



CROSS COUNTRY TRACK & FIELD



RECORD BOOK



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CROSS COUNTRY

ALL-TIME NCAA CROSS COUNTRY TEAM RESULTS

MEN

Year	Result	Points	Top UAA Finisher	Location
2016	7th	289	Edwin Kangogo (34th)	Saint Leo, Fla.
2015	3rd	138	Henry Cheseto (3rd)	Joplin, Mo.
2014	6th	196	Henry Cheseto (23rd)	Louisville, Ky.
2013	7th	256	Dylan Anthony (25th)	Spokane, Wash.
2012	3rd	148	Micah Chelimo (1st)	Joplin, Mo.
2011	8th	290	Micah Chelimo (15th)	Spokane, Wash.
2010	8th	262	Micah Chelimo (21st)	Louisville, Ky.
2009	17th	415	Micah Chelimo (40th)	Evansville, Ind.
2008	11th	288	Marko Cheseto (9th)	Slippery Rock, Calif.
2006	15th	402	David Kiplagat (41st)	Pensacola, Fla.
2005	20th	490	David Kiplagat (47th)	Chino, Calif.
2002	12th	258	Eric Strabel (63rd)	Ashland, Ohio
2001	20th	407	Tobias Schwoerer (35th)	Slippery Rock, Pa.

WOMEN

Year	Result	Points	Top UAA Finisher	Location
2016	8th	259	Caroline Kurgat (3rd)	Saint Leo, Fla.
2015	8th	317	Caroline Kurgat (6th)	Joplin, Mo.
2014	8th	280	Amy Johnston (17th)	Louisville, Ky.
2013	4th	214	Joyce Kipchumba (13th)	Spokane, Wash.
2012	6th	202	Susan Tanui (2nd)	Joplin, Mo.
2011	6th	152	Ruth Keino (9th)	Spokane, Wash.
2010	6th	185	Ruth Keino (7th)	Louisville, Ky.
2009	5th	158	Miriam Kipng'eno (12th)	Evansville, Ind.
2008	9th	266	Elizabeth Chepkosgei (28th)	Slippery Rock, Pa.
2005	12th	350	Mandy Kaempf (46th)	Chino, Calif.
2004	21st	489	Mandy Kaempf (64th)	Evansville, Calif.



CROSS COUNTRY

ALL-TIME WEST REGION CROSS COUNTRY TEAM RESULTS

MEN

Year	Result	Points	Top UAA Finisher	Location
2016	2nd	81	Edwin Kangogo (4th)	Billings, Mont.
2015	1st	55	Henry Cheseto (1st)	Monmouth, Ore.
2014	2nd	53	Henry Cheseto (1st)	Billings, Mont.
2013	2nd	81	Victor Samoei (5th)	Spokane, Wash.
2012	2nd	46	Micah Chelimo (1st)	Kahuku, Hawaii
2011	1st	37	Micah Chelimo (1st)	Spokane, Wash.
2010	1st	49	Marko Cheseto (1st)	Bellingham, Wash.
2009	3rd	96	Marko Cheseto (1st)	San Francisco, Calif.
2008	2nd	67	Marko Cheseto (2nd)	San Diego, Calif.
2007	5th	152	David Kiplagat (4th)	Boise, Idaho
2006	3rd	119	David Kiplagat (5th)	Chico, Calif.
2005	3rd	106	David Kiplagat (8th)	Chino, Calif.
2004	4th	186	Brandon Stum (27th)	Bellingham, Wash.
2003	5th	147	Brandon Stum (13th)	Chino, Calif.
2002	3rd	105	Sean River (5th)	Fresno, Calif.
2001	3rd	106	Tobias Schwoerer (2nd)	Bellingham, Wash.
2000	5th	139	Tobias Schwoerer (10th)	Pomona, Calif.
1999	5th	152	Richy Hankins (15th)	Rocklin, Calif.
1998	6th	134	Jerome Ross (5th)	Bellingham, Wash.
1997	N/A	N/A	N/A	Pomona, Calif.
1996	5th	139	Miguel Gomez (15th)	McKinleyville, Calif.
1995	12th	288	N/A	Pomona, Calif.
1994	9th	247	David Laurence (37th)	San Francisco, Calif.
1993	11th	298	N/A	Pomona, Calif.
1992	9th	235	Dan Fleener (38th)	Sandy, Ore.
1991	DNP	N/A	Jason Alward (61st)	Rohnert Park, Calif.
1990	11th	292	N/A	Riverside, Calif.
1989	DNP	N/A	N/A	McKinleyville, Calif.
1988	10th	305	N/A	San Luis Obispo, Calif.
1987	11th	335	N/A	Seattle, Wash.



CROSS COUNTRY

ALL-TIME WEST REGION CROSS COUNTRY TEAM RESULTS

WOMEN

Year	Result	Points	Top UAA Finisher	Location
2016	3rd	111	Caroline Kurgat (2nd)	Billings, Mont.
2015	3rd	201	Joyce Chelimo (1st)	Monmouth, Ore.
2014	3rd	144	Amy Johnston (5th)	Billings, Mont.
2013	1st	76	Susan Tanui (1st)	Spokane, Wash.
2012	2nd	56	Susan Tanui (1st)	Kahuku, Hawaii
2011	1st	27	Ruth Keino (1st)	Spokane, Wash.
2010	1st	40	Ruth Keino (2nd)	Bellingham, Wash.
2009	1st	35	Hallidie Wilt (3rd)	San Francisco, Calif.
2008	3rd	104	Laura Carr (4th)	San Diego, Calif.
2007	11th	297	Hallidie Wilt (25th)	Boise, Idaho
2006	5th	109	Laura Carr (9th)	Chico, Calif.
2005	3rd	129	Mandy Kaempf (4th)	Chino, Calif.
2004	3rd	172	Mandy Kaempf (9th)	Bellingham, Wash.
2003	4th	177	Mandy Kaempf (16th)	Chino, Calif.
2002	9th	246	Stacy Edwards (15th)	Fresno, Calif.
2001	7th	224	Stacy Edwards (21st)	Bellingham, Wash.
2000	10th	260	Kiersten Lippman (36th)	Pomona, Calif.



CROSS COUNTRY

ALL-TIME GNAC CROSS COUNTRY TEAM RESULTS

MEN

Year	League	Result	Points	Top UAA Finisher	Location
2016	GNAC	1st	31	Edwin Kangogo (1st)	Bellingham, Wash.
2015	GNAC	1st	21	Henry Cheseto (1st)	Bellingham, Wash.
2014	GNAC	1st	18	Henry Cheseto (1st)	Monmouth, Ore.
2013	GNAC	1st	32	Isaac Kangogo (1st)	Monmouth, Ore.
2012	GNAC	1st	23	Micah Chelimo (1st)	Monmouth, Ore.
2011	GNAC	1st	27	Micah Chelimo (1st)	Yakima, Wash.
2010	GNAC	1st	41	Marko Cheseto (1st)	Yakima, Wash.
2009	GNAC	2nd	70	Marko Cheseto (1st)	Yakima, Wash.
2008	GNAC	1st	34	Marko Cheseto (1st)	Yakima, Wash.
2007	GNAC	3rd	81	Peter Doner (7th)	Nampa, Idaho
2006	GNAC	2nd	53	David Kiplagat (1st)	Lacey, Wash.
2005	GNAC	1st	39	David Kiplagat (2nd)	Bellingham, Wash.
2004	GNAC	2nd	71	Brandon Stum (13th)	McKinleyville, Calif.
2003	GNAC	2nd	77	Brandon Stum (9th)	Monmouth, Ore.
2002	GNAC	1st	70	Sean Rivers (3rd)	Seattle, Wash.
2001	GNAC	4th	87	Eric Strabel (10th)	Kincaid Park, Alaska
2000	PWC	2nd	51	Tobias Schwoerer (3rd)	Monmouth, Ore.
1999	PWC	2nd	58	Sean Rivers (5th)	Seattle, Wash.
1998	PWC	4th	134	Jerome Ross (5th)	Bellingham, Wash.
1997	PWC	1st	28	Erlend Kroken (2nd)	Seattle, Wash.
1996	PWC	2nd	N/A		McKinleyville, Calif.
1995	PWC	2nd	40		Hilo, Hawaii
1994	PWC	2nd	61	David Laurence (10th)	Portland, Ore.



CROSS COUNTRY

ALL-TIME GNAC CROSS COUNTRY TEAM RESULTS

WOMEN

Year	League	Result	Points	Top UAA Finisher	Location
2016	GNAC	1st	45	Caroline Kurgat (1st)	Bellingham, Wash.
2015	GNAC	1st	39	Joyce Chelimo (1st)	Bellingham, Wash.
2014	GNAC	2nd	63	Amy Johnston (4th)	Monmouth, Ore.
2013	GNAC	1st	36	Susan Tanui (1st)	Monmouth, Ore.
2012	GNAC	1st	16	Susan Tanui (1st)	Monmouth, Ore.
2011	GNAC	1st	31	Ruth Keino (1st)	Yakima, Wash.
2010	GNAC	1st	27	Miriam Kipng'eno (2nd)	Yakima, Wash.
2009	GNAC	1st	25	Miriam Kipng'eno (3rd)	Yakima, Wash.
2008	GNAC	2nd	52	Laura Carr (4th)	Yakima, Wash.
2007	GNAC	4th	123	Elizabeth Chepkosgei (8th)	Nampa, Idaho
2006	GNAC	2nd	44	Mandy Kaempf (2nd)	Lacey, Wash.
2005	GNAC	2nd	71	Mandy Kaempf (3rd)	Bellingham, Wash.
2004	GNAC	3rd	98	Mandy Kaempf (5th)	McKinleyville, Calif.
2003	GNAC	2nd	77	Mandy Kaempf (5th)	Monmouth, Ore.
2002	GNAC	5th	124	Stacy Edwards (5th)	Seattle, Wash.
2001	GNAC	3rd	84	Stacy Edwards (8th)	Kincaid Park, Alaska
2000	PWC	7th	183	Kirsten Lippman (16th)	Bellingham, Wash.



INDOOR TRACK & FIELD

ALL-TIME NCAA INDOOR TEAM RESULTS

MEN

Year	Result	Points
2017	T-28th	7
2016	14th	16
2015	28th	8
2014	T-9th	18
2013	14th	15

WOMEN

Year	Result	Points
2017	T-21	10
2016	9th	20.5
2015	43rd	3
2014	13th	16
2013	11th	23

ALL-TIME GNAC INDOOR TEAM RESULTS

MEN

Year	Result	Points
2017	1st (10)	154
2016	1st (9)	164
2015	1st (9)	142
2014	2nd (9)	134
2013	2nd (9)	134

WOMEN

Year	Result	Points
2017	3rd (10)	113
2016	1st (9)	164
2015	2nd (9)	134
2014	1st (9)	154
2013	1st (9)	147



INDOOR TRACK & FIELD

MEN'S RECORDS

<u>60-Meter Dash</u> Cody Thomas	6.97	1/16/16
<u>200-Meter Dash</u> Cody Thomas	21.99	2/19-20/16
<u>400-Meter Dash</u> Ethan Hewitt Adam Commandeur	48.31 48.31	2/21/14 2/17/17
<u>800-Meter Run</u> Nathan Kipchumba	1:51.70	2/20-21/15
<u>1000-Meter Run</u> Travis Turner	2:41.46	2/19-20/16
<u>One Mile Run</u> Alfred Kangogo	4:10.52	1/25-26/13
<u>3,000-Meter Run</u> Dominik Notz	8:07.28*	3/11/17
<u>5000-Meter Run</u> Micah Chelimo	13:47.73*	2/14/14
<u>60-Meter Hurdles</u> Cody Thomas	8.27	1/30-31/15
<u>High Jump</u> Cody Thomas	6-10.25	3/13/15
<u>Pole Vault</u> David Sramek	14-10	2/17/17
<u>Long Jump</u> Tevin Gladden	24-1.75	2/17/17
<u>Triple Jump</u> Chris Brake	46-11.5	2/14/16
<u>Shot Put</u> Grant George	48-7.25	2/20-21/15
<u>Weight Throw</u> Grant George	36-3.5	1/16-17/15
<u>Heptathlon</u> Cody Thomas	5,538*	3/12/16
<u>Distance Medley Relay</u> Jesse Miller Adam Commandeur Joe Day Michael Mendenhall	9:55.86	2/10/17
<u>4x400-Meter Relay</u> Nicholas Taylor Liam Lindsay Adam Commandeur Cody Thomas	3:12.45*	2/13/16

*GNAC RECORD

WOMEN'S RECORDS

<u>60-Meter Dash</u> Jamie Ashcroft	7.54*	2/17/17
<u>200-Meter Dash</u> Jamie Ashcroft	24.09*	2/17/17
<u>400-Meter Dash</u> Vanessa Aniteye	55.89	2/17/17
<u>800-Meter Run</u> Danielle McCormick	2:10.68	2/12/17
<u>One Mile Run</u> Caroline Kurgat	4:53.07	2/18/17
<u>3,000-Meter Run</u> Joyce Chelimo	9:17.97*	2/13/16
<u>5,000-Meter Run</u> Joyce Chelimo	16:10.32*	3/12/16
<u>60-Meter Hurdles</u> Rosie Hewitt	8.66	1/30/16
<u>High Jump</u> Karolin Anders	5-8	1/29/16
<u>Pole Vault</u>		
<u>Long Jump</u> Karolin Anders	18-7.75	1/16/16
<u>Triple Jump</u> Karolin Anders	38-0	2/19-20/16
<u>Shot Put</u> Karolin Anders	39-1.75	3/14/14
<u>Weight Throw</u>		
<u>Pentathlon</u> Karolin Anders	3,822	3/14/15
<u>Distance Medley Relay</u> Jessica Pahkala Mary-Kathleen Cross Tamara Perez Caroline Kurgat	11:31.20	3/12/16
<u>4x400-Meter Relay</u> Jamie Ashcroft Mary-Kathleen Cross Hayley Bezanson Vanessa Aniteye	3:45.10	3/11/17

* GNAC RECORD



INDOOR TRACK & FIELD

ALL-TIME TOP-10 MEN'S RECORDS

60-METER DASH

Name	Result	Date	Meet
Cody Thomas	6.97	2/20/15	GNAC Championships
	6.97	1/15/16	Ed Jacoby Invite & Multi
Darrion Gray	6.98	2/17/17	GNAC Championships
Eric Jones	7:01	2/17/17	GNAC Championships
Austen DeWolf	7.13	2/21/14	GNAC Championships
AJ Allen	7.13	2/15-16/13	GNAC Championships
David Sramek	7.23	2/17/17	GNAC Championships
Travis Turner	7.25	1/27/17	UW Invitational
Daniel Remington	7:35	2/14/16	UW Open
Conner West	7.40	2/20/15	GNAC Championships

60-METER HURDLES

Cody Thomas	8.27	1/30/15	UW Indoor Invite
Travis Turner	8.28	2/17/17	GNAC Championships
Bobo Camara	8.69	2/21/14	GNAC Championships
Travis Wilson	8.70	2/15-16/13	GNAC Championships
Conner West	8.73	2/20/15	GNAC Championships
David Sramek	9.22	2/17/17	GNAC Championships

200-METER DASH

Cody Thomas	21.99	2/19/16	GNAC Championships
Darrion Gray	22.07	2/17/17	GNAC Championships
Ethan Hewitt	22.12	2/21/14	GNAC Championships
Liam Lindsay	22.31	2/17/17	GNAC Championships
Elliott Bauer	22.33	2/21/14	GNAC Championships
Adam Commandeur	22.53	2/20/15	GNAC Championships
Austen DeWolf	22.58	1/31/14	Ed Jacoby Invite & Multi
Bobo Camara	22.61	2/21/14	GNAC Championships
Eric Jones	22.70	2/17/17	GNAC Championships
Nicholas Taylor	22.70	2/17/17	GNAC Championships

400-METER DASH

Ethan Hewitt	48.31	2/21/14	GNAC Championships
Adam Commandeur	48.31	2/17/17	GNAC Championships
Liam Lindsay	48.44	2/19/16	GNAC Championships
Nicholas Taylor	48.83	2/12/17	UW Open
Elliott Bauer	49.13	2/20/15	GNAC Championships
Bobo Camera	49.51	1/31/14	Ed Jacoby Invite & Multi
Daniel Remington	49.56	2/17/17	GNAC Championships
Cody Thomas	51.08	1/18/14	UW Indoor Preview
Travis Wilson	51.40	2/21/14	GNAC Championships
Conner West	51.44	1/16/15	Ed Jacoby Invite & Multi

800-METER RUN

Nathan Kipchumba	1:51.70	2/20/15	GNAC Championships
Joe Day	1:52.07	1/14/17	UW Indoor Preview
Scott Commandeur	1:52.74	2/15/15	UW Indoor Open
Jesse Miller	1:54.12	2/12/17	UW Indoor Open
Isaac Kangogo	1:54.69	2/15-16/13	GNAC Championships
Alfred Kangogo	1:54.93	2/15-16/13	GNAC Championships
Ethan Hewitt	1:56.48	1/18/14	UW Indoor Preview
Philip Messina	1:57.10	1/29/16	UW Indoor Open
Brian Durr	1:59.03	2/12/17	UW Indoor Open
Taylor Turney	2:01.47	2/17/17	GNAC Championships



