

David J. Coates, Jr.

Southwest High School - Green Bay, WI (1986-1989)

Head Coach – Donald Ryskoski

WIAA State Meet Highlights (Class A)

9 time WIAA State Meet Qualifier

1989 – Champion 400m Dash (47.91)

High School Personal Bests

100m Dash – 10.6

200m Dash – 21.8

400m Dash – 47.91

University of Wisconsin – La Crosse (1991-1994)

Head Coach – Mark Guthrie

21 time WSUC Conference Champion

WSUC Indoor & Outdoor Team Champions (1991-1994)

18 time NCAA All-American

5 time National Champion

1991 – 200m Dash (Indoor)

1992 – 4 x 400m Relay (Outdoor)

1994 – 400m Dash (Indoor)

1994 – 200m Dash (Outdoor)

1994 – 400m Dash (Outdoor)

NCAA Indoor Team National Champions (1991-1994)

NCAA Outdoor Team National Champions (1991 – 1993)

NCAA 200m Dash Outdoor Championship Record Holder (20.87) 1994-2012

USA Track & Field National Championships Qualifier

1994 – 400m Dash (Knoxville, TN)

1995 – 400m Dash (Sacramento, CA)

United States Olympic Festival

1994 – North 4 x 400m Relay (St. Louis, MO)

Collegiate Personal Bests

55m Dash – 6.35

100m Dash – 10.51

200m Dash – 20.83

400m Dash – 46.00

600m Dash – 1:19.23

Honors

USTFCCCA NCAA Track & Field Hall of Fame (2006)

UW-La Crosse Wall of Fame (2006)

WIAC Centennial All-Time Track & Field Team (2012)

Inducted 2014