

OREGON TECH TRACK AND FIELD TOP-10 LIST

MEN'S ALL-TIME RECORDS

100-METERS

Donnie Pate	10.80	2018
Rob Brown	10.84	1959
Travis Thomas	10.89	2018
Jake Ovgard	10.91	2014
Andy Tatman	10.97	2003
Jguwon Hogges	10.99	2007
Angel Valdez	11.07	2021
Chris Therial	11.08	1999
Rey Chavolla	11.13	2010
Mark Hodge	11.13	2021

200-METERS

Travis Thomas	21.34	2018
Jguwon Hogges	21.77	2007
Donnie Pate	21.78	2018
Paul Ogawa	21.83	2001
Rey Chavolla	22.24	2011
Angel Valdez	22.24	2018
Aaron Browne-Moore	22.44	2015
Josiah Stroup	22.49	2018
Dan Martin	22.57	2005
Matt Ehrenstrom	22.58	2001

400-METERS

Jguwon Hogges	48.08	2008
Travis Thomas	48.33	2018
Angel Valdez	48.50	2021
Paul Ogawa	49.14	2001
Dan Martin	49.17	2005
Kyle Gomez	49.44	2011
Josiah Stroup	49.56	2018
Louie Pike	49.94	1972
Kyle Raecke	49.99	2015
Mark-Lee Joseph	50.04	2016

800-METERS

Bill Leighty	1:50.78	1999
Kevin Jorgenson	1:52.18	2011
Ricky Garcia	1:52.98	2017
Justin Nakamura	1:54.76	1998
Paul Wyatt	1:55.02	2018
Connor Devereux	1:55.80	2015
Chris Ramirez	1:55.88	2019
Ed Ronnigan	1:56.00	1997
Seth Hernandez	1:56.41	2010
Miles Taylor	1:56.58	2014

WOMEN'S ALL-TIME RECORDS

100-METERS

Margaret Paul	11.98	2017
Amber Von Essen	12.18	2018
Kelsi Haylett	12.22	2006
Heather Werth	12.54	2000
Heather Radke	12.63	2003
Gifty Nkansah	12.68	2021
Samantha Gilbert	12.72	2005
Emilee Nahring	12.72	2010
Bobbie Purify	12.76	2017
LaShell Larman	12.78	2009

200-METERS

Amber Von Essen	25.36	2018
Kelsi Haylett	25.90	2006
Heather Werth	26.11	2000
Emilee Nehring	26.16	2010
Margaret Paul	26.28	2017
LaShell Larman	26.38	2008
Heather Radke	26.39	2003
Lily Lavine	26.45	2021
Susie Garza	26.46	2018
Gifty Nkansah	26.46	2021

400-METERS

Amber Von Essen	57.08	2018
Susie Garza	58.28	2015
Lily Lavine	58.91	2022
Eva Brady	59.68	2023
Sarah Cook	1:00.00	1999
Mindy McGrath	1:00.29	2000
Katie Waugh	1:00.73	2013
Lori Barrett	1:01.02	2008
Kaela Ash	1:01.11	2009
Lily Everson	1:01.41	2023

800-METERS

Susie Garza	2:13.52	2018
Danielle De Castro	2:14.04	2019
Katie Waugh	2:14.60	2013
Mindy McGrath	2:16.37	2000
Mary Matchett	2:16.99	2015
Andrea Nations	2:19.40	2005
Eva Brady	2:20.08	2024
Delani Dietrich	2:20.57	2019
Rachel Novak	2:21.11	2010
Cindy Reed	2:21.73	2016

OREGON TECH TRACK AND FIELD TOP-10 LIST

MEN'S ALL-TIME RECORDS

1,500-METERS

Kevin Jorgenson	3:50.41	2011
Paul Adams	3:54.65	2013
Dakotah Webb	3:56.08	2015
Jack Roberts	3:57.39	2017
Paul Wyatt	3:58.19	2019
Brett Long	3:58.32	2000
Perry Custance	3:59.87	2001
Ed Ronnigan	4:03.10	1997
Chris Ramirez	4:03.17	2019
Mark French	4:03.25	2017

