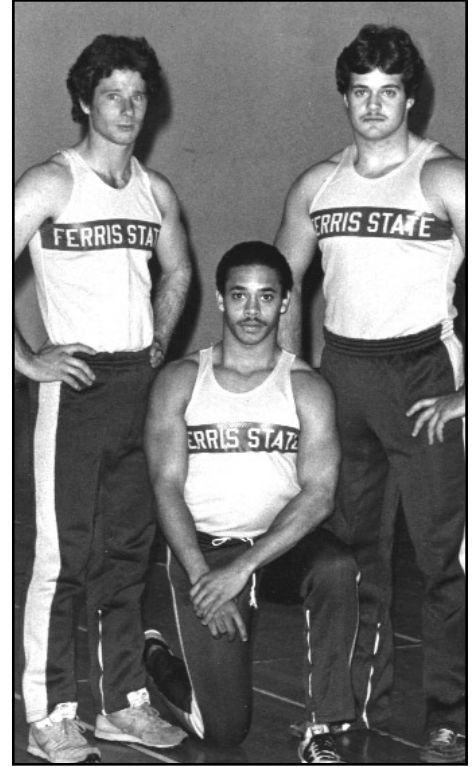


CONFERENCE TRACK RECORDS

GLIAC OUTDOOR RECORDS

100m Dash	(M) 10.44 (W) 11.77	Tony Coleman Shami Vanhook	Wayne State Ashland	1981 2004
200m Dash	(M) 20.97 (W) 23.98	Kendall Stevens Shami Vanhook	Ashland Ashland	2004 2004
400m Dash	(M) 46.88 (W) 54.60	Haddow Weatherborne Christy Tedrow	Northwood Grand Valley	2002 2002
800m Dash	(M) 1:49.27 (W) 2:06.57	Josh Weber Steph Kuhlman	Northwood Grand Valley	2004 2003
1500m Run	(M) 3:49.54 (W) 4:14.63	Nick Cordes Kristin Crouch	Ashland Michigan Tech	2003 1992
3000m Run (St)	(M) 8:58.54 (W) 9:54.83	Calvin McQueen Erin Gillespie	Saginaw Valley Hillsdale	1981 1986
5000m Run	(M) 14:23.12 (W) 16:57.24	Nick Cordes Erin Gillespie	Ashland Hillsdale	2003 1987
10,000m Run	(M) 30:09.79 (W) 36:14.52	Spence Peterson Trudy Chase	Saginaw Valley Hillsdale	1982 2003
100m Hurdles	(M) 14.14 (W) 14.20	Ed Brown Kim Aubert	Saginaw Valley Saginaw Valley	1982 1996
400m Hurdles	(M) 50.04 (W) 58.64	Ed Brown Mandie Gallier	Saginaw Valley Saginaw Valley	1982 2004
4X100m Relay	(M) 41.18 (W) 46.53	Findlay Ashland	Ashland Ashland	2004 1996
4X400m Relay	(M) 3:10.30 (W) 3:45.02	Northwood Grand Valley State	Ashland Ashland	1981 2000
Long Jump	(M) 25'7 3/4" (W) 19'6 3/4"	Sean Robbins Katrina Jones	Ashland Saginaw Valley	1996 1993
Triple Jump	(M) 50'0" (W) 39'3 1/2"	Ed Brown Nicole Sullivan	Saginaw Valley Saginaw Valley	1981 2001
High Jump	(M) 7'2" (W) 5'8 1/2"	Jeremy Pearson Julayne Thayer	Grand Valley Northwood	2000 1985
Pole Vault	(M) 18'5" (W) 11'9 1/2"	Clark Lozier Rachel Duthler	Ashland Grand Valley	1996 2004
Shot Put	(M) 59'6 1/2" (W) 54'0"	Chris Adams Adriane Blewitt	Ashland Ashland	2001 2003
Hammer Throw	(M) 208'3" (W) 206'10 1/2"	Rich Ulm Jackie Jeschelnic	Ashland Ashland	2000 2002
Discus	(M) 184'08" (W) 163'11"	T.J. Koniowsky Jackie Jeschelnic	Ashland Ashland	1999 2000
Javelin	(M) 2561" (W) 146'11"	Kirt Thompson Jenny Hardesty	Ashland Ashland	1983 1997



FERRIS STATE ALL-AMERICANS

Ferris State University men's track athletes (pictured from left to right) Keith Oparka, Byron Patterson and Doug Gillard earned NAIA All-American honors during the 1980 indoor and outdoor track campaigns.

FSU's 2003-04 ALL-GLIAC PERFORMERS

Women

Jenny Irwin (Indoor 3000m Run, 1st)
Crystal Kuzma (Indoor 55m Dash, 3rd)
Rachel Cox (Outdoor 5000m Run, 2nd)
Sharon Smith (Outdoor 200 meters, 3rd)
Leanna Wolf (Outdoor 800 meters, 3rd)
Jenny Irwin (Cross Country, 1st team)
Rachel Cox (Cross Country, 2nd team)

Men

Kurt Peterson (Indoor Pole Vault, 2nd)
Brent Harkness (Outdoor Pole Vault, 2nd)



GLIAC INDOOR RECORDS

55m Dash	(M) 6.26 (W) 7.01	Kendall Stevens Tanea Green	Findlay Findlay	2004 2002
55m Hurdles	(M) 7.25 (W) 8.17	Tony Cramatie Morgan Buckner	Grand Valley Ferris State	1976 2002
200m Dash	(M) 21.58 (W) 24.57	Kendall Stevens Tanea Green	Findlay Findlay	2004 2001
400m Dash	(M) 47.81 (W) 55.84	Kevin Jones Christy Tedrow	Northwood Grand Valley	1984 2001
800m Run	(M) 1:52.44 (W) 2:07.00	Charles White Steph Kuhlman	Saginaw Valley Grand Valley	1984 2003
Mile Run	(M) 4:10.63 (W) 4:53.51	Nick Cordes Krista O'Dell	Ashland Grand Valley	2003 2003
3000m Run	(M) 8:23.89 (W) 10:04.90	Tom Zarzycki Gina VanLaar	Saginaw Valley Hillsdale	1983 1988
5000m Run	(M) 14:36.24 (W) 17:12.07	Aaron Litzner Natalie Ewing	Lake Superior Grand Valley	2003 2004
4x400m Relay	(M) 3:16.06 (W) 3:51.27	Saginaw Valley State Grand Valley State	Ashland Saginaw Valley	1984 2003
4x800m Relay	(M) 7:44.10 (W) 9:02.82	Saginaw Valley State Grand Valley State	Ashland Saginaw Valley	2004 2003
Long Jump	(M) 27'5 1/2" (W) 19'7"	Sean Robbins Nicole Sullivan	Ashland Saginaw Valley	1996 2003
Triple Jump	(M) 49'11 1/4" (W) 38'11"	Eddie Brown Icis Charles	Saginaw Valley Grand Valley	1982 2001
High Jump	(M) 7'0 1/2" (W) 5'9 1/2"	Jeremy Pearson Kelly O'Brien	Grand Valley Grand Valley	2000 1993
Pole Vault	(M) 16'6" (W) 12'0 1/2"	Craig Presley Rachel Duthler	Hillsdale Grand Valley	1993 2004
Shot Put	(M) 57'10 1/2" (W) 56'7"	Paul Cochran Adriane Blewitt	Ferris State Ashland	1990 2003
Weight Throw	(M) 65'4 3/4" (W) 65'7 1/2"	Paul Markel Jackie Jeschelnic	Saginaw Valley Ashland	2001 2002