

# LCSC Cross Country / Track & Field Records

Updated: 07-12-11

## Cross Country

### Top Ten Individual Performances (PR's)

Men's 8K				Women's 5K		
Athlete	Race	Time	Athlete	Race	Time	
1 Dave Marks	Willamette '10	24:13	Kelsey Klettke	LCSC, '10	17:23	
2 Calin Hantau	Willamette '06	24:24	Tausha Kuzmic	LCSC '02	17:52	
3 Aaron Galbraith	Willamette '06	24:59	Jenny Jensen	Hells Gate '07	17:57	
4 Fernando Esperanza	Willamette '10	24:59	Lacey Way	LCSC '02	17:58	
5 Sean Huey	Willamette '09	25:01	Kyli Astle	Hells Gate '09	18:06	
6 Joe Donnellon	LCSC '02	25:04	Lindsay Szybura	Hells Gate '09	18:07	
7 Jake Miller	Idaho '09	25:07	Lisa Paxton	Sundodger '02	18:19	
8 Eric Tuwei	Willamette '08	25:20	Stephanie Shuel	Conference '08	18:21	
9 Chris McConnell	EWU, '10	25:24	Emily Perkins	Hells Gate '07	18:25	
10 Nick Pierson	Willamette '09	25:25	Lauren Wright	LCSC '02	18:31	

### Freshman

1 Dave Marks	Willamette '09	24:16	Tausha Kuzmic	Regionals '01	18:07
2 Nick Pierson	Willamette '09	25:25	Stephanie Shuel	Conference '08	18:21
3 Sean Huey	Willamette '07	25:31	Emily Perkins	Sundodger '03	18:36

### Sophomore

1 Dave Marks	Willamette '10	24:13	Tausha Kuzmic	LCSC '02	17:52
2 Aaron Galbraith	Sundodger '05	25:29	Kelsey Klettke	Willamette '09	18:13
3 Joe Donnellon	Regionals '01	25:34	Kyli Astle	Hells Gate '07	18:23
4 Grant Eldridge	Willamette '09	25:34			

### Junior

1 Calin Hantau	Willamette '06	24:24	Kelsey Klettke	LCSC, '10	17:23
2 Sean Huey	Willamette '09	25:01	Tausha Kuzmic	Sundodger '03	18:03
3 Joe Donnellon	LCSC '02	25:04	Lisa Paxton	Sundodger '02	18:19
4					

### Senior

1 Calin Hantau	Hells Gate '07	24:57	Jenny Jensen	Hells Gate '07	17:57
2 Aaron Galbraith	Willamette '06	24:59	Lacey Way	LCSC '02	17:58
3 Fernando Esperanza	Willamette '10	24:59	Kyli Astle	Hells Gate '09	18:06

## Indoor Track & Field

Event	Men's Records	Women's Records
<b>60</b>	Augustine Zinsu 7.58	Nicole Hardisty 8.85
<b>200</b>	Shane Pitcher 24.47	Louise Bruce 28.06
<b>400</b>	Tanner Smedley 52.70	Chelsey Leighton ('10) 1:02.19
<b>800</b>	Chris Patterson 1:57.87	Kelsey Klettke 2:28.28
<b>1000</b>		Tausha Kuzmic 3:19.82
<b>Mile</b>	Calin Hantau 4:17.87	Emily Perkins 5:36.36
<b>Pole Vault</b>	Clay Haylett 12'3.5	
<b>3K</b>	Dave Marks ('11) 8:30.73	Kyli Astle 10:57.86
<b>5K</b>	Jimmy Oribo ('11) 14:31.72	Kyli Astle 19:21.7
<b>Weight Throw</b>	Jake Meyer ('11) 44'11.75	Kirsten Smith ('10) 48'04
<b>Shot Put</b>	Nathan Uhlorn ('10) 48'09.50	Kirsten Smith ('09) 38'5
<b>Long Jump</b>		
<b>High Jump</b>		
<b>1600 Relay</b>	Esparanza, Testa, Shrewsbury, Smedley ('10) 3:36.06	Klettke, Rojas, Randall, Barbour 4:23.32
<b>Distance Medley Relay</b>	Eldridge, Smedley, Shrewsbury, Esparanza ('10) 10:28.68	Klettke, Barbour, Randall, Szybura 13:10.14

Outdoor Track & Field records on next page

## Outdoor Track & Field

Event	Men's Records		Women's Records	
<b>100</b>	Clay Haylett	11.89	Louise Bruce	13.11
<b>200</b>	Wade Hillman	21.7	Chelsey Leighton ('10)	28.11
<b>400</b>	Wade Hillman	49.85	Chelsey Leighton ('10)	103.20
<b>800</b>	Chris Patterson	1:55.13	Kelsey Klettke ('10)	2:13.65
<b>1500</b>	Dave Marks ('11)	3:54.49	Kelsey Klettke ('10)	4:42.84
<b>3000</b>	Aaron Galbraith	8:54.59	Tausha Kuzmic	10:47.17
<b>5000</b>	Jimmy Oribo ('11)	14:36.61	Kelsey Klettke ('10)	18:08.61
<b>10K</b>	Jimmy Oribo ('11)	30:46.38	Tausha Kuzmic ('05)	37:07
<b>Steeplechase</b>	Tanner Smedley	9:43.79	Tausha Kuzmic	11:18.63
<b>100/110 Hurdles</b>	Jake Joly	15.9	Morgan Jenkins	17:07
<b>400 Hurdles</b>	Ron Salter	59.9	Lauren Wright	
<b>Long Jump</b>	Blakely	22' 0.75		
<b>Triple Jump</b>	Hamilton	40'1	Whitney Mann	31'0
<b>High Jump</b>	Anderson	5'10		
<b>Pole Vault</b>	Clay Heylett	13'1.5		
<b>Shot Put</b>	Joe Wald ('99)	47'4	Kirsten Smith ('10)	42'11
<b>Discus Throw</b>	Joe Wald ('99)	127'04	Kirsten Smith ('10)	146'01
<b>Javelin Throw (new rule)</b>	Jake Meyer ('11)	160'9	Ali Super ('09)	156'0
<b>Javelin Throw (old rule)</b>	Dennis Kimzey ('67)	182'0		
<b>Hammer Throw</b>	Jake Meyer ('11)	148'3	Kirsten Smith ('10)	159'05
<b>400 Relay</b>	Hillman, Boyd, Ricks, Salter	43.8		
<b>1600 Relay</b>	Hillman, Boyd, Ricks, Salter	3:31.7	Klettke, Leighton, Shuel, White ('10)	4:18.14
<b>3200 Relay</b>	Sphuler, Collins, Pitcher, Tiegs	8:34.64	Wright, Linehan, Winzeler, Hildebrandt	9:56.60