

UCCS WOMEN'S INDOOR TRACK AND FIELD RECORDS AND TOP 5 LISTS

The Track & Field Program was started in 1999

All Championship events are converted to a 200m banked track

EVENT	NAME	TIME	DATE ACHIEVED
55M	None		
55HH	None		
60M	Ailena McDonald	8.35	2009
	Offune Edoziem	8.38	2003
	Tiffany Flint	8.4	2005
	Jenny Hunt	8.42	2009
	Josi Heer	8.44	2008
60 HH	Chelsey Peterson	9.57	2003
	Jess Axen	9.72	2003
	Josi Heer	9.75	2008
	Robyn Burkhardt	9.95	2002
	Kelsey Barry	10.07	2007
200M	Kaitlyn Marsolek	26.87	2005
	Rebecca Wein	27.09	2007
	Jennifer Hunt	27.22	2009
	Dawn Eckert	27.24	2009
	Tiffany Flint	27.48	2005
300M	Jenny Hunt	43.98	2009
	Dawn Eckert	44.33	2009
	Joni Raile	44.45	2009
	Jessica Luna	45.99	2009
	Ailena McDonald	46.94	2010
400M	Kelsey Barry	59.31	2009
	Jessica Hudson	59.40	2008
	Dawn Eckert	60.22	2009
	Tiffany Flint	60.26	2003
	Kaitlyn Marsolek	60.26	2005
600 yards	Kelsey Barry	01:31.92	2009
	Kylie Honingford	01:33.55	2009
	Tracy Falcetto	01:33.61	2009

	Melissa McKinley	01:35.16	2009
600M	Kelsey Barry	01:41.54	2010
	Kylie Honingford	01:41.74	2009
	Tracy Falsetto	01:42.86	2010
	Melissa McKinley	01:43.53	2008
	Sara Kettelkamp	01:47.16	2010
800M	Kelsey Barry	02:16.34	2010
	Tracy Falsetto	02:21.39	2010
	Melissa McKinley	02:21.62	2009
	Kylie Honingford	02:22.29	2009
	Tina Gray	02:22.29	2005
1000m	Kelsey Barry	03:07.78	2010
	Lauren Bowers	03:12.59	2009
1 MILE	Maddi Bosen	05:03.70	2002
	Shannon Payne	05:09.91	2006
	Sarah Shepard	05:11.95	2007
	Tina Gray	05:12.38	2005
	Amanda Occhi	05:15.04	2002
3000m	Shannon Payne	10:01.85	2006
	Maddi Bosen	10:12.15	2001
	Sarah Shepard	10:12.81	2007
	Sarah Gray	10:19.93	2002
	Tina Gray	10:22.96	2004
5000m	Shannon Payne	16:58.88	2006
	Amanda Occhi	17:10.58	2002
	Sarah Shepard	17:11.56	2007
	Maddi Bosen	17:42.10	2002
	Tina Gray	17:44.03	2005
4 x 200m	Jenny Hunt	01:51.76	2009
	Dawn Eckert		
	Joni Raile		
	Jessica Luna		

4 x 400m	Jenny Hunt Kelsey Barry Kylie Honingford Dawn Eckert	04:03.61	2009
DMR	Sarah Shepard Tiffany Flint Ashley Birger Tina Gray	12:13.81	2005
Pentathlon	Josi Heer Alli Watson Jenny Hunt	2872 2135 1667	2008 2010 2008
Shot Put	Erica Russell Jennifer Callan Danielle Clasby Kimsey Cornelison Josi Heer	11.00m 10.45m 9.43m 9.05m 8.40m	2001 2008 2007 2001 2008
Weight Throw	Jennifer Callan	13.77m	2009
Long Jump	Josi Heer Cherdaria Mack Ailena McDonald Cheutney Ellerton Alli Watson	4.99m 4.89m 4.87m 4.74m 4.51m	2008 2006 2009/2010 2006 2010
Triple Jump	Ailena McDonald Danielle Clasby Cheutney Ellerton	10.12m 9.94m 9.66m	2010 2007 2006
High Jump	Heidi Fehringer Robyn Burkhardt Kendra Miller Cori Brevor	1.60m 1.57m 1.57m 1.51m	2007 2003 2001 2007

