

# OREGON STATE TRACK AND FIELD

## WOMEN'S ALL-TIME LIST

### INDOOR TRACK EVENTS

#### 400 METERS

1.	Kathy Weston	56.14	1979
2.	Kelly Kaser	59.94	1985
3.	Nancy Wallace	62.64	1979
4.	Lorri Brown	63.04	1979

#### 800 METERS

1.	Kathy Weston	2:09.24	1979
2.	Kathy Costello	2:17.24	1979
3.	LuAnne Park	2:18.24	1981
4.	Kristin Trom	2:19.24	1979
5.	Julie Garcia	2:22.02	2006
6.	Jackie Brown	2:23.13	2009
7.	Tammy Anderson	2:23.24	1985
8.	Tara Stirewalt	2:26.43	2006
9.	<b>Taylor Hunt</b>	<b>2:28.58</b>	<b>2011</b>
10.	Debby Larson	2:30.24	1988

#### MILE

1.	Laura Carlyle	4:37.57	2012
2.	Casey Masterson	4:51.87	2009
3.	Connie Case	4:57.24	1981
4.	Sylvia Veal	4:58.50	2008
5.	Hayley Oveson	4:58.65	2011
6.	<b>Kinsey Gomez</b>	<b>4:59.48</b>	<b>2012</b>
7.	Abby Chesimet	5:02.14	2010
8.	<b>Lacey London</b>	<b>5:04.64</b>	<b>2012</b>
9.	Debbie Brizee	5:05.24	1980
10.	Holly Thomson	5:05.54	2008

#### 3,000 METERS

1.	Laura Carlyle	9:35.99	2011
2.	Kathy Knowlton	9:51.24	1985
3.	Jennifer Macias	9:54.68	2011
4.	Marsha Lampi	10:01.97	2012
5.	Abby Chesimet	10:02.17	2009
6.	Lorene Young	10:03.04	2008
7.	Ashley Younce	10:04.24	2006
8.	Hannah Soza-Hodgkinson	10:05.06	2011
9.	Hayley Oveson	10:06.31	2008
10.	Kaitlin Poggi	10:08.23	2006

#### 5,000 METERS

1.	Marsha Lampi	17:55.43	2011
2.	Jamie Mitchell	19:12.24	1979
3.	Anne Harry	19:36.24	1979

### OUTDOOR TRACK EVENTS

#### 100 METERS

1.	Rosie Williams	11.79	1988
2.	Asa Pennington	11.93	1982
3.	Regina Jordan	11.93	1980
4.	Jenna Stark	12.06	1987
5.	Colleen Gibson	12.19	1983
6.	Cathy Strong	12.19	1987
7.	Celena Schirmer	12.24	1978
8.	Lisa Byhre	12.40	1987
9.	Lisa Curry	12.49	1984
10.	Sylvia Green	12.50	1980

#### 200 METERS

1.	Asa Pennington	23.86	1982
2.	Rosie Williams	23.96	1988
3.	Regina Jordan	24.64	1980
4.	Colleen Gibson	24.84	1980
5.	Celena Schirmer	24.94	1978
6.	Kari Weston	25.33	1986
7.	Cathy Strong	25.42	1987
8.	Julie Fitzgerald	25.44	1980
9.	Jenna Stark	25.54	1987
10.	Lisa Byhre	25.63	1986
*6.	Cathy Strong	24.98	1988

#### 400 METERS

1.	Kathy Weston	54.93	1980
2.	Rosie Williams	55.48	1988
3.	Shavon Davis	55.48	1982
4.	Rhonda Bell	56.91	1982
5.	Robin Blaine	57.40	1980
6.	Colleen Gibson	57.57	1980
7.	Linda Parmele	57.85	1979
8.	Tracie Johnson	58.13	1985
9.	Nancy Wallace	58.46	1980
10.	Loa Mosby	58.48	1979