INDOOR TRACK & FIELD

ONE MILE RUN

Alfred Kangogo	4:10.52	1/25-26/13	UW Invitational
Micah Chelimo	4:12.13	2/10/13	UW Open
Isaac Kangogo	4:13.52	2/16/14	UW Indoor Open
Michel Ramirez	4:13.56	2/19/16	GNAC Championships
Michael Mendenhall	4:13.63	2/20/15	GNAC Championships
Micah Chelimo	4:13.90	2/21/14	GNAC Championships
Dominik Notz	4:14.38	2/17/17	GNAC Championships
Dylan Anthony	4:16.46	2/15-16/13	GNAC Championships
Philip Messina	4:20.52	2/16/14	UW Indoor Open
Edwin Kangogo	4:32.02	1/16/15	Ed Jacoby Invite & Multi

1,000-METER RUN

Travis Turner	2:41.46	1/29/16	UW Invite
Cody Thomas	2:41.77	3/11/16	NCAA Championships
David Sramek	2:46.39	2/17/17	GNAC Championships

3,000-METER RUN

Dominik Notz	8:07.23	3/9/17	NCAA Championships
Micah Chelimo	8:09.83	3/14/14	NCAA Championships
Henry Cheseto	8:11.81	2/14/16	UW Open
Michel Ramirez	8:15.70	2/14/16	UW Open
Edwin Kangogo	8:18.07	2/14/16	UW Open
Dylan Anthony	8:20.92	2/16/14	UW Indoor Open
Jake Parisien	8:26.15	2/10/13	UW Open
Victor Samoei	8:30.14	2/16/14	UW Indoor Open
Kevin Rooke	8:30.29	2/16/14	UW Indoor Open
Justin Carrancho	8:34.29	2/12/17	UW Indoor Open

5,000-METER RUN

Micah Chelimo	13:47.73	2/14/14	UW Husky Classic
Dominik Notz	14:03.95	2/10/17	Husky Classic
Henry Cheseto	14:12.99	2/12/16	Husky Classic
Michel Ramirez	14:14.31	2/12/16	Husky Classic
Dylan Anthony	14:37.59	2/8-9/13	Husky Classic
Edwin Kangogo	14:41.02	1/27/17	UW Invite
Kevin Rooke	14:51.44	2/8-9/13	Husky Classic
Victor Samoei	14:57.49	2/14/14	UW Husky Classic
Justin Carrancho	15:02.13	2/17/17	GNAC Championships
Jake Parisien	15:05.94	2/8-9/13	Husky Classic

HIGH JUMP

Cody Thomas	6-10.25	3/13/15	NCAA Championships
Tevin Gladden	6-9	2/17/17	GNAC Championships
Chris Brake	6-7	2/19/16	GNAC Championships
Travis Turner	6-2.75	3/9/17	NCAA Championships
Conner West	6-0.75	2/15/15	UW Indoor Open
David Sramek	5-9.75	2/17/17	GNAC Championships

POLE VAULT

David Sramek	14-10	2/17/17	GNAC Championships
Cody Thomas	14-9	3/11/16	NCAA Championships
Travis Turner	14-5.25	2/17/17	GNAC Championships
Conner West	11-7.75	2/20/15	GNAC Championships

LONG JUMP

Tevin Gladden	24-1.75	2/17/17	GNAC Championships
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INDOOR TRACK & FIELD

Cody Thomas	22-11	1/15/16	Ed Jacoby Invite and Multi
David Sramek	22-3.75	2/17/17	GNAC Championships
Travis Turner	22-1.75	2/17/17	GNAC Championships
Chris Brake	21-10.75	1/15/16	Ed Jacoby Invite and Multi
Connor West	19-3.25	2/20/15	GNAC Championships
Daniel Remington	18-5.75	2/12/17	UW Open
TRIPLE JUMP			
Chris Brake	46-11.5	2/14/16	UW Open
Tevin Gladden	46-5.25	2/17/17	GNAC Championships
Travis Turner	45-0.5	2/19/16	GNAC Championships
SHOT PUT			
Grant George	48-7.25	2/20/15	GNAC Championships
Franz Burghagen	44-3.25	2/10/13	UW Open
Timothy Dommek	43-9.28	2/20/15	GNAC Championships
Cody Thomas	41-1.5	3/13/15	NCAA Championships
Travis Turner	37-9.25	3/9/17	NCAA Championships
David Sramek	33-8	2/17/17	GNAC Championships
Conner West	28-10.5	2/20/15	GNAC Championships
WEIGHT THROW			
Grant George	36-3.5	1/16/15	Ed Jacoby Invite & Multi
HEPTATHLON			
Cody Thomas	5,538	3/11/16	NCAA Championships
Travis Turner	5,211	2/17/17	GNAC Championships
David Sramek	4,934	2/17/17	GNAC Championships
Conner West	4,465	2/20/15	GNAC Championships
4x400 METER RELAY			
Taylor, Lindsay, A. Commandeur, Thomas	3:12.45	2/12/16	Husky Classic
Taylor, Lindsay, Gray, A. Commandeur	3:13.69	3/9/17	NCAA Championships
Bauer, A. Commandeur, Camara, Hewitt	3:16.09	2/21/14	GNAC Championships
Lindsay, Bauer, Gray, A. Commandeur	3:16.60	2/20/15	GNAC Championships
Bauer, I. Kangogo, Thomas, Hewitt	3:22.25	2/15-16/13	GNAC Championships (Nampa, Idaho)
DISTANCE MEDLEY			
Miller, A. Commandeur, Day, Mendenhall	9:55.86	2/10/17	Husky Classic
A. Kangogo, Hewitt Day, Chelimo	9:55.87	1/25-26/13	UW Invitational
Messina, Thomas, Kipchumba, Mendenhall	9:57.28	2/12/16	Husky Classic
Messina, A. Commandeur, Kipchumba, Mendenhall	9:59.90	2/13/15	UW Husky Classic



INDOOR TRACK & FIELD

ALL-TIME TOP-10 WOMEN'S RECORDS

60-METER DASH

Name	Result	Date	Meet
Jamie Ashcroft	7.54	2/17/17	GNAC Championships
Mary Kathleen Cross	7.84	2/19/16	GNAC Championships
Rosie Smith	7.89	2/16/14	UW Indoor Open
Marie Ries	7.94	2/17/17	GNAC Championships
Mackenzie Harsch	8.01	1/31/14	Ed Jacoby Invite & Multi
Renee Kennedy	8.00	2/15-16/13	GNAC Championships
Grace Morgan	8.07	2/15-16/13	GNAC Championships
Sasha Halfyard	8.08	2/21/14	GNAC Championships
Alexander Scott	8.11	2/21/14	GNAC Championships
Lauren Cuddihy	8.19	2/17/17	GNAC Championships

60-METER HURDLES

Rosie Smith	8.66	1/29/16	UW Invite
Haleigh Lloyd	8.90	2/15/13	GNAC Championships
Alexandra Scott	9.01	2/20/15	GNAC Championships
Alexia Blalock	9.17	2/19/16	GNAC Championships
Karolin Anders	9.23	3/13/15	GNAC Championships
	9.23	1/29/16	UW Invitational
Elena Cano	9.24	2/17/17	GNAC Championships
Yvonne Jeschke	9.52	2/17/17	GNAC Championships

200-METER DASH

Jamie Ashcroft	24.09	2/17/17	GNAC Championships
Mary-Kathleen Cross	24.84	2/17/17	GNAC Championships
Rosie Smith	25.20	2/15-16/13	GNAC Championships
Vanessa Aniteye	25.35	2/17/17	GNAC Championships
Grace Morgan	25.46	2/15-16/13	GNAC Championships
Sasha Halfyard	25.70	2/21/14	GNAC Championships
Haleigh Lloyd	25.79	2/15-16/13	GNAC Championships
Mackenzie Harsch	25.89	2/21/14	GNAC Championships
Marie Ries	25.93	2/17/17	GNAC Championships
Karolin Anders	26.29	2/14/16	UW Open

400-METER DASH

Vanessa Aniteye	55.89	2/17/17	GNAC Championships
Mary-Kathleen Cross	56.06	2/17/17	GNAC Championships
Haleigh Lloyd	57.25	2/20/15	GNAC Championships
Hayley Bezanson	58.31	2/17/17	GNAC Championships
Sasha Halfyard	58.36	2/21/14	GNAC Championships
Yvonne Jeschke	59.62	1/14/17	UW Indoor Preview
Lauren Cuddihy	1:02.39	2/17/17	GNAC Championships
Alexandra Scott	1:04.86	1/16/15	Ed Jacoby Invite & Multi
D'Rhema Alston	1:06.30	2/17/17	GNAC Championships

800-METER RUN

Danielle McCormick	2:10.68	2/12/17	UW Open
Tamara Perez	2:10.97	2/17/17	GNAC Championships
Jessica Pahkala	2:12.79	2/20/15	GNAC Championships
Ivy O'Guinn	2:14.68	2/21/14	GNAC Championships
Haleigh Lloyd	2:14.76	2/15/15	UW Indoor Open
Susan Bick	2:14.77	2/10/13	UW Open
Karolin Anders	2:21.30	3/13/15	NCAA Championships
Hayley Bezanson	2:23.38	1/16/15	Ed Jacoby Invite & Multi
Rosie Smith	2:30.16	2/20/15	GNAC Championships



INDOOR TRACK & FIELD

ONE MILE RUN

Caroline Kurgat	4:53.07	2/17/17	GNAC Championships
Tamara Perez	4:53.09	2/25/17	SPU Final Qualifier
Susan Tanui	4:58.17	2/10/13	UW Open
Mariah Burroughs	4:59.63	2/25/17	SPU Final Qualifier
Joyce Chelimo	5:00.28	2/19/16	GNAC Championships
Beatrice Decker	5:00.28	2/20/15	GNAC Championships
Ivy O'Guinn	5:01.87	2/16/14	UW Indoor Open
Jessica Pahkala	5:04.11	2/15/15	UW Indoor Open
Susan Bick	5:18.47	2/21/14	GNAC Championships
Jordan Block	5:20.43	2/17/17	GNAC Championships

3,000-METER RUN

Joyce Chelimo	9:17.97	2/12/16	Husky Classic
Susan Tanui	9:38.71	1/25-26/13	UW Invitational
Caroline Kurgat	9:41.34	1/29/16	UW Invitational
Ruth Keino	9:50.27	2/10/13	UW Open
Amy Johnston	10:03.57	2/15/15	UW Indoor Open
Ivy O'Guinn	10:04.60	2/16/14	UW Indoor Open
Mariah Burroughs	10:10.66	2/14/16	UW Open
Kaitlyn Maker	10:12.52	2/14/16	UW Open
Miriam Kipng'eno	10:15.56	2/10/13	UW Open
Jaymi Bethea	10:16.61	2/10/13	UW Open

5,000-METER RUN

Joyce Chelimo	16:10.32	3/11/16	UW Husky Classic
Susan Tanui	16:29.48	2/8-9/13	UW Husky Classic
Ruth Keino	16:31.87	2/8-9/13	UW Husky Classic
Caroline Kurgat	16:46.49	2/12/16	Husky Classic
Amy Johnston	17:18.25	2/13/15	UW Husky Classic
Bryn Haebe	18:17.80	2/21/14	GNAC Championships
Zannah Jepchumba	18:26.85	2/17/17	GNAC Championships
Kaitlyn Maker	18:39.79	2/19/16	GNAC Championships
Riley Burroughs	19:05.66	2/17/17	GNAC Championships
Christi Schmitz	19:14.71	2/21/14	GNAC Championships

HIGH JUMP

Karolin Anders	5-8	1/29/16	UW Invite
Rosie Smith	5-1.75	2/20/15	GNAC Championships
Elena Cano	4-10.25	2/17/17	GNAC Championships

LONG JUMP

Karolin Anders	18-7.75	1/15/16	Ed Jacoby Invite and Multi
Rosie Smith	18-3.25	2/19/16	GNAC Championships
Renee Kennedy	16-11.5	2/21/14	GNAC Championships
Alexia Blalock	16-11.25	2/17/17	GNAC Championships
Elena Cano	14-5	2/17/17	GNAC Championships

TRIPLE JUMP

Karolin Anders	38-0	2/19/16	GNAC Championships
Alexia Blalock	37-3	2/17/17	GNAC Championships

SHOT PUT

Karolin Anders	39-1.75	3/14/14	NCAA Championships
Ashley Logan	34-2	2/19/16	GNAC Championships
Dakota Walters	33-3	2/17/17	GNAC Championships
Rosie Smith	31-9.5	1/15/16	Ed Jacoby Invite and Multi
Elena Cano	25-0	2/17/17	GNAC Championships



INDOOR TRACK & FIELD

PENTATHLON

Karolin Anders	3,822	3/13/15	NCAA Championships
Rosie Smith	3,483	2/19/16	GNAC Championships
Elena Cano	2,788	2/17/17	GNAC Championships

4x400 METER RELAY

Ashcroft, Cross, Bezanson, Aniteye	3:45.10	3/9/17	NCAA Championships
Ashcroft, Bezanson, Perez, Cross	3:51.56	2/19/16	GNAC Championships
Ashcroft, Pahkala, Anders, Lloyd	3:53.09	2/20/15	GNAC Championships
Halfyard, Bick, Smith, Lloyd	3:53.44	2/15-16/13	GNAC Championships
Halfyard, Bick, Lloyd, Smith	3:56.24	2/21/14	GNAC Championships

DISTANCE MEDLEY

Pahkala, Cross, Perez, Kurgat	11:31.21	3/11/16	NCAA Championships
McCormick, Cross, Bezanson, Kurgat	11:36.55	3/9/17	NCAA Championships
Bick, Lloyd Pahkala, O'Guinn	11:37.62	3/8/13	NCAA Championships
Pahkala, Smith, Lloyd, Decker	11:40.67	3/13/15	NCAA Championships
Bick, Lloyd, Pahkala, O'Guinn	11:47.97	3/14/14	NCAA Championships



OUTDOOR TRACK & FIELD

ALL-TIME NCAA OUTDOOR TEAM RESULTS

MEN			WOMEN		
Year	Result	Points	Year	Result	Points
2017	T-13th	15	2017	T-62nd	2
2016	T-14th	18	2016	T-51st	3
2015	T-30th	9	2015	T-30th	9
2014	T-22nd	10	2014	T-16th	16
2013	16th	16	2013	7th	29
2012	9th	28	2012	T-11th	17
2011	T-19th	14	2011	T-55th	2
2010	14th	17	2007	40th	5
2009	14th	19	2006	33rd	6
2008	T-19th	11			

ALL-TIME GNAC OUTDOOR TEAM RESULTS

MEN			WOMEN		
Year	Result	Points	Year	Result	Points
2017	1st (9)	134	2017	1st (9)	158
2016	1st (9)	163.5	2016	3rd (9)	119
2015	2nd (9)	174	2015	2nd (9)	154.5
2014	2nd (9)	158	2014	1st (9)	137
2013	4th (9)	129	2013	1st (9)	175
2012	3rd (9)	123	2012	2nd (9)	183
2011	4th (9)	103	2011	6th (9)	86
2010	4th (9)	130	2010	6th (9)	68
2009	Canceled	N/A	2009	Canceled	N/A
2008	2nd (9)	157	2008	5th (9)	109
2007	4th (8)	105	2007	6th (8)	100.5
2006	4th (9)	68	2006	6th (9)	76
2005	9th (9)	17	2005	9th (9)	27
2004*	7th (9)	29	2004*	7th (9)	19
2003*	9th (9)	4	2003*	8th (9)	17
2002*	9th (9)	10	2002*	9th (9)	4

*Not a fully sponsored intercollegiate sport at UAA until 2005.