	Saskia Boogman	1.50m	2006
Pole Vault	Lauren Graham	3.67m	2010
	Jessica Axen	2.61m	2003

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EVENT	NAME	TIME	DATE ACHIEVED
55M	David Mueller	6.58	2009
55HH	Brian Hopkins	8.33	2009
60M	Oluwadamidl Oladiran	7.03	2010
	David Mueller	7.11	2009
	Anthony Cardinale	7.15	2010
	William Pendarvis	7.24	2008
	Mark Brehm	7.34	2006
60 HH	Jake Nebelsick	8.85	2010
	Brian Hopkins	8.92	2009
	Kevin Wood	9.11	2009
	Mitch Jones	9.27	2010
	Joel Fraser	9.58	2010
200M	David Mueller	22.58	2009
	Oluwadamidl Oladiran	22.80	2010
	Mark Brehm	22.87	2005
	William Pendarvis	23.02	2008
	Jason Shaver	23.28	2008
300M	Will Pendarvis	36.89	2009
	David Mueller	37.60	2009
	Jason Shaver	38.40	2009
	Alan Ford	38.45	2010
	Carl Lum	38.79	2010
400M	William Pendarvis	51.04	2008
	Alan Ford	51.18	2010
	Jon Christian	51.23	2010
	Alex Vazquez	51.30	2007
	Mark Brehm	51.35	2006
600 yards	Alex Vazquez	01:15.55	2009

	David Mueller	01:16.9	2009
	Chris Reynolds	01:17.88	2009
	Jason Shaver	01:21.17	2009
600M	Alex Vazquez	01:23.61	2010
	Jon Christian	01:25.85	2010
	Rob Versaw	01:26.82	2010
	Drew Servold	01:29.17	2010
	Jason Shaver	01:29.29	2010
800M	Moses Tum	01:53.07	2003
	David Harmer	01:53.43	2007
	Alex Vazquez	01:54.42	2010
	Chris Reynolds	01:54.43	2010
	Paul Mann	01:55.68	2003
1000m	Chris Reynolds	02:30.18	2010
	Alex Vazquez	02:31.15	2010
	Seth Bott	02:32.10	2010
	Anthony Davis	02:45.09	2009
1 MILE	Moses Tum	04:08.89	2004
	Aaron Rubalcaba-Lopez	04:18.38	2007
	Paul Mann	04:18.89	2003
	Alex Tiernan	04:19.36	2009
	Chris Reynolds	04:19.56	2010
3000m	Trent Briney	08:24.25	2001
	Moses Tum	08:26.50	2003
	Mike English	08:38.75	2010
	Aaron Rubalcaba-Lopez	08:42.13	2007
	Levi Brathall	08:43.00	2004
5000m	Trent Briney	14:22.60	2001
	Levi Brathall	14:35.68	2005
	Aaron Rubalcaba-Lopez	14:49.41	2007
	Adolfo Carrillo	14:52.44	2002
	Brad Winn	14:57.18	2006
4 x 200m	Will Pendarvis	01:34.47	2009
	David Mueller		
	Jason Shaver		

Brian Hopkins

4 x 400m	Alex Vazquez Jon Christian Jason Shaver Chris Reynolds	03:22.70	2010
DMR	Chris Reynolds David Mueller Alex Vazquez Alex Tiernan	10:11.85	2009
Heptathlon	Brian Hopkins Mitch Jones Mark Santon Joel Fraser Carl Lum	4542 3944 3598 3443 3411	2010 2010 2010 2010 2008
Shot Put	Craig Galaydick Trevor Nau Preston Williams Blake Hansen Brian Hopkins	11.83m 11.62m 11.52m 11.04m 9.92m	2002 2008 2010 2008 2009
Weight Throw	Preston Williams Trevor Nau	13.10m 12.47m	2010 2009
Long Jump	Rick Rimbart Storm Allen Brian Hopkins Steven Gomez Mitch Jones	6.63m 6.60m 6.51m 6.33m 6.32m	2009 2007 2009 2009 2010
Triple Jump	Anthony Cardinale Storm Allen Brian Hopkins Rick Rimbart Chad Lenz	13.88m 13.82m 13.19m 13.11m 12.45m	2010 2007 2009 2009 2006
High Jump	Steven Gomez Storm Allen	2.14m 2.04m	2010 2007

