

LANE COMMUNITY COLLEGE TRACK & FIELD  
TOP TEN INDIVIDUAL PERFORMERS  
(hand times have been converted)

100M

JACKIE HUNTER	11.88	1995
TARYN TARVER	12.00	1995
KELLI STONELAKE	12.00	1990
TRISHA HOUGH	12.04	1994
NICOLE BROWN	12.19	2002
MARIAH WILLIAMS	12.31	1998
DANIELLE FLEMING	12.34	1998
MACKENZIE WINKLE	12.49	2004
NICOLE BARROTE	12.54	1995
JILL LANHAM	12.54	1979

200M

KELLI STONELAKE	24.87	1990
JACKIE HUNTER	24.92	1996
SARAH WASYLNKA	25.01	1997
TAMARA ANDERSON	25.14	1988
SHAWNA KRASOWSKI	25.26	1991
NICOLE BARROTE	25.44	1994
TARYN TARVER	25.46	1995
NICOLE BROWN	25.47	2002
JILL LANHAM	25.54	1979
MARIAH WILLIAMS	25.54	1998

400M

NICOLE BARROTE	54.74	1995
JUANITA NELSON	55.71	1983
SARAH WASYLNKA	55.81	1997
SHAWNA KRASOWSKI	56.54	1991
TAMMY COURTNEY	56.84	1987
ANGIE ROSS	56.84	1984
KRISTINA ELY	57.35	2006
JILL LANHAM	57.54	1980
MICHELE LANNING	57.55	1991
DEBBIE WRIGHT	57.84	1981
NIKKI TRAINA	57.84	1993

## 800M

DEBBIE ROTH	2:13.84	1972
SHIRLEY GREGERSON	2:13.84	1984
JEANNINE DAVIS	2:14.60	1993
JESSICA McCOOL	2:14.74	1996
MYRIAH COBLE	2:17.06	1996
VAL QUADE	2:17.24	1986
DEBBIE WRIGHT	2:17.24	1981
JEANIE HIGINBOTHAM	2:17.34	1983
MONICA VAN WEGEN	2:17.89	1998
LOI BRUMLEY	2:18.24	1982

## 1500M

JEANIE HIGINBOTHAM	4:37.98	1984
JESSICA McCOOL	4:38.04	1996
JULIE ZELLER	4:40.34	1983
ANNE O'LEARY	4:40.34	1981
CHRISTINA COOPER	4:42.91	1996
CHERYL BATES	4:42.94	1977
PAM VASSEY	4:42.94	1983
MARTHA SWATT	4:44.14	1981
JANET BEAUDRY	4:45.14	1983
JEANNINE DAVIS	4:45.11	1993

## 3000M

DEBBIE ROTH	9:49.94	1977
SANDY DICKERSON	9:54.14	1981
MARTHA SWATT	9:58.14	1981
CHRISTINA COOPER	10:05.86	1996
JANET BEAUDRY	10:13.54	1983
ERIN O'BRIEN	10:15.07	1996
JEANIE HIGINBOTHAM	10:16.04	1984
LAURIE STOVALL	10:16.14	1983
JULIE ZELLER	10:22.14	1983
VAL QUADE	10:27.84	1986

## 5000M

SANDY DICKERSON	17:33.14	1980
CHRISTINA COOPER	18:02.95	1996
JANET BEAUDRY	18:08.94	1982
KATIE GILBERT	18:21.35	2005
LAURIE STOVALL	18:26.14	1983
PAM VASEY	18:30.04	1984
LISA MOE	18:30.14	1988
DEBBIE KNAPP	18:31.04	1986
STEPHANIE CARTER	18:36.81	2004
DIANA NICHOLAS	18:41.64	1986

