

GNAC Top 10 Performances (2002-15)

Through May 19, 2015

MEN

100

Alex Donigian, WWU (2015)	10.22
Rimar Christie, NNU (2013)	10.38
Anthony Wright, CWU (2010)	10.43
Mike Hinshaw, WOU (2003)	10.51
Kent McKinney, CWU (2015)	10.61
Cody Warner, WOU (2015)	10.64
Bryan Mack, CWU (2013)	10.66
David Registe, UAA (2011)	10.68
Michael Madrid, UAA (2008)	10.71
Jordan Todd, CWU (2015)	10.71

Best Marks (1999-01): Mike Hinshaw, WOU (2001) 10.50, Chris Faulconer, CWU (2000) 10.61, Ryan Brown, WOU (2001) 10.62.

200

Mike Hinshaw, WOU (2002)	21.11
Rimar Christie, NNU (2013)	21.17
Tyrell Williams, WOU (2014)	21.19
Anthony Wright, CWU (2010)	21.36
Isaac Frederick, WOU (2003)	21.37
Cody Warner, WOU (2015)	21.40
Alex Donigian, WWU (2015)	21.42
David Registe, UAA (2011)	21.44
Joel Webster, SFU (2015)	21.58
Andrew Boss, SFU (2011)	21.61

Best Marks (1999-01): Chris Faulconer, CWU (1999) 21.50, Dante Betha, WOU (2000) 21.55.

400

Ethan Hewitt, UAA (2011)	47.51
Daniel Kelloway, SFU (2015)	47.62
Adam Commandeur, UAA (2015)	47.75
Jonathon Poolman, WWU (2013)	47.82
Joel Webster, SFU (2015)	47.99
Ashlin Mott, WOU (2008)	48.11
James McLaughlin, UAA (2008)	48.15
Devon Smith, WWU (2013)	48.20
Andrew Boss, SFU (2011)	48.21
Cody Thomas, UAA (2014)	48.21

Best Marks (1999-01): Dante Betha, WOU (2000) 48.00.

800

Badane Sultessa, WOU (2015)	1:47.59
Paul Mach, SPU (2005)	1:49.31
Cameron Proceviat, SFU (2015)	1:49.64
Josh Hanna, WOU (2014)	1:50.45
Nathan Kipchumba, UAA (2015)	1:50.56
Eddie Strickler, SPU (2006)	1:50.59
Nathan Seely, SPU (2012)	1:50.61
James Pettigrew, UAA (2009)	1:50.76
Chris Olsen, WOU (2013)	1:51.08
Ryan Hansen, WOU (2014)	1:51.27

Best Marks (1999-01): Devin Kemper, WWU (2000) 1:49.84.

1500

Alfred Kangogo, UAA (2011)	3:44.67
Anthony Tomsich, WWU (2009)	3:47.21
Travis Vugteveen, SFU (2015)	3:47.63

Micah Chelimo, UAA (2011)	3:47.66
Marko Cheseto, UAA (2010)	3:49.33
Isaac Kangogo, UAA (2014)	3:49.60
Mick Boyle, UAA (2009)	3:49.77
Nathan Carlson, SMU (2005)	3:50.18
Marc-Antoine Rouleau, SFU (2015)	3:50.37
Seth Pierson, SPU (2013)	3:50.40

Note: The following have 1500 meter converted mile times: Cameron Proceviat, SFU, 3:47.09, and Marc-Antoine Rouleau, SFU, 3:47.55.

Best Marks (1999-01): Devin Kemper, WWU (2000) 3:46.44.

3000

Jordan Welling, WWU (2010)	8:24.61
Kyle Van Santen, SMU (2012)	8:29.22
Nick Crawford, WOU (2006)	8:30.25
Jasper Peach, HSU (2006)	8:33.9
John Riak, SMU (2007)	8:34.13
Spencer Hunt, SMU (2012)	8:34.82
Sam Scotchmer, CWU (2006)	8:34.8
Nathan Carlson, SMU (2005)	8:36.0
Kurt Hartmaier, WWU (2004)	8:38.88
Tim LeCount, SPU (2003)	8:41.38

Best Marks (1999-01): Aaron Matthias, NNU (2001) 8:33.8.