#### 800 METERS

1.	Kathy Weston	2:03.67	1980
2.	Robin Blaine	2:09.10	1979
3.	Laura Carlyle	2:09.25	2011
4.	<b>Emily LaValley</b>	<b>2:10.71</b>	<b>2012</b>
5.	Kathy Costello	2:11.19	1979
6.	Casey Masterson	2:11.29	2009
7.	Luanne Park	2:11.90	1982
8.	Kris Tom	2:12.60	1979
9.	<b>Lacey London</b>	<b>2:13.10</b>	<b>2012</b>
10.	<b>Taylor Hunt</b>	<b>2:13.22</b>	<b>2010</b>

#### 1,500 METERS

1.	Laura Carlyle	4:17.77	2012
2.	Casey Masterson	4:23.45	2010
3.	Sylvia Veal	4:27.52	2008
4.	Karen Mathison	4:27.90	1984
5.	Jean-Marie Peterson	4:29.05	2008
6.	Connie Case	4:30.10	1982
7.	Sandi Nevis	4:30.50	1984
8.	Kathy Weston	4:32.10	1980
9.	Holly Thomson	4:32.78	2008
10.	Abby Chesimet	4:32.97	2011

#### 3,000 METERS

1.	Connie Case	9:26.49	1981
2.	Joanne Lahti	9:43.93	1982
3.	Kathy Knowlton	9:49.41	1985
4.	Ashley Younce	9:52.37	2006
5.	Sue Martineau	9:53.11	1985
6.	Peggy Murri	9:53.16	1985
7.	Brenda Cardin	9:55.80	1979
8.	Susan Artmann	9:55.90	1979
9.	Lorene Young	9:59.93	2008
10.	Sylvia Veal	10:01.70	2010

#### TWO-MILE

1.	Hayley Oveson	10:47.14	2009
2.	Marsha Lampi	10:53.97	2011

3.	Abby Chesimet	10:55.13	2009
4.	Krista Stangel	10:57.95	2011
5.	Michelle Childs	11:08.48	2009
6.	Hannah Soza-Hodgkinson	11:12.48	2009
7.	Rebecca Mishler	11:13.04	2009
8.	<b>Erin Jones</b>	<b>11:17.34</b>	<b>2011</b>
9.	<b>Emily Wheeler</b>	<b>11:18.08</b>	<b>2011</b>
10.	<b>Whitney Pitman</b>	<b>11:24.27</b>	<b>2011</b>

#### 5,000 METERS

1.	Laura Carlyle	16:05.04	2011
2.	Hayley Oveson	16:34.01	2011
3.	Abby Chesimet	16:37.99	2010
4.	Sandra Martinez	16:47.46	2010
5.	Jennifer Macias	16:47.91	2011
6.	Kathy Knowlton	16:48.28	1985
7.	Ashley Younce	16:50.52	2006
8.	Lorene Young	17:00.77	2008
9.	Kaitlin Poggi	17:03.16	2006
10.	Joanne Lahti	17:03.30	1982

#### 10,000 METERS

1.	<b>Sandra Martinez</b>	<b>35:27.82</b>	<b>2010</b>
2.	Ashley Younce	35:31.81	2006
3.	Caroline Walker	35:44.09	1980c
4.	Lorene Young	35:54.05	2008
5.	Hannah Soza-Hodgkinson	36:13.50	2010
6.	Kathy Knowlton	36:21.69	1984c
7.	Nicole Crawford	36:48.34	2008
8.	Neoma Palmer	37:10.50	2006
9.	<b>Erin Jones</b>	<b>37:23.16</b>	<b>2012</b>
10.	Tina Moran	37:30.49	1981c

#### 100 METER HIGH HURDLES

1.	Jenna Stark	13.87	1988
2.	Kari Weston	13.89	1986
3.	Sonya Crowther	14.05	1982
4.	Carina Westover	14.26	1984
5.	Meredith Howell	14.48	1984
6.	Cathy Kvaivie	14.63	1978
7.	Shawn Bishop-Walker	14.80	1987
8.	Judy Sommer	14.96	1983
9.	Vicki Anderson	14.96	1986
10.	Cindy Greiner	15.00	1981