3,000-METERS

Ben Schulz	8:43.64	2015
Paul Adams	8:49.68	2014
Scott Minor	8:49.90	2012
Kirby Garlitz	9:02.25	2014
Jack Roberts	9:02.66	2014
Zach Hammond	9:03.07	2015
Dakotah Webb	9:08.75	2014
Ryan Pierce	9:15.75	2015
Hank Bingham	9:25.39	2015
Tim McPherson	9:29.95	2016

5,000-METERS

Mark French	14:25.82	2021
Chris Ramirez	14:40.75	2021
Paul Adams	14:44.38	2014
Nick McMillen	14:49.31	2022
Jonas Hartline	14:49.54	2023
Jack Roberts	14:56.42	2018
Brett Long	15:06.00	2000
Perry Custance	15:11.00	2002
Ben Schulz	15:11.47	2015
Tychon Preston	15:19.91	2024

10,000-METERS

Mark French	30:40.48	2021
Nick McMillen	30:52.62	2022
Jonas Hartline	30:59.51	2022
Scott Minor	31:24.51	2013
Korey Humbeston	31:57.22	2008
Ben Schulz	32:14.28	2017
Jack Roberts	32:18.98	2017
Kirby Garlitz	32:54.25	2014
Jed Tolbert	32:57.76	2011
Victor Rios	32:57.88	2019

WOMEN'S ALL-TIME RECORDS

1,500-METERS

Danielle De Castro	4:27.52	2019
Susie Garza	4:37.42	2015
Cindy Reed	4:41.50	2019
Mary Matchett	4:41.83	2015
Ashley Baldovino	4:48.23	2013
Rachel Novak	4:49.71	2010
Amy Bricco	4:50.01	2004
Elissa Stoltz	4:50.17	2015
Jordan Monroe	4:51.69	2017
Samantha Lindauer	4:54.57	2014

3,000-METERS

Mary Matchett	10:21.95	2015
Danielle De Castro	10:24.74	2016
Amy Bricco	10:25.95	2004
Sarah Howard	10:30.83	2015
Elissa Stoltz	10:43.46	2015
Brandee Shoemaker	10:51.00	2000
Rhonda Costin	10:51.40	2015
Hannah Mason	10:56.19	2019
Megan Czerny	11:03.18	2007
Samantha Lindauer	11:21.95	2014

5,000-METERS

Cindy Reed	17:07.61	2019
Susie Garza	17:09.41	2019
Danielle De Castro	17:15.24	2019
Mary Matchett	17:40.76	2015
Amy Bricco	18:07.70	2004
Sarah Howard	18:08.05	2015
Faith Widman	18:12.00	2019
Jordan Monroe	18:12.60	2017
Elissa Stoltz	18:13.65	2015
Megan Czerny	18:28.00	2006

10,000-METERS

Cindy Reed	36:12.35	2019
Amy Bricco	38:18.85	2005
Annika Anderson	38:54.75	2019
Faith Widman	39:17.24	2019
Megan Czerny	39:34.28	2007
Mallory Ward	39:46.81	2019
Rhonda Costin	40:33.07	2016
Anna Lambdin	41:03.48	2008
Sara Howard	41:41.53	2015
Kayla Parson	42:40.56	2014

OREGON TECH TRACK AND FIELD TOP-10 LIST

MEN'S ALL-TIME RECORDS

110-METER HURDLES

Seth Gretz	14.77	2016
Scott Toll	14.94	1977
Caleb Buchanan	15.02	1997
Daniel Brattain	15.02	2015
Nick Best	15.11	2006
Chris Bird	15.14	1999
Bryant Sentman	15.60	2011
Kyle Raecke	15.61	2015
Anthony Padilla	15.66	2014
Jacob Murray	15.78	2014

400-METER HURDLES

Travis Thomas	52.54	2018
Kyle Raecke	53.70	2015
Chris Bird	53.74	1999
Steve Vetter	54.44	1969
Will Farmer	55.59	1997
Angel Valdez	55.91	2019
Adam Allen	56.12	2013
Nick Best	56.51	2006
Jacob Murray	56.53	2012
Caleb Buchanan	56.91	1998