OUTDOOR TRACK & FIELD

MEN'S RECORDS

100-Meter Dash David Registe	10.68	4/2/11
200-Meter Dash David Registe	21.44	4/15/11
400-Meter Dash Ethan Hewitt*	47.51	4/15/11
800-Meter Run Nathan Kipchumba	1:49.67	4/1/16
1500-Meter Run Alfred Kangogo*	3:44.67	5/7/11
5000-Meter Run Micah Chelimo*	13:41.99	4/18/14
10,000-Meter Run Micah Chelimo*	28:37.75	4/5/14
3000-Meter Steeplechase Micah Chelimo*	8:45.63	4/19/12
110-Meter Hurdles Cody Thomas	14.74	5/27/16
400-Meter Hurdles Shaun Ward*	52.00	4/20/12
High Jump Tevin Gladden	6-11	5/12/17
Pole Vault Cody Thomas David Sramek	14-9 14-9	5/27/16 3/17/17
Long Jump David Registe*	25-11.5	5/21/09
Triple Jump Chris Brake	47-3.5	4/2/16
Discus Gabe Holland	162-0	3/12/11
Shot Put Grant George	49-10.5	3/25/17
Hammer Gabe Holland	153-4	5/13/11
Javelin Cody Parker*	255-10	5/25/13
Decathlon Cody Thomas	7,590	5/27/16
4x100-Meter Relay Eric Walsh, Brandon Grant, David Registe, Michael Madrid	41.55	4/18/08
4x400-Meter Relay Liam Lindsay, Nicholas Taylor*, Adam Commandeur, Cody Thomas	3:10.60	4/15/16

*GNAC RECORD

WOMEN'S RECORDS

100-Meter Dash Jamie Ashcroft*	11.64	5/21/15
200-Meter Dash Jamie Ashcroft	24.07	4/26/16
400-Meter Dash Mary Pearce*	53.56	5/26/07
800-Meter Run Ivy O'Guinn	2:07.60	4/21/17
1500-Meter Run Ivy O'Guinn	4:25.19	5/5/12
5000-Meter Run Joyce Chelimo	15:59.55	4/15/16
10,000-Meter Run Joyce Chelimo*	33:14.41	4/1/16
3000-Meter Steeplechase Susan Tanui*	10:13.40	3/30/13
100-Meter Hurdles Rosie Smith	14.18	5/8/15
400-Meter Hurdles Haleigh Lloyd*	59.17	5/21/15
High Jump Karolin Anders	5-8.75	5/25/17
Long Jump Karolin Anders	18-10.5	4/10/14
Triple Jump Kim Brady	39-3.75	5/3/08
Discus Jessica Houston*	165-9	4/2/05
Shot Put Jessica Houston	45-11	3/16/07
Javelin Elisha Harris	141-3.66	3/13/10
Heptathlon Karolin Anders	5,375	5/23/14
4x100-Meter Relay Jamie Ashcroft, Mary-Kathleen Cross, Marie Ries, Vanessa Aniteye	46.37	4/21/17
4x400-Meter Relay Danielle McCormick, Mary-Kathleen Cross, Hayley Bezanson, Vanessa Aniteye*	3:41.93	3/31/17

* GNAC RECORD



OUTDOOR TRACK & FIELD

ALL-TIME TOP-10 MEN'S RECORDS

100 METERS

Name	Result	Date	Meet
David Registe	10.68	4/1/11	Willamette Invitational
Michael Madrid	10.71	4/19/08	Long Beach Invitational
Eric Walsh	10.74	4/18/08	Mt. SAC Relays
Darrion Gray	10.81	5/8/15	GNAC Championships
Demetrius Preston	10.87	5/14/10	GNAC Championships
AJ Allen	10.90	5/11-12/12	GNAC Championships
Cody Thomas	10.92	5/23-24/13	NCAA Championships
Austen DeWolf	10.98	4/14/14	San Francisco Distance Carnival
Liam Lindsay	11.04	4/15/16	Beach Invitational
Eric Jones	11.10	4/14/16	Bryan Clay Invitational

200 METERS

David Registe	21.44	4/14/11	Mt. SAC Relays
Michael Madrid	21.80	4/18/08	Mt. SAC Relays
Darrion Gray	21.84	5/8/15	GNAC Championships
Austen DeWolf	22.05	5/14/10	GNAC Championships
Liam Lindsay	22.09	4/1/16	SFSU Distance Carnival
Cody Thomas	22.13	5/13/16	GNAC Championships
Brandon Grant	22.14	4/17/09	Azusa Pacific Invitational
Ethan Hewitt	22.17	3/7/14	UNLV Track Classic
Demetrius Preston	22.17	3/13/10	Northridge Invite
James McLaughlin	22.18	5/3/08	GNAC Championships

400 METERS

Ethan Hewitt	47.51	4/14/11	Mt. SAC Relays
Adam Commandeur	47.75	5/8/15	GNAC Championships
Cody Thomas	47.88	4/15/16	Beach Invite
Liam Lindsay	48.05	5/13/16	GNAC Championships
James McLaughlin	48.15	5/3/08	GNAC Championships
Nicholas Taylor	48.19	3/31/17	SFSU Distance Carnival
Brandon Grant	49.37	5/3/08	GNAC Championships
Daniel Remington	49.37	5/13/16	GNAC Championships
Elliott Bauer	49.83	4/17/15	Beach Invite
Bobo Camara	49.85	4/19/14	Beach Invitational

800 METERS

Nathan Kipchumba	1:49.70	4/1/16	SFSU Distance Carnival
Joe Day	1:50.0	5/7/16	Oxy Invite (College/University)
James Pettigrew	1:50.76	3/27/09	Stanford Invite
Mick Boyle	1:51.73	4/4/09	Willamette Invite
Cory Pena	1:51.78	4/18/09	Long Beach Invitational
Jesse Miller	1:52.10	4/14/16	Bryan Clay Invite
Alfred Kangogo	1:52.12	5/13/11	GNAC Championships
Isaac Kangogo	1:52.60	5/5/12	Oxy Invite
Scott Commandeur	1:52.74	3/13/15	Occidental Distance Carnival
Michael Mendenhall	1:53.50	4/15/16	Beach Invite



OUTDOOR TRACK & FIELD

1500 METERS

Alfred Kangogo	3:44.57	5/7/11	Oxy Invite
Micah Chelimo	3:47.66	5/7/11	Oxy Invite
Marko Cheseto	3:49.33	5/14/10	GNAC Championships
Isaac Kangogo	3:49.60	3/14/14	Occidental Distance Carnival
Mick Boyle	3:49.77	4/4/09	Willamette Invite
Nathan Kipchumba	3:51.20	4/14/16	Bryan Clay Invite
Cory Pena	3:51.87	3/13/09	Oxy Distance Relays
Michael Mendenhall	3:53.01	4/17/15	Bryan Clay Invite
David Kiplagat	3:53.41	3/14/09	Northridge Relays
Dominik Notz	3:54.09	3/6/15	UNLV Track Classic

MILE

Michael Mendenhall	4:13.0	4/1/16	SFSU Distance Carnival
Philip Messina	4:23.1	4/1/16	SFSU Distance Carnival

5,000 METERS

Micah Chelimo	13:41.99	4/17/14	Mt. SAC Relays
Marko Cheseto	13:58.85	5/8/10	Occidental Invite
Dominik Notz	14:00.86	5/6/17	Oxy Invite (College/University)
Henry Cheseto	14:08.86	4/3/15	SFSU Distance Carnival
Edwin Kangogo	14:16.6	5/7/16	Oxy Invite (College/University)
Alfred Kangogo	14:17.74	3/12/10	Oxy Distance Carnival
Michel Ramirez	14:18.4	5/7/16	Oxy Invite (College/University)
David Kiplagat	14:24.92	4/6/07	Willamette Invitational
Dylan Anthony	14:26.84	4/3/15	SFSU Distance Carnival
Sean Rivers	14:35.40	4/6/02	Willamette Invitational

10,000 METERS

Micah Chelimo	28:37.75	4/4/14	Stanford Invite
Marko Cheseto	29:08.28	4/16/09	Mt. SAC Relays
Dominik Notz	29:12.23	4/13/17	Mt. SAC Relays
Henry Cheseto	29:36.1	4/1/16	Stanford Invite
Dylan Anthony	29:53.28	3/30/13	SFSU Distance Carnival
Victor Samoei	30:11.79	4/16/15	Mt. SAC Relays
Sean Rivers	30:21.65	3/29/02	Stanford Invitational
Edwin Kangogo	29:46.5	4/1/16	SFSU Distance Carnival
Alfred Kangogo	30:39.05	4/02/10	Willamette Invitational
Dylan Anthony	30:52.53	3/16/12	Occidental Dis. Carnival

3,000-METER STEEPLECHASE

Micah Chelimo	8:45.63	4/19/12	Mt. SAC Relays
Edwin Kangogo	8:56.21	5/25/17	NCAA Championships
David Kiplagat	9:01.67	3/27/09	Stanford Invitational
Alfred Kangogo	9:04.63	4/17/10	Long Beach Invite
Kaleb Korta	9:06.59	5/12/17	GNAC Championships
Christoph Sander	9:09.94	3/31/17	SFSU Distance Carnival
Nate Normandin	9:11.78	3/27/04	Stanford Invitational
A.J. Allen	9:22.87	5/4/13	Oxy Invite
Derek Gibson	9:24.5	3/26/16	Willamette Invite
Peter Doner	9:29.52	4/17/08	Mt. SAC Relays



OUTDOOR TRACK & FIELD

110-METER HURDLES

Cody Thomas	14.74	5/26/16	NCAA Championships
Travis Turner	14.80	3/31/17	SFSU Distance Carnival
Shaun Ward	15.02	4/4/09	Willamette Invitational
Bobo Camera	15.07	3/7/14	UNLV Track Classic
Travis Wilson	15.50	3/15/14	Ben Brown Invite
Connor West	15.57	3/28/15	Willamette Invite
Wyatt Morgan	16.18	5/13/11	GNAC Championships
Russell Fay	16.59	4/16/11	Long Beach Invite
David Sramek	16.70	4/13/17	Bryan Clay Invite
Micah Johnson	18.68	3/10/12	Ben Brown Invite

400-METER HURDLES

Shaun Ward	52.00	4/20/12	Bryan Clay Invite
Elliott Bauer	52.90	5/8/15	GNAC Championships
Bobo Camera	53.14	3/7/14	UNLV Track Classic
Travis Turner	54.28	5/8/15	GNAC Championships
Travis Wilson	54.30	5/9/14	GNAC Championships
Nicholas Blackburn	54.52	3/10/12	Ben Brown Invite
Connor West	55.76	3/13/15	Ben Brown Invite
Wyatt Morgan	57.02	5/7/11	Oxy Invite
Daniel Remington	58.81	4/22/16	Triton Invite
Cliff Cochran	1:01.35	3/17/07	PLU Invitational

HIGH JUMP

Tevin Gladden	6-11	5/12/17	GNAC Championships
Eric Draper	6-9 ½	5/6/06	GNAC Championships
Cody Thomas	6-7 ½	5/2/16	GNAC Combined Event
Chris Brake	6-6 ¾	4/15/16	Beach Invite
Travis Turner	6-0 ¾	3/17/17	Hornet Invite
Connor West	6-0	3/6/15	UNLV Track Classic
David Abbott	5-10 ¾	3/4/06	Linfield Icebreaker
David Sramek	5-10 ½	3/17/17	Hornet Invite
Wyatt Morgan	5-7 ¾	3/15-16/12	Northridge Multis
Micah Johnson	4-11	3/15-16/12	Northridge Multis

POLE VAULT

Cody Thomas	14-9	5/26/16	NCAA Championships
David Sramek	14-9	3/17/17	Hornet Invite
Micah Johnson	14-4	4/21/12	Long Beach State Invite
Travis Turner	13-7.25	5/1/17	GNAC Multis
Wyatt Morgan	13-3.5	5/2/11	GNAC Championships

LONG JUMP

David Registe	25-11.5	5/22/09	NCAA Championships
Demetrius Preston	25-3.25	5/27/10	NCAA Championships
Cody Thomas	23-3.5	5/13/16	GNAC Championships
Tevin Gladden	22-8	3/17/17	Hornet Invite
David Sramek	22-1	5/12/17	GNAC Championships
Travis Turner	22-0.75	5/1/17	GNAC Multis
John Reed	21-3.90	3/13/10	Northridge Invite
Chris Brake	21-11.5	4/15/16	Beach Invite
Andrew Freed	20-7.25	3/4/11	UNLV Classic
Connor West	19-10.25	3/6/15	UNLV Track Classic



OUTDOOR TRACK & FIELD

TRIPLE JUMP

Chris Brake	47-3.5	4/1/16	SFSU Distance Carnival
Tevin Gladden	46-4.75	4/18/14	Bryan Clay Invite
Andrew Freed	44-08.75	4/16/10	Bryan Clay Invite
John Reed	43-8	3/27/10	Chabot Relays

DISCUS

Gabe Holland	162-0	3/12/11	Northridge Invite
Tim Dommek	152-1	4/30/15	OSU High Performance
Grant George	150-11	4/30/15	OSU High Performance
Lucas Pedro	132-9	4/7/07	Willamette Invitational
Ryan Rencehausen	129-6	5/14/10	GNAC Championships
Casey Robinson	125-8.5	3/27/10	Chabot Relays
Cody Gibson	125-00	4/21/12	Long Beach Invite
Cody Thomas	123-7	5/22/14	NCAA Championships
Josh Evans	122-10	4/10/04	George Fox Invitational
Travis Turner	112-6	4/21/17	Triton Invite

SHOT PUT

Grant George	49-10 ½	3/25/17	Willamette Invitational
Tim Dommek	48-2 ½	5/2/15	Mt. Hood Track Festival
Josh Evans	47-3 ½	5/8/04	GNAC Championships
Ryan Rencehausen	44-00 ¾	3/3/07	Linfield Icebreaker
Gabe Holland	42-11.5	4/15/11	Bryan Clay Invite
Casey Robinson	41-8	4/16/10	Bryan Clay Invite
Cody Gibson	41-2.5	3/15/14	Ben Brown Invite
Lucas Pedro	40-2 ¾	3/8/08	UNLV Collegiate Classic
Cody Thomas	40-2.25	3/30/16	Nike Clyde Littlefield Texas Relays
Travis Turner	40-0	3/17/17	Hornet Invite

HAMMER

Gabe Holland	153-4	5/13/11	GNAC Championships
Ryan Rencehausen	144-5	3/19/10	Willie Williams Classic
Scott Karnitz	143-00	3/17/07	PLU Invitational

JAVELIN

Cody Parker	255-10	5/25/13	NCAA Championships
Franz Burghagen	230-7	3/9/13	Ben Brown
Tyler Kostiuik	205-7	3/6/15	UNLV Track Classic
Casey Robinson	175-07	4/02/10	Willamette Invite
Cody Thomas	169-9	3/29/14	Willamette Invitational
Cody Gibson	169-8	3/29/14	Willamette Invitational
Arthur Moreau	160-5	4/9/05	Western Oregon Open
Travis Turner	153-11	5/1/17	GNAC Multis
Austen DeWolf	144-11	3/06/10	UNLV Invite
Taylor Kanikis	142-8	4/17/10	Long Beach Invite

DECATHLON

Cody Thomas	7,590	5/26/16	NCAA Championships
Travis Turner	6,761	3/17/17	Hornet Invite
David Sramek	6,381	3/17/17	Hornet Invite
Wyatt Morgan	5,573	5/2/11	GNAC Championships
Micah Johnson	5,212	3/15-16/12	Northridge Multis



OUTDOOR TRACK & FIELD

4x100 METER RELAY

E. Walsh, Grant, Registe, Madrid	41.55	4/18/08	Azusa Pacific Invitational
E. Walsh, Grant, McLaughlin, Preston	41.80	5/02/09	Pacific Twilight
Hewitt, Sutton, Truax, Ward	41.91	4/2/11	Willamette Invitational
	42.00	4/22/16	Triton Invite
DeWolf, Bauer, Thomas, Hewitt	42.05	5/9/14	GNAC Championships
Jones, Sramek, Lindsay, A. Commandeur	42.06	5/12/17	GNAC Championships
Allen, Bauer, Ward, Hewitt	42.14	5/12/12	GNAC Championships
E. Walsh, Grant, Registe, Madrid	42.21	5/5/07	GNAC Championships
Gray, Lindsay, Commandeur, Bauer	42.22	5/2/15	Mt. Hood Track Festival
Grant, McLaughlin, DeWolf, Preston	42.34	5/8/10	Occidental Invite

4x400 METER RELAY

Lindsay, Taylor, A. Commandeur, Thomas	3:10.60	4/14/16	Bryan Clay invite
Taylor, Lindsay, Turner, A. Commandeur	3:10.65	5/25/17	NCAA Championships
Bauer, A. Commandeur, Camara, Hewitt	3:12.22	4/18/14	Bryan Clay Invite
Hewitt, Sutton, Registe, Ward	3:14.74	4/16/11	Long Beach Invite
Bauer, Lindsay, Gray, Commandeur	3:13.92	5/8/15	GNAC Championships
Hewitt, Truax, Grant, McLaughlin	3:14.98	5/8/10	Occidental Invite
Bauer, Blackburn, Hewitt, Ward	3:15.03	5/12/12	GNAC Championships
Ward, Pettigrew, Grant, McLaughlin	3:15.27	3/09/09	Oxy Invite
Madrid, Sutton, Grant, McLaughlin	3:17.30	5/3/08	GNAC Championships



OUTDOOR TRACK & FIELD

ALL-TIME TOP-10 WOMEN'S RECORDS

100 METERS

Name	Result	Date	Meet
Jamie Ashcroft	11.64	5/21/15	NCAA Championships
Grace Morgan	11.91	5/11-12/12	GNAC Championships
Mackenzie Harsh	12.17	5/9/14	GNAC Championships
Marie Ries	12.24	4/14/17	Beach Invite
Mary-Kathleen Cross	12.27	4/22/16	Triton Invitational
Sasha Halfyard	12.28	4/19/13	Beach Invite
Mary Pearce	12.37	4/7/07	Willamette Invitational
Ardrienna Everett	12.39	4/17/09	Azusa Pacific Invite
Rosie Smith	12.46	3/9/13	Ben Brown Invite
Dianne Chong	12.47	5/11-12/12	GNAC Championships

200 METERS

Jamie Ashcroft	24.07	4/22/16	Triton Invitational
Grace Morgan	24.24	4/19/13	Beach Invite
Mary-Kathleen Cross	24.53	4/1/16	SFSU Distance Carnival
Mary Pearce	24.82	4/21/07	Triton Invitational
Mackenzie Harsch	25.00	5/9/14	GNAC Championships
Marie Ries	25.36	4/13/17	Bryan Clay Invite
Vanessa Aniteye	25.37	4/13/17	Bryan Clay Invite
Rosie Smith	25.42	3/7/14	UNLV Track Classic
Sasha Halfyard	25.46	5/10-11/12	GNAC Championships
Karolin Anders	25.64	5/22/14	NCAA Championships

400 METERS

Mary Pearce	53.56	5/26/07	NCAA Championships
Vanessa Aniteye	54.88	5/12/17	GNAC Championships
Mary Kathleen Cross	55.92	5/13/16	GNAC Championships
Jamie Ashcroft	56.62	4/15/16	GNAC Championships
Haleigh Lloyd	56.63	4/21/12	Long Beach Invite
Hayley Bezanson	57.19	5/13/16	GNAC Championships
Danielle McCormick	57.25	4/14/17	Beach Invite
Kelsea Johnson	57.88	5/11-12/12	GNAC Championships
Yvonne Jeschke	58.28	4/15/16	Beach Invitational
Sasha Halfyard	58.41	4/18/14	Bryan Clay Invite