Brian Hopkins	1.90m	2009
Michael Kelly	1.80m	2000
Mitch Jones	1.72m	2010

Pole Vault

Joel Fraser	4.50m	2010
Brian Hopkins	4.05m	2010
Ian Melcher	4.01m	2003
Mitch Jones	3.00m	2010
Mark Santon	2.90m	2010

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EVENT	NAME	TIME	DATE ACHIEVED
100M	Cheutney Ellerton	12.83	2006
	Sarah Philips	13.01	2001
	Chelsey Peterson	13.19	2002
	Julia Saenz	13.28	2009
	Cherdaria Mack	13.37	2005
100HH	Chelsey Peterson	15.61	2002
	Robyn Burkhardt	15.68	2002
	Jessica Axen	15.99	2003
	Josi Heer	16.69	2008
	Alli Watson	17.25	2010
200M	Cherdaria Mack	26.11	2006
	Kaitlyn Marsolek	26.27	2005
	Tiffany Flint	26.61	2004
	Kelsey Barry	26.89	2007
	Rebecca Wein	26.92	2007
400M	Tiffany Flint	58.99	2003
	Ashley Benfield	59.71	2010
	Kelsey Barry	59.78	2010
	Kylie Honingford	59.78	2009
	Kaitlyn Marsolek	59.78	2005
400M Hurdles	Ashley Benfield	63.53	2010
	Robyn Burkhardt	65.43	2002
	Tiffany Flint	67.87	2005
	Jessica Hudson	68.50	2006
	Kelsey Barry	69.49	2008
800M	Kelsey Barry	02:14.93	2010
	Tracy Falsetto	02:18.28	2010
	Melissa McKinley	02:21.00	2008
	Sarah Cowhick	02:21.09	2002
	Leah Thompson	02:21.79	2005

1500m	Ashley Birger	04:42.55	2006
	Maddi Bosen	04:43.94	2001
	Shannon Payne	04:44.14	2007
	Sarah Shepard	04:45.64	2005
	Tina Gray	04:46.32	2004
1 Mile	None		
3000m	Maddi Bosen	09:42.26	2001
	Shannon Payne	09:58.08	2007
	Amanda Occhi	10:09.44	2002
	Sarah Shepard	10:12.16	2005
	Deanna Kerl	10:21.79	1999
3000m Steeplechase	Sarah Gray*	10:40.37	2001
	Tina Gray	10:49.10	2004
	Sarah Shepard	10:55.67	2005
	Ashley Birger	11:02.19	2006
	Jenna Dorsey-Spitz	11:24.32	2007
	* Short pit prior to 2004		
5000m	Shannon Payne	17:11.28	2006
	Amanda Occhi	17:17.14	2002
	Maddi Bosen	17:29.49	2002
	Sarah Vigil	17:50.88	2003
	Megan Lund	18:02.04	2003
10,000m	Amanda Occhi	34:42.43	2002
	Shannon Payne	35:45.50	2008
	Maddi Bosen	36:06.85	2002
	Kelly Smith	36:11.35	2004
	Jennifer Ziemer	37:09.35	2000
4 x 100m	Jennifer Hunt	50.88	2009
	Kylie Honingford		
	Ailena McDonald		
	Dawn Eckert		
4 x 400m	Kelsey Barry	04:03.06	2009
	Tracy Falsetto		
	Kylie Honingford		
	Jenny Hunt		