5000

Micah Chelimo, UAA (2014)	13:41.99
Marko Cheseto, UAA (2010)	13:58.85
Dominik Notz, UAA (2015)	14:07.05
Henry Cheseto, UAA (2015)	14:08.86
Jordan Welling, WWU (2011)	14:10.43
Bennett Grimes, WWU (2011)	14:17.12
Alfred Kangogo, UAA (2010)	14:17.74
Kyle VanSanten, SMU (2012)	14:19.61
Chris Reed, WOU (2011)	14:21.14
David Kiplagat, UAA (2007)	14:24.92

10,000

Micah Chelimo, UAA (2014)	28:37.75
Marko Cheseto, UAA (2009)	29:08.28
Dominik Notz, UAA (2015)	29:26.29
Chris Reed, WOU (2011)	29:44.77
Jordan Welling, WWU (2010)	29:45.92
Henry Cheseto, UAA (2015)	29:49.06
Dylan Anthony, UAA (2013)	29:53.28
Bennett Grimes, WWU (2011)	29:54.94
Victor Samoei, UAA (2015)	30:11.79
Blake Medhaug, WWU (2010)	30:14.91

110 Hurdles

Travis Milbrandt, WWU (2015)	14.21
Bemari Sternem, CWU (2014)	14.47
Damien Davis, WOU (2003)	14.54
Logan Myers, WWU (2015)	14.56
Kody Rhodes, WOU (2014)	14.61
Andrew Venema, CWU (2013)	14.72
Sam Hobbs, WOU (2005)	14.79
Rimar Christie, NNU (2015)	14.80
Cody Thomas, UAA (2014)	14.81
Chris Randolph, SPU (2006)	14.82
Robert Edwards, CWU (2005)	14.82

400 Hurdles

Shaun Ward, UAA (2011)	52.00
Dallas Beaty, NNU (2009)	52.05
Maurus Hope, NNU (2012)	52.81
Elliott Bauer, UAA (2015)	52.90
Lloyd Massey, WOU (2007)	52.90
Paul Mach, SPU (2003)	52.91
Michael Morrison, CWU (2004)	53.02
Nate Anderson, WOU (2003)	53.06
Bobo Camara, UAA (2014)	53.14
Kaleb Dobson, WOU (2015)	53.23

Best Marks (1999-01): Nick Little, WWU (2000) 52.51.

Steeplechase

Micah Chelimo, UAA (2012)	8:45.63
Ryan Brockerville, SFU (2012)	8:47.26
Jason Walker, HSU (2002)	8:58.62
Dan Sprinkle, WOU (2012)	9:00.94
David Kiplagat, UAA (2009)	9:01.67
Alfred Kangogo, UAA (2010)	9:04.63
Brady Beagley, WOU (2014)	9:07.66
Oliver Jorgensen, SFU (2015)	9:08.42
Ethan Barrons, WOU (2005)	9:08.2
Chad Meis, SPU (2010)	9:10.84

Best Marks (1999-01): Tim Miller, HSU (2000) 8:56.20; Pete Clusener, HSU (2000) 9:04.54.

4x100 Relay

Central Washington (2010)	41.10
Northwest Nazarene (2013)	41.25
Western Washington (2013)	41.36
Western Washington (2012)	41.40
Western Oregon (2003)	41.48
Western Washington (2015)	41.52
Alaska Anchorage (2008)	41.55
Northwest Nazarene (2014)	41.57
Central Washington (2003)	41.63
Western Oregon (2002)	41.72
Central Washington (2004)	41.72
Western Washington (2010)	41.72

Best Marks (1999-01): Central Washington (1999) 40.97, Western Oregon (1999) 41.03.

4x400 Relay

Alaska Anchorage (2014)	3:12.22
Simon Fraser (2015)	3:13.84
Alaska Anchorage (2015)	3:13.92
Western Washington (2013)	3:14.15
Western Oregon (2003)	3:14.67
Alaska Anchorage (2011)	3:14.74
Alaska Anchorage (2010)	3:14.89
Alaska Anchorage (2012)	3:15.02
Alaska Anchorage (2009)	3:15.27
Central Washington (2006)	3:15.33

Best Marks (1999-01): Western Washington (1999) 3:15.13.