#### 400 METER INTERMEDIATE HURDLES

1.	Jenna Stark	59.72	1987
2.	Kari Weston	1:00.70	1986
3.	Vicki Anderson	1:01.29	1986
4.	Meredith Howell	1:01.55	1984
5.	Kelly Alfieri	1:02.03	1988
6.	Kelly Kaser	1:02.03	1985
7.	Loretta Williams	1:02.12	1982
8.	Cindy Greiner	1:02.40	1980
9.	Linda Parmele	1:03.24	1978
10.	Carolyn Tidball	1:03.61	1980

#### 3,000 METER STEEPLECHASE

1.	Lauren Denfeld	10:38.28	2008
2.	<b>Olivia Poblacion</b>	<b>10:45.23</b>	<b>2011</b>
3.	<b>Taylor Nowlin</b>	<b>10:46.47</b>	<b>2012</b>
4.	Jean-Marie Peterson	11:03.47	2007
5.	Jennifer Macias	11:09.83	2009
6.	Kaitlin Poggi	11:15.41	2006

# OREGON STATE TRACK AND FIELD

## WOMEN'S ALL-TIME LIST

7.	<b>Whitney Pitman</b>	<b>11:26.80</b>	<b>2012</b>
8.	Hannah Soza-Hodgkinson	11:27.95	2009
9.	<b>Hilary Sharpe</b>	<b>11:48.15</b>	<b>2011</b>
10.	Cassandra Schumacher	11:54.38	2009

### 4x100 METER RELAY

1.	Strong, Williams, Fenton, Stark	46.62	1988
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### 4x400 METER RELAY

1.	Strong, Williams, Fenton, Stark	3:55.69	1988c
2.	Garcia, Harer, Bryant, Denfeld	4:11.04	2005

### 2 MILE RELAY

1.	Weston, Trom, Costello, Blaine	8:42.99	1979c
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## OUTDOOR FIELD EVENTS

### HIGH JUMP

1.	Joni Huntley	6-02.75	1976
2.	Carina Westover	6-02.00	1984
3.	Kim Fenton	6-00.00	1988
4.	Sonya Crowther	6-00.00	1982
5.	Sue Blake	5-11.00	1982
6.	Cindy Greiner	5-11.00	1981
7.	Marie Morkved	5-08.00	1987
8.	Judy Sommer	5-07.00	1983
9.	Kerri Anderson	5-07.00	1982
10.	Sarah Lyons	5-07.00	1982
	Tammy Collman	5-07.00	1981

### LONG JUMP

1.	Colleen Gibson	20-00.00	1984
2.	Joni Huntley	19-06.00	1975
3.	Sonya Crowther	19-00.25	1982
4.	Sylvia Green	18-08.50	1981
5.	Carina Westover	18-01.25	1981
6.	Jenna Stark	18-00.50	1987
7.	Marcia Mast	17-10.50	1982
8.	Meredith Howell	17-07.00	1984
9.	Lisa Byhre	17-06.25	1986
10.	Cindy Greiner	17-06.25	1981
5.	Karissa Pederson	18-07.25	1988*

### TRIPLE JUMP

1.	Colleen Gibson	37-03.00	1984
2.	Meredith Howell	35-03.25	1984
3.	Jean Lee	34-05.75	1985
4.	Monique Walters	34-03.50	1986
5.	Kelley Rogers	33-03.00	1987
6.	Sherri Howard	33-00.00	1987

### SHOT PUT

1.	Karri Johnson	50-00.50	1984
2.	Terri Georgeson	45-03.00	1981
3.	Sara Bryan	44-02.50	1986
4.	Nora Judd	43-09.75	1980
5.	Jean Nelson	43-01.50	1978
6.	Beth Nygren	42-11.50	1986
7.	Julia McInnis	42-09.75	1982
8.	Joan Tavernia	42-07.50	1979
9.	Michele Cleland	42-06.25	1981
10.	Kathlee Davis	42-01.50	1979

### DISCUS

1.	Beth Nygren	155-02.00	1988
2.	Lori Souza	154-10.00	1988
3.	Kam Johnson	152-06.00	1983
4.	Michele Cleland	151-01.00	1981
5.	Kristi Wreath	146-10.00	1987
6.	Terry Georgeson	143-00.50	1981
7.	Jean Milson	139-08.75	1979
8.	Debbie Tally	138-01.00	1981
9.	Kristi Wreath	137-08.00	1986
10.	Nora Judd	136-01.00	1980

