Natale	Shot Put	56'2"	2005
Ahmed Mahr	Discus Throw	169'7.5"	2006
Kevin Kimple	Javelin Throw	190'08.00"	2006
Mike Stowe	Decathlon	6765	2006

Grand Valley State Track & Field

GVSU Women's All-Americans

Name	Sport	Year	Event	Place	Mark	Site
Melissa Smith	Indoor T&F	1999	800 M	3rd	2:09	Indianapolis, Ind.
Melissa Smith	Outdoor T&F	1999	800 M	3rd	2:07	Emporia, Kan.
Melissa Smith	Cross Country	1999	6,000 M	14th	21:27	Joplin, Miss.
Christy Tedrow	Indoor T&F	2000	400 M	6th	56.72	Boston, Mass.
Melissa Smith	Outdoor T&F	2000	1500 M	4th	4:33	Raleigh, N.C.
Kelly Driggers	Outdoor T&F	2000	4x400	6th	3:45	Raleigh, N.C.
Jen Henry	Outdoor T&F	2000	4x400	6th	3:45	Raleigh, N.C.
Christy Tedrow	Outdoor T&F	2000	4x400	6th	3:45	Raleigh, N.C.
Melissa Smith	Outdoor T&F	2000	4x400	6th	3:45	Raleigh, N.C.
Keri Bloem	Cross Country	2000	6,000 M	26th	22:37	Ponoma, Calif.
Christy Tedrow	Indoor T&F	2001	400 M	5th	55:64	Boston, Mass.
Shannon Antvelink	Indoor T&F	2001	Mile	7th	4:57.0	Boston, Mass.
Christy Tedrow	Outdoor T&F	2001	400 M	5th	55.96	Edwardsville, Ill.
Icis Charles	Outdoor T&F	2001	Long Jump	5th	19'-1.25"	Edwardsville, Ill.
Laura Kruis	Outdoor T&F	2001	Steeple	6th	10:47.1	Edwardsville, Ill.
Natalie Ewing	Cross Country	2001	6,000 M	22nd	22:27.3	Slippery Rock, Penn.
Shannon Antvelink	Cross Country	2001	6,000 M	23rd	22:28.3	Slippery Rock, Penn.
Becky Myers	Indoor T&F	2002	20# wt	8th	54'-04"	Boston, Mass.
Icis Charles	Indoor T&F	2002	Long Jump	5th	19'-0"	Boston, Mass.
Krista O'Dell	Indoor T&F	2002	Mile	8th	4:55.21	Boston, Mass.
Christy Tedrow	Indoor T&F	2002	400 M	7th	55.55	Boston, Mass.
Icis Charles	Indoor T&F	2002	60 M	5th	7.59	Boston, Mass.
Lindsey Mills	Indoor T&F	2002	5000 M	7th	17:31.13	Boston, Mass.
Erica Helmila	Indoor T&F	2002	4x400	6th	3:50.46	Boston, Mass.
Steph Kuhlman	Indoor T&F	2002	4x400	6th	3:50.46	Boston, Mass.
Jen Henry	Indoor T&F	2002	4x400	6th	3:50.46	Boston, Mass.
Christy Tedrow	Indoor T&F	2002	4x400	6th	3:50.46	Boston, Mass.