High Jump

Mikel Smith, SMU (2015)	6-10 ¾ (2.10)
Brett Watson, WWU (2013)	6-9 ¾ (2.08)
Eric Draper, UAA (2006)	6-9 ½ (2.07)
Brennan Boyes, CWU (2012)	6-9 (2.06)
Cameron Bailey, CWU (2009)	6-9 (2.06)
Justin Peterson, CWU (2014)	6-9 (2.06)
Mike Bonadurer, WOU (2002)	6-8 ¾ (2.05)
Cresap Watson, CWU (2005)	6-8 ¾ (2.05)
Kyle McGillen, WWU (2006)	6-8 ¾ (2.05)

Logan Myers, WWU (2014)	6-8 ¾ (2.05)
Cole Hoberg, NNU (2015)	6-8 ¾ (2.05)

Best Marks (1999-01): A.J. Acker, WOU (1999) 7-0 ½; Nathan Lindeman, WWU (2001) 7-0 ¼ - 2.14; Erik Lanigan, CWU (2001) 6-10 ¾ (2.10); Eric Green, WWU (2000) 6-10.

Pole Vault

Ryan Brown, WWU (2010)	17-8 ½ (5.40)
Payton Lewis, NNU (2015)	16-10 ¾ (5.15)
Justin Miller, HSU (2002)	16-8 ¾ (5.10)
Zeb Udell, WOU (2009)	16-6 ¾ (5.05)
Scott Romney, WWU (2005)	15-11 (4.85)
Tyler Thornbrue, WWU (2005)	15-9 ¾ (4.82)
Spike Olsen, WOU (2003)	15-9 ¼ (4.81)
Josh Fishburne, NNU (2003)	15-9 ¼ (4.81)
Hunter Verner, WWU (2005)	15-9 (4.80)
Josh Cummings, WOU (2004)	15-7 (4.75)

Best Marks (1999-01): Justin Miller, HSU (2001) 16-8 ¾ (5.10); Paul Chapracki, HSU (1999) 16-1 ¼; Terry Buzzard, WOU (1999) 15-9 (4.80); Jon Stroshine, WOU (1999) 15-7 ¼ (4.76); Scott Alexander, CWU (2001) 15-7 (4.75).

Long Jump

David Registe, UAA (2009)	25-11 ½ (7.91)
Demetrius Preston, UAA (2010)	25-3 ¼ (7.70)
Jamil Wynn, WOU (2002)	25-2 ¾ (7.69)
Vladislav Tsgankov, SFU (2015)	24-2 ¼ (7.37)
Brett Watson, WWU (2015)	24-1 ¾ (7.36)
Matson Hardie, WOU (2012)	24-1 (7.34)
Chris Randolph, SPU (2006)	23-11 ¾ (7.31)
Jake Hyde, WOU (2012)	23-10 ¼ (7.27)
Shane Gruger, WWU (2012)	23-8 (7.21)
Kevin Yates, WWU (2013)	23-6 ¾ (7.18)

Best Marks (1999-01): Ryan Brown, WOU (2001) 23-10 ¾ (7.28).

Triple Jump

Justin Lawrence, CWU (2004)	49-11 (15.21)
Bryan Mack, CWU (2013)	49-5 (15.06)
Michael Davis, SMU (2013)	48-10 ¼ (14.89)
Tyler Reissauer, WOU (2009)	48-10 (14.88)
Luke Plummer, CWU (2015)	48-8 ¾ (14.85)
Beau Ross, CWU (2002)	48-4 ½ (14.74)
Matson Hardie, WOU (2010)	48-1 ¾ (14.67)
Tim Clendaniel, WWU (2011)	48-0 ¾ (14.65)
Vladislav Moldavanov, SFU (2015)	47-6 ¼ (14.48)
Greg Hamm, NNU (2008)	47-5 ¾ (14.47)

Best Marks (1999-01): Beau Ross, CWU (2001) 48-4 ¾ (14.74); James Thomas, NNU (2000) 48-0 ¾.

