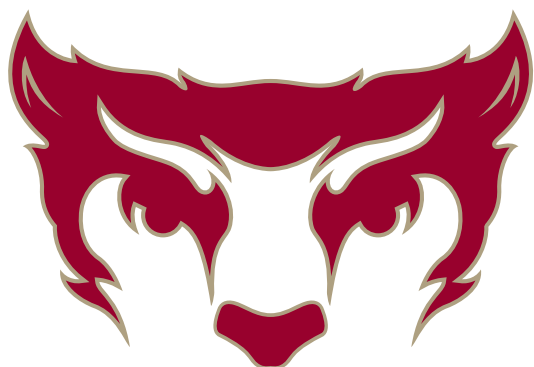


WILLAMETTE UNIVERSITY TRACK AND FIELD MEET PROGRAM



2024 WILLAMETTE INVITATIONAL

William
Hennum (Jr.)



Whitley
Stepp (So.)



Mashani
Coleman Toliver (So.)



Kaleb
Mcarthur (So.)



CHARLES BOWLES TRACK
SATURDAY, MARCH 23, 2024 • SALEM, OREGON

Charles Bowles Track Records

MEN

EVENT	ATHLETE	MARK	YEAR
100m	Josh Cain (Unattached)	10.55	2008
200m	Ryan Bailey (Unattached)	21.20	2008
400m	Antoine Drakeford (Unattached)	46.35	2012
800m	Mark Fricker (Oregon State)	1:48.04	1982
1500m	Dyrol Burleson (Unattached)	3:40.24	1966
3000m SC	Max King (Team XO)	8:49.15	2006
5000m	Jared Ward (Brigham Young)	13:52.05	2012
10000m	Reid Buchanan (Portland)	29:18.74	2016
110m HH	Ryan Bailey (Unattached)	14.13	2008
400m IH	Dan Sanders (Unattached)	52.28	2015
400m relay	Western Oregon	41.37	2001
1600m relay	Concordia, Ore.	3:17.09	2012
Shot Put	Willy Irwin (Concordia, Ore.)	62' 8"	2013
Discus	Carter Comito (Whitworth)	187' 3"	2012
Javelin	Ryan Brandel (Team Reddaway)	239' 11"	2013
Hammer	John McArdle (Oregon Int'l)	228' 11"	1985
High Jump	Justin Frick (Shore Athletic Club)	7' 2 1/2"	2012
Pole Vault	Curt Heywood (Linfield)	16' 6"	1994
Long Jump	Go Go Peters (Oregon Int'l)	25' 0"	2002
Triple Jump	Go Go Peters (Oregon Int'l)	51' 3"	2002
Decathlon	David Crume (Willamette)	7,199 pts.	1984

WOMEN

EVENT	ATHLETE	MARK	YEAR
100m	Geronne Black (Portland State)	11.67	2012
200m	Genna Settle (Portland State)	24.09	2017
400m	Venessa D'Arpino (Oregon State)	54.73	2017
800m	Emily McMahon (Unattached)	2:08.95	2009
1500m	Tara Erdmann (Loyola Marymount)	4:20.40	2011
3000m SC	Shelby Mills (Gonzaga)	9:56.17	2016
5000m	Alexi Pappas (Oregon Track Club)	15:53.48	2014
10000m	Marla Runyan (Nike)	32:39.46	2004
100m HH	Cassandra Sidner (Portland State)	14.05	2013
400m IH	Amber Larsen (Linfield)	59.57	2001
400m relay	Portland State	46.58	2013
1600m relay	Western Oregon	3:49.01	2017
Shot Put	McKenzie Warren (Concordia)	56' 7.50"	2017
Discus	Mary Etter (Team XO)	179' 5"	2004
Javelin	Dailey Bell (NW Christian)	162' 6"	2017
Hammer	Cari Soong (Team XO)	207' 0"	2005
High Jump	Carina Westover (Unattached)	5' 10"	1983
Pole Vault	Nikki McEwen (Team XO)	14' 3 1/4"	2006
Long Jump	Saran Patillo (Willamette)	19' 4 1/4"	1996
Triple Jump	Katherine Maus (Portland)	40' 7 3/4"	2015
Heptathlon	Linda Hightower (Oregon TC)	4,919 pts.	1983

2024 Willamette Invitational Schedule

FIELD EVENTS (One Flight per Event)

3 attempts; top 9 to finals in throws and horizontal jumps

11:00 a.m.	Men's Discus Women's Javelin Men's Long Jump, Women to follow Women's High Jump, Men to follow
12:30 p.m.	Women's Discus Men's Shot Put Men's Javelin
1:00 p.m.	Women's Triple Jump, Men to follow
2:00 p.m.	Women's Shot Put
3:00 p.m.	Men's Pole Vault, Women to follow
4:00 p.m.	Men's Hammer, Women to follow#

At Corban University

TRACK EVENTS (Heats for 100m - 800m Events)

12:00 p.m.	Women's 4 x 100m relay
12:05 p.m.	Men's 4 x 100m relay
12:15 p.m.	Women's 100m hurdles (2 Heats)
12:30 p.m.	Men's 110m hurdles (1 Heat)
12:40 p.m.	Women's 400m (1 Heat)
12:45 p.m.	Men's 400m (2 Heats)
12:55 p.m.	Women's 100m (3 Heats)
1:05 p.m.	Men's 100m (2 Heats)
1:15 p.m.	Women's 800m (1 Heat)
1:20 p.m.	Men's 800m (3 Heats)
1:35 p.m.	Women's 400m hurdles (1 Heat)
1:40 p.m.	Men's 400m hurdles (2 Heats)

1:50 p.m.	Women's 200m (2 Heats)
2:00 p.m.	Men's 200m (3 Heats)
2:10 p.m.	Women's 4 x 400m relay
2:15 p.m.	Men's 4 x 400m relay

CHARLES BOWLES CELEBRATION OF DISTANCE

2:30 p.m.	Alumni Mile
2:40 p.m.	Women's 3000m Steeplechase
3:05 p.m.	Men's 3000m Steeplechase
3:20 p.m.	Women's 1500m
3:30 p.m.	Men's 1500m
3:40 p.m.	Men's 5000m



Zoe Heino (So.)