3,000-METER STEEPLECHASE

Brett Long	9:06.20	2000
Perry Custance	9:11.74	2003
Joseph Wilkinson	9:26.84	2023
Tychon Preston	9:34.80	2024
Braedan Doherty	9:36.68	2024
Jonas Hartline	9:39.08	2023
Tucker Piper	9:40.84	2024
Jimmy Addison	9:42.60	2005
Zach Hammond	9:45.96	2015
Tim McPhearson	9:46.55	2017

HALF MARATHON

Scott Minor	1:11:23.00	2014
Kirby Garlitz	1:11:38.00	2014
Paul Adams	1:12:05.00	2013
Arne Carey	1:13:14.00	1997
Aaron Miller	1:17:24.00	2001
Adrian Mateos	1:18:38.00	2007
Devin Payne	1:19:28.00	2007
Caleb Kauffman	1:21:49.00	2016

MARATHON

Kirby Garlitz	2:39:22.90	2013
Scott Minor	3:01:41.00	2012

WOMEN'S ALL-TIME RECORDS

100-METER HURDLES

Nikki Smith	14.55	2008
Samantha Gilbert	14.72	2005
Kara Wood	14.72	2016
Ally Odell	15.17	2024
Michelle Klaja	15.52	2008
Amber Von Essen	15.55	2017
Kelsi Haylett	15.58	2006
Tina Ogburn	15.64	2001
Mandy Samudio	15.65	1999
Macy Campbell	15.80	2002

400-METER HURDLES

Krystal Lonien	1:04.05	2006
Amber Von Essen	1:04.30	2017
Nikki Smith	1:04.61	2008
Kari Sundblad	1:05.85	1999
Samantha Gilbert	1:06.05	2005
Mindy McGrath	1:06.56	2000
Lily Everson	1:06.71	2024
Stacy Lambert	1:07.52	2001
Brittini Rogers	1:08.00	2013
Grace Smith	1:08.69	2015

3,000-METER STEEPLECHASE

Elissa Stoltz	11:17.72	2015
Cindy Reed	11:21.34	2019
Sara Howard	11:23.23	2015
Annika Anderson	11:24.45	2019
Megan Czerny	11:44.85	2007
Mallory Swan	11:48.30	2004
Luci Boyle	11:52.50	2005
Janessa Hoppe	11:53.24	2007
Jane Kuebrich	11:54.27	2024
Corinne Childers	12:04.62	2024

HALF MARATHON

Rhonda Costin	1:29:56.00	2016
Sara Howard	1:33:45.00	2014
Kayla Parsons	1:36:37.00	2014

MARATHON

Amy Bricco	3:13:56.00	2006
Megan Czerny	3:17:05.00	2007

OREGON TECH TRACK AND FIELD TOP-10 LIST

MEN'S ALL-TIME RECORDS

4x100-METER RELAY

Stroup, Pate, Valdez, Hodge	41.96	2019
Stroup, Pate, Valdez, Thomas	42.09	2018
Sanchez, Stevens	42.64	2024
Wyman, Lien		
Sizer, Nelson, Weeks, Ogawa	42.71	2000
Howard, Sentman, Gomez, Chavolla	42.72	2011
Ogawa, Weeks, Douglas, Palmeter	42.81	2003
DePeel, Gomez, Lewis, Hogges	42.89	2008
Murray, Browne-Moore, Jones, Gretz	43.02	2015
Lewis, Matchett, Carter, Hogges	43.08	2007
Bird, Sizer, Ogawa, Thomas	43.36	1999

4x400-METER RELAY

Valdez, Wyatt, Stroup, Thomas	3:16.16	2018
Ogawa, Weeks, Nelson, Sizer	3:17.40	2001
Pate, Ramirez, Stroup, Valdez	3:21.08	2019
Roberson, Matchett, Lewis, Hogges	3:21.84	2017
Muswieck, Browne-Moore, Raecke, Brattain	3:21.94	2015
Nash, Nakamura, Leighty, Ronnigan	3:22.13	1998
DePeel, Gomez, Hernandez, Hogges	3:22.95	2008
Gomez, Jorgenson, Hernandez, Chavolla	3:23.90	2011
Claybaugh, Wyatt, Pate, Valdez	3:23.99	2017
Connell, Wyatt, Gretz, Brattain	3:24.60	2016