4 x 800m	Kaitlin Frier Tracy Falcetto Vivian Reed Paige Hall	10:18.48	2008
4 x mile	None		
SMR	Josi Heer Amanda Stoesz Kelsey Barry Melissa McKinley	04:22.37	2008
Heptathlon	Josi Heer Alli Watson	3775 2605	2008 2010
Shot Put	Erica Russell Jennifer Callan Danielle Clasby Kimsey Cornelison Cori Brevor	11.33 11.02 9.18 9.00 9.00	2001 2008 2007 2000 2007
Hammer	Jennifer Callan	38.10	2009
Discuss	Jennifer Callan Erica Russell Kimsey Cornelison	39.34 36.81 26.77	2009 2001 2001
Javelin	Cori Brevor Josi Heer Jennifer Callan Jessica Axen	28.39 23.93 22.75 15.57	2007 2008 2008 2003
Long Jump	Ailena McDonald Josi Heer Allison Wood Cherdaria Mack	5.13 5.00 5.00 4.86	2009 2008 2002 2005

	Offune Edozium	4.76	2003
Triple Jump	Josi Heer	10.43	2009
	Ailena McDonald	10.34	2009
	Cheutney Ellerton	10.33	2006
	Allison Wood	10.19	2002
	Julia Saenz	9.65	2009
High Jump	Robyn Burkhardt	1.60	2002
	Kendra Miller	1.55	2001
	Heidi Fehringer	1.50	2007
	Josi Heer	1.49	2008
	Cori Brevor	1.45	2007
Pole Vault	Lauren Graham	3.90m	2010

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EVENT	NAME	TIME	DATE ACHIEVED
100M	Oluwadamildi Oladiran	10.96	2010
	Kyle Reid	11.10	2004
	David Mueller	11.12	2009
	Jason Shaver	11.33	2010
	Grant Vaskey	11.33	2003
110 HH	Brian Hopkins	15.89	2009
	Josh Jones	17.02	2009
	Rick Rimbert	17.65	2009
	Carl Lum	21.13	2008
200M	David Mueller	22.23	2009
	Oluwadamildi Oladiran	22.40	2009
	Jason Shaver	22.53	2008
	Mark Brehm	22.57	2005
	Carl Lum	22.62	2007
400M	David Mueller	49.12	2009
	Jon Christian	49.94	2010
	Alex Vazquez	50.04	2010
	William Pendarvis	50.09	2008
	Almir Hodzic	50.25	2008
400M Hurdles	Brian Hopkins	58.14	2009
	Alex Tiernan	58.54	2008
	Steve Prefors	59.80	2005
	Ian Melcher	62.00	2003
	Mark Santon	62.12	2010
800M	Moses Tum	01:50.68	2005
	David Harmer	01:52.50	2006
	Alex Vazquez	01:53.05	2008
	Chris Reynolds	01:53.83	2010
	Paul Mann	01:54.46	2003

1500m	Moses Tum	03:46.30	2005
	Paul Mann	03:52.36	2002
	David Harmer	03:55.40	2006
	Trent Briney	03:57.25	2001
	Alex Tiernan	03:58.47	2009

1 Mile

3000m	Aaron Rubalcaba-Lopez	08:39.28	2006
	Jay Luna	08:54.07	2006
	David Harmer	08:58.05	2006
	Ryan Price	09:03.10	2006
	Kyle Reno	09:05.98	2006

3000m Steeplechase	Brad Winn	09:15.39	2006
	Alex Tiernan	09:30.18	2009
	Adam Greene	09:31.28	2002
	Adolfo Carrillo	09:33.95	2002
	Paul Mann	09:34.88	2004

5000m	Trent Briney	14:29.67	2001
	Levi Brathall	14:39.53	2004
	Moses Tum	14:45.59	2004
	Aaron Rubalcaba-Lopez	14:54.94	2005
	Adolfo Carrillo	15:09.67	2002

10,000m	Trent Briney	29:12.75	2001
	Levi Brathall	29:50.24	2004
	Adolfo Carrillo	30:39.45	2002
	Aaron Rubalcaba-Lopez	31:20.48	2005
	Ryan Price	31:29.67	2006

4 x 100m	Alex Vazquez	42.46	2010
	Anthony Cardinale		
	Jason Shaver		
	Oluwadamidi Oladiran		

4 x 400m	Alex Vazquez	03:19.47	2010
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**Jon Christian
Jason Shaver
Alan Ford**

