

CNU INDOOR TRACK & FIELD ALL-TIME LISTS

Men

Women

60m/55m									
1	(6.77)	6.29	Ed Milling	1990	1	(7.31)	6.80	Sheila Trice	1990
2	(6.78)	6.30	David Banks	1985	2	(7.39)	6.87	Lisa Dillard	1987
3	(6.80)	6.32	Calvin Bunch	1995	3	(7.64)	7.10	Meshailay Robinson	1997
4	(6.83)	6.35	John Clark	1984	4	(7.66)	7.12	Happy Darcus	2003
5	(6.88)	6.40	David Bullock	1995	5	(7.67)	7.13	Tynesia Alston	1998
6	(6.92)	6.43	Dale Seay	1992	6	(7.73)	7.19	Michelle Dickens	1988
	(6.92)	6.43	Leroy Harper, Jr.	2009		(7.73)	7.19	Vanessa Lindsay	1994
8	6.93		Ryan Scott	2017	8	(7.78)	7.23	Vandesia Wilder	1994
9	6.95		Daulton Teaford	2013	9	(7.79)	7.24	Silvia Douglas	1984
10	(6.98)	6.49	Anthony Mungin	1991		(7.79)	7.24	Tamiko Patterson	1997

() = 60m conversions from 55m times

200m									
1	21.62	b(21.77)	Leroy Harper, Jr.	2009	1	25.29		Michelle Dickens	1990
2	22.00		Clyde Lewis	1995	2	25.38		Stephanie Andrews	2003
3	22.04		Ryan Scott	2017	3	25.72		Karen Simon	2006
4	22.08	b(22.33)	Daulton Teaford	2013	4	25.92		Happy Darcus	2003
5	22.10		Greg Boothe	1998	5	26.03		Sheila Trice	1990
6	22.53		Charles Washington	2007	6	26.20		Vandesia Wilder	1995
7	22.57	b(22.83)	Robert Mayes	2013	7	26.22		Fredsai Walker	2013
8	22.64		Calvin Bunch	1995	8	26.27		Marilyn Cochran	2001
9	22.70		Anthony Mungin	1991	9	26.27	b(26.43)	Cheria Jackson	2012
	22.70		Russell Waller	1997	10	26.30		Meshailay Robinson	1997

b = banked track () = fastest flat track time

400m									
1	48.89	b(49.73)	Charles Washington	2007	1	56.24		Edna Davis	1982
2	49.02		David Banks	1986	2	56.96		Stephanie Andrews	2003
3	49.05		Clyde Lewis	1998	3	57.46		Sandy Shelton	1991
4	49.07		Jarrell Warthen	2003	4	57.88		Dira Hansen	2011
5	49.62		Clarence Banks	1988	5	57.94		Tina Walton	1988
6	49.98		Greg Davenport	1991	6	58.06		Cuseda Corridon	1994
7	50.16	b(50.43)	Daulton Teaford	2014		58.06		Marilyn Cochran	2003
8	50.18	b(50.46)	Robert Mayes	2014	8	58.12		Silvia Douglas	1985
9	50.30		Jerry Rutherford	1985	9	58.32		Denita Eason	1997
10	50.31		Matthew Weissenborn	2006	10	58.40		Vandesia Wilder	1992

b = banked track () = fastest flat track time

800m									
1	1:53.00	b	Matt Winkler	2011	1	2:12.27	b	Dira Hansen	2012
2	1:53.85		Kyle Oakes	2009	2	2:12.73		Logan Harrington	2016
3	1:54.60		Jerome Valree	1991	3	2:17.04		Karen Humphrey	1986
4	1:54.68		Jeffrey Dover	2016	4	2:19.57		Briana Stewart	2015
5	1:55.41		Cullen Monahan	2017	5	2:19.80		Jessica McClelland	2014
6	1:55.61	b	Samuel Martin	2012	6	2:20.39		Adjoa Taylor	1996
7	1:55.64		Cavanaugh McGaw	2017	7	2:21.41		Megan Fogarty	2006
8	1:56.23		Jason Smith	1996	8	2:22.00		Faith Swanson	2001
9	1:56.52		Zachary Campbell	2016	9	2:22.30		Carey Foor	1991
10	1:56.74	b	Shaowei Tu	2011	10	2:22.50		Melissa Rizor	2013