800 METERS

Danielle McCormick	2:07.60	4/21/17	Triton Invitational
Ivy O'Guinn	2:09.34	5/10-11/13	GNAC Championships
Jessica Pahkala	2:10.59	4/03/15	SFSU Distance Carnival
Susan Bick	2:10.69	5/26/11	NCAA Div. II Championships
Tamara Perez	2:10.7	4/22/16	Triton Invitational
Stephanie Trenholm	2:13.89	4/17/09	Mt. SAC Relays
Haleigh Lloyd	2:14.13	4/17/15	Beach Invite
Beatrice Decker	2:14.24	4/17/15	Beach Invite
Hayley Bezanson	2:15.8	4/1/16	SFSU Distance Carnival
Yvonne Jeschke	2:16.33	5/1/17	GNAC Multis



OUTDOOR TRACK & FIELD

1500 METERS

Ivy O'Guinn	4:25.19	5/5/12	Oxy Invite
Susan Tanui	4:28.78	5/10-11/13	GNAC Championships
Caroline Kurgat	4:29.4	3/26/16	Willamette Invitational
Tamara Perez	4:29.8	4/14/16	Bryan Clay Invitational
Jessica Pahkala	4:30.19	4/17/15	Bryan Clay Invite
Miriam Kipng'Eno	4:30.36	5/26/11	NCAA Div. II Championships
Beatrice Decker	4:30.91	4/17/15	Bryan Clay Invite
Joyce Chelimo	4:32.8	4/15/16	Beach Invitational
Ruth Keino	4:33.30	5/10-11/13	GNAC Championships
Susan Bick	4:33.78	3/30/13	SFSU Distance Carnival

MILE

Jessica Pahkala	5:05.3	4/1/16	SFSU Distance Carnival
Mariah Burroughs	5:11.6	4/1/16	SFSU Distance Carnival

3,000 METERS

Elizabeth Chepkosgei	9:59.16	5/2/08	GNAC Championships
Laura Carr	10:08.84	5/2/08	GNAC Championships
Stacy Edwards	10:36.17	3/22/03	Shannon Invitational
Stephanie Myers	10:41.00	4/9/05	Western Oregon Open
Kaley Strachan	10:44.00	5/5/07	GNAC Championships
Hallidie Wilt	10:52.92	5/2/08	GNAC Championships
Mary Krusen	10:53.70	3/18/06	Washington Outdoor Preview
Emma Bohman	11:03.25	3/15/08	Northridge Relays
Anjuli Haydu	11:34.03	3/16/07	Washington Outdoor Preview

5,000 METERS

Joyce Chelimo	15:59.6	4/14/16	Mt. SAC Relays
Ruth Keino	16:20.87	4/18/13	Mt. SAC Relays
Caroline Kurgat	16:30.9	4/14/16	Mt. SAC Relays
Susan Tanui	16:36.13	5/5/12	Oxy Invite
Miriam Kipng'eno	16:36.66	3/25/11	Stanford Invitational
Amy Johnston	16:52.50	4/03/15	SFSU Distance Carnival
Laura Carr	16:56.48	4/5/08	Stanford Invitational
Ivy O'Guinn	17:05.56	3/10/12	Ben Brown Invite
Hallidie Wilt	17:06.14	3/31/12	Willamette Invitational
Elizabeth Chepkosgei	17:10.17	3/14/08	Occidental Distance Carnival

10,000 METERS

Joyce Chelimo	33:14.4	4/1/16	Stanford Invitational
Caroline Kurgat	33:38.3	4/1/16	Stanford Invitational
Susan Tanui	34:19.08	4/18/13	Mt. SAC Relays
Ruth Keino	34:30.53	5/26/11	NCAA Div. II Championships
Amy Johnston	35:01.46	4/16/15	Mt. SAC Relays
Laura Carr	35:08.51	4/15/10	Mt. SAC Relays
Zannah Jepchumba	36:11.04	3/31/17	SFSU Distance Carnival
Shoshana Keegan	36:19.49	4/15/10	Mt. SAC Relays
Miriam Kipng'eno	36:44.96	5/11-12/12	GNAC Championships
Stacy Edwards	36:54.7	4/2/05	Stanford Invitational



OUTDOOR TRACK & FIELD

100-METER HURDLES

Rosie Smith	14.18	5/8/15	GNAC Championships
Haleigh Lloyd	14.23	5/11-12/12	GNAC Championships
Ardrienna Everett	14:58	5/13/11	GNAC Championships
Alexandra Scott	14.74	4/3/15	SFSU Distance Carnival
Alexia Blalock	14.77	5/8/15	GNAC Championships
Karolin Anders	14.89	5/22/14	NCAA Championships
Lauren Laichak	14.89	5/14/10	GNAC Championships
Elena Cano	15.02	4/21/17	Triton Invite
Kelsea Johnson	15:05	4/30-5/1/12	GNAC Multis
Emily Tweto	15.22	5/5/07	GNAC Championships

400-METER HURDLES

Haleigh Lloyd	59.17	5/21/15	NCAA Championships
Yvonne Jeschke	1:01.9	5/13/16	GNAC Championships
Ardrienna Everett	1:02.29	5/7/11	Oxy Invite
Elena Cano	1:03.00	5/12/17	GNAC Championships
Zee Zee Young	1:04.03	3/13/10	Northridge Invite
Emily Tweto	1:04.37	5/5/07	GNAC Championships
Rosie Smith	1:04.73	4/18/14	Bryan Clay Invite
Alexandra Scott	1:05.49	5/02/15	Mt. Hood Track Festival
Rosie Smith	1:05.72	4/03/15	SFSU Distance Carnival
Beatrice Decker	1:06.52	5/02/15	Mt. Hood Track Festival

3000-METER STEEPLECHASE

Susan Tanui	10:13.40	3/30/14	Stanford Invitational
Hallidie Wilt	10:31.30	4/6/12	Stanford Invitational
Mariah Burroughs	10:39.44	3/31/17	SFSU Distance Carnival
Emmah Chelimo	11:03.27	5/12/17	GNAC Championships
Emma Bohman	11:03.67	3/25/11	San Francisco State
Katie Krehlik	11:06.21	4/6/13	Willamette Invitational
Beatrice Decker	11:06.96	4/3/15	SFSU Distance Carnival
Bryn Haebe	11:08.23	4/6/12	San Francisco State
Jordyn Block	11:10.52	4/13/17	Bryan Clay Invite
Jaymi Bethea	11:27.64	4/9/13	Bryan Clay Invite

HIGH JUMP

Karolin Anders	5-8 $\frac{3}{4}$	5/25/17	NCAA Championships
Emily Tweto	5-4 $\frac{1}{2}$	4/7/07	Willamette Invitational
Haleigh Lloyd	5-3	3/14/13	Northridge Invite
Kelsea Johnson	5-2 $\frac{1}{2}$	5/11-12/12	GNAC Championships
Yvonne Jeschke	5-1 $\frac{3}{4}$	4/21/17	Triton Invitational
Dianne Chong	4-11 $\frac{3}{4}$	5/2/11	GNAC Championships
Rosie Smith	4-11 $\frac{3}{4}$	3/26/16	Willamette Invitational
Elena Cano	4-11 $\frac{3}{4}$	4/21/17	Triton Invitational
Lindsay Mock	4-10 $\frac{3}{4}$	5/3/08	GNAC Championships
Grace Morgan	4-4 $\frac{1}{4}$	4/29-30/13	GNAC Multis



OUTDOOR TRACK & FIELD

LONG JUMP

Karolin Anders	18-10.5	4/10/14	Sacramento State Mondo
Kelsea Johnson	18-7 $\frac{3}{4}$	5/11-12/12	GNAC Championships
Kim Brady	18-6	4/18/08	Azusa Pacific Invitational
Rosie Smith	18-2.5	4/1/16	SFSU Distance Carnival
Dianne Chong	18-0 $\frac{1}{2}$	5/2/11	GNAC Championships
Alexia Blalock	17-9 $\frac{1}{2}$	4/22/16	Triton Invitational
Haleigh Lloyd	17-2	3/14/13	Northridge Invite
Renee Kennedy	17-1 $\frac{3}{4}$	4/6/13	Willamette Invitational
Elena Cano	17-0 $\frac{3}{4}$	5/1/17	GNAC Multis
Yvonne Jeschke	16-9 $\frac{3}{4}$	4/21/17	Triton Invitational

TRIPLE JUMP

Kim Brady	39-3 $\frac{3}{4}$	5/3/08	GNAC Championships
Karolin Anders	38-3 $\frac{3}{4}$	5/10-11/13	GNAC Championships
Alexia Blalock	38-1 $\frac{3}{4}$	4/21/17	Triton Invitational
Dianne Chong	37-10 $\frac{3}{4}$	5/7/11	Oxy Invite
Courtney Stein	33-10 $\frac{3}{4}$	5/7/05	GNAC Championships

DISCUS

Jessica Houston	165-9	4/2/05	Willamette Invitational
Corena Bell	134-4	5/5/07	GNAC Championships
Renee Dixon	126-11	4/22/06	Triton Invitational
Dakayla Walters	125-7	3/25/17	Willamette Invitational
Gaynor Johansen	125-0	5/2/14	Steve Scott Invite
Elisha Harris	123-0	3/27/10	Chabot Relays
Ashley Logan	105-3	3/26/16	Willamette Invitational
Ashleigh Gaines	95-10	3/4/11	UNLV Track Classic

SHOT PUT

Jessica Houston	45-11	3/16/07	Washington Outdoor Preview
Mindy Lindquist	39-8 $\frac{1}{2}$	5/7/05	GNAC Championships
Jessica Houston	39-7	3/4/06	Linfield Icebreaker
Karolin Anders	41-1	5/1/17	GNAC Multis
Gaynor Johnson	38-2 $\frac{3}{4}$	5/9/14	GNAC Championships
Elisha Harris	37-11.25	5/14/10	GNAC Championships
Corena Bell	36-1 $\frac{1}{2}$	3/16/07	Washington Outdoor Preview
Kelsea Johnson	35-10	3/15-16/12	Northridge Multis
Renee Dixon	35-6 $\frac{1}{2}$	4/22/06	Triton Invitational
Dakayla Walters	35-5 $\frac{3}{4}$	3/6/15	UNLV Randall Cunningham Track Classic

JAVELIN

Elisha Harris	141-3.66	3/13/10	Northridge Invite
Karolin Anders	123-4	5/22/14	NCAA Championships
Kelsea Johnson	117-6	5/25/12	NCAA Championships
Yvonne Jeschke	115-4	5/1/17	GNAC Multis
Dianne Chong	104-7	3/4/11	UNLV Track Classic
Rosie Smith	97-11	4/15/15	Mt. SAC Relays/Ca Invitational Events
Elena Cano	88-7	5/1/17	GNAC Multis
Amanda Parker	80-4	3/12/11	Northridge Invite
Haleigh Lloyd	67-11	4/27/15	GNAC Multis



OUTDOOR TRACK & FIELD

HEPTATHLON

Karolin Anders	5,375	5/22/14	NCAA Championships
Kelsea Johnson	4,940	4/30-5/1/12	GNAC Multis
Haleigh Lloyd	4,637	3/14/13	Northridge Invite
Rosie Smith	4,613	4/15/15	Mt. SAC Relays/CA Invitational Events
Yvonne Jeschke	4,520	5/1/17	GNAC Multis
Elena Cano	4,518	5/1/17	GNAC Multis
Dianne Chong	3,954	5/2/11	GNAC Championships
Grace Morgan	3,791	4/29-30/13	GNAC Multis
Amanda Parker	2,898	3/9/11	UNLV Sheila Tarr-Smith Multis

4x100-METER RELAY

Ashcroft, Cross, Ries, Aniteye	46.37	4/21/17	Triton Invitational
Harsch, Smith, Halfyard, Ashcroft	46.56	4/4/14	SFSU Distance Carnival
Harsch, Lloyd, Smith, Ashcroft	47.58	4/3/15	SFSU Distance Carnival
Chong, Johnson, Morgan, Lloyd,	47.67	5/12/12	GNAC Championships
	48.14	3/26/16	Willamette Invitational
Chong, Johnson, Halfyard, Lloyd	48.54	5/14/11	GNAC Championships
Everett, Echavarria, Friess, Laichak	48.96	3/28/09	Chabot Relays
Gordon, Friess, Tweto, Pearce	49.23	5/6/06	GNAC Championships
Tweto, Echavarria, Brady, Pearce	49.39	5/5/07	GNAC Championships

4x400-METER RELAY

McCormick, Cross, Bezanson, Aniteye	3:41.93	3/31/17	SFSU Distance Carnival
Halfyard, O'Guinn, Bick, Lloyd	3:50.28	5/7/11	Occidental Invite
Cross, Bezanson, Smith, Lloyd	3:51.18	5/8/15	GNAC Championships
Morgan, Bick, Johnson, Lloyd	3:52.47	5/12/12	GNAC Championships
Cross, Pahkala, Bick, Halfyard	3:52.83	5/9/14	GNAC Championships
	3:54.4	4/1/16	SFSU Distance Carnival
Friess, Wilt, Everett, Bohman	4:00.61	5/14/10	GNAC Championships



HONORS & AWARDS

CROSS COUNTRY

NCAA INDIVIDUAL CHAMPIONS

2012 Micah Chelimo

ALL-AMERICANS

- 2001 Tobias Schwoerer
- 2007 David Kiplagat
- 2008 Elizabeth Chepkosgei
Marko Cheseto
Jake Parisien
- 2009 Micah Chelimo
Ruth Keino
Miriam Kipng'eno
- 2010 Micah Chelimo
Marko Cheseto
Ruth Keino
Miriam Kipng'eno
- 2011 Micah Chelimo
Ruth Keino
Miriam Kipng'eno
Ivy O'Guinn
- 2012 Dylan Anthony
Micah Chelimo
Alfred Kangogo
Susan Tanui
- 2013 Dylan Anthony
Isaac Kangogo
Joyce Kipchumba
Susan Tanui
Victor Samoei
- 2014 Henry Cheseto
Amy Johnston
Dominik Notz
Michel Ramirez
- 2015 Joyce Chelimo
Henry Cheseto
Edwin Kangogo
Caroline Kurgat
Dominik Notz
- 2016 Joyce Chelimo
Edwin Kangogo
Caroline Kurgat
Michel Ramirez

WEST REGION INDIVIDUAL CHAMPIONS

- 2009 Marko Cheseto
- 2010 Marko Cheseto
- 2011 Micah Chelimo
Ruth Keino
- 2012 Micah Chelimo
Susan Tanui
- 2013 Susan Tanui
- 2014 Henry Cheseto
- 2015 Joyce Chelimo
Henry Cheseto

WEST REGION TEAM CHAMPION

- 2009 Women
- 2010 Men
Women
- 2011 Men
Women
- 2013 Women
- 2015 Men

ALL-WEST REGION

- 1996 Miguel Gomez
- 1998 Jerry Ross
- 1999 Richy Hankins
- 2000 Tobias Schwoerer
- 2001 Tobias Schwoerer
Eric Strabel
- 2002 Stacy Edwards
Sean Rivers
Tobias Schwoerer
- 2003 Brandon Stum
- 2004 Mandy Kaempf
- 2005 Stacy Edwards
Mandy Kaempf
David Kiplagat
Leif Olson
- 2006 Laura Carr
Elizabeth Chepkosgei
David Kiplagat
Brent Knight
- 2007 David Kiplagat
- 2008 Laura Carr
Elizabeth Chepkosgei
Marko Cheseto
Alfred Kangogo
David Kiplagat
Jacob Parisien
- 2009 Laura Carr
Micah Chelimo
Marko Cheseto
Alfred Kangogo
Shoshana Keegan
Ruth Keino
Miriam Kipng'eno
Hallidie Wilt
- 2010 Micah Chelimo
Marko Cheseto
Shoshana Keegan
Ruth Keino
Miriam Kipng'eno
Jake Parisien
William Ritekwiang
Hallidie Wilt
- 2011 Dylan Anthony
Susan Bick
Micah Chelimo
Alfred Kangogo
Isaac Kangogo
Ruth Keino
Shoshana Keegan
Miriam Kipng'eno
Ivy O'Guinn
Jake Parisien
Susan Tanui
Yonatan Yilma
- 2012 Dylan Anthony
Jaymi Bethea
Susan Bick
Micah Chelimo
Sarah Freistone
Alfred Kangogo
Isaac Kangogo
Miriam Kipng'eno
Dominik Notz
Ivy O'Guinn
- 2013 Dylan Anthony
Susan Bick
Isaac Kangogo
Joyce Kipchumba
Susan Tanui

- Ivy O'Guinn
Victor Samoei
- 2014 Dylan Anthony
Henry Cheseto
Caroline Kurgat
Amy Johnston
Dominik Notz
Victor Samoei
- 2015 Joyce Chelimo
Henry Cheseto
Edwin Kangogo
Nathan Kipchumba
Caroline Kurgat
Michael Mendenhall
Dominik Notz
Victor Samoei
- 2016 Joyce Chelimo
Henry Cheseto
Edwin Kangogo
Caroline Kurgat
Michel Ramirez
Victor Samoei