4 x 800m

4 x mile **Dan Pinter** **17:59.13** **2008**
Branson Bartlett
Chris Reynolds
Alex Tiernan

SMR **William Pendarvis** **03:36.92** **2008**
Alex Vazquez
Jason Shaver
Almir Hodzic

Decathlon **Brian Hopkins** **5753** **2009**
Rick Rimbart **5131** **2009**
Mitch Jones **4868** **2010**
Carl Lum **4561** **2008**

Shot Put **Craig Galaydick** **12.31** **2002**
Blake Hansen **11.2** **2008**
Adam Felkey **10.97** **2001**
Preston Williams **10.93** **2007**
Brian Hopkins **10.18** **2009**

Hammer **Trevor Nau** **37.80** **2009**
Preston Williams **37.53** **2010**

Discuss **Craig Galaydick** **50.43** **2003**
Preston Williams **38.23** **2008**
Adam Felkey **36.31** **2001**
Trevor Nau **34.17** **2009**
Brian Hopkins **27.80** **2009**

Javelin **Trevor Nau** **51.26** **2008**
Rick Rimbart **44.40** **2009**
Mark Brehm **43.02** **2006**
Ian Melcher **42.29** **2003**
Brian Hopkins **41.80** **2009**

Long Jump	Anthony Cardinale	7.14	2010
	Grant Vaskey	6.64	2003
	Rick Rimbert	6.43	2009
	Brian Hopkins	6.41	2009
	Mitch Jones	6.15	2010
Triple Jump	Anthony Cardinale	13.30	2010
	Chad Lenz	12.47	2006
	Mark Santon	12.27	2010
	Colton Davis	12.26	2003
High Jump	Steven Gomez	2.15	2010
	Storm Allen	2.07	2007
	Brian Hopkins	1.89	2009
	Rick Rimbert	1.84	2009
	Mitch Jones	1.79	2010
Pole Vault	Joel Fraser	4.25	2010
	Brian Hopkins	4.05	2009
	Ian Melcher	3.81	2003
	Mitch Jones	3.13	2010
	Carl Lum	2.95	2008

All-RMAC and All-American

All-RMAC

(Through 2005 the All-RMAC team was just the top three finishers at the RMAC Championships in each event and the first place relay. In 2006 they changed to 1st-3rd place finishes for first team All-RMAC and 4th-6th place finishers for second team All-RMAC and the 1st place relay for first team All-RMAC and second place relay for second team All-RMAC. In 2009 they changed the format to 1st-2nd place finishers for first team All-RMAC, 3rd-4th for second team All-RMAC, 5th-6th for third team All-RMAC and 1st, 2nd, 3rd place relays for 1st team, 2nd team and 3rd team All-RMAC.)