### 10000M

JANET BEAUDRY	36:02.14	1982
SANDY DICKERSON	37:31.14	1980
DIANA NICHOLAS	39:10.44	1986
KATIE GILBERT	39:12.31	2005
ERIN GERHARDT	39:25.71	2003
JESSIE SCHRA	39:26.94	1996
STEPHANIE CARTER	39:37.08	2003
TAMMIE GARDINER	40:42.84	1987
CATHY WOOD	40:49.44	1989
KARI SWETLAND	40:54.54	1996

### 110M HURDLES

KATIE ROWLETT	14.40	1997
NICOLE BARROTE	14.44	1995
NIKKI TRAINA	14.71	1993
ANNE JENNINGS	14.74	1982
NATHALIA ECHAVARRIA	14.96	1999
CAMEO DAVIS	15.10	1999
MARION ZERULL	15.14	1985
CHRISTINE SCHIEL	15.14	1987
BRANDY DUNN	15.24	1996
MANDY SAMUDIO	15.25	2000

### 400M HURDLES

NICOLE BARROTE	1:00.56	1995
NIKKI TRAINA	1:01.21	1994
KATIE ROWLETT	1:01.67	1997
CAMEO DAVIS	1:02.30	2000
LOI BRUMLEY	1:03.04	1982
RALEEN QUACKENBUSH	1:03.54	1994
CHRISTINE SCHIEL	1:03.74	1987
LEISHA SANDERS	1:03.94	1981
SHANNA TIPPIN	1:04.13	1990
BRANDY DUNN	1:04.15	1996

### SHOT PUT

JESSICA MARABLE	47' 7"	1996
BECKY PARKER	45' 9"	1996
JOI TIPTON	44' 2"	1987
JUDITH BURNETT	43' 3"	2005
JESSICA WARDEN	43' 2"	1997
MICHELLE SOUDER	42' 8"	1984
BETH SMITH	42' 7 1/2"	1978
AUDREA WOODRING	41' 7"	1995
DEBBIE MANN	41' 5"	1997

DISCUS

LISHA LASS	161' 10"	1981
JESSICA MARABLE	160' 0"	1996
MICHELLE SOUDER	150' 9"	1981
HEATHER HILL	147' 2"	1996
BECKY PARKER	144' 6"	1996
JESSICA WARDEN	144' 4"	1998
BETH SMITH	144' 11/2"	1971
KATHY ROMOSER	144' 0"	2001
JUDITH BURNETT	140' 4"	2005
EMILY BROWN	138' 9"	2005
DEBBIE MANN	138' 9"	1997

JAVELIN

WHITNEY HARRIS	155' 3"	2006
STACY FOURNIER	154' 0"	1995
WENDY OLSON	154' 0"	1998
KIERSTEN SOHM	148' 0"	1998
LISHA LASS	144' 2"	1981
JUDY HEIDENRICH	142' 3"	1977
MICHELLE WEISENFELS	140' 8"	1988
ANGIE VACHTER	139' 1"	1989
JAALA OSBAN	137' 8"	2005
JOI TIPTON	137' 2"	1987

HAMMER THROW

EMILY BROWN	167' 11"	2005
HEATHER HILL	156' 10" (47.80)	1997
JUDITH BURNETT	151' 8"	2005
GRETCHEN MOE	144' 05" (44.02)	2001
JESSICA WARDEN	139' 4" (42.48)	1998
DEBBIE MANN	138' 9" (42.30)	1997
BECKY PARKER	135' 6" (41.30)	1996
RACHAEL CHILDERS	133' 0"	1999
KATHY ROMOSER	122' 07"	2001
LAURA LAKE	120' 11"	2000

LONG JUMP

TRISHA HOUGH	19' 9"	1994
TAMMY COURTNEY	19' 21/4"	1988
PATTY BAKER	18' 71/4"	1986
SHANNA TIPPIN	18' 2"	1990
AMY HILL	18' 1 1/2"	2000
MACKENZIE WINKLE	18' 1"	2004
CHRISTINE SCHIEL	17' 10"	1987
SUZY DARBY	17' 9"	1983
MARION ZERULL	17' 9"	1985
LEISHA SANDERS	17' 61/2"	1981