Mandi Long	Outdoor T&F	2002	1500 M	1st	4:28.53	San Angelo, Texas
Lindsey Mills	Outdoor T&F	2002	5,000 M	7th	17:43.71	San Angelo, Texas
Jenna Shook	Outdoor T&F	2002	Hammer Throw	4th	177'07"	San Angelo, Texas
Natalie Ewing	Outdoor T&F	2002	3,000 M	2nd	10:04.94	San Angelo, Texas
Lindsey Mills	Outdoor T&F	2002	3,000 M	7th	10:11.28	San Angelo, Texas
Icis Charles	Outdoor T&F	2002	100 M	8th	11.79	San Angelo, Texas
Shannon Antvelink	Cross Country	2002	6,000 M	14th	22:25.3	Ashland, Ohio
Natalie Ewing	Cross Country	2002	6,000 M	21st	22:36.9	Ashland, Ohio
Kara Egan	Cross Country	2002	6,000 M	29th	22:48.7	Ashland, Ohio
Jeannette Seckinger	Cross Country	2002	6,000 M	31st	22:50.3	Ashland, Ohio
Krista O'Dell	Cross Country	2002	6,000 M	33rd	22:56.4	Ashland, Ohio
Steph Kuhlman	Indoor T&F	2003	800 M	2nd	2:07.47	Boston, Mass.
Icis Charles	Indoor T&F	2003	60 M	3rd	7.50	Boston, Mass.
Krista O'Dell	Indoor T&F	2003	5,000 M	8th	17:06.61	Boston, Mass.
Icis Charles	Indoor T&F	2003	Long Jump	4th	18'-11.75"	Boston, Mass.
Ashley Thomas	Indoor T&F	2003	4x400	5th	3:49.88	Boston, Mass.
Alex Baker	Indoor T&F	2003	4x400	5th	3:49.88	Boston, Mass.
Steph Kuhlman	Indoor T&F	2003	4x400	5th	3:49.88	Boston, Mass.
Erica Helmila	Indoor T&F	2003	4x400	5th	3:49.88	Boston, Mass.
Krista O'Dell	Indoor T&F	2003	Mile	5th	4:52.47	Boston, Mass.
Steph Kuhlman	Outdoor T& F	2003	800 M	1st	2:05.34	Edwardsville, Ill.
Natalie Ewing	Outdoor T&F	2003	3,000 M	3rd	9:45.96	Edwardsville, Ill.
Natalie Ewing	Outdoor T& F	2003	5,000 M	8th	17:05.67	Edwardsville, Ill.
Krista O'Dell	Outdoor T& F	2003	1,500 M	4th	4:32.65	Edwardsville, Ill.
Natalie Ewing	Cross Country	2003	6,000 M	9th	21:45	Cary, NC
Kara Egan	Cross Country	2003	6,000 M	24th	22:20	Cary, NC
Krista O'Dell	Indoor T&F	2004	Mile	6th	4:48.94	Boston, Mass.
Krista O'Dell	Outdoor T&F	2004	3,000 M	8th	9:54.14	Pomona, Calif.
Steph Kuhlman	Outdoor T&F	2004	1,500 M	4th	4:27.49	Pomona, Calif.

