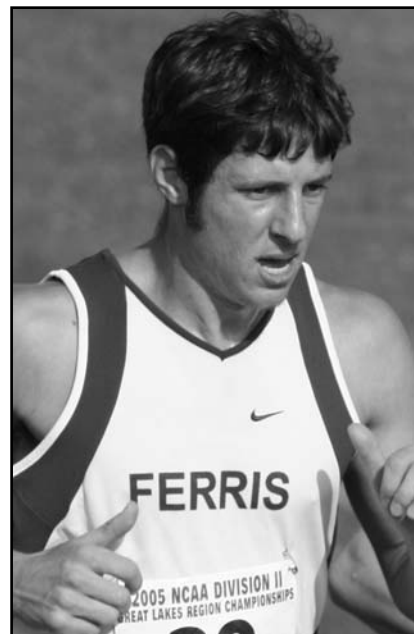




## MEN'S TRACK AND FIELD RECORDS

### MEN'S INDOOR RECORDS

Event	Name	Performance	Year	Site
55 Meters	Rico Miller	6.24	1986	Ferris State
55 Meter Hurdles	Chris Floyd	7.51	1987	North Dakota State
200 Meters	Andrew Allen	22.14	1994	Eastern Michigan
300 Yards	Rod Whittington	31.84	1987	Michigan State
300 Meters	Tony Coleman	35.44	1985	Grand Valley State
400 Meters	Don Johnson	49.22	1993	Hillsdale
600 Yards	Keith Oparka	1:12.54	1980	Michigan State
600 Meters	Ron Hessem	1:21.61	1993	Hillsdale
800 Meters	Steve Mathews	1:53.49	1991	Eastern Michigan
1000 Yards	John Dawe	2:13.24	1976	Eastern Michigan
1000 Meters	Paul Mehlberg	2:27.54	1986	Grand Valley State
1500 Meters	Paul Mehlberg	3:50.94	1986	Grand Valley State
3000 Meters	Tony Fleming	8:16.04	1976	Eastern Michigan
5000 Meters	Steve Fountain	14:46.74	1976	Eastern Michigan
4 x 400 Meters	Brown, Gatson, Whittington, Scott	3:18.04	1987	Grand Valley State
4 x 800 Meters	Mehlberg, Rittenger, Steward, Bunn	7:48.44	1986	Michigan State
Distance Medley	Bunn, Gatson, Steward, Rittenger	10:04.44	1986	Michigan State
High Jump	Mark Smith	7-0	1984	Michigan
	Keith White	7-0	1985	Michigan
Pole Vault	Terry Loher	16-0	1992	Grand Valley State
Long Jump	Jason Thompson	23-7	2002	Hillsdale
Triple Jump	Larry Jennings	48-11	1975	Eastern Michigan
Shot Put	Paul Cochran	57-10	1990	South Dakota
35 lb. Weight	Doug Gillard	60-2	1983	Ferris State



### TEAM AWARD WINNER

Junior distance runner Nate Penny is a member of the Bulldogs' track and cross country teams. Penny was the recipient of FSU's Bulldog Pride Cross Country Award for his contributions during the 2005-06 campaign.

### MEN'S OUTDOOR RECORDS

Event	Name	Performance	Year	Site
100 Meters	Fred Kirkland	10.54	1981	
	Chris Floyd	10.54	1986	Ferris State
200 Meters	Fred Kirkland	21.39	1981	
400 Meters	Andrew Allen	48.11	1994	Saginaw Valley State
800 Meters	Ron Ward	1:51.94	1964	
1500 Meters	Tony Fleming	3:49.14	1976	Ohio University
3000 Meter Steeplechase	Jim Bumbul	9:11.30	1986	Kentucky
5000 Meters	Steve Fountain	14:36.64	1977	
10,000 Meters	Dan Ebright	30:27.84	1987	North Central College
110 Meter Hurdles	Corey Bouyer	14.14	1969	
400 Meter Hurdles	Corey Bouyer	50.74	1970	
4 x 100 Meters	Floyd, Whittington, Scott, Miller	41.63	1986	Saginaw Valley State
4 x 400 Meters	Hogan, Allen, Hessem, Snellings	3:14.21	1993	Toledo
Long Jump	Mark Fields	23-10 1/2	1983	
Triple Jump	Everett Goodson	49-5	1992	Hillsdale
High Jump	Joe Mielke	6-10 1/4	2006	Ferris State
Pole Vault	Terry Loher	16-4	1992	Hillsdale
Shot Put	Paul Cochran	58-2	1990	Hampton University
Discus	Paul Cochran	182-10	1990	Central Michigan
Javelin	Allen Wenzel	221-2	1989	Hillsdale
Hammer	Doug Gillard	200-11	1983	



### AMONG THE BEST

Rod Whittington posted Ferris State's second-best all-time outdoor long jump mark in 1986. His 23-6 leap a year later also ranks as the school's second-best indoor performance.