WEST REGION ATHLETE OF THE YEAR

- 2009 Marko Cheseto
- 2010 Marko Cheseto
- 2011 Micah Chelimo
Ruth Keino
- 2012 Micah Chelimo
Susan Tanui
- 2013 Susan Tanui
- 2014 Henry Cheseto
- 2015 Joyce Chelimo
Henry Cheseto

WEST REGION COACH OF THE YEAR

- 2009 Women - Michael Friess
- 2010 Men - Michael Friess
Women - Michael Friess
- 2011 Men - Michael Friess
Women - Michael Friess
- 2013 Women - Michael Friess
- 2015 Men - Michael Friess

GNAC INDIVIDUAL CHAMPIONS

- 2006 David Kiplagat
- 2008 Marko Cheseto
- 2009 Marko Cheseto
- 2010 Marko Cheseto
- 2011 Micah Chelimo
Ruth Keino
- 2012 Micah Chelimo
Susan Tanui
- 2013 Isaac Kangogo
Susan Tanui
- 2014 Henry Cheseto
- 2015 Joyce Chelimo
Henry Cheseto
- 2016 Edwin Kangogo
Caroline Kurgat

CONFERENCE TEAM CHAMPION

- 1997 Men (Pac West)
- 2002 Men (GNAC)
- 2005 Men (GNAC)
- 2008 Men (GNAC)
- 2009 Women (GNAC)
- 2010 Men (GNAC)
Women (GNAC)
- 2011 Men (GNAC)
Women (GNAC)
- 2012 Men (GNAC)

- Women (GNAC)
- 2013 Men (GNAC)
Women (GNAC)
- 2014 Men (GNAC)
- 2015 Men (GNAC)
Women (GNAC)
- 2016 Men (GNAC)
Women (GNAC)

ALL-CONFERENCE

- 1994 David Laurence (Pac West)
- 1996 Chad Dudney (Pac West)
Miguel Gomez (Pac West)
Frode Lillefjell (Pac West)
Mike McQueen (Pac West)
- 1997 Todd Bruce (Pac West)
Chad Dudney (Pac West)
Erlend Kroken (Pac West)
Preston Martin (Pac West)
Mike McQueen (Pac West)
Jerry Ross (Pac West)
- 1999 Richy Hankins (Pac West)
Sean Rivers (Pac West)
- 2000 Sean Rivers (Pac West)
Tobias Schwoerer (Pac West)
Eric Strabel (Pac West)
- 2001 Stacy Edwards
Kiersten Lippmann
Eric Strabel
- 2002 Stacy Edwards
Sean Rivers
Tobias Schwoerer
Eric Strabel
- 2003 Stacy Edwards
Sarah Hansen
Mandy Kaempf
Brandon Stum
- 2004 Mandy Kaempf
- 2005 Laura Carr
Aaron Dickson
Drew Dickson
Stacy Edwards
Mandy Kaempf
David Kiplagat
Leif Olson
- 2006 Laura Carr
Elizabeth Chepkosgei
Aaron Dickson
Mandy Kaempf
David Kiplagat
Brent Knight
- 2007 Elizabeth Chepkosgei
Peter Doner
- 2008 Laura Carr
Elizabeth Chepkosgei
Marko Cheseto
Alfred Kangogo
Ruth Keino
David Kiplagat
Jake Parisien
Hallidie Wilt
- 2009 Laura Carr
Micah Chelimo
Marko Cheseto
Alfred Kangogo
Shoshana Keegan
Ruth Keino
Miriam Kipng'eno
Hallidie Wilt
- 2010 Micah Chelimo
Marko Cheseto
Shoshana Keegan
Ruth Keino



Miriam Kipng'eno
 Jake Parisien
 Hallidie Wilt
 2011 Dylan Anthony
 Micah Chelimo
 Alfred Kangogo
 Isaac Kangogo
 Ruth Keino
 Miriam Kipng'eno
 Ivy O'Guinn
 Yonatan Yilma
 2012 Dylan Anthony
 Susan Bick
 Micah Chelimo
 Sarah Freistone
 Alfred Kangogo
 Isaac Kangogo
 Miriam Kipng'eno
 Katie Krehlik
 Ivy O'Guinn
 Jake Parisien
 Susan Tanui
 2013 Dylan Anthony
 Isaac Kangogo
 Joyce Kipchumba
 Susan Tanui
 Ivy O'Guinn
 Victor Samoei
 2014 Dylan Anthony
 Henry Cheseto
 Beatrice Decker
 Bryn Haebe
 Edwin Kangogo
 Caroline Kurgat
 Amy Johnston
 Dominik Notz
 Michel Ramirez
 Kevin Rooke
 Victor Samoei
 2015 Joyce Chelimo
 Henry Cheseto
 Kimberly Coscia
 Edwin Kangogo
 Nathan Kipchumba
 Caroline Kurgat
 Dominik Notz
 Victor Samoei
 2016 Joyce Chelimo
 Henry Cheseto
 Edwin Kangogo
 Caroline Kurgat
 Tamara Perez
 Michel Ramirez

GNAC RUNNER OF THE YEAR
 2008 Marko Cheseto
 2009 Marko Cheseto
 2010 Marko Cheseto
 2011 Micah Chelimo
 Ruth Keino
 2012 Micah Chelimo
 Susan Tanui
 2013 Susan Tanui
 2014 Henry Cheseto
 2015 Joyce Chelimo
 Henry Cheseto

GNAC COACH OF THE YEAR
 1997 Men - Michael Friess
 (Pac West)
 2002 Men - Michael Friess
 2003 Women - Michael Friess
 2004 Women - Michael Friess
 2005 Men - Michael Friess
 Women - Michael Friess
 2008 Men - Michael Friess
 2009 Women - Michael Friess
 2010 Men - Michael Friess
 2011 Women - Michael Friess

Women - Michael Friess
 2012 Men - Michael Friess
 Women - Michael Friess
 2013 Men - Michael Friess
 Women - Michael Friess
 2014 Men - Michael Friess
 2015 Men - Michael Friess
 2016 Men - Michael Friess

GNAC FRESHMAN OF THE YEAR
 2003 Mandy Kaempf
 2005 David Kiplagat
 2008 Jacob Parisien
 2009 Micah Chelimo
 Miriam Kipng'eno
 2011 Dylan Anthony
 Bryn Haebe
 2012 Sarah Freistone
 2014 Henry Cheseto
 Caroline Kurgat
 2015 Kimberly Coscia
 2016 Jordyn Block

GNAC NEWCOMER OF THE YEAR
 1996 Miguel Gomez (Pac West)
 1999 Sean Rivers (Pac West)
 2000 Tobias Schwoerer (Pac West)
 2007 Peter Doner
 2008 Marko Cheseto
 2010 Yonatan Yilma
 2013 Joyce Kipchumba
 2014 Amy Johnston
 Michel Ramirez

CAPITAL ONE/COSIDA ACADEMIC ALL-AMERICANS
 2002 Tobias Schwoerer
 2006 Mandy Kaempf
 2012 Micah Chelimo
 2013 Alfred Kangogo
 Ruth Keino

USTFCCCA SCHOLAR ATHLETES OF THE YEAR
 2012 Micah Chelimo

USTFCCCA ACADEMIC ALL-AMERICANS
 2006 Mandy Kaempf
 2008 Peter Doner
 David Kiplagat
 Cornelius Sigei
 2009 Laura Carr
 Ruth Keino
 David Kiplagat
 Laura Rombach
 Paul Rottich
 2010 Micah Chelimo
 Laura Carr
 Alfred Kangogo
 Ruth Keino
 Miriam Kipng'eno
 2011 Micah Chelimo
 Bryn Haebe
 Alfred Kangogo
 Isaac Kangogo
 Shoshana Keegan
 Ruth Keino
 Miriam Kipng'eno
 2012 Micah Chelimo
 Bryn Haebe
 Sarah Freistone
 Alfred Kangogo
 Miriam Kipng'eno
 Katie Krehlik
 Dominik Notz
 Kevin Rooke
 2013 Dylan Anthony
 Bryn Haebe
 Jessica Pahkala

Kevin Rooke
 Victor Samoei
 2014 Dylan Anthony
 Henry Cheseto
 Beatrice Decker
 Bryn Haebe
 Edwin Kangogo
 Nathan Kipchumba
 Caroline Kurgat
 Jessica Pahkala
 Kevin Rooke
 2015 Edwin Kangogo
 Nathan Kipchumba
 Caroline Kurgat
 Kaitlyn Maker
 Michael Mendenhall
 Jessica Pahkala

USTFCCCA ALL-ACADEMIC TEAMS
 2005 Men
 Women
 2007 Men
 Women
 2008 Men
 Women
 2009 Men
 Women
 2010 Men
 Women
 2011 Men
 Women
 2012 Men
 Women
 2013 Men
 Women
 2014 Men
 Women
 2015 Men
 Women

GNAC ALL-ACADEMIC
 1994 Brad Bauer (Pac West)
 1996 Steve Carroll (Pac West)
 1998 Brad Hawkins (Pac West)
 Casey Jackson (Pac West)
 Jerry Ross (Pac West)
 Mike McQueen (Pac West)
 Tim Miller (Pac West)
 Jerry Ross (Pac West)
 1999 Benji Uffenbeck (Pac West)
 2000 Meyoung Blum (Pac West)
 Leslie Boyd (Pac West)
 Katya Lamskova (Pac West)
 Sara Nielsen (Pac West)
 2001 Meyoung Blum
 Leslie Boyd
 River Campbell
 Nicole Hanson
 Sheamus Lamb
 Katya Lamskova
 Sean Rivers
 Tobias Schwoerer
 2002 Meyoung Blum
 Leslie Boyd
 Chris Cannon
 Stacy Edwards
 Lindsay Krous
 Sarah Hansen
 Nate Normandin
 Sean Rivers
 Tobias Schwoerer
 2003 Nicole De Yong
 Stacy Edwards
 Sarah Hansen
 Lindsay Krous
 2004 Nicole De Yong
 Sarah Hansen
 Anjuli Haydu
 Kamie Jo Massey
 Stephanie Myers

Mandy Kaempf
 Nate Normandin
 2005 Stacy Edwards
 Mandy Kaempf
 Leif Olson
 Kaley Strachan
 2006 Mick Boyle
 Laura Carr
 Mandy Kaempf
 Mary Krusen
 Brent Knight
 Danielle Pratt
 Cornelius Sigei
 Paul Schauer
 Kaley Strachan
 2007 Mick Boyle
 Anjuli Haydu
 David Kiplagat
 Mary Krusen
 Heather McIntyre
 Cornelius Sigei
 Kaley Strachan
 Autumn Streuli
 2008 Mick Boyle
 Laura Carr
 David Kiplagat
 Paul Rottich
 Cornelius Sigei
 2009 Laura Carr
 Shoshana Keegan
 Ruth Keino
 Natalie Pfeifer
 Arielle Rolle
 Paul Rottich
 Alex West
 2010 Micah Chelimo
 Marko Cheseto
 Ruth Keino
 Miriam Kipng'eno
 2011 Susan Bick
 Micah Chelimo
 Alfred Kangogo
 Ruth Keino
 Shoshana Keegan
 Miriam Kipng'eno
 Katie Krehlik
 Thomas Hill
 2012 Dylan Anthony
 Micah Chelimo
 Bryn Haebe
 Alfred Kangogo
 Miriam Kipng'eno
 Katie Krehlik
 Kevin Rooke
 Christi Schmitz
 2013 Bryn Haebe
 Sarah Freistone
 Isaac Kangogo
 Jesse Miller
 Dominik Notz
 Jessica Pahkala
 Kevin Rooke
 Christi Schmitz
 2014 Dylan Anthony
 Bryn Haebe
 Haleigh Lloyd
 Micheal Mendenhall
 Jessica Pahkala
 Kevin Rooke
 Victor Samoei
 2015 Mariah Burroughs
 Beatrice Decker
 Edwin Kangogo
 Nathan Kipchumba
 Caroline Kurgat
 Michael Mendenhall
 Jessica Pahkala
 Tamara Perez
 2016 Mariah Burroughs
 Kimberly Coscia



Edwin Kangogo
Nathan Kipchumba
Caroline Kurgat
Kaitlyn Maker
Danielle McCormick
Michael Mendenhall
Tamara Perez

GNAC RUNNERS OF THE WEEK

- 2000 Kiersten Lippman (Oct. 9)
Tobias Schwoerer (Sept. 25)
- 2001 Eric Strabel (Aug. 27-Sept. 2)
Tobias Schwoerer (Oct. 29-Nov. 4)
- 2002 Sean Rivers (Aug. 26-Sept. 1)
- 2004 Kamie Jo Massey
Brandon Stum (Sept. 20-26)
- 2005 Mandy Kaempf (Oct. 31-Nov. 6)
David Kiplagat (Sept. 19-25)
- 2006 Mandy Kaempf (Oct. 2-8)
David Kiplagat (Sept. 18-24)
David Kiplagat (Sept. 25-Oct. 1)
- 2007 Elizabeth Chepkosgei (A. 27-S. 2)
Elizabeth Chepkosgei (S. 24-30)
David Kiplagat (Sept. 24-30)
- 2008 Marko Cheseto (Sept. 1-7)
Marko Cheseto (Sept. 15-21)
Marko Cheseto (Oct. 6-12)
Marko Cheseto (Nov. 3-9)
- 2009 Micah Chelimo (Aug. 31-Sept. 6)
Micah Chelimo (Sept. 14-20)
Marko Cheseto (Oct. 5-11)
Ruth Keino (Sept. 6-12)
Ruth Keino (Oct. 5-11)
- 2010 Marko Cheseto (Aug. 30-Sept. 5)
Marko Cheseto (Sept. 27-Oct. 3)
Marko Cheseto (Oct. 18-24)
Ruth Keino (Sept. 6-12)
Miriam Kipng'eno (Sept. 27-Oct. 3)
- 2011 Ruth Keino (Sept. 5-11)
Yonatan Yilma (Sept. 5-11)
Micah Chelimo (Oct. 3-9)
Ruth Keino (Oct. 3-9)
- 2012 Susan Tanui (Sept. 10)
Micah Chelimo (Oct. 8)
Susan Tanui (Oct. 8)
- 2013 Dylan Anthony (Oct. 7)
Joyce Kipchumba (Oct. 7)
- 2014 Beatrice Decker (Sept. 1)
Henry Cheseto (Sept. 8)
Dylan Anthony (Oct. 6)
- 2015 Henry Cheseto (Sept. 7-13)
Joyce Chelimo (Oct. 5-11)
- 2016 Caroline Kurgat (Sept. 12-18)
Caroline Kurgat (Oct. 3-9)

Pac West results incomplete

USTFCCCA NATIONAL ATHLETE OF THE WEEK

- 2014 Henry Cheseto (Nov. 3)

INDOOR

NCAA INDIVIDUAL CHAMPIONS

- 2013 Micah Chelimo (5K)
- 2014 Micah Chelimo (3K)

ALL-AMERICANS

- 2013 Karolin Anders (hept.)
Susan Bick (DMR)
Micah Chelimo (5K, 3K)
Ruth Keino (5K)
Haleigh Lloyd (DMR)
Ivy O'Guinn (DMR)
Jessica Pahkala (DMR)
Susan Tanui (5K, 3K)
- 2014 Karolin Anders (pent.)
Susan Bick (DMR)

- Micah Chelimo (5K, 3K)
Joyce Chelimo (5K, 3K)
Haleigh Lloyd (DMR)
Ivy O'Guinn (DMR)
2015 Jessica Pahkala (DMR)
Karolin Anders (pent.)
Beatrice Decker (DMR)
Haleigh Lloyd (DMR)
Jessica Pahkala (DMR)
Rosie Smith (DMR)
Cody Thomas (hept.)
- 2016 Karolin Anders (pent., HJ)
Joyce Chelimo (3K, 5K)
Mary-Kathleen Cross (DMR)
Caroline Kurgat (DMR)
Dominik Notz (3K, 5K)
Jessica Pahkala (DMR)
Tamara Perez (DMR)
Cody Thomas (hept.)
- 2017 Vanessa Aniteye (4x4)
Jamie Ashcroft (200, 4x4)
Hayley Bezanson (4x4)
Adam Commandeur (4x4)
Mary-Kathleen Cross (4x4)
Darrion Gray (4x4)
Caroline Kurgat (3K)
Liam Lindsay (4x4)
Dominik Notz (3K, 5K)
Nicholas Taylor (4x4)

USTFCCCA ALL-WEST REGION

- 2013 Karolin Anders
Dylan Anthony (2)
Susan Bick
Micah Chelimo (4)
Joe Day (2)
Ethan Hewitt (2)
Alfred Kangogo (2)
Ruth Keino (2)
Haleigh Lloyd
Ivy O'Guinn
Jessica Pahkala
Jake Parisien
Kevin Rooke (2)
Susan Tanui (3)
Cody Thomas
- 2014 Karolin Anders (4)
Dylan Anthony (2)
Jamie Ashcroft (2)
Elliott Bauer
Susan Bick
Bobo Camara
Micah Chelimo (3)
Adam Commandeur (3)
Ethan Hewitt (3)
Isaac Kangogo (2)
Joyce Chelimo (2)
Haleigh Lloyd
Jesse Miller
Ivy O'Guinn (4)
Jessica Pahkala
Kevin Rooke
Victor Samoei (2)
Rosie Smith
Cody Thomas
- 2015 Karolin Anders (4)
Dylan Anthony
Jamie Ashcroft (2)
Elliot Bauer
Alexia Blalock
Henry Cheseto (2)
Adam Commandeur (2)
Joe Day
Beatrice Decker
Tevin Gladden
Darrion Gray
Amy Johnston
Nathan Kipchumba
Liam Lindsay
Haleigh Lloyd
Dominik Notz
Jessica Pahkala (2)