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Name	Sport	Year	Event	Place	Mark	Site
Mandi Zemba	Cross Country	2004	6,000 M	14th	22:42.7	Evansville, Ind.
Jennifer O'Shesky	Indoor T&F	2005	Long Jump	8th	18'-08.00"	Boston, Mass.
Mandi Zemba	Indoor T&F	2005	DMR	3rd	11:38.62	Boston, Mass.
Kristen Kulczycki	Indoor T&F	2005	DMR	3rd	11:38.62	Boston, Mass.
Steph Kuhlman	Indoor T&F	2005	DMR	3rd	11:38.62	Boston, Mass.
Krista O'Dell	Indoor T&F	2005	DMR	3rd	11:38.62	Boston, Mass.
Rachel Duthler	Indoor T&F	2005	Pole Vault	7th	12'-1.500"	Boston, Mass.
Krista O'Dell	Indoor T&F	2005	Mile	7th	4:54.79	Boston, Mass.
Morgan Acre	Indoor T&F	2005	Shot Put	8th	45'3.5"	Boston, Mass.
Krista O'Dell	Outdoor T&F	2005	1,500 M	7th	4:32.40	Abilene, Texas
Mandi Zemba	Outdoor T&F	2005	3,000 M	7th	9:48.88	Abilene, Texas
Morgan Acre	Outdoor T&F	2005	Discus	8th	181'11"	Abilene, Texas
Morgan Acre	Outdoor T&F	2005	Hammer Throw	4th	153'03"	Abilene, Texas
Rachel Duthler	Outdoor T&F	2005	Pole Vault	T3rd	12'06"	Abilene, Texas
Jenn O'Shesky	Outdoor T&F	2005	400H	8th	1:01.05	Abilene, Texas
Mandi Zemba	Cross Country	2005	6,000	1st	21:01.7	Pomona, Calif.
Karlie Singleton	Cross Country	2005	6,000	8th	21:34.1	Pomona, Calif.
Stacey Kandas	Cross Country	2005	6,000	19th	22:10.9	Pomona, Calif.
Adrian Chouinard	Cross Country	2005	6,000	24th	22:14.3	Pomona, Calif.
Mandi Zemba	Indoor T&F	2006	Mile	3rd	4:49.08	Boston, Mass.
Mandi Zemba	Indoor T&F	2006	5,000	3rd	16:31.69	Boston, Mass.
Rachel Duthler	Indoor T&F	2006	Pole Vault	4th	12'-3.5"	Boston, Mass.
Lindsey Jones	Indoor T&F	2006	Pole Vault	7th	11'-11.75"	Boston, Mass.
Morgan Acre	Indoor T&F	2006	20# wt	6th	55-9.25	Boston, Mass.
Lauren Bader	Indoor T&F	2006	DMR	6th	11:48.83	Boston, Mass.
Liz Shinn	Indoor T&F	2006	DMR	6th	11:48.83	Boston, Mass.
Susie Rivard	Indoor T&F	2006	DMR	6th	11:48.83	Boston, Mass.
Karlie Singleton	Indoor T&F	2006	DMR	6th	11:48.83	Boston, Mass.
Mandi Zemba	Outdoor T&F	2006	3,000	1st	9:27.01	Emporia, Kan.
Mandi Zemba	Outdoor T&F	2006	5,000	1st	17:10.69	Emporia, Kan.
Morgan Acre	Outdoor T&F	2006	Hammer	2nd	183'09"	Emporia, Kan.
Morgan Acre	Outdoor T&F	2006	Discus	5th	152'11"	Emporia, Kan.
Lauren Bader	Outdoor T&F	2006	3,000	6th	9:58.07	Emporia, Kan.
Laura Aderman	Outdoor T&F	2006	Steeplechase	7th	11:10.10	Emporia, Kan.
Lindsey Jones	Outdoor T&F	2006	Pole Vault	2nd	12'6.25"	Emporia, Kan.
Dianna Noonan	Outdoor T&F	2006	Pole Vault	7th	12'2.50"	Emporia, Kan.
Laura Aderman	Cross Country	2006	6,000	3rd	20:19.6	Pensacola, Fla.
Susie Rivard	Cross Country	2006	6,000	31st	21:17.2	Pensacola, Fla.