TRIPLE JUMP		
MACKENZIE WINKLE	37' 5"	2004
AMY BRUHN	37' 5"	1989
HEATHER PHIPPS	35' 10"	2000
TRISHA HOUGH	35' 9"	1995
ALLISON SOLARZ	35' 6.5"	1998
JAIME SALATA	35' 31/4"	2003
KRISTIN BROGDON	34' 8"	2004
MANDY SAMUDIO	34' 1 1/2"	2000
CHELSEY AUGUSTYNIAK	34' 1"	2005
SYBLE McVEY	34' 1/4"	1987
ALICIA HOLT	34' 1/4"	1989

HIGH JUMP		
LOI BRUMLEY	5' 9"	1982
LIZ JONES	5' 6 1/2"	1978
KRISTIN BROGDON	5' 5"	2005
VERONA RICHARDS	5' 5"	1989
AMY HILL	5' 4 1/2"	2000
ASHLYN TERRY	5' 4 1/2"	2002
MACKENZIE WINKLE	5' 4"	2004
ANNE JENNINGS	5' 4"	1982
LESLIE WHITE	5' 4"	1984
MEGHANN QUINN	5' 4"	2002

POLE VAULT		
ERIKA STRATTON	11' 6"	2006
CHRISTINA BELL	11' 6"	2002
JENNIFER BOLTON	11' 6"	2003
AMY DEAN	11' 0"	2001
LORI JACKSON	10' 6"	2005
RENEE MILLER	10' 6"	2004
KELSEY POLLARD	10' 0"	2004
AMY UTTER	10' 0"	2001
SARA DE BIT	9' 6"	2006
MONICA TEEPLE	9' 1/4"	2005

HEPTATHLON		
MACKENZIE WINKLE	4698 pts.	2004
BRANDY DUNN	4575 pts.	1996
VICKIE SPIEKERMAN	4517 pts.	1984
LOI BRUMLEY	4507 pts.	1982
AMY HILL	4442 pts.	2000
MONICA TEEPLE	4267 pts.	2005
MEGHANN QUINN	4231 pts.	2003
MACKENZIE WINKLE	4202 pts.	2003
ANNE JENNINGS	4169 pts.	1982
NIKKI SICHTING	4150 pts.	1995

4x100M RELAY TRISHA HOUGH TARYN TARVER NICOLE BARROTE JACKIE HUNTER	47.34	1995
4x200M RELAY RENELLE JEPPSEN SHANNA TIPPIN MICHELE LANNING SHAWNA KRASOWSKI	1:45.24	1990
4x400M RELAY MARIAH WILLIAMS KATIE ROWLETT DANIELLE FLEMING SARAH WASYLNKA	3:52.50	1997
4x800M RELAY SHIRLEY GREGERSON CATHY WRIGHT JEANIE HIGINBOTHAM CHARLENE GUTHRIE	9:19.84	1983
4x1600M RELAY NICOLE LIGHTCAP ROBIN NUTTER TAUNYA PIERATT SHELLI GRAY	22:30.04	1987
SPRINT MEDLEY RELAY MARION ZERULL DAWN SMOOT DIEDRE THOMAS ANGIE ROSS	1:47.54	1984
DISTANCE MEDLEY RELAY DAWN RAY JEANIE HIGINBOTHAM DIEDRE THOMAS SHIRLEY GREGERSON	12:25.25	1983

LANE COMMUNITY COLLEGE - MEN'S ALL-TIME TOP TEN  
(hand times have been converted)

100M

ANDREW BANKS	10.39	1977
PHIL ALEXANDER	10.60	2005
MARK DANNIS	10.64	1984
MARCUS DILLON	10.66	2006
DAMIEN DAWSON	10.69	1999
TERRELL BURTON	10.72	1994
ROMUND HOWARD	10.74	1984
MARTY GRANT	10.74	1983
SKYLER REDDINGTON	10.78	2002
PARIS RAMSEY	10.84	2004
NATE MORELAND	10.84	1981