5,000-METER RACE WALK

Randy Fox	26:46.40	2008
Ethan Howard	27:13.00	2008

WOMEN'S ALL-TIME RECORDS

4x100-METER RELAY

Wood, Von Essen, Young, Paul	48.63	2017
Haylett, Estes, Jones, Gilbert	48.64	2004
Stolz, Smith, Sticka, Haylett	49.04	2007
Gilbert, Estes, Jones, Haylett	49.09	2005
Larman, Ash, Nehring, Smith	49.39	2010
Stolz, Smith, Sticka, Larman	49.43	2008
Estes, Campbell, Jones, Radke	49.47	2003
Larman, Ash, Hawkins, Smith	49.82	2009
Clark, Campbell, Estes, Radke	50.09	2002
Stolz, Klaja, Sticka, Haylett	50.18	2006

4x400-METER RELAY

Lavine, De Castro, Garza, Von Essen	3:57.70	2019
Gilbert, Sticka, Klaja, Lonien	4:00.10	2005
Paul, Babbage, Garza, Von Essen	4:01.16	2017
Smith, Novak, Nehring, Ash	4:03.51	2010
Sticka, Barrett, Larman, Smith	4:04.44	2008
Garza, Wood, Keys, Thompson	4:04.82	2015
Young, Evers, Garza, Von Essen	4:05.68	2018
Botsford, Matchett, Baldovino, Waugh	4:06.05	2013
Sticka, Ash, Smith, Haylett	4:06.08	2007
Larman, Nehring, Waugh, Smith	4:06.88	2011

5,000-METER RACE WALK

Jacquelyn Graves	18:52.72	2008
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OREGON TECH TRACK AND FIELD TOP-10 LIST

MEN'S ALL-TIME RECORDS

HIGH JUMP

Chris Bird	2.10m	6-10 3/4	1999
Jeff Bradford	2.06m	6-9	1976
Bryant Sentman	2.03m	6-8	2009
Pat Ferguson	1.99m	6-6 1/4	1997
Matt Ehrenstrom	1.96m	6-5	2001
Ryan Vancleave	1.96m	6-5	2007
Seth Gretz	1.96m	6-5	2018
Dillon Claybaugh	1.94m	6-4 1/4	2018
Hans Christenson	1.93m	6-4	2004
Jimmy Drago	1.93m	6-4	2002
Cole Lathrop	1.93m	6-4	2005
Brian Christie	1.93m	6-4	2005
Jguwon Hogges	1.93m	6-4	2008
Nate Lewis	1.93m	6-4	2008
Lee Hanson	1.93m	6-4	2013

POLE VAULT

Hunter Drops	4.95m	16-2 3/4	2019
Bryan Quinn	4.93m	16-1 3/4	2004
Seth Gretz	4.90m	16-0 3/4	2017
Jared McGrath	4.75m	15-7	1999
Brady McGrath	4.75m	15-7	1999
Chris Martinez	4.70m	15-5	2023
Eli Stevens	4.70m	15-5	2024
Matt Ehrenstrom	4.65m	15-3	2001
Terry Buzzard	4.60m	15-1	1997
Kevin Ellingson	4.55m	14-11	2012
Jackson Stallard	4.55m	14-11	2019

LONG JUMP

Zuhuri Manley	7.12m	23-4 1/2	2018
Keith Lester	7.07m	23-2 1/2	2013
Anthony Sizer	7.01m	23-0	2001
Seth Gretz	6.89m	22-7 1/4	2018
James Reynolds	6.86m	22-6	1998
Derek Larman	6.81m	22-4	2010
Dan Henry	6.69m	21-11 1/2	1974
Eli Stevens	6.67m	21-10	2024
James Simones	6.61m	21-8 1/4	2007
Ryan Vancleave	6.59m	21-7 1/2	2007