Shot Put

Frank Catellii, WWU (2014)	60-10 ½ (18.55)
Cameron Neel, CWU (2005)	57-10 ¼ (17.63)
Sam Washington, SMU (2013)	55-3 (16.84)
Jason Slowey, WOU (2011)	55-2 (16.81)
Ben Elder, WWU (2010)	52-11 ½ (16.14)
Jacob Gilbert, WWU (2014)	52-6 (16.00)
Jacob Galloway, CWU (2005)	52-4 ¾ (15.97)
Tanner Rottrup, MSUB (2013)	52-3 ¾ (15.93)
Eric Holmstrom, CWU (2013)	52-2 ½ (15.91)
Tyler Fischer, CWU (2010)	51-11 ¾ (15.84)

Best Marks (1999-01): Zaven Tootikian, WOU (1999) 52-10 ¾.

Discus

Ryan Macdonald, WWU (2015)	177-5 (54.07)
Cameron Neel, CWU (2006)	175-5 (53.47)
Isaiah Haines, WOU (2004)	173-11 (53.02)
Frank Catelli, WWU (2014)	173-11 (53.00)
Tyler Fischer, CWU (2008)	173-10 (52.98)
Jason Slowey, WOU (2011)	168-8 (51.41)
Ben Elder, WWU (2010)	168-4 (51.32)
Kevin Rima, NNU (2014)	168-3 (51.28)
Michael Hoffman, WWU (2012)	168-1 (51.24)
Jacob Galloway, CWU (2005)	166-5 (50.73)

Best Marks (1999-01): Tony Hoiby, CWU (1999) 171-5;
Brian Crawford, WOU (2000) 168-8 – 51.42.

Hammer

Pro Escobedo, WOU (2003)	206-4 (62.89)
Michael Hoffman, WWU (2011)	206-3 (62.87)
Kevin Stanley, CWU (2015)	194-1 (59.17)
Tyler Fischer, CWU (2010)	193-2 (58.88)
Anthony Marin, WOU (2007)	192-3 (58.60)
Evan Ruud, CWU (2007)	191-8 (58.42)
Mychal Ostler, CWU (2010)	189-2 (57.66)
Quinton Agosta, CWU (2013)	185-11 (56.67)
Carlos Aguilar, WOU (2005)	180-10 (55.12)
Dave Margraf, HSU (2002)	179-7 (54.74)

Best Marks (1999-01): Zaven Tootikian, WOU (1999) 189-4.

Javelin (200 Foot Throwers)

Cody Parker, UAA (2013)	255-10 (77.98)
Franz Burghagen, UAA (2013)	230-7 (70.29)
Josh Heidegger, NNU (2009)	223-2 (68.02)
Braden Keller, CWU (2013)	222-5 (67.79)
Slater Hirst, WWU (2014)	216-7 (66.02)
Alex Harrison, WWU (2012)	214-7 (65.42)
Brian Chalkey, SMU (2015)	213-10 (65.19)
John Haskin, WWU (2015)	212-3 (64.70)
James Thomas, NNU (2002)	212-3 (64.69)
Shane Brooks, WOU (2014)	211-7 (64.49)
Nick Wilson, MSUB (2010)	208-9 (63.62)
Justin Larson, WOU (2014)	207-1 (63.12)
Tyler Kostiuik, UAA (2015)	205-7 (62.66)
Will Crook, WOU (2011)	205-0 (62.49)
Justin Brewer, WWU (2005)	204-1 (62.20)
Michael Ingman, CWU (2007)	203-7 (62.05)
Ian Wells, CWU (2007)	202-3 (61.66)
Derek Deskins, WOU (2002)	202-2 (61.62)

Best Marks (1999-01): Scott Halley, NNU (2001) 221-9 – 67.58; Travis Huntsinger, WWU (2001) 207-3 (63.16).

Decathlon

Chris Randolph, SPU (2006)	7872
Cody Thomas, UAA (2014)	7189
Justin Miller, HSU (2002)	6721
Alex Harrison, WWU (2012)	6772
Payton Lewis, NNU (2015)	6595
Josh Freeman, WWU (2005)	6574
Jason Childress, SPU (2005)	6550
Jaysen Yoro, SMU (2015)	6541
Nate Johnson, SPU (2012)	6537
Grayson Kilgore, NNU (2014)	6506

Best Marks (1999-01): Jim Chroninger, WOU (1999) 6716.