1999

Outdoor Men

Trent Briney 10,000m 3rd

2000

Outdoor Men

Trent Briney 5000m 3rd

2001

Indoor

Trent Briney 5000m 2nd

Outdoor

Sarah Gray 3000m steeplechase 2nd

2002

Outdoor

Maddi Bosen 5000m 3rd

Kelly Smith 10,000m 2nd

Robin Burkhart 400m Hurdles 3rd

Tina Gray 3000m steeplechase 2nd

2003

Indoor

Did not compete

Outdoor

Kelly Smith 10,000m 3rd

Tina Gray 3000m steeplechase 1st

2004

Indoor

Moses Tum Mile 1st

Outdoor

Moses Tum 800m 3rd

Brad Winn 3000m steeplechase 3rd

Tiffany Flint 400m 3rd

Kelly Smith 5000m 3rd

Tina Gray 3000m steeplechase 2nd

2005

Indoor

Shannon Payne 5000m 3rd

Outdoor

Shannon Payne 5000m 2nd

Sarah Shepard 3000m steeplechase 3rd

Moses Tum 800m 3rd

Aaron Rubacalba-Lopez 10,000m 3rd

Craig Galaydick Discus 2nd

2006

Indoor

David Harmer 800m 2nd

Shannon Payne 3000m 4th

Sarah Shepard 3000m 5th

Outdoor

Shannon Payne 3000m 3rd

Ashley Birger 3000m steeplechase 2nd

Ryan Price 10,000m 5th

2007

Indoor

Sarah Shepard 3000m 2nd

David Harmer 800m 5th

Aaron Rubacalba-Lopez 5000m 5th

Storm Allen 5th

Outdoor

Jenna Dorsey-Spitz 3000m steeplechase 5th

Shannon Payne 5000m 1st

Shannon Payne 3000m 2nd

Jenna Dorsey-Spitz 1500m 4th

Kelsey Barry 400m 5th

Storm Allen High Jump 4th

2008

Indoor

Melissa McKinley -800m 5th

Shannon Payne - 5000m 2nd

Shannon Payne - 3000m 3rd

Jessica Hudson - 400m 3rd

Josi Heer - Pentathlon 3rd

Alex Vazquez - 800m 6th

Carl Lum - Heptathlon 6th

Outdoor

Kaitlin Frier - 5000m 3rd

Trevor Nau - Javelin 3rd

Gabe Small - 10,000 5th
Kelsey Barry - 800m 6th
Josi Heer - Heptathlon 5th
Josi Heer - Triple Jump 6th
Alex Tiernan - 400m hurdles 6th
Shannon Payne - 5000m 1st

2009

Indoor

Alex Vazquez - 800m 5th
Chris Reynolds - 800m 6th
Brian Hopkins - Heptathlon 3rd
Steven Gomez - High Jump 2nd
David Mueller - 55m 4th
David Mueller - 200m 6th
Shannon Payne - 5000m 2nd
Kaitlin Frier - 3000m 6th
Kelsey Barry - 800m 5th

Outdoor

David Mueller - 200m 4th
David Mueller - 400m 5th
Oluwadamidi Oladiran - 100m 4th
Oluwadamidi Oladiran - 200m 6th
Kylie Honigford - 400m 5th
Alex Vazquez - 800m 4th
Kelsey Barry - 800m 4th
Tracey Falsetto - 800m 6th
Rick Rimbart - Decathlon 5th
Brian Hopkins - Decathlon 2nd
Kaitlin Frier - 3000m Steeplechase 6th
Steven Gomez - High Jump 2nd place

2010

Indoor

Brian Hopkins - Heptathlon 2nd
Steven Gomez - High Jump 1st
4x400m Relay Team - Alex Vazquez, Jon Christian, Jason Shaver, Chris Reynolds - 4x400 1st
Mitch Jones - Heptathlon 5th
Joel Fraser - Pole Vault 3rd
Oluwadamidi Oladiran - 60m 4th
Lauren Graham - Pole Vault 2nd

Outdoor

Brian Hopkins - Decathlon 4th
Brian Hopkins - Pole Vault 5th
Steven Gomez - High Jump 3rd
Lauren Graham - Pole Vault 1st
Ashley Benfield - 400m Hurdles 2nd
Anthony Cardinale - Long Jump 1st
Jon Christian - 400m 6th
Kelsey Barry - 800m 3rd
Tracey Falsetto - 800m 6th

NCAA II All-Americans

(Top eight finishers at the NCAA Championships make All-American)

2000

Outdoor

Trent Briney 10,000m 4th

2001

Indoor

Trent Briney 5000m 4th

Outdoor

Trent Briney 10,000m 2nd

2002

Indoor

Amanda Occhi 5000m 6th

Outdoor

Maddi Bosen 5000m 8th

2003

Outdoor

Tina Gray 3000m steeplechase 5th

Levi Brathal 10,000m 7th

2004

Outdoor

Tina Gray 3000m steeplechase 6th

Moses Tum 800m 6th

2005

Outdoor

Moses Tum 800m 6th

Moses Tum 1500m 1st

Shannon Payne 10,000m 8th

Sarah Shepard 3000m steeplechase 7th

2006

Outdoor

Ashley Birger 3000m steeplechase 6th

2007

Indoor

Sarah Shepard 5000m 8th

Outdoor

Shannon Payne 3000m 7th

2008

Outdoor

Shannon Payne 10,000m 4th

2009

Indoor

Steven Gomez High Jump 7th

2010

Outdoor

Lauren Graham Pole Vault 5th