

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	22.45	Kurt Waller	2018	6	26.20	Vandesia Wilder	1995
7	22.53	Charles Washington	2007	7	26.22	Fredsai Walker	2013
8	22.57 b(22.83)	Robert Mayes	2013	8	26.27	Marilyn Cochran	2001
9	22.64	Calvin Bunch	1995	9	26.27 b(26.43)	Cheria Jackson	2012
10	22.70	Anthony Mungin	1991	10	26.30	Meshailay Robinson	1997
	22.70	Russell Waller	1997				
	22.70 b(22.94)	Greg Jones	2009				

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	49.92	Kurt Waller	2018	6	58.06	Cuseda Corridon	1994
7	49.98	Greg Davenport	1991		58.06	Marilyn Cochran	2003
8	50.16 b(50.43)	Daulton Teaford	2014	8	58.12	Silvia Douglas	1985
9	50.18 b(50.46)	Robert Mayes	2014	9	58.32	Denita Eason	1997
10	50.30	Jerry Rutherford	1985	10	58.40	Vandesia Wilder	1992

b = banked track () = fastest flat track time

800m							
1	1:52.88 b(1:54.89)	Cavanaugh McGaw	2018	1	2:12.27 b(2:13.67)	Dira Hansen	2012
2	1:53.00 b(1:55.03)	Matt Winkler	2011	2	2:12.73	Logan Harrington	2016
3	1:53.85	Kyle Oakes	2009	3	2:17.04	Karen Humphrey	1986
	1:53.85 b(1:55.41)	Cullen Monahan	2018	4	2:19.57	Briana Stewart	2015
5	1:54.60	Jerome Valree	1991	5	2:19.80	Jessica McClelland	2014
6	1:54.68	Jeffrey Dover	2016	6	2:20.39	Adjoa Taylor	1996
7	1:55.61 b(1:57.62)	Samuel Martin	2012	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	2:22.18	Monica Lannen	2018
10	1:56.74 b(1:58.73)	Shaowei Tu	2011	10	2:22.30	Carey Foor	1991

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(5:08.86)	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	4:17.53	Grayson Reid	2018	8	5:19.17	Monica Lannen	2018
9	4:19.24 c	Dan Pittman	1985	9	5:19.41	Samantha Dickerson	2018
10	4:20.17 b(4:22.52)	Corey Lofton	2011	10	5:19.58	Emily Low	2006

c = converted from 1500m; b = banked track

CNU INDOOR TRACK & FIELD ALL-TIME LISTS

Men

Women

3000m				3000m			
1	8:20.58	Jeffrey Dover	2018	1	10:08.92	Megan Fogarty	2006
2	8:25.50	Grayson Reid	2018	2	10:29.00	Briana Stewart	2016
3	8:33.49	Samuel Murch	2017	3	10:31.63	Aimee Gibbs	2003
4	8:36.10	David Woodson	2008	4	10:34.98	Laurie Murphy	2011
5	8:37.26	Matt Sinclair	2003	5	10:35.51	Alexa Tabackman	2016
6	8:40.63	Raymond Gamache	2013	6	10:36.79	Emmie Schmitt	2017
7	8:42.58	Daniel Read	2018	7	10:38.02	Emily Low	2006
8	8:44.00	Peyton Artz	2017	8	10:41.31	Erin Rolaf	2012
9	8:45.31	JJ LaPointe	2017	9	10:42.11	Lydia Cromwell	2016
10	8:46.04	Joseph Lightbody	2018	10	10:42.34	Graciela Slyer	2016

5000m				5000m			
1	14:17.48	Grayson Ried	2018	1	17:44.77	Aimee Gibbs	2001
2	14:55.34	Matt Sinclair	2003	2	17:55.64	Megan Fogarty	2006
3	14:58.88	David Woodson	2009	3	18:16.20	Lydia Cromwell	2016
4	15:00.20	James Ratcliff	1995	4	18:21.07	Emily Low	2004
5	15:03.00	Dan Pittman	1985	5	18:29.83	Emmie Schmitt	2017
6	15:07.54	Sam Murch	2017	6	18:39.86	Jessica Lee	2018
7	15:11.64	Joseph Lightbody	2018	7	18:42.19	Elizabeth Bissell	2010
8	15:11.94	Daniel Cretney	2018	8	18:50.56	Erin Rolaf	2012
9	15:13.60	Raymond Gamache	2013	9	18:54.90	Amy Wampler	2009
10	15:16.00	Ron Borsheim	1985	10	18:55.62	Julie Machamer	2014