WOMEN

100

Jamie Ashcroft, UAA (2014)	11.69
NyEma Sims, SPU (2007)	11.90
Grace Morgan, UAA (2012)	11.91
Becca Houk, SPU (2015)	11.98
Madison McClung, WOU (2014)	12.01
Kishia Mitchell, SPU (2011)	12.10
Latasha Essien, SPU (2010)	12.11
Taylor Deskins, NNU (2015)	12.11
Keyanna Jenkins, WOU (2006)	12.13
Crystal Sims, SPU (2010)	12.17
Mackenzie Harsch, UAA (2014)	12.17

Best Marks (1999-01): Trinity Davis, HSU (1999) 11.47;
Rachel Morris, WOU (1999) 12.22.

200

NyEma Sims, SPU (2007)	23.99
Jamie Ashcroft, UAA (2015)	24.08
Grace Morgan, UAA (2013)	24.24
Becca Houk, SPU (2015)	24.70
Madison McClung, WOU (2013)	24.71
Jahzelle Ambus, SPU (2015)	24.74
Kishia Mitchell, SPU (2014)	24.76
Mary Pearce, UAA (2007)	24.82
Myisha Valentine, SPU (2012)	24.90
Ali Worthen, SPU (2013)	24.96

Best Marks (1999-01): Trinity Davis, HSU (1999) 23.53.

400

Mary Pearce, UAA (2007)	53.56
Helen Crofts, SFU (2013)	54.46
Eleanor Siler, WWU (2009)	54.59
Terran Legard, CWU (2004)	54.86
Myisha Valentine, SPU (2012)	55.76
Jasmine Johnson, SPU (2013)	55.90
Jahzelle Ambus, SPU (2015)	55.91
Melissa Grammer, NNU (2013)	55.95
McKayla Fricker, SPU (2014)	55.95
Chantel Desch, SFU (2015)	56.00

Best Marks (1999-01): Sarah Kraybill, SPU (2000) 55.80.

800

Helen Crofts, SFU (2013)	2:02.10
Lindsay Butterworth, SFU (2015)	2:04.11
Jessica Smith, SFU (2011)	2:04.34
Jessica Pixler, SPU (2010)	2:04.89
Ashley Puga, NNU (2009)	2:05.23
McKayla Fricker, SPU (2014)	2:06.18
Brianna Kane, SFU (2011)	2:07.67
Lynelle Decker, SPU (2015)	2:08.13
Sarah Kraybill, SPU (2003)	2:08.41
Sara Sawatzky, SFU (2013)	2:09.13

Best Marks (1999-01): Rachel Ross, SPU (2001) 2:08.05.

1500

Jessica Pixler, SPU (2010)	4:11.06
Lindsey Butterworth, SFU (2018)	4:18.34
Helen Crofts, SFU (2011)	4:20.83
Jane Larson, SPU (2010)	4:23.05
Ashley Puga, NNU (2009)	4:23.17
Jessica Smith, SFU (2011)	4:24.58
Ivy O'Guinn, UAA (2012)	4:25.19
Jennifer Johnson, SFU (2015)	4:27.67

McKayla Fricker, SPU (2014) 4:28.19
Alicen Maier, CWU (2002) 4:28.23

Best Marks (1999-01): Heather deGeest, SFU (1999) 4:26.72.

3000

Sarah Porter, WWU (2011) 9:35.75
Jessica Pixler, SPU (2007) 9:37.41
Jane Larson, SPU (2008) 9:41.20
Ashlee Vincent, WWU (2003) 9:53.04
Alicen Maier, CWU (2003) 9:54.32
Katie Hummel, CWU (2007) 9:56.24
Elizabeth Chepkosgei, UAA (2008) 9:59.16
Kati Gosnell, HSU (2003) 10:00.04
Ashley Puga, NNU (2008) 10:02.02
Katie Hansen, SU (2008) 10:03.09

Best Marks (1999-01): Desneige McLean, SFU (1999) 10:00.00; Sarah Forrey, CWU (2001) 10:02.14.