### JAVELIN

1.	Connie Peterka	179-08.00	1986
2.	Teresa Cooper	172-10.00	1981
3.	Tonja Reigle	169-09.00	1979
4.	Julie Waage	163-08.00	1987
5.	Kristi Nygaard	154-06.50	1982
6.	Michele Cleland	153-02.00	1981
7.	Kitsy Hall	153-01.00	1979
8.	Monica Witt	152-01.00	1986
9.	Kathy Sanders	141-04.00	1985
10.	Carol Frank	137-08.00	1982

### HEPTATHLON

1.	Sonya Crowther	5592	1982
2.	Cindy Greiner	5338	1981
3.	Meredith Howell	4987	1984
4.	Judy Sommer	4762	1981
5.	Marie Morkved	4232	1988

### PENTATHLON

1.	Sonya Crowther	4088	1982
2.	Cindy Greiner	3605	1980
3.	Carina Westover	3591	1980
4.	Sandy Huntley	3418	1978

# OREGON STATE TRACK AND FIELD

## MEN'S ALL-TIME LIST

### MEN'S TRACK & FIELD EVENTS

#### 100 METERS

1.	Willie Turner	10.00	1967
2.	Calvin Nicholson	10.40	1987
3.	Frank Jackson	10.42	1976
4.	Jerry Jordan	10.44	1976
5.	Butch Lumby	10.50	--
6.	Marcus Irving	10.57	1980
7.	<b>Markus Wheaton</b>	<b>10.58</b>	<b>2012</b>
8.	Doug Trout	10.60	1980
	Rex Brown	10.60	1983
	Greg Furguson	10.60	1984

#### 200 METERS

1.	Willie Turner	20.32	1967
2.	Jerry Jordan	20.56	1977
3.	Kasheef Hassan	20.77	1978
4.	Ernie Smith	20.92	1968
5.	Lynn Eves	21.12	1962
	Greg Marks	21.12	1966
	Yaw Atuahene	21.12	1974
8.	Rex Brown	21.20	1984
9.	Leroy Whittle	21.22	1961
	Bob Johnson	21.22	1962

#### 400 METERS

1.	Kasheef Hassan	44.76	1982
2.	Steve Pancoast	46.00	1967
3.	Norm Monroe	46.27	1961
4.	Lynn Eves	46.57	1961
	Bob Johnson	46.57	1962
6.	Rod Paul	46.77	1968
7.	Yaw Atuahene	46.86	1974
8.	Greg Marks	46.97	1968
9.	Pat Collins	47.07	1970
10.	Gary Barnes	47.22	1978

#### 800 METERS

1.	Morgan Groth	1:45.87	1964
2.	Pat Collins	1:45.97	1970
3.	Hailu Ebba	1:47.16	1974
4.	Norm Hoffmann	1:47.46	1962
5.	Terry Thompson	1:47.60	1967
6.	John Lilly	1:47.76	1970
7.	Mark Fricker	1:47.80	1982
8.	Jan Underwood	1:48.16	1964
	Clay Lowrey	1:48.16	1973
10.	Kasheef Hassan	1:49.08	1982

#### 1500 METERS

1.	Mark Fricker	3:38.72	1982
2.	Morgan Groth	3:40.40	1964
	Hailu Ebba	3:40.40	1972
4.	Keith Munson	3:41.60	1972
5.	Karl Van Calcar	3:41.78	1988
6.	Chris Carey	3:41.80	1972
7.	Dick Oldfield	3:43.05	1984
8.	Terry Smith	3:44.32	1967
9.	Rick Kumm	3:44.50	1980
10.	Dan Fulton	3:44.60	1979