60m/55m Hurdles				60m/55m Hurdles			
1	(8.04) 7.46	Greg Bolton	2005	1	(8.61) 8.00	Sheila Trice	1989
2	(8.09) 7.51	Tony Smith	2000	2	(8.68) 8.07	Bridgett Chchran	1997
3	(8.13) 7.55	Tyrone Walker	1984	3	(8.79) 8.17	Casey Taylor	2000
4	8.13	Ryan Scott	2017	4	(8.85) 8.22	Donna Green	1988
5	(8.19) 7.60	Jarmon Mayes	1998	5	8.90	Enuma Ezenwa	2014
6	8.20	Jordan Roach	2017	6	(8.92) 8.29	Karen Simon	2006
7	(8.29) 7.70	Waris Wade	1998	7	(8.96) 8.33	Denita Eason	1999
8	(8.32) 7.72	Mike Franklin	1986	8	(8.99) 8.35	Mara Winters	2007
	(8.32) 7.72	Mike Boucher	1993	9	(9.00) 8.36	Jennifer Gilmartin	1996
10	(8.36) 7.76	Matt McDonald	2004	10	(9.03) 8.39	Cynthia Bryant	1991
	8.36	Lewis Folli	2018				

() = 60m conversions from 55m times

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

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

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

Distance Medley Relay				Distance Medley Relay			
1	9:58.96 b	Rabil/Berry/ Monahan/McGaw	2018	1	12:37.58	McClelland/Ezenwa/ Cromwell/Rizor	2013
2	10:01.65	Campbell/Monahan/ Dover/Rabil	2016	2	12:39.42	Stewart/Westerholm/ May/Harrington	2016

High Jump				High Jump					
1	2.13	6'11 3/4"	Joseph Owens	2008	1	1.73	5'08"	Casey Taylor	2000
2	2.11	6'11"	Richard Roethel	'12/'14	2	1.68	5'06"	Jenna Elliott	2014
3	2.03	6'08"	Mike Boucher	2002	3	1.66	5'05 1/4"	Enuma Ezenwa	2015
4	2.02	6'07 1/2"	Wesley Shrieves	2017	4	1.62	5'03 3/4"	Noel Bartley	2014
5	1.98	6'06"	Greg Winbush	1985	5	1.61	5'03 1/4"	Jennifer Westerholm	2016
	1.98	6'06"	Prennis Page	1998	6	1.60	5'03"	Maureen Gallagher	1984
7	1.96	6'05"	Troy Newcomer	2014	7	1.58	5'02 1/4"	Dira Hansen	2011
8	1.93	6'04"	Chris Vest	1982		1.58	5'02 1/4"	Hannah Bowden	2018
	1.93	6'04"	Steve Barlow	1988	9	1.57	5'02"	Debbie Hodges	1985
	1.93	6'04"	Tony Rodriguez	1990		1.57	5'02"	Laneatra Johnson	2000
	1.93	6'04"	Mike Lee	1996		1.57	5'02"	Lori Sheaks	2001
	1.93	6'04"	Damon Talley	2000		1.57	5'02"	Teresa McGuire	2001
	1.93	6'04"	Rob Rodriguez	2004					

CNU INDOOR TRACK & FIELD ALL-TIME LISTS

Men

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	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	4.40	14'05 1/4"	Allan Pedin	2018	9	2.90	9'06 1/4"	Taryn Langley	2011
10	4.35	14'03 1/4"	Dami Alao	2016		2.90	9'06 1/4"	Samantha Tritt	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	12.29	40'04"	Sarah Johnson	2018
6	14.54	47'08 1/2"	Chris Waller	2003	6	11.95	39'02 1/2"	Tyler Robin	2017
7	14.33	47'00 1/4"	Ryan Long	2016	7	11.89	39'00 1/4"	Kayla Jones	2015
8	14.01	45'11 3/4"	Legend Hayes	2018	8	11.75	38'06 3/4"	Lisa Molineaux	1990
9	13.88	45'06 1/2"	Kevin Boggs	2006	9	11.73	38'06"	Leigh Trayers	2002
10	13.80	45'03 1/2"	Carlos Bazan-Alfaro	2018	10	11.71	38'05"	Briana Sutton	2017

Weight Throw

1	17.10	56'01 1/4"	Chris Banks	2010	1	14.68	48'02"	Sarah Johnson	2018
2	16.99	55'09"	Ryan Gordon	2008	2	14.52	47'07 3/4"	Hannah Shoemaker	2018
3	16.69	54'09 1/4"	Legend Hayes	2018	3	14.06	46'01 1/2"	Kayla Brown	2017
4	16.19	53'01 1/2"	Robert Graham III	2016	4	13.92	45'08"	Kelsey Farmer	2008
5	15.18	49'09 3/4"	Kendrick McMinn	2014	5	13.74	45'01"	Lillie Cummings	2016
6	14.98	49'01 3/4"	Billy Bouldon	2005	6	13.65	44'09 1/2"	Sandra Gibbs	1990
7	14.97	49'01 1/2"	Shaun Copening	2017	7	13.38	43'10 3/4"	Adrianna Carter	2010
8	14.79	48'06 1/4"	Brendon Burrows	2018	8	13.17	43'02 1/2"	Rachael Clark	2008
9	14.31	46'11 1/4"	David Rhue	2005		13.17	43'02 1/2"	Lyzan Rashid	2016
10	14.05	46'01'25"	Anthony Melton	2014	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