- Rosie Smith (3)
Cody Thomas (2)
- 2016 Karolin Anders (4)
Jamie Ashcroft (2)
Christopher Brake
Joyce Chelimo (3)
Henry Cheseto (2)
Adam Commandeur
Mary-Kathleen Cross (2)
Rosie Hewitt (2)
Nathan Kipchumba
Caroline Kurgat (2)
Liam Lindsay (2)
Dominik Notz (2)
Jessica Pahkala
Tamara Perez (2)
Michel Ramirez (2)
Nicholas Taylor (2)
Cody Thomas (4)
Vanessa Aniteye
- 2017 Jamie Ashcroft
Hayley Bezanson
Adam Commandeur
Mary-Kathleen Cross
Joe Day
Tevin Gladden
Darrion Gray
Caroline Kurgat
Liam Lindsay
Danielle McCormick
Michael Mendenhall
Jesse Miller
Dominik Notz
Tamara Perez
David Sramek
Nicholas Taylor
Travis Turner

USTFCCCA WEST REGION ATHLETE OF THE YEAR

- 2013 Micah Chelimo
- 2014 Joyce Chelimo
- 2016 Karolin Anders
- Joyce Chelimo
- 2017 Jamie Ashcroft

USTFCCCA WEST REGION COACH OF THE YEAR

- 2013 Michael Friess (women)
- 2014 Michael Friess (women)
Ryan McWilliams (women)
Anthony Tomsich (men)
- 2016 Michael Friess (women)
- 2017 Michael Friess (men)

GNAC INDIVIDUAL CHAMPIONS

- 2013 Micah Chelimo (5K, 3K, 1 mile)
Joe Day (DMR)
Ethan Hewitt (DMR)
Alfred Kangogo (DMR)
Isaac Kangogo (DMR)
Rosie Smith (200m)
Susan Tanui (5K, 3K)
Cody Thomas (hept.)
- 2014 Karolin Anders (pent., TJ)
Jamie Ashcroft (60m, 200m)
Susan Bick (DMR)
Bobo Camara (4x4)
Micah Chelimo (5K, 3K)
Scott Commandeur (4x4)
Ethan Hewitt (400m, 4x4)
Joyce Chelimo (5K, 3K)
Haleigh Lloyd (DMR)
Ivy O'Guinn (DMR)
Jessica Pahkala (DMR)
Cody Thomas (hept., 4x4)
- 2015 Karolin Anders (pent., LJ)
Jamie Ashcroft (60m, 200m)
Henry Cheseto (5K, 3K)
Cody Thomas (hept.)
- 2016 Karolin Anders (pent., LJ)
Jamie Ashcroft (60m)
Joyce Chelimo (1mile, 3K, 5K)
Adam Commandeur (4x4)
Liam Lindsay (4x4)

- Dominik Notz (3K, 5K)
Nicholas Taylor (4x4)
Cody Thomas (4x4)
- 2017 Vanessa Aniteye (4x4)
Jamie Ashcroft (60m, 200m, 4x4)
Hayley Bezanson (4x4)
Adam Commandeur (4x4)
Mary-Kathleen Cross (4x4)
Darrion Gray (4x4)
Caroline Kurgat (5K, 1 mile)
Liam Lindsay (4x4)
Dominik Notz (5K)
Nicholas Taylor (4x4)
Travis Turner (hept)

ALL-CONFERENCE

- 2013 Karolin Anders
Dylan Anthony (2)
Elliott Bauer
Susan Bick
Micah Chelimo (3)
Joe Day (2)
Ethan Hewitt
Alfred Kangogo
Isaac Kangogo
Ruth Keino (2)
Grace Morgan
Jake Parisien (2)
Rosie Smith (2)
Susan Tanui (3)
Cody Thomas
- 2014 Karolin Anders (4)
Dylan Anthony
Jamie Ashcroft (2)
Susan Bick
Micah Chelimo (3)
Adam Commandeur
Tevin Gladden
Ethan Hewitt (2)
Joyce Chelimo (3)
Haleigh Lloyd
Ivy O'Guinn (2)
Jessica Pahkala
Victor Samoei
Rosie Smith
Cody Thomas (2)
Women's 4x400
- 2015 Karolin Anders (3)
Jamie Ashcroft (3)
Elliott Bauer
Alexia Blalock
Henry Cheseto (2)
Adam Commandeur (2)
Joe Day
Beatrice Decker (2)
Darrion Gray
Amy Johnston
Nathan Kipchumba
Liam Lindsay (2)
Haleigh Lloyd (2)
Michael Mendenhall
Philip Messina
Dominik Notz (2)
Jessica Pahkala (2)
Tamara Perez
Rosie Smith (2)
Cody Thomas (2)
- 2016 Karolin Anders (3)
Jamie Ashcroft (2)
Joyce Chelimo (3)
Henry Cheseto (2)
Adam Commandeur
Rosie Hewitt (3)
Edwin Kangogo (2)
Caroline Kurgat (3)
Liam Lindsay (2)
Dominik Notz (2)
Tamara Perez
Michel Ramirez
Nicholas Taylor
Cody Thomas (3)
Travis Turner
- 2017 Vanessa Aniteye (400m, 4x4)



Jamie Ashcroft (60m, 200m, 4x4)
 Hayley Bezanson (4x4)
 Justin Carrancho (5K)
 Adam Commandeur (400m, 4x4)
 Mary-Kathleen Cross (400m, 4x4)
 Tevin Gladden (TJ, LJ, HJ)
 Darrion Gray (60m, 4x4)
 Edwin Kangogo (5K, 3K)
 Caroline Kurgat (5K, 1 mile, 3K)
 Liam Lindsay (4x4)
 Danielle McCormick (800m)
 Dominik Notz (5K, 3K, 1 mile)
 Tamara Perez (800m)
 David Sramek (PV)
 Nicholas Taylor (4x4)
 Travis Turner (hept)

GNAC MOST OUTSTANDING PERFORMER

2013 Micah Chelimo
 2014 Karolin Anders
 2015 Karolin Anders (co.)
 Cody Thomas
 2016 Karolin Anders
 2017 Jamie Ashcroft

GNAC T&F ATHLETE OF THE YEAR

2013 Micah Chelimo
 2014 Karolin Anders
 Micah Chelimo
 2015 Cody Thomas
 2016 Cody Thomas
 Joyce Chelimo

GNAC COACH OF THE YEAR

2013 Michael Friess (women)
 2014 Michael Friess (men & women)
 2015 Michael Friess (men)
 2016 Michael Friess (men & women)
 2017 Michael Friess (men)

GNAC FRESHMAN OF THE YEAR

2014 Joyce Chelimo

GNAC NEWCOMER OF THE YEAR

2013 Karolin Anders

USTFCCCA NATIONAL ATHLETE OF THE WEEK

2013 Micah Chelimo
 2014 Karolin Anders

GNAC RUNNERS OF THE WEEK

2013 Micah Chelimo - Jan. 28, Feb. 11
 Cody Thomas - Jan. 28
 Susan Tanui - Jan. 28
 2014 Karolin Anders - Feb. 3
 Jamie Ashcroft - Feb. 3
 Micah Chelimo - Feb. 14
 Joyce Chelimo - Feb. 14
 2015 Karolin Anders (Jan. 19)
 Cody Thomas (Feb. 3)
 2016 Cody Thomas (Jan. 11-17)
 Jamie Ashcroft (Jan. 11-17)
 Karolin Anders (Jan. 11-17)
 Karolin Anders (Jan. 25-31)
 Dominik Notz (Feb. 8-14)
 Joyce Chelimo (Feb. 8-14)
 2017 Jamie Ashcroft (Jan. 23-29)
 Tevin Gladden (Feb. 20-26)

GNAC TEAM OF THE WEEK

2013 Women - Feb. 18
 2014 Women - Feb. 24

NCAA PARTICIPANTS

2013 Karolin Anders
 Susan Bick
 Micah Chelimo
 Joe Day
 Ethan Hewitt

Alfred Kangogo
 Isaac Kangogo
 Ruth Keino
 Haleigh Lloyd
 Ivy O'Guinn
 Jessica Pahkala
 Susan Tanui
 2014 Karolin Anders
 Susan Bick
 Micah Chelimo
 Joyce Chelimo
 Haleigh Lloyd
 Ivy O'Guinn
 Jessica Pahkala
 2015 Karolin Anders
 Jamie Ashcroft
 Beatrice Decker
 Haleigh Lloyd
 Jessica Pahkala
 Rosie Smith
 Cody Thomas
 2016 Karolin Anders
 Jamie Ashcroft
 Joyce Chelimo
 Henry Cheseto
 Adam Commandeur
 Mary-Kathleen Cross
 Caroline Kurgat
 Liam Lindsay
 Dominik Notz
 Tamara Perez
 Michel Ramirez
 Nicholas Taylor
 Cody Thomas
 2017 Vanessa Aniteye
 Jamie Ashcroft
 Hayley Bezanson
 Adam Commandeur
 Danielle McCormick
 Mary-Kathleen Cross
 Tevin Gladden
 Darrion Gray
 Caroline Kurgat
 Liam Lindsay
 Dominik Notz
 Tamara Perez
 Nicholas Taylor
 Travis Turner

NCAA INDIVIDUAL CHAMPIONS

2008 David Registe (LJ)
 2012 Micah Chelimo (5K)
 2013 Cody Parker (javelin)
 2016 Cody Thomas (dec.)

ALL-AMERICANS (1ST TM)

2006 Mandy Kaempfer (5K)
 Mary Pearce (400m)
 2007 Mary Pearce (400m)
 2008 David Kiplagat (steeple)
 David Registe (LJ)
 Kim Brady (TJ)
 2009 David Kiplagat (steeple)
 David Registe (LJ)
 Marko Cheseto (5K, 10K)
 Shaun Ward (400mH)
 2010 Alfred Kangogo (1500m)
 Demetrius Preston (LJ)
 2010 Marko Cheseto (5K, 10K)
 Micah Chelimo (steeple)
 2011 David Registe (LJ)
 Susan Bick (800m)
 Alfred Kangogo (1500m)
 Micah Chelimo (steeple)
 Ruth Keino (10K)
 2012 Micah Chelimo (5K, steeple)

Kelsea Johnson (hept.)
 Haleigh Lloyd (400mH)
 Alfred Kangogo (1500m)
 Ruth Keino (5K)
 Ivy O'Guinn (1500m)
 Cody Parker (JT)
 Susan Tanui (steeple, 5K)
 2013 Karolin Anders (hept.)
 Franz Burghagen (javelin)
 Ruth Keino (5K, 10K)
 Cody Parker (javelin)
 Susan Tanui (5K, steeple)
 2014 Karolin Anders (hept.)
 Franz Burghagen (JT)
 Joyce Chelimo (10K)
 Ivy O'Guinn (1500m)
 Cody Thomas (dec.)
 2015 Karolin Anders (hept.)
 Jamie Ashcroft (100m)
 Franz Burghagen (javelin)
 Haleigh Lloyd (400mH)
 Dominik Notz (10K)
 2016 Caroline Kurgat (5K)
 Cody Parker (JT)
 Cody Thomas (dec.)
 2017 Adam Commandeur (4x4)
 Tevin Gladden (HJ)
 Edwin Kangogo (steeple)
 Liam Lindsay (4x4)
 Danielle McCormick (800m)
 Dominik Notz (10K)
 Nicholas Taylor (4x4)
 Travis Turner (4x4)

ALL-AMERICANS (2ND TM)

2016 Joyce Chelimo (5K)
 Adam Commandeur (4x400)
 Darrion Gray (4x400)
 Caroline Kurgat (10K)
 Liam Lindsay (4x400)
 Nicolas Taylor (4x400)
 2017 Karolin Anders (hept.)
 Dominik Notz (5K)

USTFCCCA ALL-WEST REGION

2011 Emma Bohman
 Micah Chelimo
 Ardrienna Everett
 Ethan Hewitt
 Gabe Holland
 Alfred Kangogo
 Ruth Keino
 Miriam Kipng'eno
 Haleigh Lloyd
 Ivy O'Guinn
 David Registe
 Levi Sutton
 Shaun Ward
 2012 Micah Chelimo
 Ethan Hewitt
 Kelsea Johnson
 Haleigh Lloyd
 Alfred Kangogo
 Ruth Keino
 Miriam Kipng'eno
 Grace Morgan
 Ivy O'Guinn
 Cody Parker
 Susan Tanui
 Shaun Ward
 Hallidie Wilt

2013 Dylan Anthony (steeple, 10K)
 Franz Burghagen (javelin)
 Isaac Kangogo (1500m)
 Cody Parker (javelin)
 Cody Thomas (decathlon)
 Karolin Anders (heptathlon)
 Ruth Keino (5K, 10K)
 Haleigh Lloyd (400mH)
 Ivy O'Guinn (800m, 1500m)
 Susan Tanui (steeple, 5K, 10K)

2014 Karolin Anders (HJ, hept.)
 Dylan Anthony (10K)
 Jamie Ashcroft (100m, 200m)
 Elliott Bauer (400mH, 4x400)
 Bobo Camara (400mH, 4x400)
 Micah Chelimo (10K, 5K, 1500m)
 Adam Commandeur (4x400)
 Franz Burghagen (JT)
 Ethan Hewitt (400m, 4x400)
 Isaac Kangogo (1500m)
 Joyce Chelimo (5K, 10K)
 Ivy O'Guinn (1500m)
 Rosie Smith (100mH)
 Cody Thomas (dec.)
 2015 Karolin Anders (2)
 Jamie Ashcroft (2)
 Elliott Bauer (2)
 Franz Burghagen
 Henry Cheseto (2)
 Adam Commandeur (2)
 Darrion Gray
 Amy Johnston
 Nathan Kipchumba
 Caroline Kurgat
 Liam Lindsay
 Haleigh Lloyd (2)
 Dominik Notz (2)
 Cody Parker
 Rosie Smith
 2016 Jamie Ashcroft (2)
 Joyce Chelimo (2)
 Henry Cheseto (2)
 Adam Commandeur
 Mary-Kathleen Cross (2)
 Tevin Gladden
 Rosie Hewitt
 Edwin Kangogo
 Nathan Kipchumba
 Caroline Kurgat (2)
 Liam Lindsay
 Cody Parker
 Nicholas Taylor
 Cody Thomas (3)
 2017 Karolin Anders (HJ, Hept.)
 Vanessa Aniteye (400m, 4x400)
 Hayley Bezanson (4x400)
 Adam Commandeur (4x400)
 Mary-Kathleen Cross (4x400)
 Tevin Gladden (HJ)
 Darrion Gray (4x400)
 Edwin Kangogo (Steeple, 10K)
 Liam Lindsay (4x400)
 Danielle McCormick (800m, 4x4)
 Dominik Notz (5K, 10K)
 Nicholas Taylor (4x400)

USTFCCCA WEST REGION

ATHLETE OF THE YEAR
 2011 Alfred Kangogo
 2012 Micah Chelimo
 2016 Joyce Chelimo

USTFCCCA WEST REGION

COACH OF THE YEAR
 2009 Michael Friess (men)

USTFCCCA WEST REGION

ASSISTANT COACH OF THE YEAR
 2010 TJ Garlatz (men)
 2013 Ryan McWilliams (women)
 2016 Ryan McWilliams (men)

GNAC INDIVIDUAL CHAMPIONS

2002 Sean Rivers (10K)
 2003 Stacy Edwards (10K)
 2004 Nate Normandin (steeple)
 2006 Davya Baker (10K)
 Eric Draper (HJ)
 Mandy Kaempfer (5K)
 David Kiplagat (1500m)
 Mary Pearce (200m, 400m)

OUTDOOR



2007 Kim Brady (LJ)
 Laura Carr (5K)
 David Kiplagat (5K)
 Michael Madrid (100m, 200m)
 Mary Pearce (400m)
 David Registe (LJ)
 2008 Kim Brady (LJ, TJ)
 Laura Carr (5K)
 Elizabeth Chepkosgei (3K)
 Brandon Grant (4x1, 4x4)
 Michael Madrid (100m, 200m, 4x1, 4x4)
 James McLaughlin (4x4)
 David Registe (LJ, 4x1)
 Levi Sutton (4x4)
 Eric Walsh (4x1)
 2010 Micah Chelimo (steeple)
 Marko Cheseto (10K, 5K)
 Ardrienna Everett (400mH)
 Brandon Grant (4x4)
 Ethan Hewitt (400m, 4x4)
 Alfred Kangogo (800m, 1500m)
 James McLaughlin (4x4)
 Demetrius Preston (LJ)
 Brad Truax (4x4)
 2011 AJ Allen (4x1)
 Micah Chelimo (steeple, 5K)
 Alfred Kangogo (4x4)
 Ruth Keino (5K)
 Billy Kiefer (4x1)
 David Registe (LJ, 100, 200, 4x1, 4x4)
 Levi Sutton (4x4)
 Shaun Ward (400mH, 4x1, 4x4)
 2012 Elliott Bauer (4x4)
 Nicholas Blackburn (4x4)
 Micah Chelimo (1500m, 5K)
 Ethan Hewitt (4x4)
 Haleigh Lloyd (100mH)
 Grace Morgan (100m, 200m)
 Cody Parker (JT)
 Susan Tanui (5K, steeple)
 Shaun Ward (400mH, 4x4)
 2013 Karolin Anders (HJ)
 Elliott Bauer (400mH)
 Franz Burghagen (javelin)
 Ruth Keino (10K, 5K)
 Haleigh Lloyd (400mH)
 Grace Morgan (100, 200m)
 Susan Tanui (steeple)
 Cody Thomas (dec.)
 Yonatan Yilma (10K)
 2014 Karolin Anders (hept.)
 Dylan Anthony (5K)
 Jamie Ashcroft (100m, 200m, 4x100)
 Elliott Bauer (400mH)
 Franz Burghagen (javelin)
 Scott Commandeur (800m)
 Sasha Halfyard (4x100)
 Makenzie Harsch (4x100)
 Ethan Hewitt (400m)
 Joyce Chelimo (10K)
 Victor Samoei (10K)
 Rosie Smith (4x100)
 Cody Thomas (dec.)
 2015 Dylan Anthony (5K)
 Karolin Anders (hept., HJ)
 Jamie Ashcroft (100, 200)
 Elliott Bauer (400mH)
 Franz Burghagen (javelin)
 Haleigh Lloyd (400mH)
 Victor Samoei (10K)
 Rosie Smith (100mH)
 2016 Jamie Ashcroft (100, 200)
 Joyce Chelimo (10K)
 Yvonne Jeschke (400mH)
 Cody Parker (javelin)
 Michel Ramirez (5K)
 Victor Samoei (10K)
 Cody Thomas (Dec.)
 2017 Karolin Anders (Hept.)
 Vanessa Aniteye (400m, 4x1)