Mile									
1	4:07.77		Jeffrey Dover	2018	1	4:57.27		Megan Fogarty	2006
2	4:14.62	b(4:18.44)	Zach Campbell	2017	2	5:01.24		Logan Harrington	2017
3	4:14.65	b(4:15.80)	Samuel Martin	2014	3	5:06.73		Jessica McClelland	2014
4	4:15.36		Billy Rabil	2016	4	5:07.41	b	Laurie Murphy	2011
5	4:16.87		Cary Chaffee	2005	5	5:12.70		Dira Hansen	2012
6	4:17.28	c	Keith Melanson	1991	6	5:15.30		Briana Stewart	2017
7	4:17.50		Daniel Read	2017	7	5:18.72		Alexa Tabackman	2016
8	4:19.24	c	Dan Pittman	1985	8	5:19.58		Emily Low	2006
9	4:20.17	b	Corey Lofton	2011	9	5:19.71		Gena Lewis	2017
10	4:20.67		Cavanaugh McGaw	2018	10	5:19.73		Melissa Rizor	2013

c = converted from 1500m; b = banked track

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Women

3000m											
1	8:25.50	Grayson Reid	2018	1	10:08.92	Megan Fogarty	2006	2	10:29.00	Briana Stewart	2016
2	8:33.49	Samuel Murch	2017	2	10:31.63	Aimee Gibbs	2003	3	10:34.98	Laurie Murphy	2011
3	8:34.90	Jeffrey Dover	2018	3	10:35.51	Alexa Tabackman	2016	4	10:36.79	Emmie Schmitt	2017
4	8:36.10	David Woodson	2008	4	10:38.02	Emily Low	2006	5	10:41.31	Erin Rolaf	2012
5	8:37.26	Matt Sinclair	2003	5	10:42.11	Lydia Cromwell	2016	6	10:42.34	Graciela Slyer	2016
6	8:40.63	Raymond Gamache	2013	6				7			
7	8:42.58	Daniel Read	2018	7				8			
8	8:44.00	Peyton Artz	2017	8				9			
9	8:45.31	JJ LaPointe	2017	9				10			
10	8:46.58	Will Bruner	2017	10							

5000m											
1	14:17.48	Grayson Ried	2018	1	17:44.77	Aimee Gibbs	2001	2	17:55.64	Megan Fogarty	2006
2	14:55.34	Matt Sinclair	2003	2	18:16.20	Lydia Cromwell	2016	3	18:21.07	Emily Low	2004
3	14:58.88	David Woodson	2009	3	18:29.83	Emmie Schmitt	2017	4	18:42.19	Elizabeth Bissell	2010
4	15:00.20	James Ratcliff	1995	4	18:45.40	Jessica Lee	2017	5	18:50.56	Erin Rolaf	2012
5	15:03.00	Dan Pittman	1985	5	18:54.90	Amy Wampler	2009	6	18:55.62	Julie Machamer	2014
6	15:07.54	Sam Murch	2017	6				7			
7	15:13.60	Raymond Gamache	2013	7				8			
8	15:16.00	Ron Borsheim	1985	8				9			
9	15:16.38	JJ LaPointe	2017	9				10			
10	15:22.00	GW Dameron	1991	10							

60m/55m Hurdles											
1	(8.04) 7.46	Greg Bolton	2005	1	(8.61) 8.00	Sheila Trice	1989	2	(8.68) 8.07	Bridgett Chchran	1997
2	(8.09) 7.51	Tony Smith	2000	2	(8.79) 8.17	Casey Taylor	2000	3	(8.85) 8.22	Donna Green	1988
3	(8.13) 7.55	Tyrone Walker	1984	3	8.90	Enuma Ezenwa	2014	4	(8.92) 8.29	Karen Simon	2006
4	8.13	Ryan Scott	2017	4	(8.96) 8.33	Denita Eason	1999	5	(8.99) 8.35	Mara Winters	2007
5	(8.19) 7.60	Jarmon Mayes	1998	5	(9.00) 8.36	Jennifer Gilmartin	1996	6	(9.03) 8.39	Cynthia Bryant	1991
6	8.20	Jordan Roach	2017	6				7			
7	(8.29) 7.70	Waris Wade	1998	7				8			
8	(8.32) 7.72	Mike Franklin	1986	8				9			
9	(8.32) 7.72	Mike Boucher	1993	9				10			
10	(8.36) 7.76	Matt McDonald	2004	10							

() = 60m conversions from 55m times

4x200m Relay											
1	1:32.32		2004	1	1:50.6	White/Ward/ Alston/Winters	2007				

4x400m Relay											
1	3:16.86	Smith/Booth/ Page/Lewis	1998	1	3:54.40	Eason/Harris/ Dickens/Shelton	1998				

4x800m Relay											
1	7:45.4	McGaw/Monahan/ Campbell/Dover	2017	1	9:53.1	Rolaf/Hansen/ McClelland/Zaharoff	2012				

