

GNAC All-Time Top Indoor Performances

Through End of 2015 Season

WOMEN

60

Jamie Ashcroft, UAA (2015)	7.60
NyEma Sims, SPU (2007)	7.63
Becca Houk, SPU (2015)	7.66
Latasha Essien, SPU (2010)	7.67
Kishia Mitchell, SPU (2013)	7.73
Madison McClung, WOU (2012)	7.81
Jane Channell, SFU (2011)	7.81
Christabel Leonce, NNU (2013)	7.83
Tanya Bjornsson, WWU (2013)	7.84
Megan Beith, WOU (2003)	7.87
Veronica Ivancic, WWU (2013)	7.87
Tasia Baldwin, SPU (2015)	7.87

200

Jamie Ashcroft, UAA (2015)	24.25
Becca Houk, SPU (2015)	24.89
Jahzelle Ambus, SPU (2015)	24.91
Eleanor Siler, WWU (2010)	25.03
Madison McClung, WOU (2011)	25.16
Tasia Baldwin, SPU (2014)	25.16
Kishia Mitchell, SPU (2014)	25.18
Rose Smith, UAA (2013)	25.20
NyEma Sims, SPU (2007)	25.21
Terran Legard, CWU (2005)	25.25

400

Terran Legard, CWU (2005)	55.54
Helen Crofts, SFU (2013)	55.69
Jahzelle Ambus, SPU (2015)	56.18
+Eleanor Siler, WWU (2011)	56.32
Chantel Desch, SFU (2015)	56.43
Kishia Mitchell, SPU (2014)	57.00
Monique Lisek, SFU (2015)	57.10
Jessica Hinton, SPU (2009)	57.16
Melissa Grammer, NNU (2013)	57.16
Haleigh Lloyd, UAA (2015)	57.25
+Converted for track size at UW	

800

Helen Crofts, SFU (2011)	2:04.94
Lindsay Butterworth, SFU (2015)	2:06.56
Jessica Pixler, SPU (2008)	2:07.57
Ashley Puga, NNU (2009)	2:07.63
*McKayla Fricker, SPU (2014)	2:07.78
Sarah Sawatzky, SFU (2014)	2:08.57
Sarah Kraybill, SPU (2003)	2:09.53
+Jessica Smith, SFU (2011)	2:10.33
**Lynelle Decker, SPU (2014)	2:10.36
Natalie Evans, NNU (2014)	2:11.43

+Converted for track size at UW *Converted from 2:09.25 for 200 flat track **Converted from 2:11.87 for 200 flat track

Mile

+Jessica Pixler, SPU (2010)	4:32.88
Lindsay Butterworth, SFU (2015)	4:44.80
Jennifer Johnson, SFU (2015)	4:47.11
Ashley Puga, NNU (2009)	4:47.37
Jane Larson, SPU (2009)	4:47.39
Alicen Maier, CWU (2003)	4:49.85
Karin Rohde, SPU (2007)	4:54.38
Stephanie Stuckey, WOU (2015)	4:54.79
+Helen Crofts, SFU (2011)	4:55.17
Sarah Porter, WWU (2009)	4:56.37

+Converted for track size at UW

3,000

Jessica Pixler, SPU (2009)	9:23.24
Jennifer Johnson, SFU (2015)	9:26.82
Joyce Kipchumba, UAA (2014)	9:33.60
Susan Tanui, UAA (2013)	9:38.71
Katelyn Steen, WWU (2015)	9:38.92
Rebecca Bassett, SFU (2015)	9:41.68
Sarah Porter, WWU (2010)	9:44.31
Jane Larson, SPU (2008)	9:50.17
Ruth Keino, UAA (2013)	9:50.27
Peggy Noel, SFU (2015)	9:50.96

5000

Jessica Pixler, SPU (2009)	16:12.65
+Sarah Porter, WWU (2011)	16:12.68
Susan Tanui, UAA (2013)	16:29.48
Ruth Keino, UAA (2013)	16:31.87
Karen Dickson, SPU (2005)	16:34.72
Katelyn Steen, WWU (2015)	16:46.92
Joyce Kipchumba, UAA (2014)	16:49.59
Jane Larson, SPU (2009)	16:55.02
Katie Hummel, CWU (2007)	17:13.50
Anna Patti, SPU (2015)	17:14.01

