

CONFERENCE TRACK RECORDS

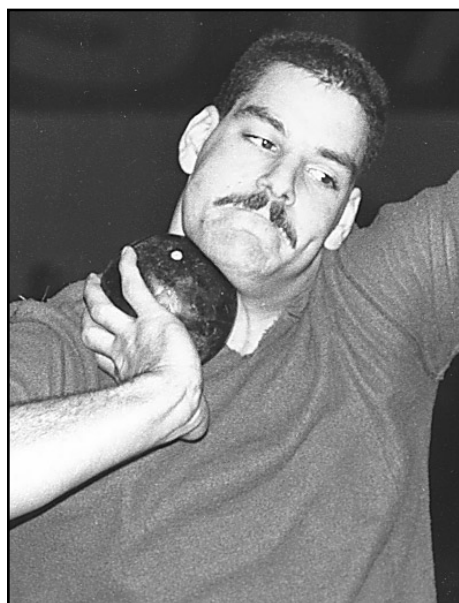
GLIAC OUTDOOR RECORDS

100m Dash	(M) 10.44 (W) 11.80	Tony Coleman Tanea Green	Wayne State Findlay	1981 2001
200m Dash	(M) 21.04 (W) 24.43	Nate Johnson Tanea Green	Hillsdale Findlay	1976 2002
400m Dash	(M) 46.88 (W) 54.60	Haddow Weatherborne Christy Tedrow	Northwood Grand Valley	2002 2002
800m Dash	(M) 1:50.56 (W) 2:08.63	Rick Brown Katie Chapman	Saginaw Valley Ferris State	1982 2002
1500m Run	(M) 3:49.73 (W) 4:32.44	John Darga Mandi Long	Saginaw Valley Grand Valley	1982 2002
3000m Run (St)	(M) 8:58.54 (W) 9:54.83	Calvin McQueen Erin Gillespie	Saginaw Valley Hillsdale	1981 1986
5000m Run	(M) 14:28.14 (W) 16:57.24	Spence Peterson Erin Gillespie	Saginaw Valley Hillsdale	1982 1987
10,000m Run	(M) 30:09.79 (W) 36:23.04	Spence Peterson Tara Griffin	Saginaw Valley Ashland	1982 2002
100m Hurdles	(M) 14.14 (W) 14.20	Ed Brown Kim Aubert	Saginaw Valley Saginaw Valley	1982 1996
400m Hurdles	(M) 50.04 (W) 1:01.85	Ed Brown Val Beievender	Saginaw Valley Saginaw Valley	1982 1982
4X100m Relay	(M) 41.61 (W) 46.81	Northwood Grand Valley State	Northwood Grand Valley State	2000 2002
4X400m Relay	(M) 3:10.30 (W) 3:46.41	Northwood Grand Valley State	Northwood Grand Valley State	1981 2002
Long Jump	(M) 25'7" (W) 19'6"	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) 7'0" (W) 5'8"	Mark Norman Julayne Thayer	Northwood Northwood	1981 1985
Pole Vault	(M) 17'4" (W) 11'3"	Clark Lozier Marie Tyo	Ashland Saginaw Valley	1996 2001
Shot Put	(M) 59'6 1/2" (W) 49'2"	Chris Adams Becky Ball	Ashland Ashland	2001 1998
Hammer Throw	(M) 205'6" (W) 194'2"	Jeff Heddles Becky Ball	Ashland Ashland	1997 1998
Discus	(M) 178'09" (W) 163'11"	Paul Markel Jackie Jeschelning	Saginaw Valley Ashland	2000 2000
Javelin	(M) 227'3" (W) 143'5"	Kirt Thompson Jenny Hardesty	Ashland Ashland	1996 1996



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.



GLIAC RECORD HOLDER

Bulldog great Paul Cochran holds the league's indoor shot put record. Cochran won three national championships during the 1989-90 campaign in the shot put and discus.

GLIAC INDOOR RECORDS

55m Dash	(M) 6.34 (W) 7.01	Nate Johnson Tanea Green	Hillsdale Findlay	1978 2002
55m Hurdles	(M) 7.25 (W) 8.00	Tony Cramatie Kim Aubert	Grand Valley Saginaw Valley	1976 1992
200m Dash	(M) 21.88 (W) 24.57	Courtney Hill Tanea Green	Grand Valley Findlay	1999 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) 2:13.51	Charles White Andrea Morgan	Saginaw Valley Findlay	1984 2001
Mile Run	(M) 4:11.25 (W) 5:00.49	Nick Cordes Krista O'Dell	Ashland Grand Valley	2001 2002
3000m Run	(M) 8:23.89 (W) 10:04.90	Tom Zarzycki Gina VanLaar	Saginaw Valley Hillsdale	1983 1988
5000m Run	(M) 14:38.50 (W) 17:14.00	Glen Magrum Beck Duda	Hillsdale Saginaw Valley	1983 1992
4x400m Relay	(M) 3:16.06 (W) 3:52.20	Saginaw Valley State Grand Valley State	Saginaw Valley State Grand Valley State	1984 2002
4x800m Relay	(M) 7:47.30 (W) 9:18.66	Ashland Findlay	Ashland Findlay	1997 2002
Long Jump	(M) 25'10 1/4" (W) 19'3 1/4"	Sean Robbins Melanie Bowen	Ashland Saginaw Valley	1996 1993
Triple Jump	(M) 49'11 1/4" (W) 38'11"	Eddie Brown Icis Charles	Saginaw Valley Grand Valley	1982 2001
High Jump	(M) 6'11" (W) 5'8 1/4"	Jeremy Pearson Kelly Oberlin	Grand Valley Grand Valley	1999 1993
Pole Vault	(M) 16'6" (W) 10'10 3/4"	Craig Pressley Leah Burns	Hillsdale Saginaw Valley	1993 2001
Shot Put	(M) 57'10 1/2" (W) 51'2 1/2"	Paul Cochran Adriane Blewitt	Ferris State Ashland	1990 2002
Weight Throw	(M) 65'4 3/4" (W) 65'7 1/2"	Paul Markel Jackie Jeschelning	Saginaw Valley Ashland	2001 2002