Bulldog Cross Country Successful on Conference, National Levels

Truman State University's first cross country season began in 1957, consisting of only five runners. The team was 2-2 in dual meets. The '57 season was highlighted by a first-place finish at the Quincy (Ill.) Invitational and second-place in the team's debut at the Mid-America Intercollegiate Athletic Association Conference Championships.

The following year, the Bulldogs won the conference team championship with a near perfect score of 17 points. Truman's first individual conference champion came in 1959 in the likes of Tony Barulich.

This started a string of conference championships for Truman which went on to win the next five MIAA meets. The Bulldogs also claimed the individual championship for the next eight years.

This dominance at the conference level only helped to catapult the Truman State University cross country team to success at even greater levels. The team also made an immediate impact at the national level. In just the third year of the program, the Bulldogs jumped from 34th to fourth at the NCAA Championships held in Wheaton, Ill. The team was led by its first all-America, Jim McFadden, who placed 10th overall.

Over the next several years, the team continued its national success, eventually producing Truman's only cross country national champion. In 1964, senior Ed Schneider finished ahead of the nation's best to win the NCAA national champion. In 1964, senior Ed Schneider returned to Truman as head cross country coach in

Ed Schneider, above, won the 1964 cross country championship and helped Truman to a second-place team finish. Schneider is now the Bulldogs' head coach in cross country and track & field.

Since the inception of the program, Truman has won the MIAA Championship 11 times, equaling the most of any current MIAA school and ranking only behind the 12 won by now-Division I Southeast Missouri State. The Bulldogs also have had 12 individual conference champions. In the sport's 44 years, Truman has made 27 trips to the national championships, placing in the top-10 nine times.

On the regional level, the Bulldogs have claimed three titles, in 1989, 1992 and 1995. Individually, two Truman athletes have won regional championships, including Tim Brown in 1986 and Rob Jensen in 1992. As a team, Truman has 17 top-five finishes at the regional competitions and has been among the top three 12 times.

<table>
<thead>
<tr>
<th>Year</th>
<th>Team</th>
<th>Top Truman Finisher</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>1978</td>
<td>TDC</td>
<td>Tom Adams</td>
<td>68th</td>
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<tr>
<td>1980</td>
<td>TDC</td>
<td>Todd Arnold</td>
<td>116th</td>
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<tr>
<td>1983</td>
<td>TDC</td>
<td>Bryan Trickey</td>
<td>49th</td>
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<td>1986</td>
<td>TDC</td>
<td>Phil Reinkeimeyer</td>
<td>51st</td>
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<tr>
<td>1987</td>
<td>TDC</td>
<td>Don Obert</td>
<td>41st</td>
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<td>1989</td>
<td>TDC</td>
<td>Don Obert</td>
<td>7th</td>
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<tr>
<td>1992</td>
<td>TDC</td>
<td>Rob Jensen</td>
<td>19th</td>
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<tr>
<td>1994</td>
<td>TDC</td>
<td>Thad Bartram</td>
<td>24th</td>
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<tr>
<td>1995</td>
<td>TDC</td>
<td>Christian Blackburn</td>
<td>14th</td>
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<tr>
<td>1996</td>
<td>TDC</td>
<td>Jeremy Strutmann</td>
<td>25th</td>
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<td>1999</td>
<td>TDC</td>
<td>Andy Doering</td>
<td>26th</td>
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<tr>
<td>2000</td>
<td>TDC</td>
<td>Andy Doering</td>
<td>27th</td>
</tr>
<tr>
<td>2001</td>
<td>TDC</td>
<td>Alan Heincker</td>
<td>11th</td>
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* Ron Werling finished 85th and 51st in the 1965 and 1966 NCAA University Division Meets.

