



Men's Indoor Track & Field Records

<u>EVENT</u>	<u>PERFORMANCE</u>	<u>NAME</u>	<u>DATE</u>
50m Dash	5.92	Larry Smith	1985
55m Dash	6.60	Zach Loughery	2010
60m Dash	7.22	Quincy Scott	2005
40m Hurdles	5.5	Tom Peeples	1994
50m Hurdles	6.7	Tom Peeples	1994
55m Hurdles	7.44	Tom Peeples	1993
200m Dash	22.93	Matt Bango	2005
300m Dash	37.01	Joe Casey	2008
400m Dash	49.87	Ryan Warner	2008
500m Dash	65.16	Matt Marion	2009
600m Run	1:21.9h	Matt Marion	2009
800m Run	1:56.68	Michael Hardbarger	2009
1000m Run	2:28.74	Michael Hardbarger	2008
1500m Run	3:59.54	Jaime Bennett	2002
Mile Run	4:10.70	Michael Hardbarger	2009
3000m Run	8:31.39	Mike Hardbarger	2008
5000m Run	14:28.66	Kevin Collins	1994
High Jump	6'-8" (2.03m)	Willie Barkley	1976
Pole Vault	15'-7" (4.75m)	Mike Dempsey	2010
Long Jump	23'-0" (7.01m)	John Rowles	1985
Triple Jump	47-2 ½" (14.39m)	Fred Clark	1975
Shot Put	51'-11" (15.82m)	Tim Wesley	2009
35-lb Weight	50'-½" (15.25m)	Brian Walker	2010
Pentathlon	3,418 pts	Matt Joseph	2009
4x200m Relay	1:32.07	Anthony Schiavone, Jon Sealander Devin Strehle, Brecht Moulin	2009
4x400m Relay	3:22.69	Devin Strehle, Jon Sealander Matt Marion , Brecht Moulin	2009
Sprint Medley	3:40.4	Hector Calder, Mike McMillan Pete Mador, Brian Nice	1983
4x800m Relay	7:54.68	Adam Cross, Jesse Williamson Ryan Pancoast, Curtis Howard	2004
Distance Medley	9:58.89	Andy Varble, Ryan Warner Marc O'Donnell, Mike Hardbarger	2008



Women's Indoor Track & Field Records

<u>EVENT</u>	<u>PERFORMANCE</u>	<u>NAME</u>	<u>DATE</u>
50m Dash	7.0	Amy Weber	1993
55m Dash	7.43	Samantha Mitchell	2010
60m Dash	8.16	LaKeisha Perez	2006
40m Hurdles	6.8	Kristen Rice	1998
50m Hurdles	7.88	Kristen Rice	1998
55m Hurdles	8.36	LaKeisha Perez	2008
200m Dash	26.03	LaKeisha Perez	2007
300m Dash	44.9	Amy Weber	1984
400m Dash	58.17	Danielle Simmons	2005
500m Dash	76.01	Danielle Simmons	2005
800m Run	2:13.70	Danielle Simmons	2005
1000m Run	3:01.80	Heidi Spalholz	2004
1500m Run	4:41.66	Heidi Spalholz	2003
Mile	5:12.19	Adrienne Gagnier	2007
3000m Run	10:30.26	Trisha Sliker	2007
5000m Run	18:05.23	Trisha Sliker	2007
High Jump	5'-1" (1.55m)	Kristina Schulze	1993
Pole Vault	10'-8" (3.25m)	Carol Melice	2009
Long Jump	18'-4 1/2" (5.60m)	Molly Urquhart	2002
Triple Jump	34'-6" (10.52)	Tabatha Gano	1991
Shot Put	44'-4.75" (13.53m)	Allison Griggs	2003
20-lb Weight	53'-8.50" (16.36m)	Allison Griggs	2006
Penthalon	3,031	Molly Urquhart	2002
4x200m Relay	1:48.11	Samantha Mitchell, Alison Dupra Kailey Griffith, Abby Arday	2009
4x400m Relay	4:06.99	Abby Arday, Nicole Varble, Alison Dupra, Jillian Putney	2009
4x800m Relay	9:39.95	Trisha Sliker, Adrienne Gagnier, Katie Palermo, Danielle Simmons	2005
Sprint Medley	4:26.94	Lindsay Kolcheski, LaKeisha Perez, Kat Springate, Trisha Sliker	2005
Distance Medley	12:17.96	Trisha Sliker, Nicole Varble, Danielle Simmons, Adrienne Gagnier	2007