+Converted for track size at UW

60 Hurdles

Danielle Ayers-Stamper, SPU (2005)	8.66
Tanya Bjornsson, WWU (2014)	8.72
Chelsey Knott, NNU (2015)	8.72
Rosie Smith, UAA (2015)	8.79
Andrea Abrams, SFU (2013)	8.82
Ali Worthen, SPU (2012)	8.82
Marie Smith, NNU (2014)	8.84
Michelle Howe, WWU (2010)	8.89
Haleigh Lloyd, UAA (2013)	8.90
Rochelle Pappel, WOU (2015)	8.91

4x400 Relay

Seattle Pacific (2013)	3:46.34
Simon Fraser (2013)	3:47.14
Seattle Pacific (2014)	3:48.40
Western Washington, (2010)	3:48.76
Seattle Pacific (2015)	3:49.16

Simon Fraser (2015)	3:51.69
Simon Fraser (2011)	3:51.72
Alaska Anchorage (2015)	3:53.09
Alaska Anchorage (2013)	3:53.44
Seattle Pacific (2012)	3:53.59

Distance Medley

Simon Fraser (2015)	11:28.28
Seattle Pacific (2010)	11:29.88
Simon Fraser (2013)	11:32.35
Alaska Anchorage (2013)	11:37.62
Seattle Pacific (2008)	11:38.24
*Alaska Anchorage (2014)	11:40.47
Alaska Anchorage (2015)	11:40.67
Seattle Pacific (2015)	11:40.68
Simon Fraser (2011)	11:44.83
Seattle Pacific (2007)	11:45.92

*Converted from 11:47.97 for 200 flat track

High Jump

Danielle Ayers-Stamper, SPU (2005)	5-9 $\frac{3}{4}$ (1.77)
Taylor Fettig, CWU (2014)	5-9 $\frac{3}{4}$ (2014)
Teona Perkins Golding, SPU (2008)	5-9 $\frac{1}{4}$ (1.76)
Ali Worthen, SPU (2009)	5-8 $\frac{1}{2}$ (1.74)
Brittany Grandy, WWU (2012)	5-8 (1.73)
Karolin Anders, UAA (2014 & 2015)	5-7 $\frac{3}{4}$ (1.72)
Katie Pelchar, WOU (2012)	5-7 $\frac{1}{4}$ (1.71)
Taryn Plypick, WOU (2007)	5-6 $\frac{3}{4}$ (1.70)
Laura Tesch, SMU (2013)	5-6 $\frac{1}{2}$ (1.69)
Emily Peterson, NNU (2006)	5-6 $\frac{1}{2}$ (1.69)
Naphtali Ward, SPU	5-6 $\frac{1}{2}$ (1.69)

Pole Vault

Alison Silva, NNU (2014)	12-10 (3.91)
Karis Anderson, WWU (2012)	12-9 $\frac{1}{2}$ (3.90)
Mellisa Peaslee, SPU (2008)	12-9 (3.89)
Cheyanna Pinley, WWU (2014)	12-6 (3.81)
Christy Miller, WWU (2009)	12-5 $\frac{1}{2}$ (3.80)
Kati Davis, CWU (2012)	12-5 $\frac{1}{2}$ (3.80)
Ally Studer, SPU (2004)	12-4 (3.76)
Terra Schumacher, SPU (2012)	12-3 $\frac{1}{2}$ (3.75)
Cheyanna Pinley, WWU (2013)	12-2 $\frac{1}{2}$ (3.72)
Amy Harris, SPU (2006)	12-1 $\frac{1}{4}$ (3.69)