TDC= Team did not compete.
### MIAA Year-By-Year Champions

<table>
<thead>
<tr>
<th>Year</th>
<th>Team Winner</th>
<th>Points</th>
<th>TSU Place</th>
<th>Individual Winner</th>
<th>Time</th>
<th>Distance</th>
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<td>Univ. of Mo. Rolla</td>
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<td>James McFadden, Truman</td>
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<td>2nd</td>
<td>Vladimir Golas, CMSU</td>
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<td>Missouri Southern</td>
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### Bulldog Top-10 Finishers in MIAA Cross Country Championships

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<tr>
<th>Year</th>
<th>Finisher</th>
<th>Time</th>
<th>Distance</th>
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<tbody>
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<td>1961</td>
<td>Floyd Waddle</td>
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<tr>
<td>1962</td>
<td>Jim Shepard</td>
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<tr>
<td>1963</td>
<td>John North</td>
<td>19:32</td>
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<tr>
<td>1964</td>
<td>Ed Schneider</td>
<td>19:28</td>
<td>4-mile</td>
</tr>
<tr>
<td>1965</td>
<td>Terry Rohrdanz</td>
<td>19:25</td>
<td>4-mile</td>
</tr>
<tr>
<td>1966</td>
<td>Steve Thompson</td>
<td>19:23</td>
<td>4-mile</td>
</tr>
<tr>
<td>1967</td>
<td>Craig Guinn</td>
<td>19:21</td>
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<tr>
<td>1968</td>
<td>Pat Sullivan</td>
<td>19:19</td>
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<tr>
<td>1969</td>
<td>Keith Allen</td>
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<tr>
<td>1970</td>
<td>James McFadden</td>
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<td>1971</td>
<td>Floyd Waddle</td>
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<tr>
<td>1972</td>
<td>Gerald Kusek</td>
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<td>1973</td>
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2001-02 Truman Men's Track & Field/Cross Country Media Guide
Truman in the NCAA

Indoor Track & Field

<table>
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<tr>
<th>Year</th>
<th>Team</th>
<th>Pts.</th>
<th>Top Finisher</th>
<th>Event</th>
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<tbody>
<tr>
<td>1987</td>
<td>23rd</td>
<td>1 Tim Brown, 6th, 1,500-MR</td>
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<td>1989</td>
<td>21st</td>
<td>1 Rich Hayward, 6th, Shot Put</td>
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<tr>
<td>1992</td>
<td>12th</td>
<td>1 Rob Jensen, 2nd, 5,000-MR; Chad Lamason, 6th, Triple Jump; Kevin Long, 6th, 800-Meter Run; Brandon Truman, 6th, 55-Meter Dash</td>
<td></td>
<td></td>
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<tr>
<td>1995</td>
<td>22nd</td>
<td>2 Shawn Weber, 5th, Triple Jump</td>
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<tr>
<td>1996</td>
<td>11th</td>
<td>9 Ron Werling, 2nd, Triple Jump</td>
<td></td>
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<tr>
<td>1997</td>
<td>T21st</td>
<td>3 Matt Antognoli, 5th, 400-MR</td>
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Outdoor Track & Field

<table>
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<tr>
<td>1972</td>
<td>3rd</td>
<td>46 Ron Werling, 2nd, Steeplechase</td>
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<td>1974</td>
<td>10th</td>
<td>20 Larry Jones, 1st, 400-MD</td>
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<td>1975</td>
<td>12th</td>
<td>17 Don Allbritton, 1st, Decathlon</td>
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<td>7th-t</td>
<td>26 Tom Geredine, 1st, Long Jump</td>
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<tr>
<td>1978</td>
<td>3rd</td>
<td>46 Don Allbritton, 1st, Decathlon</td>
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<tr>
<td>1979</td>
<td>7th-t</td>
<td>26 Tom Geredine, 1st, Triple Jump</td>
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<tr>
<td>1980</td>
<td>37th-t</td>
<td>6 Wayne Denney, 3rd, 800-MR</td>
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<td>1981</td>
<td>8th</td>
<td>20 Dan Futrell, 2nd, 1,600-Meter Relay</td>
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<td>1982</td>
<td>25th-t</td>
<td>23 Freddy Thompson, 5th, Triple Jump</td>
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<td>1984</td>
<td>18th-t</td>
<td>25 Ray Armstead, 2nd, 400-MD</td>
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NCAA Division I Championships

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<th>Place</th>
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<tr>
<td>1972</td>
<td>Larry Jones</td>
<td>400-YD</td>
<td>1st</td>
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<td>1974</td>
<td>Larry Jones</td>
<td>400-YD</td>
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<td>Dan Futrell</td>
<td>880-YD</td>
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<tr>
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<td>Dan Futrell</td>
<td>880-YD</td>
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Truman’s Armstead Captures Olympic Gold

Ray Armstead, who finished his Truman track career in 1984, is the first Bulldog inter-collegiate athlete to compete in the Olympics and earn a gold medal.