5000

Jessica Pixler, SPU (2010) 15:44.07
Sarah Porter, WWU (2011) 15:57.02
Ruth Keino, UAA (2013) 16:20.87
Jennifer Johnson, SFU (2015) 16:26.59
Katelyn Steen, WWU (2015) 16:35.53
Susan Tanui, UAA (2012) 16:36.13
Miriam Kipng'eno, UAA (2011) 16:36.66
Shannon Porter, SMU (2015) 16:37.99
Anna Patti, SPU (2015) 16:41.56
Joyce Kipchumba, UAA (2014) 16:44.97

10,000

Sarah Porter, WWU (2010) 33:17.39
Karen Dickson, SPU (2005) 34:08.64
Susan Tanui, UAA (2013) 34:19.08
Ruth Keino, UAA (2011) 34:30.53
Joyce Kipchumba, UAA (2014) 34:54.04
Amy Johnston, UAA (2015) 35:01.46
Shannon Porter, SMU (2015) 35:05.97
Laura Carr, UAA (2010) 35:08.51
Janae Larson, SPU (2009) 35:25.72
Caroline Kurgat, UAA (2015) 35:28.00

100 Hurdles

Danielle Ayers-Stamper, SPU (2005) 13.70
Ali Worthen, SPU (2013) *14.12
Monica Smith, WOU (2005) 14.15
Rosie Smith, UAA (2015) 14.18
Tanya Bjornsson, WWU (2013 & 2014) 14.21
Haleigh Lloyd, UAA (2012) 14.23
Lexie Tubbs, NNU (2015) 14.23
Chelsey Knott, NNU (2015) 14.26
Maliea Luquin, SPU (2013) 14.30
Michelle Howe, WWU (2012) 14.36

Best Marks (1999-01): Vanessa Fryer, SFU (1999) 14.17; Jennifer Pyeatt, SPU (2000) 14.20.

400 Hurdles

Haleigh Lloyd, UAA (2015) 59.20
Heidi Dimmitt, WWU (2009) 1:00.31
Jawea Harder, SPU (2002) 1:01.24
Irene Moore, SMU (2014) 1:02.01
Monique Lisek, SFU (2015) 1:02.01
Megan Teigen, SMU (2014) 1:02.04
Jamie Beaty, NNU (2009) 1:02.28
Ardrienna Everett, UAA (2011) 1:02.29
Kaitlyn Reid, WOU (2011) 1:02.53

Jennifer Pike, SPU (2009) 1:02.76

Best Marks (1999-01): Chris Jansen, WOU (2000) 1:00.14; Jennifer Pyeatt, SPU (2000) 1:00.56; Karen Summers, SPU (2000) 1:00.94; Jackie Smith, SFU (2000) 1:01.07; Cassie Moorhouse, WOU (2001) 1:02.27.

2000 Steeplechase

Katelyn Steen, WWU (2014) 6:56.78
Suzie Strickler, SPU (2008) 7:14.96
Karin Rohde, SPU (2007) 7:17.12
Haley O'Connor, WWU (2013) 7:22.87
Robin Zeidler, SPU (2012) 7:30.38
Emma Chadsey, SFU (2014) 7:37.26
Josie Becker, SPU (2012) 7:40.82
Kelsey Kreft, CWU (2012) 7:43.36
Emily Thomas, SMU (2002) 7:49.20
Kim Beaman, SPU (2008) 7:49.89

Best Marks (1999-01): Nina Laurinolli, WWU (2001) 7:43.65.