#### MILE

1.	Hailu Ebba	3:57.89	1973
2.	Morgan Groth	3:57.99	1964
3.	Mark Fricker	3:58.39	1982
4.	Karl Van Calcar	3:59.35	1988
5.	Keith Muson	4:00.79	1971
6.	Terry Smith	4:02.09	1967
7.	Dale Storey	4:03.49	1962
8.	Chris Carey	4:04.49	1972
	Randy Brown	4:04.49	1976
10.	Cliff Rees	4:04.79	1975

#### 3000 METERS

1.	Karl Van Calcar	8:05.79	1988
2.	Tim Truax	8:43.59	1988

#### 5000 METERS

1.	Dan Fulton	13:50.27	1979
2.	Karl Van Calcar	13:52.55	1985
3.	Gid Rysdam	14:03.51	1985
4.	Dale Story	14:04.50	1963
5.	John Frank	14:14.09	1985
6.	Randy Brown	14:14.90	1976
7.	Mark Fricker	14:15.19	1983
8.	Dick Oldfield	14:22.99	1984
9.	Pete Warner	14:26.40	1983
10.	Jary Krauser	14:34.08	1981

#### 10000 METERS

1.	Gid Rysdam	29:05.89	1985
2.	Peter Warner	29:43.60	1982
3.	Rich Cuddihy	29:52.80	1963
4.	Karl Van Calcar	29:54.09	1987
5.	Telly Ebba	30:17.39	1988
6.	Doug Sweir	31:00.05	1986
7.	Tom Cushman	31:16.49	1976
8.	Yair Karni	31:28.60	1979

#### 110 METER HIGH HURDLES

1.	Lowell Harris	14.10	1972
	Mark White	14.10	1980
3.	Tom Wyatt	14.18	1965
	Don Parish	14.18	1968
5.	Ken Spearing	14.20	1980
6.	Frank Marsh	14.28	1963
	Greg Macy	14.28	1965
8.	Reggie DuPee	14.30	1982
9.	Bart Pierce	14.36	1976
10.	Leon Johnson	14.48	1971

#### 3000 METER STEEPLECHASE

1.	Karl Van Calcar	8:28.25	1985
2.	Gid Rysdam	8:35.94	1985
3.	Orjan Jemstrom	8:40.04	1987
4.	Lucan Oloo	8:42.26	1975
5.	Leonard Hill	8:43.00	1973
6.	Pete Warner	8:43.73	1983
7.	Jim Barkley	8:44.40	1969
8.	Rick Goldner	8:46.00	1973
9.	Jose Amaya	8:46.50	1976
10.	Dan Fulton	8:52.50	1979

#### LONG JUMP

1.	John Okoro	26-00.25	1976
2.	Larry Clemons	25-10.00	1983
3.	Darrell Horn	25-09.75	1961
4.	Bruce Smith	25-04.75	1978
5.	Charlie Olds	25-02.75	1969
6.	George May	25-01.75	1967
7.	Gerry Whittaker	24-11.50	1969
8.	Gary McCullough	24-11.00	1984
9.	Tony Albin	24-08.00	1966
10.	Luther Goin	24-05.00	1970

#### TRIPLE JUMP

1.	Robert Reader	53-10.50	1971
2.	Kenny Taylor	52-11.00	1983
3.	John Okoro	52-02.50	1975
4.	Barrington Lewis	52-00.00	1987
5.	Steve Rimm	51-01.50	1974
6.	Darrell Horn	51-01.00	1961
7.	Tony Albin	49-09.00	1966
8.	Charlie Olds	49-06.25	1969
9.	George May	49-05.50	1967
10.	Darryl Winchester	49-02.50	1974

#### HIGH JUMP

1.	Tom Woods	7-04.50	1973
2.	Dick Fosbury	7-04.25	1968
3.	Mike Fleer	7-03.00	1974
4.	Mark Wilson	7-02.25	1975
5.	<b>Jordan Bishop</b>	<b>7-01.75</b>	<b>2010</b>
	<b>Obum Gwacham</b>	<b>7-01.75</b>	<b>2010</b>
7.	John Radetich	7-1.00	1970
8.	Scott Wilbrecht	7-00.25	1976
	Stuart Hodnot	7-00.25	1987
10.	Steve Kelly	7-00.00	1969