

# ULM TRACK & FIELD



## Men's School Records

### INDOOR RECORDS

#### TRACK EVENTS

55 meter	6.24	Luther Ambrose	2010
60 meter	6.80	Luther Ambrose	2011
<b>200 meter</b>	<b>21.76</b>	<b>Nigel Cribbs</b>	<b>2015</b>
400 meter	48.02	Mychal Word	2008
800 meter	1:50.81	Benji Jones	2004
Mile	4:05.46	Jeff Moss	1987
3,000 meter	8:15.27	Dusan Makevic	2014
5,000 meter	14:30.31	Daniel Mutai	2012
55 meter hurdles	7.25	Ken Link	1984
60 meter hurdles	8.05	Michael Robbins	2000
60 yard	6.24	Dave Styron	1962
	6.24	Bennie Mitchell	1986
300 yard	31.64	Ronnie Fountain	1966
440 yard	48.94	John Floyd	1976
600 yard	1:11.80	Greg Grace	1987
880 yard	1:54.00	Doug Glover	1984
1000 yard	2:26.51	Reggie Senegal	1988
Two mile	9:08.54	Trevor Murray	1989
Three mile	14:17.58	Drew Prisner	1994
60 yard hurdles	7.10	Roger Morgan	1965

#### RELAYS

1600 meter relay	3:17.22	Bosworth, Word Opata, Shephard	2008
Mile relay	3:16.33	Fayard, Opata Shephard, Word	2008
Distance medley relay	10:07.11	Glover, Johnston Mangum, Daily	1984
3200 meter relay	7:47.85	Henderson, Bystrak Senegal, Owen	1989
Two mile relay	7:40.21	Gnatzig, Powers O'Hearn, Moore	1981

#### FIELD EVENTS

High jump	7-0.25 (2.14m)	Fred Mitchell	1980
	7-0.25 (2.14m)	David Green	1985
Pole vault	17-5 (5.31m)	Linwood Johnson	1995
Long jump	26-8.25 (8.13m)	Andre Ester	1987
Triple jump	54-2.75 (16.53m)	Nat Sowell	1996
Shot put	59-4.25 (18.09m)	James Parman	1986
Weight throw	71-8 (21.84m)	Andras Haklits	1999
<b>Heptathlon</b>	<b>5,310 pts.</b>	<b>Isaac Grieder</b>	<b>2014</b>

### OUTDOOR RECORDS

#### TRACK EVENTS

100 meter	10.19	Luther Ambrose	2010
200 meter	20.82	Marshall Malone	1988
400 meter	46.35	Dee Dee Overton	2001
800 meter	1:47.95	Doug Glover	1985
1500 meter	3:43.77	Russell Mangum	1985
5000 meter	14:26.52	Daniel Mutai	2012
10000 meter	29:10.20	Daniel Mutai	2012
110 meter hurdles	13.72	Ken Link	1984
400 meter hurdles	50.37	Pat Griffin	1988

3000 meter steeplechase	8:54.77	Reuben Njau	1994
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#### RELAYS

400 meter relay	39.76	Feaster, Mitchell Newsome, Lacy	1985
800 meter relay	1:23.34	Archie, Prince Johnson, Gene	1974
Distance medley relay	9:39.70	Mangum, Grace Griffin, Moss	1987
Sprint medley relay	3:18.12	Martin, Taylor Grace, Mangum	1987
1600 meter relay	3:07.61	Jones, Woodard Floyd, Prince	1976
3200 meter relay	7:23.78	Moore, Daily Gratzig, Glover	1983
440 meter shuttle hurdle relay	58.14	Linck, Greer Addams, Hawkins	1982

#### FIELD EVENTS

High jump	7-2 (2.18m)	David Green	1986
Pole vault	17-5.50 (5.32m)	Derrick Kelly	1996
Long jump	27-7.25 (8.41m)	Andre Ester	1987
Triple jump	54-2.75 (16.53m)	Nat Sowell	1996
Shot put	63-4.75 (19.32m)	James Parman	1987
Discus	199-3 (60.74m)	Bruce Navarre	1981
Javelin	266-7 (81.26m)	Ken Peterson	1989
Hammer	248-3 (75.67m)	Andras Haklits	1999
<b>Decathlon</b>	<b>7,301 pts.</b>	<b>Isaac Grieder</b>	<b>2015</b>