The St. Louis-Northwest High School product captured the gold medal at the 1984 Summer Olympics in Los Angeles as a member of the U.S. 1,600-meter relay team.

Armstead carried the baton on the second leg of the relay race, turning in a split of 43.9, his personal best and the second fastest effort by a member of the U.S. quartet. The American foursome logged a time of 2:57.91, one of the fastest clockings ever.

After the Olympics, Armstead competed in the 400-meter dash at four European international meets. He finished first at Koblenz, West Germany, and at the Golden Gala in Rome. At that meet, he beat the 1980 400-meter Olympic gold medalist, Victor Markin of the Soviet Union, and the 1976 gold medalist, Alberto Juantorena of Cuba.

Armstead also finished ahead of the 1984 gold medalist, Alonzo Babers, at Koblenz. His best 1986 finish in the 400-meters was 45.21, at the Houston Sports Festival.

His best personal time of 44.83 in the 400 meters was charted at Zurich, Switzerland, on the 1984 European tour.

In 1986, Armstead was ranked fifth among 400-meter performers.

In 1987, Armstead was back on track, hoping to obtain another Olympic Gold Medal. He continued his training, under the sponsorship of Nike and Accusplit, for the 1988 Seoul games.

Armstead qualified for the 1988 Olympic Trials but did not earn a position on the 4x400 relay or open 400-meter.
Bulldog Records

Indoor Records
Event: Mark, Record Holder(s) (Year)
55-Meter Dash: 6.37, Brian Dzingai (2001)
60-Meter Dash: 6.73, Brian Dzingai (2001)
200-Meter Dash: 21.54, Brian Dzingai (2001)
400-Meter Dash: 48.04, Matt Antognoli (1997)
600-Meter Run: 1:19.0, Matt Antognoli (1997)
800-Meter Run: 1:54.12, Matt Helbig (2000 & 2001)
1,000-Meter Run: 2:30.21, Chad Jensen (1992)
1,500-Meter Run: 4:03.29, Chad Jensen (1992)
One-Mile Run: 4:10.2, Ed Schneider (1964)
3,000-Meter Run: 8:33.51, Ben Rosario (2002)
5,000-Meter Run: 14:27.34, Ben Rosario (2002)
One-Mile Relay: 3:15.3, Fred Banks, Jerry Krumeich, Jerry Walker & Ron Davis (1967)
Two-Mile Relay: 7:40.1, Mike Pemberton, Keith Allen, Bill Young & Wayne Denney (1969)
Distance Medley: 10:04.16, Nick Blackburn, Chad Froelker, Matt Helbig, Aaron Aversman (2000)
Weight Throw: 52'-7.25", Ryan Easley (2001)
High Jump: 7-61/2, Charles Thornton (1979)
Pole Vault: 16-0\(\frac{1}{2}\), Don Allbritton (1971)

