

## Rick Belford

West Allis Nathan Hale High School

1997 – 2001

High School Coach: Lonnie Heller

Team Captain: 2001

Team MVP: 2000, 2001

High School Event Bests (\* School Records)

Long Jump (\*23' 3"),

Triple Jump (\*48' 7 1/4"), 55m (6.71),

Indoor Long Jump (\*23' 10"),

Indoor Triple Jump (\*46' 10 1/2")

Greater Metro Conference Meet Records

800m Relay (1:36.27),

Indoor Triple Jump (46' 5 1/4"),

Outdoor Triple Jump (47' 4 1/2"),

Outdoor Long Jump (22' 6")

18-Time Greater Metro Conference Champion

Long Jump, Triple Jump, 55m, 100m, 200m,

4x200m Relay

WIAA State Meet Championships (Division I)

1999 – 5th Triple Jump (44' 9");

6th Long Jump (22' 1/2")

2000 – 1st Long Jump (22' 9"),

Triple Jump (46' 1 1/2")

2001 – 1st Long Jump (23' 1"),

Triple Jump (48' 5");

Qualifier 200m (22.75)

Collegiate: UW – Madison

6-Time NCAA Regional Qualifier in Triple  
Jump, Long Jump, 4x100m Relay

2005 – 2-Time NCAA National Qualifier

Indoor & Outdoor Triple Jump

2005 – NCAA Division I All-American,

Triple Jump

Top Ten Marks at UW-Madison in 60m,

Triple Jump, Long Jump, 4x200m Relay

2006 – Team Captain

Other Accolades

1999 – 2001 – 5-Time WISTCA All-State;

Triple Jump, Long Jump

4th season coaching jumps/multi-events at

Marquette University

Coached 6 school record holders and

25 Big East Champions,

2 NCAA All-Americans, and

1 U.S. Juniors All-American

## Inducted 2017