3000 Steeplechase

Katelyn Steen, WWU (2014) 10:13.01
Susan Tanui, UAA (2012) 10:13.33
Hallidie Wilt, UAA (2012) 10:31.30
Dani Eggleston, CWU (2015) 10:31.65
Courtney Olsen, WWU (2010) 10:35.32
Kelly Fullerton, SU (2004) 10:36.95
Haley O'Connor, WWU (2015) 10:38.54
Erin Chinchar, CWU (2015) 10:42.69
Jessica Harper, WOU (2008) 10:44.22
Jaclyn Puga, NNU (2011) 10:45.41

4x100 Relay

Alaska Anchorage (2014) 46.56
Seattle Pacific (2013) 46.77
Seattle Pacific (2015) 46.82
Western Washington (2010) 46.90
Seattle Pacific (2014) 47.09
Seattle Pacific (2012) 47.22
Seattle Pacific (2011) 47.23
Alaska Anchorage (2013) 47.45
Western Oregon (2013) 47.51
Northwest Nazarene (2015) 47.55

Best Marks (1999-01): Humboldt State (1999) 46.53.

4x400 Relay

Simon Fraser (2011) 3:42.05
Simon Fraser (2013) 3:42.53
Seattle Pacific (2013) 3:43.44
Seattle Pacific (2014) 3:45.63
Simon Fraser (2015) 3:45.64
Seattle Pacific (2015) 3:48.75
Seattle Pacific (2012) 3:48.79
Western Washington (2009) 3:49.70
Central Washington (2007) 3:50.17
Seattle Pacific (2013) 3:50.19

Best Marks (1999-01): Seattle Pacific (2000) 3:45.76.

High Jump

Teona Perkins, SPU (2007) 5-10 (1.78)
Tayler Fettig, CWU (2013 & 2014) 5-8 ¾ (1.75)
Danielle Ayers-Stamper, SPU (2005) 5-8 ¾ (1.75)
Monica Smith, WOU (2005) 5-8 ½ (1.74)
Karolin Anders, UAA (2014) 5-8 (1.73)
Ali Worthen, SPU (2012 & 2013) 5-7 ¾ (1.72)
Clara Cook, WWU (2009) 5-7 ¼ (1.71)
Stephanie Huffman, SPU (2002) 5-7 (1.70)

Taryn Plypick, WOU (2007)	5-7 (1.70)
Rachelle Barnett, SFU (2011)	5-7 (1.70)
Katie Pelchar, WOU (2012)	5-7 (1.70)

Best Marks (1999-01): Laura Widman, SPU (1999) 5-7 – 1.70; Abby Harris, SPU (1999) 5-7 – 1.70.

Pole Vault

Karis Anderson, WWU (2012)	12-7 ½ (3.85)
Melissa Peaslee, SPU (2011)	12-6 ¾ (3.83)
McKenna Emmert, CWU (2015)	12-6 ¾ (3.83)
Ally Studer, SPU (2003)	12-4 (3.76)
Christy Miller, WWU (2009)	12-4 (3.76)
Kati Davis, CWU (2011 & 2012)	12-2 ¾ (3.73)
Terra Schumacher, SPU (2011)	12-2 ¾ (3.73)
Danielle Juarez, WWU (2004)	12-2 ¾ (3.73)
Allison Hedges, SPU (2004)	12-2 ¾ (3.73)
Alison Silva, NNU (2014)	12-2 ½ (3.72)

Long Jump

Stephanie Huffman, SPU (2002)	19-8 (5.99)
Ali Worthen, SPU (2013)	19-8 (5.99)
Danielle Ayers-Stamper, SPU (2005)	19-6 ¼ (5.95)
Tanya Bjornsson, WWU (2014)	19-4 ¾ (5.91)
Diepiriye Iworima, SFU (2011)	19-2 ½ (5.85)
Emily Warman, WWU (2012)	19-2 (5.84)
Laura Widman, SPU (2002)	19-0 ¾ (5.81)
Katy Kociemba, WOU (2005)	19-0 ½ (5.80)
Davina Strauss, CWU (2002)	18-10 ¾ (5.76)
Karolin Anders, UAA (2014)	18-10 ½ (5.75)

Best Marks (1999-01): Laura Widman, SPU (2000) 19-2 ½; Sarah Hiss, WWU (2000) 18-10 ½.