Outdoor Records
Event: Mark, Record Holder(s) (Year)
100-Meter Dash: 10.19, Brian Dzingai (2001)
200-Meter Dash: 20.50, Brian Dzingai (2001)
400-Meter Hurdles: 45.10, Ray Armstead* (1984)
400-Meter Hurdles: 52.40, Brian Moorman, Pittsburg State (1998)
800-Meter Run: 1:46.81, Dan Futrell (1979)
1,500-Meter Run: 3:46.8, Ed Schneider (1964)
3,000-Meter Steeplechase: 9:04.0, Ron Harmon (1974)
5,000-Meter Run: 14:32.10, Rob Jensen (1992)
10,000-Meter Run: 30:30.51, Rob Jensen (1992)
400-Meter Relay: 40.84, Leroy Berry, Jim Weigand, Jim Taylor & Charles Taylor (1963)
One-Mile Relay: 3:08.15, Sterling Bridges, Herb Damper, Dan Futrell & Perry Williams (1979)
Sprint Medley Relay: 3:19.8, Steve Powell, Sterling Bridges, Mike Laususe & Dan Futrell (1977)
Shot Put: 58-0\(\frac{1}{4}\), Alec Meinke (1983)
Discus: 174-6, Rich Hayward (1990)
Javelin: 203-9, Mark Sissom (1977)
Hammer: 188-2, Geoff Heskett (1994)
High Jump: 7-0\(\frac{1}{4}\), Charles Thornton (1979)
Pole Vault: 16-4\(\frac{3}{4}\), Don Allbritton (1972)
Decathlon: 7,328 points, Don Allbritton (1972)
Marathon: 2 hrs, 32:21, Loren Moes (1971)

Outdoor Events No Longer Run
100-Yard Dash: 9.6, Leroy Berry (1962), Jerry Krumeich (1964) & Larry Jones (1972 & 73)
880-Yard Run: 1:49.4, Dan Futrell (1978)
One-Mile Run: 4:05.9, Linley Lipper (1974)
25-2, Tom Geredine (1971)
Two-Mile Run: 9:07.9, David Harris (1977)

In-Walls Records
Event: Mark, Record Holder(s) (Year)
3,000-Meter: 7:49.5, Ephraim Woods, Bruce Smith, Gary Evans & Dan Futrell (1976)
Sprint Medley Relay: 3:19.8, Steve Powell, Sterling Bridges, Mike Laususe & Dan Futrell (1977)
Shot Put: 58-0\(\frac{1}{4}\), Alec Meinke (1983)
Discus: 174-6, Rich Hayward (1990)
Javelin: 203-9, Mark Sissom (1977)
Hammer: 188-2, Geoff Heskett (1994)
High Jump: 7-0\(\frac{1}{4}\), Charles Thornton (1979)
Pole Vault: 16-4\(\frac{3}{4}\), Don Allbritton (1972)
Decathlon: 7,328 points, Don Allbritton (1972)
Marathon: 2 hrs, 32:21, Loren Moes (1971)

Stokes Stadium/Gardner Track Records
100-Meter Dash: 10.53, Brian Dzingai, Truman (2001)
400-Meter Dash: 46.35, Kenny Shields, Hillsfield (1999)
800-Meter Run: 1:52.24, Harris, Lincoln (1965)
1,500-Meter Run: 3:52.54, Al Jackson, Jerry Krumeich, Ron Davis & Fred Banks (1967)
3,000-Meter Run: 8:42.70, Rocky Lane, Northwest Missouri (1999)
Two-Mile Run: 9:30.8, Floyd Waddell, Truman (1960)
5,000-Meter Run: 14:45.00, Andy Doering, Truman (2000)
10,000-Meter Run: 31:27.90, Vladimir Gollas, Central Missouri (1998)
4x400-Meter Relay: 3:12.24, Central Missouri (1998)
Shot Put: 61-9/8, Jason Stuke, Emporia State (1978)
Hammer: 211-9, Josh Kumer, unattached (1999)
Discus: 189-9, Josh Kumer, Central Missouri (1998)
Javelin: 203-9, Murdock, Southwest Mo. (1964)
Triple Jump: 50-3\(\frac{1}{4}\), Tom Geredine, Truman (1970)
High Jump: 6-11, Rogers, Western Illinois University (1974)

Cross Country Records
Year: Distance: Time, Record Holder(s) (Year)
8,000-Meters: 25:27, Andy Doering (1998)
10,000-Meters: 32:08, Jeremy Struttman (1993)
SOPHOMORE ...........5-Miles: 24-57, Tommy Hill (1981)
JUNIOR...............5-Miles: 24:20, Jack Lindsey (1975)
8,000-Meters: 25:02, Andy Doering (2000)
10,000-Meters: 30:51, Tommy Hill (1982)
SENIOR...............5-Miles: 24-27, Tom Adams (1978)
8,000-Meters: 24:18, Rob Jensen (1992)
10,000-Meters: 31:00, Rob Jensen (1992)
Track & Field History