Long Jump

Danielle Ayers-Stamper, SPU (2005)	19-5 $\frac{1}{2}$ (5.93)
Emily Warman, WWU (2009 & 2012)	19-2 $\frac{3}{4}$ (5.86)
Tanya Bjornsson, WWU (2014)	19-1 $\frac{1}{4}$ (5.82)
Ali Worthen, SPU (2009 & 2012)	18-9 $\frac{1}{4}$ (5.72)
Karolin Anders, UAA (2015)	18-6 $\frac{1}{2}$ (5.65)
Kyra Brannan, SPU (2015)	18-5 $\frac{3}{4}$ (5.63)
Tasia Baldwin, SPU (2013)	18-5 $\frac{1}{4}$ (5.62)
Kim Bascom, WWU (2007)	18-3 $\frac{3}{4}$ (5.58)
Katy Gross, SPU (2012)	18-3 $\frac{1}{4}$ (5.57)
Ashley Potter, WOU (2012)	18-2 $\frac{1}{2}$ (5.55)

Triple Jump

Ashley Potter, WOU (2012)	40-8 $\frac{1}{4}$ (12.40)
Emily Warman, WWU (2010)	39-11 $\frac{1}{2}$ (12.17)
Aisha Klippenstein, SFU (2012)	39-0 $\frac{1}{2}$ (11.90)
Katharine Lotze, CWU (2011)	38-5 (11.71)
Amanda Alvarez, SPU (2010)	38-4 (11.68)

Alexis Anderson, WOU (2013)	38-3 $\frac{1}{4}$ (11.66)
Jasmine McMullin, WWU (2015)	38-2 $\frac{3}{4}$ (11.65)
Stephanie Kellogg, SMU (2013)	38-1 $\frac{1}{2}$ (11.62)
Karolin Anders, UAA (2015)	37-10 $\frac{3}{4}$ (11.55)
Kim Bascom, WWU (2007)	37-10 $\frac{1}{2}$ (11.53)

Shot Put

Krissy Tandle, CWU (2009)	48-9 $\frac{1}{2}$ (14.87)
Becki Duhamel, CWU (2015)	46-7 $\frac{1}{4}$ (14.20)
Torrie Self, CWU (2011)	45-10 (13.97)
Joy Warrington, NNU (2010)	45-9 $\frac{1}{4}$ (13.95)
Dionna Anderson, SPU (2002)	45-3 $\frac{3}{4}$ (13.81)
Leeza Henry, MSUB (2012)	44-8 $\frac{1}{4}$ (13.62)
Taylor VanValey, NNU (2015)	44-6 $\frac{3}{4}$ (13.58)
Shaina Afoa, CWU (2011)	44-0 $\frac{3}{4}$ (13.43)
Vessie Umu, NNU (2013)	43-10 $\frac{3}{4}$ (13.38)
Courtney Zappe, MSUB (2009)	43-10 $\frac{1}{2}$ (13.37)

20-lb Weight

Kristin Hepler, WOU (2004)	58-2 $\frac{1}{2}$ (17.74)
Becky Duhamel, CWU (2015)	57-10 $\frac{1}{4}$ (17.63)
Caitlin Curtis, NNU (2015)	55-9 $\frac{1}{4}$ (17.00)
Torie Self, CWU (2010)	54-4 (16.56)
Jennifer Dunkin, WOU (2003)	53-11 $\frac{1}{4}$ (16.44)
Krissy Tandle, CWU (2009)	53-9 $\frac{1}{2}$ (16.40)
Joy Warrington, NNU (2012)	53-1 (16.18)
Sabrina Freed, WOU (2008)	52-10 $\frac{3}{4}$ (16.12)
Taylor VanValey, NNU (2015)	52-1 $\frac{1}{4}$ (15.88)
Kirby Neale, SMU (2015)	52-0 $\frac{1}{2}$ (15.86)

Discus

Krissy Tandle, CWU (2006)	133-7 (40.72)
Becki Duhamel, CWU (2013)	130-8 (39.84)
Kaylee Baumstark, CWU (2012)	127-4 (38.81)
Christin McDowell, CWU (2005)	123-11 (37.76)
Tiffany Quilter, CWU (2005)	119-11 (36.56)
Heather Yergen, CWU (2005)	118-0 (35.98)
Becky Scherer, CWU (2008)	116-4 (35.46)
Rebecca Lindquist, CWU (2006)	115-5 (35.19)
Alicia Edwards, CWU (2006)	112-2 (34.18)