WOMEN'S ALL-TIME RECORDS

HIGH JUMP

Michelle Klaja	1.68m	5-6	2008
Kasey Jones	1.65m	5-5	2005
Stacy Lambert	1.63m	5-4	2002
Heather Radke	1.63m	5-4	2003
Emilee Nehring	1.61m	5-3 1/4	2011
Tracy Filley	1.60m	5-3	2009
Katey Choukalos	1.60m	5-3	2013
Jasmine James	1.60m	5-3	2018
Veronica Norris	1.59m	5-2 1/2	2016
Ally Odell	1.59m	5-2 1/2	2024

POLE VAULT

Nishi Chase	3.55m	11-7 3/4	2018
Shannelle Cayetano	3.50m	11-5 3/4	2013
Deveny West	3.35m	11-0	2002
Danielle Michael	3.20m	10-6	2017
Katie Ingram	3.19m	10-5 1/2	2016
Heather Seabold	3.05m	10-0	2008
Keisha Causey	3.05m	10-0	2005
Abigail Shaw	2.95m	9-8	2018
Sarah Hill	2.90m	9-6	2000
Jacquelyn Graves	2.89m	9-5 3/4	2008

LONG JUMP

Amy Sticka	5.74m	18-10	2008
Heather Werth	5.69m	18-7 3/4	2000
Emily Nehring	5.63m	18-5 1/2	2010
Katey Choukalos	5.53m	18-1 3/4	2013
Samantha Gilbert	5.51m	18-1	2004
Heather Radke	5.50m	18-0 1/4	2003
Kasey Jones	5.41m	17-9	2005
Kelsi Haylett	5.41m	17-9	2006
Bobbie Purify	5.27m	17-3 1/4	2017
Amber Von Essen	5.24m	17-2 1/4	2018

OREGON TECH TRACK AND FIELD TOP-10 LIST

MEN'S ALL-TIME RECORDS

TRIPLE JUMP

Joel Matchett	14.63m	48-0	2007
Zuhuri Manley	14.40m	47-3	2018
Keth Lester	14.23m	46-8	2013
Chris Bird	13.98m	45-10 1/4	1999
Chris Teiral	13.65m	44-9 1/2	1999
Tim Ingham	13.54m	44-5	1998
Chris Toman	13.47m	44-2 1/2	1997
Jesse Brewster	13.39m	43-11	2010
Aaron Browne-Moore	13.29m	43-7 1/4	2015
Caleb Buchanan	13.25m	43-5 3/4	1997

SHOT PUT

Rich Carter	16.10m	52-10	1967
Mike Voight	15.44m	50-7 3/4	1996
Brian Wuethrich	15.24m	50-0	2007
Duke York	15.04m	49-4 1/4	2018
Patrick Pfrehm	15.03m	49-4	1998
Dennis Lockling	14.84m	48-8	1998
Chris Squires	14.61m	47-11	2002
Nick Bakke	14.37m	47-1 1/2	2003
Tim Barnett	14.34m	47-0 3/4	2019
Nate Morrical	14.11m	46-3 1/4	2005

DISCUS

Mike Voight	48.26m	158-4	1997
Stan Washington	46.31m	151-11	1974
Nate Morrical	46.13m	151-4	1972
Kyle Hill	45.90m	150-7	2004
Tim Barnett	44.90m	147-4	2019
Patrick Pfrehm	43.31m	142-1	1998
Bryant Sentman	42.85m	140-7	2010
Dominic Meads	42.75m	140-3	2017
Montgomery Payne	42.22m	138-6	2018
Greg Smith	42.19m	138-5	1996

HAMMER THROW

Dennis Lockling	53.65m	176-0	1999
Kyle Hill	50.96m	167-2	2004
Duke York	48.60m	159-5	2018
Alexander Turkins	44.45m	145-10	2018
Montgomery Payne	44.07m	144-7	2021
Mike Voight	43.69m	143-4	1997
Dominic Meads	43.31m	142-1	2017
Hunter Enick	42.61m	139-9	2024
Stan Washington	42.01m	137-10	1975
Nathan Reed	40.85m	134-0	1997