Women's Outdoor Track & Field Records

<u>EVENT</u>	<u>PERFORMANCE</u>	<u>NAME</u>	<u>DATE</u>
100m Dash	12.24	Michele Jones	1984
200m Dash	25.1	Michele Jones	1984
400m Dash	58.08	Danielle Simmons	2005
100m Hurdles	14.38	LaKeisha Perez	2007
400m Hurdles	66.28	Jillian Putney	2009
800m Run	2:12.24	Danielle Simmons	2005
1500m Run	4:42.84	Adrienne Gagnier	2008
3,000m Steeplechase	11:10.40	Trisha Sliker	2006
3,000m Run	10:40.0	Trisha Sliker	2007
5,000m Run	18:15.15	Trisha Sliker	2006
10,000m Run	39:17.10	Ellen Alkiewicz	2002
High Jump	5'-2" (1.57m)	Kristina Schulze	1990
		Molly Urquhart	2000
Pole Vault	10'-4" (3.15m)	Stephanie Matuszewski	2007
Long Jump	19'-11.5" (6.08m)	Molly Urquhart	2003
Triple Jump	35'-10" (10.92)	Tabatha Gano	1992
Shot Put	44'-8.75" (13.63m)	Allison Griggs	2004
Discus	128'-4" (39.13m)	Jamie Morey	2007
Hammer	176'-8" (53.84m)	Allison Griggs	2004
Javelin	119'-10" (36.54m)	Danielle Furman	2007
4x100m Relay	49.19	Lakeisha Perez, Samantha Mitchell Alison Dupra, Abby Arday	2008
4x400m Relay	3:59.59	LaKeisha Perez, Nicole Varble Katie Palermo, Danielle Simmons	2007
4x800m Relay	9:15.32	Nicole Varble, Trisha Sliker Adrienne Gagnier, Danielle Simmons	2007
Distance Medley Relay	12:56.9	Adrienne Gagnier, Nicole Varble Trisha Sliker, Amy Hopkins	2007



Men's Outdoor Track & Field Records

<u>EVENT</u>	<u>PERFORMANCE</u>	<u>NAME</u>	<u>DATE</u>
100m Dash	10.56	Mike Gargiles	1998
200m Dash	21.5	Mike McMillan	1984
400m Dash	48.4	Mark Stebbins	1977
110m Hurdles	14.25	Tom Peebles	1993
400m Hurdles	51.27	Mark Stebbins	1978
800m Run	1:51.95	Mike Wyatt	1975
1500m Run	3:49.36	Mike Hardbager	2008
Mile Run	4:19.0	Paul Ruston	1984
3,000m Steeple	9:04.03	Dale Foster	1986
5,000m Run	14:32.8h	Paul Ruston	1986
10,000m Run	29:52.42	Tony Fraij	1996
High Jump	6'-10 ¼" (2.09m)	Willie Barkley	1976
Pole Vault	15'-11 ¼" (4.86)	Dave Falcinelli	2007
Long Jump	23'-5 ¼" (7.14m)	John Rowles	1985
Triple Jump	48'-8" (14.83m)	Mike Byrd	1976
Shot Put	50'-2" (15.29m)	Mike Hocter	1983
Discus	155'-3 ½" (47.33m)	Bob Masiulis	1974
Javelin	(new) 207'-10" (63.35m)	Stephen Burns	2008
	(old) 226'-5" (69.02m)	Terry Tiersch	1981
Hammer	166'-10" (50.86m)	Jon Koch	1974
Decathlon	6,614	Matt Joseph	2009
4x100m Relay	41.9c	Tim Mar, Wayne Martin Henry Bell, Mark Stebbins	1978
4x200m Relay	1:29.6c	Mark Stebbins, Randy Frommater Billy Newsome, Keith Wolling	1975
4x400m Relay	3:16.33	Matt Marion, Jon Sealander Ryan Warner, Brecht Moulin	2009
Sprint Medley	3:28.9	Keith Wolling, Billy Newsome Mark Stebbins, Mike Wyatt	1975
4x800m Relay	7:45.92	Joe Carter, Marc O'Donnell, Andy Varble, Mike Hardbarger	2008
Distance Medley	10:19.8	Lee Wirschem, Tony Spiecker Tom Doehler, Dave Kosowski	1971
4x1600m Relay	17:38.7	Don McGrath-4:21.0, Mike Nier-4:35.4 John Wagner-4:22.8, Paul Ruston-4:19.5	1985