Pentathlon

Danielle Ayers-Stamper, SPU (2005)	4007
*Karolin Anders, UAA (2015)	3822
Ali Worthen, SPU (2012)	3763
Katy Gross, SPU (2013)	3505
Rosie Smith, UAA (2015)	3453
Kelsey Cooley, SPU (2006)	3420
Linda Blake, SPU (2006)	3415
Taylor Fettig, CWU (2014)	3404
Charlene Harber, WOU (2012)	3372
Maliea Luquin, SPU (2015)	3372

*Converted from 3775 for 200 flat track

MEN**60**

Alex Donigian, WWU (2015)	6.72
Mike Hinshaw, WOU (2002)	6.78
Kent McKinney, CWU (2015)	6.82
Rimar Christie, NNU (2014)	6.86
Bryan Mack, CWU (2012)	6.89
Anthony Wright, CWU (2010)	6.89
Cody Warner, WOU (2015)	6.89
Alex Tilley, WWU (2011)	6.91
Gabe Aguilar, WOU (2009)	6.96
Augustine Agyei, WWU (2009)	6.96

200

Cody Warner, WOU (2015)	21.60
Alex Donigian, WWU (2015)	21.63
Mike Hinshaw, WOU (2002)	21.77
Andrew Boss, SFU (2011)	21.84
Maurus Hope, NNU (2012)	21.91
Radio Battle, CWU (2009)	21.97
Andrew Curtis, NNU (2013)	21.99
Rimar Christie, NNU (2014)	21.99
Joel Webster, SFU (2014)	22.02
Isaac Frederick, WOU (2004)	22.04

400

Ethan Hewitt, UAA (2014)	48.31
Joel Webster, SFU (2015)	48.34
+Andrew Boss, SFU (2011)	48.37
Maurus Hope, NNU (2012)	48.45
Adam Commandeur, UAA (2015)	48.48
Isaac Frederick, WOU (2004)	48.59
Jonathon Poolman, WWU (2013)	48.85
Daniel Kelloway, SFU (2014)	49.01
Elliott Bauer, UAA (2015)	49.13
Andrew Curtis, NNU (2013)	49.14

800

Badane Sultessa, WOU (2015)	1:50.73
Chris Olsen, WOU (2013)	1:51.15
Paul Mach, SPU (2004)	1:51.49
+Ryan Hansen, WOU (2012)	1:51.65
Nathan Kipchumba, UAA (2015)	1:51.70
Zeke Van Patten, WOU (2009)	1:51.73
Andy Prentice, SMU (2006)	1:51.74
Cameron Proceviat, SFU (2015)	1:51.88
Josh Hanna, WOU (2015)	1:51.96
Frank Krause, SMU (2014)	1:52.04

+Converted for track size at UW ++Converted for track size at WSU

Mile

+Anthony Tomsich, WWU (2010)	4:07.46
++Robert Peterson, MSUB (2015)	4:07.50
Chip Jackson, WWU (2014)	4:07.95
Travis Vugteven, SFU (2015)	4:08.20
Brady Beagley, WOU (2015)	4:08.53
+Chris Reed, WOU (2011)	4:09.39
Marc-Antoine Rouleau, SFU (2015)	4:09.51
Nathan Carlson, SMU (2005)	4:09.71

+Seth Pierson, SPU (2012)	4:10.23
Cameron Proceviat, SFU (2015)	4:10.25

+Converted for track size at UW ++Converted from 4:16.18 for track size and altitude

3,000

*Micah Chelimo, UAA (2014)	8:09.83
++Robert Peterson, MSUB (2015)	8:15.52
Anthony Tomsich, WWU (2010)	8:16.85
Marc-Antoine Rouleau, SFU (2015)	8:16.92
+Jordan Welling, WWU (2011)	8:18.23
Henry Cheseto, UAA (2015)	8:18.59
Dylan Anthony, UAA (2014)	8:20.92
+Ryan Brockerville, SFU (2012)	8:21.09
Oliver Jorgensen, SFU (2015)	8:22.54