GVSU Women's All-Americans

Grand Valley State Track & Field

GVSU Men's All-Americans

Name	Sport	Year	Event	Place	Mark	Site
Jeremy Pearson	Outdoor T&F	1999	High Jump	6th	6'-11"	Emporia, Kan.
Jason VanElst	Indoor T&F	2000	35# Weight Throw	5th	58'-9.5"	Boston, Mass.
Jeremy Pearson	Indoor T&F	2000	High Jump	2nd	6'11"	Boston, Mass.
Jason VanElst	Indoor T&F	2001	35# Weight Throw	6th	60'-9.25"	Boston, Mass.
Ben Hirdes	Indoor T&F	2001	Pole Vault	7th	15'-9"	Boston, Mass.
Jason VanElst	Outdoor T&F	2001	Hammer Throw	5th	182'-08"	Edwardsville, Ill.
Aaron Rogers	Cross Country	2001	10,000 M	16th	32:28	Slippery Rock, Penn.
Jason VanElst	Indoor T&F	2002	35# Weight Throw	1st	65'-9.5"	Boston, Mass.
Ben Hirdes	Indoor T&F	2002	Pole Vault	4th	16'-4.75"	Boston, Mass.
Jason VanElst	Outdoor T&F	2002	Hammer Throw	7th	185'-02"	San Angelo, Texas
Ben Hirdes	Outdoor T&F	2002	Pole Vault	8th	15'-10"	San Angelo, Texas
Ben Hirdes	Outdoor T&F	2003	Pole Vault	T2nd	16'-6.75"	Edwardsville, Ill.
John Ybarra	Indoor T&F	2004	Shot Put	4th	55'7.5"	Boston, Mass.
Ben Hirdes	Indoor T&F	2004	Pole Vault	5th	16'4.75"	Boston, Mass.
Mike Simon	Indoor T&F	2004	35# Weight Throw	7th	58'01"	Boston, Mass.
Nate Peck	Cross Country	2004	10,000 M	19th	32:53.5	Evansville, Ind.
Ryan Cole	Cross Country	2004	10,000 M	21st	33:01.0	Evansville, Ind.
Don Wilkins	Indoor T&F	2005	DMR	5th	10:00.54	Boston, Mass.
Kenny Coleman	Indoor T&F	2005	DMR	5th	10:00.54	Boston, Mass.
John Collins	Indoor T&F	2005	DMR	5th	10:00.54	Boston, Mass.
Nate Peck	Indoor T&F	2005	DMR	5th	10:00.54	Boston, Mass.
John Ybarra	Indoor T&F	2005	Shot Put	7th	54'9.25"	Boston, Mass.
Nate Peck	Indoor T&F	2005	Mile	8th	4:12.25	Boston, Mass.
Don Wilkins	Indoor T&F	2005	5,000M	5th	14:19.54	Boston, Mass.
Don Wilkins	Outdoor T&F	2005	10,000M	4th	30:47.56	Abilene, Texas
Joe Lefevre	Outdoor T&F	2005	4x400	8th	3:11.47	Abilene, Texas
Kris Oglesbee	Outdoor T&F	2005	4x400	8th	3:11.47	Abilene, Texas
Bill Makela	Outdoor T&F	2005	4x400	8th	3:11.47	Abilene, Texas
Kenny Coleman	Outdoor T&F	2005	4x400	8th	3:11.47	Abilene, Texas
Nate Peck	Cross Country	2005	10,000	16th	32:10.9	Pomona, Calif.
Chris Pabst	Cross Country	2005	10,000	18th	33:07.7	Pomona, Calif.
Nate Peck	Indoor T&F	2006	Mile	7th	4:09.51	Boston, Mass.
Nate Peck	Indoor T&F	2006	5,000	7th	14:29.82	Boston, Mass.
Dan Jackson	Indoor T&F	2006	60HH	6th	8.15	Boston, Mass.
Garron Lucius	Indoor T&F	2006	60HH	8th	8.21	Boston, Mass.
Bryant Wilson	Indoor T&F	2006	Pole Vault	T4th	15'06.25"	Boston, Mass.
Charles Smith	Indoor T&F	2006	35# Weight Throw	4th	62'-06"	Boston, Mass.
Nick Natale	Indoor T&F	2006	35# Weight Throw	7th	60'-08"	Boston, Mass.
Bryant Wilson	Outdoor T&F	2006	Pole Vault	3rd	16'-16.75"	Emporia, Kan.
Nate Peck	Outdoor T&F	2006	10,000	7th	30:36.86	Emporia, Kan.
Nate Peck	Outdoor T&F	2006	5,000	8th	15:07.47	Emporia, Kan.
John Collins	Outdoor T&F	2006	800	8th	1:56.47	Emporia, Kan.
Chris Hammer	Outdoor T&F	2006	Steeplechase	7th	9:27.00	Emporia, Kan.
Mike Stowe	Outdoor T&F	2006	Decathlon	6th	6765	Emporia, Kan.
Nick Natale	Outdoor T&F	2006	Shot Put	6th	55'-11.25"	Emporia, Kan.
Nate Peck	Cross Country	2006	10,000	16th	29:56.5	Pensacola, Fla.
Ryan Holm	Cross Country	2006	10,000	26th	30:17.4	Pensacola, Fla.