

# GNAC Track-and-Field Records

Through June 1, 2009

## OUTDOOR

### MEN

#### All Meets

100 – 10.51, Mike Hinshaw, Western Oregon (2003)  
200 – 21.11, Mike Hinshaw, Western Oregon (2002)  
400 – 48.11, Ashtin Mott, Western Oregon (2008)  
800 – 1:49.31, Paul Mach, Seattle Pacific (2005)  
1500 – 3:47.21, Anthony Tomsich, Western Washington (2009)  
3000 – 8:30.25, Nick Crawford, Western Oregon (2006)  
5000 – 14:02.45, Marko Cheseto, Alaska Anchorage (2009)  
10,000 – 29:08.28, Marko Cheseto, Alaska Anchorage (2009)  
110 Hurdles – 14.54, Damien Davis, Western Oregon (2003)  
400 Hurdles – 52.05, Dallas Beaty, Northwest Nazarene (2009)  
Steeplechase – 8:58.62, Jason Walker, Humboldt State (2002)  
4x100 Relay – 41.48, Western Oregon (2003)  
4x400 Relay – 3:14.67, Western Oregon (2003)  
High Jump – 2.07 – 6-9 ½, Eric Draper, Alaska Anchorage (2006)  
Pole Vault – 5.10 – 16-8 ¾, Justin Miller, Humboldt State (2002)  
Long Jump – 7.91 – 25-11 ½, David Registe, Alaska Anchorage (2009)  
Triple Jump – 15.21 – 49-11, Justin Lawrence, Central Washington (2004)  
Shot Put – 17.63 – 57-10 ¼, Cameron Neel, Central Washington (2005)  
Discus – 53.47 – 175-5, Cameron Neel, Central Washington (2006)  
Hammer – 62.89 – 206-4, Pro Escobedo, Western Oregon (2003)  
Javelin – 68.02 – 223-2, Josh Heidegger, Northwest Nazarene (2009)  
Decathlon – 7,872, Chris Randolph, Seattle Pacific (2006)

**Decathlon Events:** 100 – 10.90, Justin Miller, Humboldt State (2002). Long Jump – 7.31 – 23-11 ¾, Chris Randolph, SPU (2006). Shot Put – 14.04 – 46-0 ¾, Gunner Argo, CWU (2005). High Jump – 2.01 – 6-8 ¼, Chris Randolph, Seattle Pacific (2006). 400 – 48.95, Chris Randolph, SPU (2006). 110 Hurdles – 14.82, Chris Randolph, SPU (2006). Discus – 46.00 – 150-11, Chris Randolph, SPU (2006). Pole Vault – 4.90 – 16-0 ¾, Zeb Udell, Western Oregon (2007). Javelin – 55.92 – 183-5, Alex Harrison, Western Washington (2009). 1500 – 4:22.12, Zac Vawter, Saint Martin's (2004).

#### Conference Meet

100 – 10.51, Mike Hinshaw, Western Oregon (2003)  
200 – 21.37, Isaac Frederick, Western Oregon (2003)  
400 – 48.11, Ashtin Mott, Western Oregon (2008)  
800 – 1:49.31, Paul Mach, Seattle Pacific (2005)  
1500 – 3:50.25, Anthony Tomsich, Western Washington (2007)  
Steeplechase – 9:08.2, Ethan Barrons, Western Oregon (2005)  
5000 – 14:55.75, Jasper Peach, Humboldt State (2006)  
10,000 – 31:11.98, John Riak, Saint Martin's (2007)  
110 Hurdles – 14.78, Damien Davis, Western Oregon (2003)  
400 Hurdles – 52.91, Paul Mach, Seattle Pacific (2003)  
4x100 Relay – 41.59, Alaska Anchorage (Eric Walsh, Brandon Grant, David Registe, Michael Madrid, 2008)

4x400 Relay – 3:15.91, Central Washington (Mike Kelley, Jason Roberts, Matt Rogstad, Cresap Watson, 2006)  
High Jump – 2.07 – 6-9 ½, Eric Draper, Alaska Anchorage (2006)  
Pole Vault – 4.98 – 16-4, Zeb Udell, Western Oregon (2008)  
Long Jump – 7.52 – 24-8 ¼, David Registe, Alaska Anchorage (2008)  
Triple Jump – 15.00 – 49-2 ½, Justin Lawrence, Central Washington (2003)  
Shot Put – 16.97 – 55-8 ¼, Cameron Neel, Central Washington (2005)  
Discus – 51.67 – 169-6, Tyler Fischer, Central Washington (2008)  
Hammer – 59.95 – 196-8, Pro Escobedo, Western Oregon (2003)  
Javelin – 62.20 – 204-1, Justin Brewer, Western Washington (2005)  
Decathlon – 6,574, Josh Freeman, Western Washington (2005)