+Converted for track size at UW *Converted from 8:15.52 for 200 flat track ++Converted from 8:28.68 for track size and altitude

5,000

Micah Chelimo, UAA (2014)	13:47.73
+Jordan Welling, WWU (2011)	14:12.10
Oliver Jorgensen, SFU (2015)	14:28.15
+Barak Watson, NNU (2011)	14:32.59
John Riak, SMU (2009)	14:32.71
+Chris Reed, WOU (2010)	14:33.66
+Kyle Van Santen, SMU (2012)	14:36.55
Dylan Anthony, UAA (2013)	14:37.59
Henry Cheseto, UAA (2015)	14:39.24
Dominik Notz, UAA (2015)	14:39.37

+Converted for track size at UW

60 Hurdles

Travis Milbrandt, WWU (2015)	8.08
Logan Myers, WWU (2015)	8.20
Rimar Christie, NNU (2015)	8.20
Robert Edwards, CWU (2007)	8.22
Peter Maguire, WWU (2014)	8.24
Bernari Stemen, CWU (2014)	8.26
Cody Thomas, UAA (2015)	8.27
Andrew Venema, CWU (2013)	8.29
Anthony Hogan, CWU (2011)	8.31
Lewis Payton, NNU (2015)	8.31

4x400 Relay

+Western Oregon (2010)	3:15.83
Alaska Anchorage (2014)	3:16.09
Simon Fraser (2015)	3:16.49
Alaska Anchorage (2015)	3:16.60
Western Washington (2014)	3:16.81
Western Washington (2013)	3:17.01
Western Oregon (2012)	3:18.60
Northwest Nazarene (2014)	3:19.53
Northwest Nazarene (2009)	3:19.66
Simon Fraser (2014)	3:19.81

+Converted for track size at UW

Distance Medley

Simon Fraser (2015)	9:54.66
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Western Washington (2007)	9:55.00
+Western Oregon (2011)	9:55.06
Alaska Anchorage (2013)	9:55.87
Alaska Anchorage (2014)	9:56.55
Western Oregon (2014)	9:57.96
Simon Fraser (2014)	9:58.92
Western Oregon (2015)	9:59.24
Alaska Anchorage (2015)	9:59.90
+Western Washington (2010)	10:00.83

+Converted for track size at UW *Adjusted for elevation from 10:17.34.

High Jump

Mikel Smith, SMU (2015)	7-0 ½ (2.15)
Brett Watson, WWU (2014)	6-10 ¼ (2.09)
Cody Thomas, UAA (2015)	6-10 ¼ (2.09)
Cresap Watson, CWU (2006)	6-9 ¾ (2.08)
Brennan Boyes, CWU (2012)	6-9 (2.06)
Andrew Galbraith, NNU (2015)	6-9 (2.06)
Cameron Bailey, CWU (2007)	6-8 ¾ (2.05)
Logan Myers, WWU (2012 & 2014)	6-8 ¾ (2.05)
Cole Hoberg, NNU (2015)	6-7 ½ (2.02)
Brandon Roddewig, CWU (2011)	6-7 (2.01)
Peter Geist, WWU (2005)	6-7 (2.01)
Matson Hardie, WOU (2013)	6-7 (2.01)
Lewis Meyers, CWU (2013)	6-7 (2.01)

Pole Vault

Ryan Brown, WWU (2011)	17-5 (5.31)
Lewis Payton, NNU (2015)	17-0 ¾ (5.20)
Tyler Thombrue, WWU (2007)	16-5 ¼ (5.01)
Zeb Udell, WOU (2008)	16-2 ¾ (4.95)
Hunter Verner, WWU (2005)	16-1
Scott Romney, WWU (2006)	16-0 ½ (4.89)
Bryan Lucke, WWU (2007)	15-10 (4.83)
Matt DeHan, SMU (2015)	15-9 (4.80)
Gordon Kordas, WWU (2015)	15-8 ¼ (4.78)
Preston Lewis, NNU (2005)	15-8