Distance Medley Relay											
1	10:01.65	Campbell/Monahan/ Dover/Rabil	2016	1	12:37.58	McClelland/Ezenwa/ Cromwell/Rizor	2013	2	12:39.42	Stewart/Westerholm/ May/Harrington	2016
2	10:02.83	Campbell/Monahan/ McGaw/Dover	2017	2							

High Jump														
1	2.13	6'11 3/4"	Joseph Owens	2008	1	1.73	5'08"	Casey Taylor	2000	2	1.68	5'06"	Jenna Elliott	2014
2	2.11	6'11"	Richard Roethel	'12/'14	2	1.66	5'05 1/4"	Enuma Ezenwa	2015	3	1.62	5'03 3/4"	Noel Bartley	2014
3	2.03	6'08"	Mike Boucher	2002	3	1.61	5'03 1/4"	Jennifer Westerholm	2016	4	1.60	5'03"	Maureen Gallagher	1984
4	2.02	6'07 1/2"	Wesley Shrieves	2017	4	1.58	5'02 1/4"	Dira Hansen	2011	5	1.57	5'02"	Debbie Hodges	1985
5	1.98	6'06"	Greg Winbush	1985	5	1.57	5'02"	Laneatra Johnson	2000	6	1.57	5'02"	Lori Sheaks	2001
6	1.98	6'06"	Prennis Page	1998	6	1.57	5'02"	Teresa McGuire	2001	7	1.57	5'02"	Briana Sutton	'15/'17
7	1.96	6'05"	Troy Newcomer	2014	7	1.57	5'01 3/4"			8				
8	1.93	6'04"	Chris Vest	1982	8					9				
9	1.93	6'04"	Steve Barlow	1988						10				
10	1.93	6'04"	Tony Rodriguez	1990										
	1.93	6'04"	Mike Lee	1996										
	1.93	6'04"	Damon Talley	2000										
	1.93	6'04"	Rob Rodriguez	2004										

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Women

Pole Vault

1	4.71	15'05 1/2"	Jonathan Graham	2016	1	3.60	11'09 3/4"	Brandy King	2004
2	4.60	15'01 1/4"	Bobby Wilson	1996	2	3.40	11'01 3/4"	Rachael Hawks	2009
3	4.57	15'00"	Justin Loda	2005		3.40	11'01 3/4"	Jessica Brownell	2017
4	4.55	14'11"	Richard Roethel	2012	4	3.35	10'11 3/4"	Kalee Hammerton	2012
5	4.50	14'09"	Jared Rader	2009	5	3.28	10'09"	Lauren Snell	2012
6	4.46	14'07 1/2"	Joey Taylor	2013	6	3.20	10'06"	Stephanie Prakken	2004
7	4.42	14'06"	John Humphrey	1984	7	3.05	10'00"	Shannon Crane	2003
	4.42	14'06"	Carl Stuart	2005		3.05	10'00"	Khristine Schreiner	2004
9	4.35	14'03 1/4"	Dami Alao	2016	9	2.90	9'06 1/4"	Taryn Langley	2011
10	4.25	13'11 1/4"	Allan Pedin	2018	10	2.75	9'00 1/4"	Rose Wyant	2018
						2.75	9'00 1/4"	Kyra Ziegler	2018

Long Jump

1	7.37	24'02"	Jim Williams	1983	1	5.93	19'05 1/2"	Lisa Dillard	1987
2	7.26	23'10"	Damon Talley	2001	2	5.86	19'02 3/4"	Marquita Mines	2003
3	7.25	23'09 1/2"	Wesley Shrieves	2017	3	5.80	19'00 1/2"	Sandy Shelton	1988
4	7.06	23'02"	Bernard Wallace	1990		5.80	19'00 1/2"	Sheila Trice	1989
5	7.05	23'01 3/4"	Dominique Torres	2014	5	5.79	19'00"	Casey Taylor	2000
6	7.05	23'01 1/2"	Nick Robinson	2004	6	5.74	18'10"	Michelle Dickens	1988
7	6.99	22'11"	Mike Boucher	1994	7	5.69	18'08"	Denita Eason	1999
8	6.97	22'10 1/2"	Richard Roethel	2012	8	5.61	18'05"	Jennifer Martin	1992
9	6.95	22'09 3/4"	Alexander Arthur	1996		5.61	18'05"	Brittany Jacobs	2011
10	6.94	22'09 1/4"	Isaac Bell	2007	10	5.60	18'04 1/2"	Tamiko Patterson	1997