Triple Jump

Ashley Potter, WOU (2012)	40-9 (12.42)
Emily Warman, WWU (2012)	40-7 (12.37)
Amanda Alvarez, SPU (2010)	39-8 ¾ (12.11)
Katharine Lotze, CWU (2012)	39-7 ¾ (12.08)
Kim Brady, UAA (2008)	39-3 ¾ (11.98)
Jasmyn Jewitt, NNU (2012)	39-3 ¼ (11.97)
Laura VonArx, NNU (2009)	38-11 ½ (11.87)
Shelley Comstock, WOU (2002)	38-10 ¼ (11.84)
Rebecca Laible, WOU (2013)	38-9 ¾ (11.83)
Alexis Anderson, WOU (2013)	38-8 ¾ (11.80)

Best Marks (1999-01): June Wallace, WWU (1999) 39-8; Natalie Dorow, SPU (2000) 38-7 ¾ - 11.78.

Shot Put

Krissy Tandle, CWU (2009)	49-1 (14.94)
Dionna Anderson, SPU (2002)	47-4 ½ (14.44)
Leeza Henry, MSUB (2012)	47-2 ½ (14.39)
Kirby Neale, SMU (2015)	46-8 ¾ (14.24)
Joy Warrington, NNU (2012)	46-2 (14.07)
Anica Knispel, MSUB (2011)	46-0 ¾ (14.04)
Jessica Houston, UAA (2007)	45-11 ¼ (14.00)
Vessie Umu, NNU (2013)	45-7 (13.89)
Emmi Collier, WOU (2015)	45-7 (13.89)
Kahili Novikoff, SMU (2015)	45-5 ¼ (13.85)

Discus

Jessica Houston, UAA (2005)	165-9 (50.52)
Jade Richardson, SFU (2013)	159-8 (48.68)
Jessica Telleria, WWU (2006)	156-2 (47.61)
Megan Mortensen, WWU (2015)	154-6 (47.09)
Carly Dranginis, NNU (2012)	147-1 (44.83)
Leeza Henry, MSUB (2012)	146-5 (44.63)
Corrie Holm, MSUB (2015)	144-4 (44.00)
Torie Self, CWU (2011)	144-3 (43.96)
Lexi Halvorson, MSUB (2009)	142-9 (43.51)
Elizabeth Thacker, SMU (2011)	142-8 (43.48)

Hammer

Jennifer Dunkin, WOU (2003)	184-7 (56.27)
Torrie Self, CWU (2011)	182-4 (55.58)
Lindsay Wells, WWU (2014)	182-4 (55.58)
Kristin Hepler, WOU (2004)	181-2 (55.22)
Audrey Oswald, HSU (2006)	178-10 (54.51)
Jaci Cederberg, WOU (2004)	176-6 (53.81)
Becki Duhamel, CWU (2013)	171-11 (52.41)
Sabrina Freed, WOU (2007)	170-4 (51.91)
Caitlin Curtis, NNU (2015)	169-11 (51.80)
Amy Carroll, NNU (2008)	167-8 (51.10)

Javelin (150 Feet or More)

Bethany Drake, WWU (2014)	169-6 (51.66)
Brittany Aanstad, SPU (2012)	168-1 (51.24)
Katie Reichert, WWU (2015)	165-7 (50.48)
Monika Gruszecki, WWU (2011)	163-6 (49.85)
Katie McMeel, CWU (2006)	160-4 (48.86)
Jeeni Schantin, SPU (2009)	160-1 (48.80)
Amanda Schumaker, WOU (2012)	158-1 (48.43)
Seabra Church, WOU (2014)	156-3 (47.63)
Carolanne Powers, WOU (2010)	154-9 (47.16)
Kathryn Walker, SMU (2015)	155-4 (47.36)
Lauren VerMulm, SPU (2005)	154-3 (47.01)

Heptathlon

Danielle Ayers-Stamper, SPU (2005)	5606
Ali Worthen, SPU (2013)	5492
Stephanie Huffman, SPU (2002)	5389
Karolin Anders, UAA (2014)	5375
Bridget Johnson, WOU (2006)	5080
Laura Widman, SPU (2002)	5004
Katie Gross, SPU (2013)	4992
Brittany Bekins, SPU (2007)	4944
Kelsea Johnson, UAA (2012)	4940
Crystal Sims, SPU (2011)	4933
Kelsey Cooley, SPU (2006)	4930

Best Marks (1999-01): Laura Widman, SPU (2000) 5377.