All-American

Luther Ambrose



# ULM TRACK & FIELD

## Women's School Records

### INDOOR RECORDS

#### TRACK EVENTS

55 meter	6.98	Loretta Curry	1995
60 meter	7.53	Tonette Dyer	2001
200 meter	24.14	Tonette Dyer	2001
400 meter	56.83	Loretta Curry	1996
<b>800 meter</b>	<b>2:14.83</b>	<b>Teona Glave</b>	<b>2014</b>
Mile	5:02.14	Nicola Roff	1989
3,000 meter	9:51.00	Nicola Roff	1989
5,000 meter	17:41.02	Rhonda Sherrer	2003
55 meter hurdles	7.97	Pam Smith	1989
60 meter hurdles	8.58	Pam Smith	1989
60 yard	7.03	Clotee Cowans	1984
300 yard	38.37	Bonnie Adger	1986
600 yard	1:25.95	Lisa McRae	1987
880 yard	2:18.27	Pat LeBlanc	1984
1000 yard	2:45.24	Chris Jasek	1987
Two mile	10:49.14	Nicola Roff	1989
60 yard hurdles	7.94	Cheryl Henry	1986

#### RELAYS

1600 meter relay	3:51.21	Ford, Watson Matthews, Pickett	2004
Mile relay	3:51.25	Wilson, Jackson Glave, Diggs	2012
Distance medley relay	12:17.36	Johnson, Pickett Matthews, Sherrer	2003
3200 meter relay	9:47.34	Walpole, Gorman Helgadottir, Wilson	1991
Two mile relay	9:58.04	Jasek, Cooper Lobue, Roff	1987

#### FIELD EVENTS

High jump	6-0 (1.83m)	Lauri Young	1985
Pole vault	11-3.75 (3.45m)	Sarah O'Neal	2008
Long jump	21-3.75 (6.49m)	Pam Smith	1985
Triple jump	41-7 (12.67m)	Cheryl Henry	1986
Shot put	50-7.25 (15.42m)	Lakeitha Elmore	2011
Weight throw	59-10.5 (18.25m)	Destiny Montemayor	2009
Pentathlon	3,502 pts.	Danielle O'Donnell	2012

### OUTDOOR RECORDS

#### TRACK EVENTS

100 meter	11.31	Loretta Curry	1996
200 meter	23.34	Loretta Curry	1995
400 meter	54.58	Lisa McRae	1989
800 meter	2:10.67	Lisa Farria	1988
1500 meter	4:32.68	Nicola Roff	1989
3000 meter	9:32.30	Nicola Roff	1989
5000 meter	16:59.67	Tami Micham-Grimes	1994
10000 meter	36:58.29	Holly Forester	1996
100 meter hurdles	13.64	Cheryl Henry	1986
400 meter hurdles	59.67	Tameeka McFarlane	1999
3000 meter steeplechase	10:49.74	Rhonda Sherrer	2003

#### RELAYS

400 meter relay	45.50	Black, McRae Washington, Eden	1989
800 meter relay	1:37.08	Holmes, Price Pickett, Shoyebi	2006
Sprint medley relay	1:44.27	McRae, Eden Washington, Farria	1989
Distance medley relay	12:01.70	McKinney, McGinnis Parker, Roff	1989
1600 meter relay	3:43.51	Marshall, Gray Windfield, Henry	1986
3200 meter relay	9:12.40	Farria, Cooper McKinney, Jasek	1988

#### FIELD EVENTS

High jump	6-2 (1.88m)	Lauri Young	1985
Pole vault	11-5.75 (3.50m)	Kathleen Gancayco	2007
Long jump	21-8 (6.60m)	Pam Smith	1989
Triple jump	43-4.75 (13.22m)	Cheryl Henry	1986
Shot put	51-6 (15.69m)	Zoretta Edwards	1986
Discus	175-8 (53.55m)	Veronica Karlsson	2005
Javelin	167-9 (51.13m)	Rachel Walker	2005
Hammer	187-7 (57.17m)	Destiny Montemayor	2008
Heptathlon	5,723 pts.	Lauri Young	1985

*Bold indicates a current Warhawk is the recordholder*