200M

PHIL ALEXANDER	21.00	2005
ANDREW BANKS	21.34	1977
MARK DANNIS	21.43	1984
PAT LANNING	21.54	1986
PARIS RAMSEY	21.54	2004
SKYLER REDDINGTON	21.63	2002
DAMIEN DAWSON	21.69	1999
ROY SESSION	21.69	1985
JAMES KENFIELD	21.72	1996
MARTY GRANT	21.84	1983

400M

PAT LANNING	46.79	1986
BRAD COLEMAN	47.12	1981
MIKE BECERRA	47.22	2001
PHIL ALEXANDER	47.41	2004
ROY SESSION	47.73	1985
MARTY GRANT	47.84	1983
NATHAN INGRAO	47.93	2006
JAMES KENFIELD	48.14	1997
MIKE HEDLIND	48.34	1983
PHIL GAMBLE	48.35	1998

### 800M

JOSE LUIS BARBOSA	1:44.10	1986
RYUN CARVER	1:51.19	1998
MARTY HEMSLEY	1:51.24	1983
DAVID BAILEY	1:51.73	1984
A.J. CASTEEL	1:51.75	2005
JON LAND	1:51.93	1995
DAVID HENDERSON	1:52.64	1982
JIM HOWARTH	1:52.65	1987
FRED SPROUL	1:52.74	1981
CORY RANDALL	1:53.04	1983

### 1500M

JOSE LUIS BARBOSA	3:45.14	1986
CORY RANDALL	3:48.94	1983
NATHAN MORRIS	3:49.74	1983
JOHN MACKAY	3:50.29	1994
BOB SHISLER	3:50.64	1983
MARTY HEMSLEY	3:50.74	1983
SETH SIMONDS	3:53.04	1985
RYUN CARVER	3:53.07	1998
ZACH DONE	3:53.39	2005
A.J. CASTEEL	3:55.09	2006

### 3000M

DAVID HENDERSON	8:21.74	1982
JAMES LONGORIA	8:25.11	1997
BILLY HARPER	8:32.57	1997
SKIY DeTRAY	8:39.78	1997
DAVID MOORHOUSE	8:49.73	2001
JOHN BARRETO	8:53.90	2005
ROWDY SARGESON	8:54.20	2001
MATT BARNHART	9:00.02	2005
RYUN CARVER	9:05.24	1998
ZACH DONE	9:06.07	2005

### 5000M

KEN MARTIN	14:22.44	1978
DAVE MAGNESS	14:22.44	1979
NATHAN MORRIS	14:30.84	1983
DAVID MORGAN	14:31.18	2006
DAVID HENDERSON	14:32.64	1982
STEVE BRONSON	14:33.14	1985
ROD COOPER	14:36.00	1975
JAMES LONGORIA	14:40.14	1997
BOB SHISLER	14:41.94	1983
BILLY HARPER	14:54.65	1997

10000M		
KEN MARTIN	29:40.44	1978
JAMES LONGORIA	30:09.61	1997
BILLY HARPER	30:49.39	1997
RICK CLEEK	30:59.94	1983
DAVID MORGAN	31:01.91	2006
STEVE BRONSON	31:32.44	1985
DAVID MOORHOUSE	31:40.50	2001
JOEL BAKE	31:47.24	1982
JOHN NAGEL	31:54.64	1981
MATT BARNHART	31:57.91	2005

STEEPLE		
NATHAN MORRIS	8:49.84	1983
CORY RANDALL	8:59.14	1983
BILLY HARPER	9:11.38	1997
SETH SIMONDS	9:17.94	1984
RYUN CARVER	9:28.24	1998
KEVIN MORRIS	9:31.74	1982
TAROM ALDEN-ODEKIRK	9:26.64	1997
SKIY DeTRAY	9:33.18	1997
A.J. CASTEEL	9:34.96	2006
MAT HUNNICUTT	9:39.85	1997