**Track & Field All-Americas**

- **Don Allbritton**
  - PV, Decathlon & High Jump
  - 1969-72

- **Fred Banks**
  - 440-YD
  - 1967

- **Mike Berentes**
  - Decathlon
  - 1971

- **Sterling Bridges**
  - 1,600-MR
  - 1979-80

- **Tim Brown**
  - 1,500-MR
  - 1985 & 1987

- **Matt Canadril**
  - Decathlon
  - 1990 & 1991

- **Al Catching**
  - 1,600-MR
  - 1976

- **Mark Collier**
  - Shot Put
  - 1990

- **Jon Coyle**
  - Long Jump
  - 1996

- **Trent Cuthbert**
  - 1,600-M Relay
  - 1984

- **Herb Damper**
  - 1,600-MR
  - 1979-80

- **Steve Danner**
  - Decathlon
  - 1990

- **Ron Davis**
  - 1,600-MR & 440-YD
  - 1969

- **Wayne Denney**
  - 800-MR, 880-YD & 1,600 MR
  - 1968 & 1969

- **Bill Dorsam**
  - 1,600-MR
  - 1984

- **Gary Evans**
  - 1,600-MR
  - 1973-74 & 76

- **Nick Francis**
  - 1,600-MR
  - 1969

- **Chris Franklin**
  - 880-YD
  - 1975

- **Chad Froelker**
  - Decathlon
  - 1998 & 2000

- **Dan Futrell**
  - 800-MR
  - 1976-79

- **Larry Gardner**
  - 1,600-MR
  - 1969

- **Tom Geredine**
  - LJ & TJ
  - 1970-72

- **Bob Gonzales**
  - 1,600-MR
  - 1972 & 1973

- **Ron Harmon**
  - Steeplechase
  - 1974

- **Steve Harting**
  - Decathlon
  - 1971

- **Rich Hayward**
  - Discuss & Shot
  - 1989 & 1990

- **Geoff Heskett**
  - Hammer
  - 1993 & 1994

- **Rob Jensen**
  - 5,000-MR & 10,000-MR
  - 1992

- **Larry Jones**
  - 1,600-M Relay, 400-MD & 440-YD
  - 1972-74

- **Dave Killeen**
  - Steeplechase
  - 1992

- **Jerry Krumreich**
  - 100-YD & 200-YD
  - 1966

- **Chad Lamason**
  - Triple Jump
  - 1992

- **Mike Lausise**
  - 1,600-MR
  - 1976

- **Linley Lipper**
  - Mile Run
  - 1974

- **Dennis Littrell**
  - HJ
  - 1972

- **Kevin Long**
  - 800-MR
  - 1992

- **Hurel Manns**
  - High Hurdles
  - 1976

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* NCAA Division II Track & Field Hall of Fame member (see page 21 for details)
Track & Field All-Americas

Rob Nelson 1,600-MR 1972
Jim Nickerson 1,600-MR 1980
Ed Schneider 880 YD & Mile Run 1964
Chuck Simmons 1,600-MR 1984
Mark Sisson Discus 1977
Wade Sorenson HJ 1985
David Taylor HJ 1964-66
Freddy Thompson TJ 1983

Charles Thornton TJ & HJ 1975 & 1978-79
Brandon Truman 55-MD 1992
Wayne Ventling 1,600-MR 1972-74
Ron Werling Steeplechase 1966
Perry Williams 1,600-MR 1979
Ephraim Woods 1,600-MR 1976

Cross Country All-Americas

Thad Bartram 1994, 1995
Christian Blackburn 1995
Andy Doering 1999, 2000, 2001
Jason Golonka 1995
Rob Jensen 1992
Alan Heincker 2001

Jack Lindsey 1975
Terry McDonald 1964
Jim McFadden 1960
Craig Maxwell 1996
Mark Miller 1995
Don Obert 1989

Jeff Obert 1996
Ben Rosario 2001
Ed Schneider 1962, 1963, 1964
Floyd Waddle 1962, 1963