Jamie Ashcroft (4x1)
 Adam Commandeur (4x4)
 Mary-Kathleen Cross (4x1)
 Tevin Gladden (HJ)
 Zannah Jepchumba (5K)
 Edwin Kangogo (10K)
 Kaleb Korta (Steeple)
 Liam Lindsay (4x4)
 Marie Ries (4x1)
 Nicholas Taylor (4x4)
 Travis Turner (100mH, 4x4)
ALL-CONFERENCE
 2002 Sean Rivers (10K)
 2003 Stacy Edwards (10K)
 2004 Josh Evans (SP)
 Kamie Jo Massey (1500m)
 Nate Normandin (steeple)
 2005 Davya Baker (10K)
 Mindy Lindquist (SP)
 Michael Madrid (100m, 200m)
 2006 Davya Baker (10K)
 Laura Carr (3K)
 Eric Draper (HJ)
 Mandy Kaempf (5K)
 David Kiplagat (800m, 1500m)
 Michael Madrid (100m)
 Mary Pearce (200m, 400m)
 2007 Kim Brady (LJ, TJ, 4x1)
 Laura Carr (5K)
 Elizabeth Chepkosgei (5K)
 Eric Draper (HJ)
 Nathalia Echavarria (4x1)
 Brandon Grant (4x1)
 David Kiplagat (5K)
 Michael Madrid (100m, 200m, 4x1)
 Mary Pearce (100, 200, 400, 4x1)
 David Registe (LJ, 100m, 200m, 4x1)
 Emily Tweto (100mH, 4x1)
 Eric Walsh (100m, 4x4)
 2008 Kim Brady (LJ, TJ)
 Laura Carr (5K)
 Elizabeth Chepkosgei (800m, 3K, 5K)
 Peter Doner (steeple)
 Davya Flaharty (10K)
 Brandon Grant (400m, 4x1, 4x4)
 Jessica Houston (SP)
 David Kiplagat (800m, 5K, steeple)
 Michael Madrid (100m, 200m, 4x1, 4x4)
 James McLaughlin (400m, 4x4)
 David Registe (LJ, 100m, 200m, 4x1)
 Levi Sutton (4x4)
 Eric Walsh (4x1)
 Shaun Ward (110mH, 400mH)
 2010 Laura Carr (5K)
 Micah Chelimo (steeple, 5K)
 Marko Cheseto (1500, 5K, 10K)
 Ardrienna Everett (400mH)
 Brandon Grant (4x4)
 Ethan Hewitt (400m, 4x4)
 Alfred Kangogo (800, 1500, steeple)
 James McLaughlin (400m, 4x4)
 Demetrius Preston (LJ)
 Brad Truax (4x4)
 2011 AJ Allen (4x1)
 Micah Chelimo (5K, steeple)
 Ardrienna Everett (400mH)
 Alfred Kangogo (1500m, 4x4)
 Ruth Keino (5K)
 Miriam Kipng'eno (5K)
 Billy Kiefer (4x1)
 David Registe (LJ, 100, 200, 4x1, 4x4)
 Levi Sutton (4x4)
 Shaun Ward (4x4, 400mH, 4x1)
 2012 Dylan Anthony (5K)
 Elliott Bauer (4x4)
 Nicholas Blackburn (4x4)
 Micah Chelimo (1500m, 5K, steeple)
 Kelsea Johnson (hept., LJ)
 Micah Johnson (PV)

Ethan Hewitt (4x4, 400m)
 Alfred Kangogo (1500m, 5K)
 Ruth Keino (5K)
 Haleigh Lloyd (100mH)
 Grace Morgan (100m, 200m)
 Ivy O'Guinn (1500m)
 Cody Parker (JT)
 Susan Tanui (1500, 5K, steeple)
 Shaun Ward (400mH, 4x4)
 Hallidie Wilt (steeple)
 2013 Karolin Anders
 Dylan Anthony
 Elliott Bauer
 Franz Burghagen
 Isaac Kangogo
 Ruth Keino
 Haleigh Lloyd
 Grace Morgan
 Ivy O'Guinn
 Cody Parker
 Victor Samoei
 Susan Tanui
 Cody Thomas
 Travis Wilson
 Yonatan Yilma
 2014 Karolin Anders (hept., HJ, LJ)
 Dylan Anthony (5K, 10K)
 Jamie Ashcroft (100, 200, 4x100)
 Elliott Bauer (400mH, 4x400)
 Alexia Blalock (TJ)
 Franz Burghagen (javelin)
 Bobo Camara (400mH, 4x400)
 Adam Commandeur (4x400)
 Scott Commandeur (800m)
 Bryn Haebe (steeple)
 Sasha Halfyard (4x100)
 Makenzie Harsch (4x100)
 Ethan Hewitt (400m)
 Isaac Kangogo (1500m)
 Joyce Kipchumba (10K, 5K)
 Dominik Notz (10K)
 Victor Samoei (10K, 5K)
 Rosie Smith (4x100, 100mH)
 Cody Thomas (dec., 4x400)
 2015 Dylan Anthony
 Karolin Anders (3)
 Jamie Ashcroft (2)
 Elliott Bauer
 Franz Burghagen
 Henry Cheseto (2)
 Adam Commandeur
 Mary-Kathleen Cross
 Darrion Gray
 Tevin Gladden (2)
 Amy Johnston
 Caroline Kurgat
 Haleigh Lloyd (2)
 Dominik Notz (2)
 Cody Parker
 Victor Samoei
 Rosie Smith
 Travis Turner (2)
 2016 Jamie Ashcroft (2)
 Alexia Blalock
 Joyce Chelimo (2)
 Mary-Kathleen Cross (2)
 Darrion Gray
 Yvonne Jeschke
 Edwin Kangogo (2)
 Caroline Kurgat
 Henry Cheseto (2)
 Cody Parker
 Michel Ramirez
 Cody Thomas (3)
 2017 Karolin Anders (HJ, Hept.)
 Vanessa Aniteye (400m, 4x1)
 Jamie Ashcroft (100m, 4x1)
 Alexia Blalock (TJ)
 Mariah Burroughs (Steeple)
 Justin Carrancho (10K)

Emmah Chelimo (Steeple)
 Adam Commandeur (4x4)
 Mary-Kathleen Cross (200m, 4x1)
 Tevin Gladden (HJ)
 Yvonne Jeschke (400mH)
 Zannah Jepchumba (5K, 10K)
 Edwin Kangogo (5K, 10K)
 Kaleb Korta (Steeple)
 Liam Lindsay (4x4)
 Danielle McCormick (800m)
 Dominik Notz (5K, 10K)
 Marie Ries (4x1)
 Nicholas Taylor (400m, 4x4)
 Travis Turner (100mH, 400mH 4x4, Dec.)
GNAC T&F ATHLETE OF THE YEAR
 2008 David Registe (Field)
 2009 David Registe (Field)
 2012 Micah Chelimo (Track)
 Susan Tanui (co-Track)
 2013 Cody Parker (Field)
 2014 Cody Thomas
 2016 Cody Thomas
GNAC FRESHMAN OF THE YEAR
 2006 David Kiplagat
 2007 David Registe
 2009 Alfred Kangogo
 2010 Micah Chelimo (co-)
 2011 Susan Bick (co-)
 2012 Grace Morgan
 Cody Parker
 2013 Karolin Anders
 2014 Jamie Ashcroft
 2015 Caroline Kurgat
 2017 Vanessa Aniteye
GNAC NEWCOMER OF THE YEAR
 2006 Eric Draper
 Mary Pearce
 2009 Marko Cheseto
 2012 Susan Tanui
 2013 Franz Burghagen
 2014 Joyce Chelimo
GNAC MOST OUTSTANDING PERFORMER
 2006 Mary Pearce
 2009 Michael Madrid
 2011 David Registe
 2012 Micah Chelimo
 2014 Cody Thomas
 2015 Jamie Ashcroft
 2016 Cody Thomas (co-)
GNAC COACH OF THE YEAR
 2008 Michael Friess (co-men)
 2009 Michael Friess (men)
 2013 Michael Friess (women)
 2014 Michael Friess (women)
 2016 Michael Friess (men)
 2017 Michael Friess (men & women)
USTFCCA NATIONAL ATHLETE OF THE WEEK
 2013 Ruth Keino
 Susan Tanui
GNAC RUNNERS OF THE WEEK
 2002 Sean Rivers - Mar. 4-10
 2003 Stacy Edwards* - Mar. 31-Apr. 6
 2004 Nate Normandin - Mar. 1-7
 Nate Normandin - Mar. 29-Apr. 4
 2005 Jessica Houston - Mar. 28-Apr. 3
 2006 Mary Pearce - Mar. 13-19
 Eric Draper* - Apr. 13-19
 Mary Pearce - Apr. 3-9
 David Kiplagat - Apr. 17-23
 Mandy Kaempf* - Apr. 17-23
 2007 Mary Pearce* - Feb. 26-Mar. 4



Mary Pearce* - Mar. 12-18
 David Kiplagat* - Mar. 12-Apr. 1
 Laura Carr - Mar. 26-Apr. 1
 David Registe* - Apr. 16-22
 David Registe - Apr. 30-May 6
 2008 David Registe - Mar. 3-9
 Kim Brady* - Mar. 3-9
 Michael Madrid - Mar. 10-16
 Laura Carr* - Mar. 31-Apr. 6
 David Kiplagat - Apr. 14-20
 Kim Brady* - Apr. 14-20
 David Registe - May 19-25
 2009 David Registe - Mar. 2-8
 Marko Cheseto - Mar. 9-15
 David Kiplagat - Mar. 23-29
 Mick Boyle* - Mar. 30-Apr. 5
 David Registe - Apr. 13-19
 Demetrius Preston - Apr. 27-M.2
 2010 Ethan Hewitt - Mar. 1-7
 Demetrius Preston - Mar. 8-14
 Miriam Kipng'eno - Mar. 8-14
 Micah Chelimo - Mar. 22-28
 Micah Chelimo - Apr. 12-18
 2011 Haleigh Lloyd - Mar. 7
 David Registe - Mar. 7
 Ivy O'Guinn - Mar. 14
 Miriam Kipng'eno - Mar. 28
 David Registe - Apr. 7
 Ruth Keino - Apr. 18
 Ethan Hewitt - Apr. 18
 Alfred Kangogo - May 9
 2012 Hallidie Wilt - March 13
 Cody Parker - March 13
 Micah Chelimo - March 19
 Haleigh Lloyd - April 4
 Micah Chelimo - April 16
 Susan Tanui - April 16
 Shaun Ward - April 25
 Ivy O'Guinn - May 7
 2013 Dylan Anthony - March 11
 Franz Burghagen - March 11
 Ivy O'Guinn - March 11
 Dylan Anthony - April 1
 Susan Bick - April 1
 Grace Morgan - April 8
 Cody Parker - April 22
 Susan Tanui - April 22
 Isaac Kangogo - May 6
 2015 Jamie Ashcroft - March 30
 Haleigh Lloyd - April 20
 Cody Parker - May 4
 Dominik Notz - M. 16, Apr. 20
 2016 Joyce Chelimo (Mar. 28-Apr. 3)
 Joyce Chelimo (Apr. 11-17)
 Jamie Ashcroft (Apr. 18-24)
 Tevin Gladden (May 2-8)
 2017 Jamie Ashcroft (Jan. 23-29)
 Tevin Gladden (Feb. 20-26)
 Danielle McCormick (Mar. 27-Apr. 2)
 Travis Turner (Mar. 13-19)

NCAA PARTICIPANTS

2002 Sean Rivers
 2003 Stacy Edwards
 2004 Nate Normandin
 2005 Stacy Edwards
 Jessica Houston
 2006 Mandy Kaempf
 David Kiplagat
 Mary Pearce
 2007 Laura Carr
 Jessica Houston
 David Kiplagat
 Mary Pearce
 David Registe
 2008 Kim Brady
 Laura Carr
 Elizabeth Chepkosgei
 David Kiplagat

David Registe
 2009 Mick Boyle
 Marko Cheseto
 Elizabeth Chepkosgei
 Alfred Kangogo
 David Kiplagat
 Cory Pena
 James Pettigrew
 Demetrius Preston
 David Registe
 Shaun Ward
 2010 Laura Carr
 Micah Chelimo
 Marko Cheseto
 Elisha Harris
 Alfred Kangogo
 Ruth Keino
 Miriam Kipng'eno
 Demetrius Preston
 Hallidie Wilt
 2011 Micah Chelimo
 Susan Bick
 Alfred Kangogo
 Miriam Kipng'eno
 Ruth Keino
 Haleigh Lloyd
 Ivy O'Guinn
 David Registe
 Shaun Ward
 2012 Micah Chelimo
 Alfred Kangogo
 Kelsea Johnson
 Ruth Keino
 Haleigh Lloyd
 Ivy O'Guinn
 Cody Parker
 Susan Tanui
 Shaun Ward
 Hallidie Wilt
 2013 Karolin Anders
 Dylan Anthony
 Susan Bick
 Franz Burghagen
 Isaac Kangogo
 Ruth Keino
 Haleigh Lloyd
 Ivy O'Guinn
 Cody Parker
 Cody Thomas
 Susan Tanui
 2014 Karolin Anders (hept.)
 Jamie Ashcroft (100, 200, 4x100)
 Franz Burghagen (JT)
 Sasha Halfyard (4x100)
 Makenzie Harsch (4x100)
 Isaac Kangogo (1500m)
 Joyce Chelimo (5K, 10K)
 Ivy O'Guinn (1500m)
 Rosie Smith (4x100)
 Cody Thomas (dec.)
 2015 Karolin Anders
 Jamie Ashcroft
 Franz Burghagen
 Henry Cheseto
 Beatrice Decker
 Amy Johnston
 Caroline Kurgat
 Haleigh Lloyd
 Jessica Pahkala
 Cody Parker
 Dominik Notz
 2016 Jamie Ashcroft
 Joyce Chelimo
 Henry Cheseto
 Adam Commandeur
 Joe Day
 Nathan Kipchumba
 Caroline Kurgat
 Liam Lindsay
 Jessica Pahkala

Cody Parker
 Tamera Perez
 Nicholas Taylor
 Cody Thomas
 2017 Karolin Anders
 Vanessa Aniteye
 Hayley Bezanson
 Mariah Burroughs
 Adam Commandeur
 Mary-Kathleen Cross
 Tevin Gladden
 Edwin Kangogo
 Liam Lindsay
 Danielle McCormick
 Dominik Notz
 Nicholas Taylor
 Travis Turner

Ardrienna Everett
 David Kiplagat
 James Pettigrew
 Demetrius Preston
 Stephanie Trenholm
 Shaun Ward
 2010 Laura Carr
 Micah Chelimo
 Ardrienna Everett
 Alfred Kangogo
 Ruth Keino
 Miriam Kipng'eno
 Brad Truax
 2011 Micah Chelimo
 Ardrienna Everett
 Kelsea Johnson
 Alfred Kangogo
 Ruth Keino
 Miriam Kipng'eno
 Haleigh Lloyd
 Shaun Ward
 2012 Dylan Anthony
 Elliott Bauer
 Micah Chelimo
 Kelsea Johnson
 Alfred Kangogo
 Ruth Keino
 Miriam Kipng'eno
 Haleigh Lloyd
 Grace Morgan
 Shaun Ward
 2013 Karolin Anders
 Franz Burghagen
 Alfred Kangogo
 Ruth Keino
 Katie Krehlik
 Haleigh Lloyd
 Jessica Pahkala
 Cody Thomas
 2014 Karolin Anders
 Dylan Anthony
 Jamie Ashcroft
 Elliott Bauer
 Susan Bick
 Franz Burghagen
 Sasha Halfyard
 Makenzie Harsch
 Isaac Kangogo
 Haleigh Lloyd
 Jessica Pahkala
 2015 Karolin Anders
 Jamie Ashcroft
 Elliott Bauer
 Franz Burghagen
 Joseph Day
 Beatrice Decker
 Edwin Kangogo
 Nathan Kipchumba
 Caroline Kurgat
 Liam Lindsay
 Haleigh Lloyd
 Michael Mendenhall
 Jessica Pahkala
 Tamara Perez
 Cody Thomas
 2016 Karolin Anders
 Jamie Ashcroft
 Hayley Bezanson
 Mariah Burroughs
 Mary-Kathleen Cross
 Joe Day
 Tevin Gladden
 Yvonne Jeschke
 Nathan Kipchumba
 Caroline Kurgat
 Liam Lindsay
 Danielle McCormick
 Michael Mendenhall
 Jessica Pahkala
 Tamara Perez