Triple Jump

1	14.99	49'02"	Steve Roberts	2002	1	12.37	40'07"	LaNeatra Johnson	2003
2	14.90	48'10 1/2"	Matt Mertz	2002	2	12.32	40'05"	Casey Taylor	2000
3	14.86	48'09"	Isaac Bell	2009	3	12.20	40'00 1/2"	Tamiko Patterson	1997
4	14.80	48'06 1/2"	Damon Talley	2000	4	11.92	39'01 1/4"	Sheila Trice	1989
5	14.60	47'11"	Dominique Torres	2014	5	11.79	38'08 1/4"	Lai Madden	1994
6	14.54	47'08 1/2"	David Bullock	1995	6	11.32	37'01 3/4"	Antoinette Bass	1991
7	14.47	47'05 1/2"	Franco Fox	1995	7	11.23	36'10 1/4"	Brittany Jacobs	2011
8	14.36	47'01 1/2"	Rob Rodriguez	2006	8	11.13	36'06 1/4"	Dira Hansen	2010
9	14.35	47'01"	Nick Robinson	2004	9	11.11	36'05 1/2"	Devon Alston	2008
10	14.32	46'11 3/4"	Leo Pincard	1996	10	11.06	36'03 1/2"	Antoinette Stowers	2001

Shot Put

1	15.65	51'04 1/4"	Ryan Gordon	2008	1	14.52	47'07 1/2"	Claudia Stanley	1987
2	15.27	50'01 1/4"	Brendon Burrows	2017	2	14.23	46'08 1/4"	Rachael Clark	2007
3	15.08	49'05 3/4"	Chris Banks	2010	3	13.57	44'06 1/4"	Hannah Shoemaker	2017
4	14.99	49'02 1/4"	Troy King	1987	4	12.48	40'11 1/4"	Latoya Porter	2002
5	14.69	48'02 1/4"	Billy Bouldon	2006	5	11.95	39'02 1/2"	Tyler Robin	2017
6	14.54	47'08 1/2"	Chris Waller	2003	6	11.89	39'00 1/4"	Kayla Jones	2015
7	14.33	47'00 1/4"	Ryan Long	2016	7	11.75	38'06 3/4"	Lisa Molineaux	1990
8	13.88	45'06 1/2"	Kevin Boggs	2006	8	11.73	38'06"	Leigh Trayers	2002
9	13.64	44'09"	Richard Roethel	2014	9	11.71	38'05"	Briana Sutton	2017
10	13.58	44'06 1/2"	Steve Davis	1983	10	11.65	38'02 3/4"	Maria Bailey	1988

Weight Throw

1	17.10	56'01 1/4"	Chris Banks	2010	1	14.45	47'05"	Hannah Shoemaker	2017
2	16.99	55'09"	Ryan Gordon	2008	2	14.06	46'01 1/2"	Kayla Brown	2017
3	16.19	53'01 1/2"	Robert Graham III	2016	3	13.92	45'08"	Kelsey Farmer	2008
4	16.03	52'07 1/4"	Legend Boyesen	2017	4	13.74	45'01"	Lillie Cummings	2016
5	15.18	49'09 3/4"	Kendrick McMinn	2014	5	13.65	44'09 1/2"	Sandra Gibbs	1990
6	14.98	49'01 3/4"	Billy Bouldon	2005	6	13.38	43'10 3/4"	Adrianna Carter	2010
7	14.97	49'01 1/2"	Shaun Copening	2017	7	13.36	43'10"	Sarah Johnson	2017
8	14.31	46'11 1/4"	David Rhue	2005	8	13.17	43'02 1/2"	Rachael Clark	2008
9	14.05	46'01'25"	Anthony Melton	2014		13.17	43'02 1/2"	Lyzan Rashid	2016
10	13.94	45'09"	Jonathon Wade	2012	10	12.68	41'07 1/4"	Julianna Yensho	2010

Heptathlon/Pentathlon

1	5434	Richard Roethel	2012	1	3576	Enuma Ezenwa	2015
2	4163	Brian Strickland	2014	2	3441	Jennifer Westerholm	2015
3	4035	Corey Rodriguez	2015	3	3360	Briana Sutton	2015
4	4022	Michael Sonnek	2014	4	3309	Dira Hansen	2011
5	3989	Joron Foster	2014	5	3033	Mackenzie Scott	2015
6	3827	Daulton Teaford	2012	6	2946	Noel Bartley	2014
7	3753	Troy Newcomer	2012	7	2926	Cheria Jackson	2011
8	3530	Brett Fenstermacher	2017	8	2891	Danielle Crowley	2014
9	3307	Dwayne Leonard	2016	9	2778	Hannah Bowden	2017
				10	2657	Onon Kadima	2017