110M HURDLES		
ROMUND HOWARD	14.44	1983
TOM PAPPAS	14.61	1996
BRENDON QUINN	14.62	2001
JESSE WELLS	14.63	1996
DEVIN WHITE	14.84	1988
LAURENCE AUSTIN	14.85	1986
JIM CHEADLE	14.94	1986
CHRIS TAYLOR	14.97	1998
KEITH BAKER	14.98	2003
JOSH BACHMANN	15.02	1999

400M HURDLES		
MIKE EWING	50.60	1983
PAT LANNING	52.76	1986
PAUL GREEN	53.74	1989
KEITH BAKER	54.54	2002
ADAM BAILEY	54.62	2002
JOHN BOYLE	54.92	1996
BILL PAPPAS	55.07	1998
PHIL GAMBLE	55.11	1998
GLENN SCOTT	55.23	2001
BRENDON QUINN	55.28	2001

### SHOT PUT

CURT DENNY	58' 11"	1983
MATTIAS ERIKSSON	54' 43/4"	1996
MIKE VOIGHT	51' 113/4"	1994
PAUL STEENKOLK	51' 9"	1995
BRIAN WUETHRICH	51' 07.75"	2006
RICHARD BAILEY	51' 07.75"	1998
CHRIS SAMUELS	50' 05.75"	1999
LANCE LEHM	50' 0"	1988
MARK CUMER	48' 11"	1985
EVAN LYBARGER	48' 11"	2003

### DISCUS

AL SHIBLEY	169' 9"	1976
NIC ANASTASSIADES	160' 0"	1988
AARON CORY	158' 11"	1998
MIKE VOIGHT	158' 7"	1994
MARK CUMER	156' 2"	1985
CODY FLEMING	154' 2"	2004
LANCE LEHNE	153' 0"	1988
CURT DENNY	152' 7"	1983
JOE SAMUELS	150' 03"	1999
CHRIS SAMUELS	150' 00.5"	1999

### HAMMER

NIC ANASTASSIADES	186' 43/4"	1988
MATHIAS WENNBERG	173' 1"	1995
EVAN LYBARGER	169' 10"	2003
DAN GORMAN	159' 7"	1988
BOB ARNOLD	157' 1"	1994
STEVE OXENFORD	155' 8"	1989
MATTIAS ERIKSSON	153' 3"	1996
DAN CHAPMAN	149' 91/2"	1993
AARON CORY	148' 9"	1997
RICHARD BAILEY	144' 10"	1999

JAVELIN (Pre 1985 rule)

RICH WOLF	241' 10"	1979
BOB GEORGE	233' 10"	1983
MARK MILLER	209' 7"	1982
MIKE KEIZUR	203' 9"	1982
STEVE KROEKER	192' 4"	1982
DAN GOSS	189' 10"	1982

NEW IAAF JAVELIN

ERIC NELSON	214' 2"	1986
BRIAN BARTOW	209' 6"	2003
JONAH FRIEDRICH	208' 7"	2002
OCTAVIOUS GILLESPIE	208' 05"	1999
DAVE CHRISTOPHER	207' 6"	1989
MICHAEL MCGARRY	206' 9"	2005
JOE COWLES	201' 5"	1991
TYLER RICHARDSON	199' 5"	2005
CHRIS BARR	196' 5"	1988
BRIAN WUETHRICH	194' 4"	2006

LONG JUMP

KELLEN KENNEDY	24' 9"	2003
JEFF HAMPSON	24' 21/2"	1986
TOM PAPPAS	24' 11/2"	1996
AARON LAMB	23' 21/2"	1997
COLLIN CRAM	23' 1/2"	2006
ROY SESSION	23' 1/2"	1985
DOUG RITCHIE	22' 113/4"	1983
BILL PAPPAS	22' 11.1/4"	1998
JON MAHER	22' 11"	1994
PAUL ACKERMAN	22' 9"	1986