**T&F
 COMBINED**

GNAC ATHLETE OF THE YEAR

2008 David Registe
 2013 Micah Chelimo (co.)

BILL MACKAY ATHLETE OF THE YEAR

2009 David Registe
 2011 Ruth Keino
 2013 Micah Chelimo
 2014 Micah Chelimo
 2015 Cody Thomas

GNAC NCAA SPORTSMANSHIP

2004 Kamie Jo Massey
 2005 Mindy Lindquist

CAPITAL ONE/COSIDA ACADEMIC ALL-AMERICANS

2002 Tobias Schwoerer (2nd TM)
 2006 Mandy Kaempf (2nd TM)
 2012 Micah Chelimo (2nd TM)
 2013 Alfred Kangogo (2nd TM)
 Ruth Keino (3rd TM)

CAPITAL ONE/COSIDA ACADEMIC ALL-DISTRICT

2002 Tobias Schwoerer
 2006 Stacy Edwards
 Mandy Kaempf
 2007 Michael Madrid
 2010 Laura Carr
 2011 Micah Chelimo
 2012 Micah Chelimo
 Haleigh Lloyd
 Shaun Ward
 2013 Alfred Kangogo
 Ruth Keino
 2014 Bryn Haebe
 2015 Karolin Anders
 2016 Jamie Ashcroft
 2017 Jamie Ashcroft

USTFCCCA SCHOLAR ATHLETES OF THE YEAR

2016 Cody Thomas (outdoor field)

USTFCCCA ALL-ACADEMIC INDIVIDUALS

2007 Laura Carr
 Jessica Houston
 Mary Pearce
 David Registe
 2008 Laura Carr
 David Kiplagat
 2009 Mick Boyle



Nicholas Taylor
Cody Thomas

USTFCCCA ALL-ACADEMIC TEAMS

2009 Men
Women
2010 Men
Women
2011 Men
Women
2012 Men
Women
2013 Men
Women
2014 Men
Women
2015 Men
Women
2016 Men
Women

GNAC ALL-ACADEMIC

2002 Nate Normandin
2003 Stacy Edwards
Lindsay Krous
Nate Normandin
2004 Michelle Bartleman
Stacy Edwards
Diana Gordon
Kamie Jo Massey
Nate Normandin
2005 Stacy Edwards
Diana Gordon
Jessica Houston
Mindy Lindquist
Stephanie Myers
Leif Olson
2006 Diana Gordon
Mandy Kaempf
Mary Krusen
Michael Madrid
Leif Olson
Courtney Stein
Kaley Strachan
2007 Jessica Allman
Mick Boyle
Laura Carr
Anjuli Haydu
Jessica Houston
David Kiplagat
Mary Krusen
Michael Madrid
Mary Pearce
Cornelius Sigei
Kaley Strachan
Ryan Walsh
2008 Mick Boyle
Laura Carr
Nathalia Echavarria
Jessica Houston
Scott Karnitz
David Kiplagat
Michael Madrid
Paul Rottich
Cornelius Sigei
Eric Walsh
2009 Mick Boyle
Nathalia Echavarria
Ardrienna Everett
David Kiplagat
James Pettigrew
Demetrius Preston
Paul Rottich
Cornelius Sigei
Shaun Ward
Alex West
2010 Laura Carr
Ardrienna Everett
Meagan Friess
Alfred Kangogo

Ruth Keino
Miriam Kipng'eno
Lauren Laichak
Paul Rottich
Alex West
2011 Micah Chelimo
Ardrienna Everett
Ethan Hewitt
Thomas Hill
Alfred Kangogo
Shoshana Keegan
Ruth Keino
Miriam Kipng'eno
Katie Krehlik
Brad Truax
Shaun Ward
2012 Susan Bick
Micah Chelimo
Dianne Chong
Thomas Hill
Alfred Kangogo
Shoshana Keegan
Ruth Keino
Miriam Kipng'eno
Katie Krehlik
Haleigh Lloyd
Kelsea Johnson
Shaun Ward
Travis Wilson
2013 Nicholas Blackburn
Elliott Bauer
Micah Chelimo
Austen DeWolf
Bryn Haebe
Alfred Kangogo
Isaac Kangogo
Ruth Keino
Miriam Kipng'eno
Katie Krehlik
Haleigh Lloyd
Valerie Massie
Kevin Rooke
Christi Schmitz
Travis Wilson
2014 Karolin Anders
Dylan Anthony
Elliott Bauer
Susan Bick
Franz Burghagen
Austen DeWolf
Sasha Halfyard
Bryn Haebe
Gaynor Johansen
Isaac Kangogo
Jessica Pahkala
Kevin Rooke
Victor Samoei
Christi Schmitz
Travis Wilson
2015 Karolin Anders
Dylan Anthony
Jamie Ashcroft
Elliott Bauer
Hayley Bezanson
Alexia Blalock
Franz Burghagen
Mary-Kathleen Cross
Tevin Gladden
Bryn Haebe
Makenzie Harsch
Haleigh Lloyd
Michael Mendenhall
Jessica Pahkala
Kevin Rooke
Alexandra Scott
Cody Thomas
2016 Karolin Anders
Jamie Ashcroft
Hayley Bezanson
Alexia Blalock

2017 Mariah Burroughs
Mary-Kathleen Cross
Joseph Day
Edwin Kangogo
Nathan Kipchumba
Caroline Kurgat
Tevin Gladden
Edwin Kangogo
Nathan Kipchumba
Liam Lindsay
Michael Mendenhall
Jessica Pahkala
Tamara Perez
Cody Thomas
Dakayla Walters
Karolin Anders
Jamie Ashcroft
Hayley Bezanson
Alexia Blalock
Mariah Burroughs
Adam Commandeur
Mary-Kathleen Cross
Lauren Cuddihy
Joe Day
Tevin Gladden
Darrion Gray
Yvonne Jeschke
Caroline Kurgat
Edwin Kangogo
Liam Lindsay
Danielle McCormick
Michael Mendenhall
Tamara Perez
Nicholas Taylor
Dakayla Walters



ALL-TIME LETTERWINNERS

CROSS COUNTRY

A

Adams, Michael.....'09, '10, '11
 Alward, Jason '87, '88, '89, '91
 Anthony, Dylan '11, '12, '13, '14
 Atwood, Dwayne '86, '87
 Bailey, Mychaela..... '08
 Baker-Flaharty, Davya '03, '04, '05, '06
 Barnett, Jeff '92
 Bauer, Brad '93, '94, '96

B

Bethea, Jaymi '12
 Bick, Susan..... '10, '11, '12, '13
 Blandheol, J.T. '95, '96
BLOCK, JORDYN '16
 Blum, Meyoung '00, '01, '02
 Bohman, Emma '07, '09, '10
 Booher, John..... '91
 Boyd, Leslie..... '00, '01, '02
 Boyle, Mick '05, '07, '08
 Brenner, Mary..... '85
 Brewster, Brandon '11
 Brown, John..... '84, '85, '86, '87
 Brown, Peter..... '84, '85, '86
 Bruber, Wilhelm '84
 Bruce, Todd..... '97, '98
 Budd, Eric '91, '92, '93, '94
BURROUGHS, MARIAH..... '14, '15, '16
BURROUGHS, RILEY '15
 Byrne, Darcy '85

C

Callison, Eric '98
 Campbell, Vernon..... '00, '01
 Cannon, Chris '01, '02
 Carpentier, Denise '84
 Carr, Laura '05, '06, '08, '09
CARRANCHO, JUSTIN '16
 Carroll, Steve '95, '96, '97, '98
 Chelimo, Joyce..... '13, '15, '16
 Chelimo, Micah..... '09, '10, '11, '12
 Chepkoech, Mary '10
 Chepkosgei, Elizabeth..... '06, '07, '08
 Cheseret, Cosmas '13
CHESETO, HENRY '14, '15, '16
 Cheseto, Marko '08, '09, '10
 Child, Anita '85
 Clark, Esther '82, '83
 Cline, Dan '02
 Commandeur, Scott..... '13
COSCIA, KIMBERLY..... '15, '16

D

Davis, John Nathan '86, '87
 De Yong, Nicole..... '03, '04

Decker, Beatrice..... '14, '15
 Dickson, Aaron '03, '04, '05, '06
 Dickson, Drew..... '03, '04, '05, '06
 Dombrovsky, Ray '84, '85
 Doner, Johanna..... '07
 Doner, Peter '07
 Dudley, Chad '96, '97

E

Edwards, Stacy..... '01, '02, '03, '05
 Ellis, Auston '05, '06, '07
 Elvester, Andy '00, '01, '02
 Emerson, Charles..... '91, '92, '93, '94
 Emerson, Roger '93
 Enkvist, Urban '93
 Erickson, Keith '84

F

Fisher, Kirk '88, '89, '90, '92
 Flora, Bjorn '95
 Floyd, Jason '95
 Freistone, Sarah..... '12
 Fudala, Chip..... '87

G

Gibbs, Cindy..... '81, '82, '83
 Glover, Billy..... '96
 Gomez, Miguel '96, '97
 Greer, Brittany '05
 Gruber, Willie '85, '86
 Gunderson, Marne '00

H

Haebe, Bryn..... '11, '12, '13, '14
 Hamilton, Scott..... '90, '91, '92, '93
 Hankins, Richy '96, '98, '99
 Hansen, Sarah..... '02, '03, '04
 Haydu, Anjuli '03, '04, '07
 Hegg, Heidi '85
 Heuseveldt, Jeff '94
 Hill, Thomas..... '09, '10, '11
 Hoffman, Dave..... '82, '83, '84
 Hutto, Janet '81, '82, '83
 Hynne, Morten '90

I

Ingram, Christy '85
 Ionashku, Andrey..... '12, '13

J

JEPCHUMBA, ZENNAH '15, '16
 Johnson, Mike A. '87, '89, '90
 Johnston, Amy '14
 Johnston, Eric '89

K

Kaempf, Mandy '03, '04, '05, '06
 Kanerva, Heikke..... '84, '85
 Kangogo, Alfred '08, '09, '11, '12
KANGOGO, EDWIN '14, '15, '16
 Kangogo, Isaac '11, '12, '13

Kantola, Tiina..... '83, '84
 Keegan, Shoshana '08, '09, '10, '11
 Keino, Ruth '08, '09, '10, '11

KIPCHUMBA, AMOS..... '16
KIPCHUMBA, NATHAN..... '14, '15, '16
 Kiplagat, David..... '05, '06, '07, '08
 Kipng'eno, Miriam '09, '10, '11, '12
 Kjellstrand, Britta '81
 Knight, Brent '02, '03, '04, '06
KORTA, KALEB..... '16
 Krehlik, Katie..... '10, '11, '12
 Kroken, Erlend '97
 Krous, Lindsay..... '00, '01, '02, '03
 Krusen, Mary '05, '06, '07
KURGAT, CAROLINE..... '14, '15, '16

L

Lambe, Amy..... '01
 Lamskova, Ekaterina '00
 Lane, Terry '84
 Latva-Kiskola, Tuomo '87, '88
 Leighton, Tim..... '88
 Liebner, Andy..... '06
 Lillefjell, Frode '95, '96
 Lippman, Kiersten..... '00, '01, '02
 List, Todd '02, '03

M

MAKER, KAITLYN..... '15, '16
 Massie, Valerie '11, '12
 Markuson, James '91
 Martin, Preston '97, '98
 Massey, Kamie Jo..... '04
McCORMICK, DANIELLE..... '15, '16
 McIntyre, Heather '07
 McQueen, Mike '96, '97, '98
 Meehan, Dan..... '84
 Mendenhall, Michael '13, '14, '15, '16
MESSINA, PHILIP..... '13, '14, '15
 Miller, Jesse '12, '13, '15, '16
 Miller, Yuri '86
 Myers, Paul..... '94, '95, '96, '98
 Myers, Stephanie..... '01, '03, '04

N

Nibeck, Meldoy '84, '85
 Normandin, Nate..... '00, '01, '02, '04
 Notz, Dominik '12, '13, '14, '15

O

Oberbreckling, Scott..... '85
 O'Guinn, Ivy '10, '11, '12, '13
 Olnes, Mathew '86
 Olson, Leif..... '03, '04, '05

P

Pahkala, Jessica..... '12, '13, '14, '15
 Parisien, Jake '08, '10, '11, '12
PEREZ, TAMARA..... '15, '16



Pena, Cory '07, '08
 Pollock, Joe '86
 Pope, Carroll '86, '87, '88, '89
 Potter, Craig '87, '88, '89, '90
 Pratt, Danielle '03, '04, '05, '06

R

Ramirez, Michel '14, '16
 Ramsey, Lisa '85
 Recob, Jim '81, '82
 Ritekwiang, William '10
 Rivers, Sean '99, '00, '01, '02
 Roelle, Ariel '08, '09
 Rombach, Laura '08
 Rood, Scott '01
 Rooke, Kevin '11, '12, '13, '14
 Ross, Jerry '97, '98
 Rottich, Paul '07, '08, '09, '10
 Rupert, Andy '03
 Rutledge, Tommy '89, '90, '92

S

Samoei, Victor '13, '14, '15, '16
 Scheel, Jeromy '95
 Schiffkorn, Michelle '83
 Schmitz, Christi '11, '12, '13
 Schworer, Tobias '00, '01, '02
 Sievert, Julie '84
 Sigei, Cornelious '05, '06, '07, '08
 Smith, John '94, '95
 Sonntag, Benjamin '05
 Strabel, Eric '00, '01, '02, '03
 Strabel, Mark '99, '01
 Strachan, Kaley '04, '05, '06, '07
 Strand, Debbie '84, '85
 Strange, Sanford '92
 Streuli, Autumn '06, '07
 Stum, Bradon '03, '04

T

Talbot, Paul '89
 Tanui, Susan '11, '12, '13
 Thill, Brian '92, '93
 Trenholm, Stephanie '08
 Truax, Brad '10
 Turney, R. Scott '85

V

Voohees, Coert '81

W

Walker, Craig '81, '82, '83
 West, Alex '09, '10
 Williams, Lorris '99, '00
 Wilt, Hallidie '07, '08, '09, '10

Y

Yilma, Yonatan '10, '11
 Yngve, Stig '05
 Yutzenka, Grant '81, '82

INDOOR

A

ALSTON, D'RHEMA '17
 Anders, Karolin '13, '14, '15, '16

Allen, A.J. '13, '14
ANITEYE, VANESSA '17
 Anthony, Dylan '13, '14, '15
 Ashcroft, Jamie '14, '15, '16, '17

B

Bauer, Elliott '13, '14, '15
 Bethea, Jaymi '13
 Bezanson, Hayley '14, '15, '16, '17
 Bick, Susan '13, '14
BLALOCK, ALEXIA '15, '16, '17
BLOCK, JORDYN '17
BRAKE, CHRISTOPHER '16
BURROUGHS, MARIAH '15, '16, '17
BURROUGHS, RILEY '17

C

Camara, Bob '14
CANO, ELENA '17
CARRANCHO, JUSTIN '17
CHELIMO, EMMAH '17
CHELIMO, JOYCE '14, '16
 Chelimo, Micah '13, '14
CHESETO, HENRY '15, '16
 Commandeur, Adam '14, '15, '16, '17
 Commandeur, Scott '14, '15
 Cross, Mary-Kathleen '14, '15, '16, '17
CUDDIHY, LAUREN '17

D

Day, Joe '13, '15, '16, '17
 Decker, Beatrice '15
 DeWolf, Austen '13, '14
DURR, BRIAN '17

E

F

Freed, Andrew '13

G

GEORGE, GRANT '15, '17
 Gibson, Cody '13
 Gladden, Tevin '14, '15, '16, '17
GRAY, DARRION '15, '16, '17

H

Haebe, Bryn '13, '14, '15
 Halfyard, Sasha '13, '14
 Harsch, Makenzie '14
 Hewitt, Ethan '13, '14
 Hewitt (Smith), Rosie '13, '14, '15, '16

J

JEPCHUMA, ZENNAH '17
JESCHKE, YVONNE '17
 Johansen, Gaynor '13, '14
JONES, ERIC '16, '17

K

Kangogo, Alfred '13
KANGOGO, EDWIN '15, '16, '17
 Kangogo, Isaac '13, '14
 Keino, Ruth '13
 Kennedy, Renee '13, '14
KIPCHUMBA, NATHAN '15, '16
 Kipng'eno, Miriam '13
KORTA, KALEB '17
 Krehlik, Katie '13
KURGAT, CAROLINE '15, '16, '17

L

LINDSAY, LIAM '15, '16, '17
 Lloyd, Haleigh '13, '14, '15
LOGAN, ASHLEY '16

M

MAKER, KAITLYN '16
MCCORMICK, DANIELLE '16, '17
 Mendenhall, Michael '14, '15, '16, '17
MESSINA, PHILIP '14, '15, '16
 Miller, Jesse '14, '15, '16, '17
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