

Letterman's Brick Example  
4"x 8" Red Paver

Honors Garden Brick Example  
8"x 8" Grey Paver

Pillar Sponsorship Example  
Navy Cast Aluminum 1' W x 2' H

Eric  
Syverson  
16:15

Karen & Megan  
Smith

Laura  
Malnor  
17:54

**RUN  
AS  
ONE  
2008**

*Armstrong  
Insurance*  
  
*Supporting  
EGR  
Track and Field*

Ann & John  
Mudie

Hannah Chapla  
2011

Joe  
Crawley  
14.1 100HH  
38.1 300H

**GIRLS XC TOP 20 PERFORMANCES – Updated 11/09**

1.	Laura Malnor	17:54	2004
2.	Lauren Grunewald	18:10	2009
3.	Heather Slay	18:15	1987
4.	Nikki Brown	18:30	2005
5.	Jessie Baloga	18:38	2009
6.	Kassidy Clark	18:51	2008
7.	Raeanne Lohner	18:59	2006
8.	Kathleen Stubbs	19:10	2009
9.	Jenny Dunten	19:17	2006
10.	Katie Samuelson	19:17	2009
11.	Erin Cvengros	19:23	2005
12.	Brianna Clifford	19:23	2009
13.	Kristina Buschle	19:24	2004
14.	Jessica Brenner	19:25	2003
15.	Maddie Vaughn	19:35	2007
16.	Stephanie Oatis	19:38	1989
17.	Mary Thomson	19:39	2003
18.	Nicole Dear	19:53	2008
19.	Jenny Lohner	20:10	2003
19.	Betsy Frayer	20:10	1999

**BOYS XC TOP 20 PERFORMANCES – Updated 11/09**

1.	Matt Casillas	16:05	2000
2.	Eric Syverson	16:15	2003
3.	Mark Creswell	16:17	1980
4.	Peter Meyer	16:23	2005
5.	Jim McDonald	16:30	1980
6.	John Hayes	16:33	2003
7.	Leek Deng	16:33	2005
8.	Pat McCarthy	16:38	1985
9.	John Fuller	16:40	1983
10.	Mach Mach	16:44	2003
11.	John Turkal	16:46	1989
12.	Nick Fisher	16:48	2001
13.	Rob McDowell	16:52	1985
14.	Marc Jakary	16:57	1986
14.	Pat Crawford	16:57	1990
16.	Steve Cole	17:00	2003
17.	Andrew Giguere	17:06	2002
18.	Scott Ammon	17:16	2005
19.	Andrew Spiker	17:20	2005
20.	Rael Lubner	17:23	1987

**GIRLS TRACK AND FIELD SCHOOL RECORDS**

<b>High Jump</b>	5' 6"	Sarah Wittingen	2002
<b>Long Jump</b>	17' 2 1/2"	Kayla Kalmbach	2005
<b>Shot Put</b>	40' 9"	Sarah Van Dore	1981
<b>Discus</b>	120' 3"	Sarah Van Dore	1981
<b>Pole Vault</b>	11' 2"	Carley Morris	2009
<b>3200m relay</b>	9:29.8	Nikki Brown Randi Brown Brianna Clifford Raeanne Lohner	2007
<b>100m hurdles</b>	14.1	Sarah Wittingen	2004
<b>100m dash</b>	12.40	Sally Fairman	1977
<b>800m relay</b>	1:46.8	Kayla Kalmbach Kendra Holman Meg LieVan Sarah Wittingen	2004
<b>1600m run</b>	4:57.9	Heather Slay	1989
<b>400m relay</b>	51.1	Kayla Kalmbach Meg LieVan Kendra Holman Marla Kalmbach	2004
<b>400m dash</b>	56.8	Sarah Wittingen	2004
<b>300m hurdles</b>	45.4	Sarah Wittingen	2004
<b>800m run</b>	2:13.4	Raeanne Lohner	2007
<b>200m run</b>	25.80	Sarah Wittingen	2004
<b>3200m run</b>	10:38.0	Heather Slay	2004
<b>1600m relay</b>	4:02.8	Kirsten Allen Stephanie Oatis Heather Slay Laura Drieborg	1989

**BOYS TRACK AND FIELD SCHOOL RECORDS**

<b>High Jump</b>	6' 7 3/4"	Greg Porter	1986
<b>Long Jump</b>	23' 1/2"	Gary Armstrong	1979
<b>Shot Put</b>	54' 4"	Barry Cutler	1967
<b>Discus</b>	158' 3"	Mike Phillips	1980
<b>Pole Vault</b>	13' 10"	Gary Armstrong	1979
<b>3200m relay</b>	8:02.8	Marc Jakary Mike Byam Rael Lubner Rob McDowell	1987
<b>110m hurdles</b>	14.2	Joe Crawley	2000
<b>100m dash</b>	10.97	Jason Williams	1992
<b>800m relay</b>	1:32.3	Brian Davis Jason Williams Scott Buechler Rob Meilinger	1990
<b>1600m run</b>	4:23.8	Mark Creswell	1981
<b>400m relay</b>	44.53	Alan Gretzinger Matt Flynn Pat O'Rourke Joe Crawley	2000
<b>400m dash</b>	49.0	Bob Boynton	1981
<b>300m hurdles</b>	38.1	Joe Crawley	2000
<b>800m run</b>	1:54.9	Bob Boynton	1981
<b>200m run</b>	22.47	Jason Williams	1992
<b>3200m run</b>	9:37	Mark Creswell	1981
<b>1600m relay</b>	3:27.2	Mark Wedder Marc Jakary Eric Fogg Matt Rave	1986