WOMEN'S ALL-TIME RECORDS

TRIPLE JUMP

Amy Sticka	12.01m	39-4 3/4	2008
Heather Werth	11.61m	38-1	2000
Heather Radke	11.48m	37-7 3/4	2002
Kasey Jones	11.24m	36-10 1/2	2005
Jasmine James	11.13m	36-6 1/4	2018
Emilee Nehring	10.68m	35-0 1/2	2008
Michelle Klaja	10.67m	35-0 1/4	2005
Kaela Ash	10.58m	34-8 1/2	2010
Ariel Koos	10.44m	34-3	2013
Mikayla Morgan	10.40m	34-1 1/2	2008

SHOT PUT

Kassi Conditt	13.99m	45-10 3/4	2014
Brianne Kenyon	13.06m	42-10 1/4	2009
Beth Fuller	12.45m	40-10 1/4	2009
Michelle Klaja	11.93m	39-1 3/4	2008
Susan Tyree	11.74m	38-6	1998
Sabrina Ross	11.72m	38-5 1/2	1999
Ally Odell	11.40m	37-4	2023
Finausulieti Tuifua	11.31m	37-1 1/4	2021
Sarah Shelb	11.23m	36-10	2010
Katie Mull	11.20m	36-9	2024

DISCUS

Ciena Gregory	38.70m	127-0	2024
Becky Schwartz	38.20m	125-4	2005
Kassi Conditt	37.95m	124-6	2014
Finausulieti Tuifua	37.57m	123-3	2021
Emily Bitler	37.13m	121-10	2023
Carissa Choukalos	36.79m	120-8	2017
Brianne Kenyon	36.60m	120-1	2008
Sabrina Ross	35.53m	116-7	1997
Katrina Collins	34.54m	113-4	2003
Jamie Stanford	34.45m	113-0	2003

HAMMER THROW

Katie Mull	48.45m	158-11 1/2	2024
Brianne Kenyon	43.21m	141-9	2009
Becky Schwartz	41.33m	135-7	2007
Madison Rice	40.77m	133-9	2021
Emily Bitler	39.81m	130-7	2024
Jessie Robertson	39.55m	129-9	2010
Finausulieti Tuifua	39.14m	128-5	2021
Lianna Brown	38.23m	125-5	2002
Carissa Choukalos	36.72m	120-6	2019
Beth Fuller	36.15m	118-7	2009

OREGON TECH TRACK AND FIELD TOP-10 LIST

MEN'S ALL-TIME RECORDS

JAVELIN

Hunter Drops	70.93m	232-8 1/2	2021
Jose Ignacio	66.95m	219-7 3/4	2024
Nick Bakke	63.81m	209-4	2003
Tony Grant		249-0***	1972
Steve Carter	63.67m	209-2	2007
Bryant Sentman	63.58m	208-7	2011
Brian Mahoney	62.08m	203-8	2006
Trevor Lundsten	61.48m	201-8 1/4	2015
Kyle Gomez	61.22m	200-10	2008
Robert Beals	60.73m	199-3	1998

*** Pre-1996 IAAF standard javelin

DECATHLON

Bryant Sentman	7097	2011
Seth Gretz	6895	2018
Thomas Dodgen	6664	2022
Hunter Drops	6438	2021
Matt Ehrenstorm	6280	2001
Hans Christensen	6203	2006
Daniel Brattain	6152	2015
Caleb Buchanan	6151	1998
Eli Stevens	6139	2023
Nick Best	6058	2006

WOMEN'S ALL-TIME RECORDS

JAVELIN

Joelle Swanson	48.16m	158-0 1/4	2015
Alex Conley	47.70m	156-6	2019
Sarah Shelb	47.50m	155-10	2010
Michelle Klaja	46.05m	151-1	2008
Kelsey Stolz	46.00m	150-11	2008
Blair Wilkinson	42.77m	140-3 3/4	2009
Aarika Brooks	42.75m	140-3	2021
Brittan Bratscher	42.24m	138-7	2023
Kasey Jones	42.04m	137-11	2005
Stephanie Jensen	41.86m	137-4	2005

HEPTATHLON

Michelle Klaja	4710	2008
Ally Odell	4480	2024
Amber Von Essen	4426	2017
Kasey Jones	4340	2003
Katey Choukalos	4291	2013
Allison Young	3650	2018
Aarika Brooks	3635	2021
Bre Burns	3540	2011
Dani Sundet	3487	2016
Krystal Lonien	3446	2006