TRIPLE JUMP

JON MAHER	49' 4"	1995
MIKE YEOMAN	48' 11"	1978
CRAIG LOPER	49' (w)	1984
IKE FREEMAN	48' 53/4"	1981
DOUG RITCHIE	47' 3/4"	1983
KELLEN KENNEDY	46' 10"	2003
MATS NILSSON	45' 6"	1995
AARON LAMB	45' 03/4"	1995
BRIAN WINCKLE	44' 11"	1988
AARON LAMB	44' 101/2"	1995

HIGH JUMP		
KELLY GRAHAM	7' 0"	1976
ANDY YOUNG	6' 11"	1986
TOM PAPPAS	6' 10 <sup>3</sup> / <sub>4</sub> "	1995
JOE DeRIEUX	6' 10"	1995
KEVIN BLOOM	6' 9"	1984
BRIAN WINKLE	6' 9"	1988
CAMERON FEDERLINE	6' 8 <sup>3</sup> / <sub>4</sub> "	2006
JARRET AXELROD	6' 8 <sup>3</sup> / <sub>4</sub> "	2006
ED GROVER	6' 8 <sup>3</sup> / <sub>4</sub> "	1983
TIM HAGEN	6' 8 <sup>3</sup> / <sub>4</sub> "	1987
SHAWN STEEN	6' 7 <sup>1</sup> / <sub>4</sub> "	1986
POLE VAULT		
KEEGAN BURNETT	16' 5"	2005
STEVE COXON	16' 4 <sup>3</sup> / <sub>4</sub> "	1992
BEN LOGAN	16' 0"	1998
JUSTIN THOMPSON	16' 0"	1995
MIKE THORTON	16' 0"	1985
ANDY HOLTE	15' 11"	1987
DAVE CHRISTOPHER	15' 6"	1989
JEREMY WATTS	15' 6"	1998
BRANDON LOCKMAN	15' 6"	2001
DARRYL EVANS	15' 6"	2006
DECATHLON		
TOM PAPPAS	7499 pts.	1996
GABE LEMAY	6832 pts.	2002
JOEL JOHNSON	6825 pts.	1977
BEN LOGAN	6796 pts.	1999
BRIAN BARTOW	6772 pts.	2004
BILL PAPPAS	6742 pts.	1998
CODY FLEMING	6741 pts.	2004
ROCKY SIMPSON	6738 pts.	1997
KEITH BAKER	6667 pts.	2003
DAVE CHRISTOPHER	6573 pts.	1989

#1) 4x100M RELAY ROMUND HOWARD MARTY GRANT MARK DANNIS MIKE EWING	40.94	1983
#2) 4x100M RELAY BART MANEY PARIS RAMSEY JASON MCGHEE PHIL ALEXANDER	41.61	2005
4x200M RELAY MIKE EWING MARTY GRANT MARK DANNIS D.J. BRANSOM	1:27.54	1983
4x400M RELAY DAVE HUNNICUTT LANAY CREECH PAT LANNING JOSE LUIS BARBOSA	3:11.18	1986
#2) 4x400M RELAY DANIEL STOWERS JASON MCGHEE MARCUS DILLON NATHAN INGRAO	3:15.78	2006
4x800M RELAY BRAD COLEMAN BOB SHISLER FRED SPROUL TIM WALMSLEY	7:35.44	1981
4x1600M RELAY MARTY HEMSLEY CORY RANDALL JOHN SHOEMAKER NATE MORRIS	17:07.34	1983
SPRINT MEDLEY RELAY CRAIG LOPER MARTY GRANT MIKE HEDLIND MARTY HEMSLEY	3:25.34	1983
DISTANCE MEDLEY RELAY DAVID HENDERSON, TIM BEATTY, MIKE HEDLIND, BOB SHISLER:	10:01.64	1983