Long Jump

Matson Hardie, WOU (2010)	23-8 (7.21)
Brett Watson, WWU (2015)	23-7 ¼ (7.19)
Vladislav Tsygankov, SFU (2015)	23-6 ¾ (7.18)
Nathaniel van Tuinen, WWU (2015)	23-6 ¼ (7.17)
Kyle Lane, WOU (2011)	23-4 ½ (7.12)
Kevin Yates, WWU (2013)	23-4 (7.11)
Tim Clendaniel, WWU (2010)	23-3 ¼ (7.09)
Justin Felt, SPU (2009)	23-2 ¾ (7.08)
Manny Melo, CWU (2012)	23-2 ¾ (7.08)
Zeb Udell, WOU (2009)	23-0 ¾ (7.03)

Triple Jump

Luke Plummer, CWU (2015)	49-5 (15.06)
Justin Lawrence, CWU (2004)	48-5 ¼ (14.76)
Matson Hardie, WOU (2010)	48-4 (14.73)
Greg Hamm, NNU (2006)	47-7 ¾ (14.52)
Vladislav Moldavanov, SFU (2014)	47-7 ¾ (14.52)
Rendel Jones, CWU (2010)	47-7 ¼ (14.51)
Bryan Mack, CWU (2011)	47-4 ¼ (14.44)
Tim Clendaniel, WWU (2011)	47-0 ¾ (14.34)
Michael Davis, SMU (2013)	46-10 (14.27)

Stephen Larlee, NNU (2013)	46-8 ¾ (14.24)
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Shot Put

Cameron Neel, CWU (2007)	58-10 ¼ (17.94)
Frank Catelli, WWU (2014)	57-5 ½ (17.51)
Tanner Rottrup, MSUB (2013)	53-5 (16.28)
Jacob Gilbert, WWU (2014)	52-10 ¾ (16.12)
Jason Slowey, WOU (2011)	52-8 (16.05)
Sam Washington, SMU (2013)	52-8 (16.05)
Ben Elder, WWU (2010)	52-3 ¾ (15.94)
Tyler Fischer, CWU (2009)	52-3 ¼ (15.93)
Carlos Aguilar, WOU (2006)	52-2 ½ (15.91)
Troy Martin, CWU (2014)	51-11 ¼ (15.83)

35-lb Weight

Anthony Marin, WOU (2007)	61-9 (18.82)
Tyler Fischer, CWU (2010)	60-6 ½ (18.45)
Evan Ruud, CWU (2007)	60-0 ½ (18.30)
Kevin Stanley, CWU (2014)	59-2 ¾ (18.05)
Grant Miller, NNU (2011)	58-8 (17.88)
Mychal Ostler, CWU (2010)	58-6 ¾ (17.85)
Sam Washington, SMU (2012)	58-2 (17.73)
Michael Hoffman, WWU (2011)	57-2 (17.42)
Zach Barclay, NNU (2009)	56-10 ¼ (17.33)
Matt Schryvers, WOU (2011)	56-7 ¼ (17.25)
Blake Walker, CWU (2005)	56-6 ½ (17.24)

Heptathlon

Chris Randolph, SPU (2006)	5508
Cody Thomas, UAA (2015)	5488
Payton Lewis, NNU (2015)	5075
Jaysen Yoro, SMU (2015)	4872
Nate Johnson, SPU (2012)	4860
Scott Hunter, CWU (2012)	4757
Tim Clendaniel, WWU (2010)	4711
Micah Spatz, NNU (2015)	4639
David Durden, SMU (2015)	4635
Justin Peterson, CWU (2015)	4584

Note: Prior to 2013, the following conversions for tracks over 200 meters (UW) to 200 meter banked (NNU) was used. Beginning in 2013, that conversion was eliminated.
UW Conversions: 200/400/800 - +.10. Mile - +.40. 3000 - +.55. 5000 - +1.00. 4x400 - +.40. Distance Medley - +.0.90.