**Decathlon Events:** 100 – 11.20, Justin Miller, Humboldt State (2002). Long Jump – 6.68 – 21-11, Justin Miller, Humboldt State (2002). Shot Put – 14.04 – 46-0 ¾, Gunner Argo, CWU (2005). High Jump – 1.97 – 6-5 ½, Sean Gabe, Western Oregon (2002); Cresap Watson, Central Washington (2006). 400 – 49.89, Michael Morrison, CWU (2004). 110 Hurdles – 14.97, Josh Freeman, WWU (2005). Discus – 41.30 – 135-6, Gunner Argo, CWU (2005). Pole Vault – 4.85 – 15-11, Justin Miller, Humboldt State (2002). Javelin – 55.92 – 183-5, Alex Harrison, Western Washington (2009). 1500 – 4:22.12, Zac Vawter, SMC (2004).

#### Conference Meet Miscellaneous

Most points, single meet – 29, Cresap Watson, Central Washington (2006); Zeb Udell, Western Oregon (2008)  
Most points, career – 72, Mike Hinshaw, Western Oregon (2000-03)  
Most wins, individual events, single meet – 2, Twenty-two with  
Most wins (including relays), single meet – 4, Michael Madrid, Alaska Anchorage (2008); Cresap Watson, Central Washington (2006); Mike Hinshaw, Western Oregon (2002); Dante Betha, Western Oregon (2000); Isaac Frederick, Western Oregon (2003)  
Most wins, individual events, career – 6, Mike Hinshaw, Western Oregon (2000-03)  
Most wins, relays, career – 5, Mike Hinshaw, Western Oregon (2000-03)  
Most wins (including relays), career – 11, Mike Hinshaw, Western Oregon (2000-03)  
Most all-conference awards, individual events, single meet – 3, Thirteen with  
Most all-conference awards (including relays), single meet – 5, Cresap Watson, Central Washington (2006)  
Most all-conference awards, individual events, career – 7, Mike Hinshaw, Western Oregon (2000-03); Michael Madrid, Alaska Anchorage (2005-08)  
Most all-conference awards (including relays), career – 12, Mike Hinshaw, Western Oregon (2000-03)

### WOMEN

#### All Meets

100 – 11.90, NyEma Sims, Seattle Pacific (2007)  
200 – 23.99, NyEma Sims, Seattle Pacific (2007)  
400 – 53.56, Mary Pearce, Alaska Anchorage (2007)  
800 – 2:05.23, Ashley Puga, Northwest Nazarene (2009)

1500 – 4:16.75, Jessica Pixler, Seattle Pacific (2009)  
 3000 – 9:37.41, Jessica Pixler, Seattle Pacific (2007)  
 5000 – 16:50.87, Sarah Porter, Western Washington (2009)  
 10,000 – 34:08.64, Karen Dickson, Seattle Pacific (2005)  
 100 Hurdles – 13.70, Danielle Ayers-Stamper, Seattle Pacific (2005)  
 400 Hurdles – 1:00.31, Heidi Dimmitt, Western Washington (2009)  
 3000 Steeplechase – 10:36.95, Kelly Fullerton, Seattle (2005)  
 4x100 Relay – 47.58, Western Oregon (2005)  
 4x400 Relay – 3:49.70, Central Washington (2009)  
 High Jump – 1.78 – 5-10, Teona Perkins, Seattle Pacific (2007)  
 Pole Vault – 3.76 – 12-4, Ally Studer, Seattle Pacific (2003); Christy Miller, WWU (2009)  
 Long Jump – 5.99 - 19-8, Stephanie Huffman, Seattle Pacific (2002)  
 Triple Jump – 11.98 – 39-3 3/4, Kim Brady, Alaska Anchorage (2008)  
 Shot Put – 14.94 – 49-1, Krissy Tandle, Central Washington (2009)  
 Discus – 50.52 – 165-9, Jessica Houston, Alaska Anchorage (2005)  
 Hammer – 56.27 – 184-7, Jennifer Dunkin, Western Oregon (2003)  
 Javelin – 48.86 – 160-4, Katie McMeel, Central Washington (2006)  
 Heptathlon – 5606, Danielle Ayers-Stamper, Seattle Pacific (2005)

**Heptathlon Events:** 100 Hurdles – 13.70, Danielle Ayers-Stamper, Seattle Pacific (2005). High Jump - 1.75 – 5-8 ¾, Danielle Ayers-Stamper, Seattle Pacific (2005). Shot Put – 13.00 – 42-8, Bridget Johnson, Western Oregon (2006). 200 – 25.19, Leah Wiest, Seattle Pacific (2002). Long Jump - 5.99 – 19-8, Stephanie Huffman, Seattle Pacific (2002). Javelin – 44.80 – 147-0, Bridget Johnson, Western Oregon (2006). 800 – 2:12.52, Bridgette Sexton, Seattle Pacific (2005).

#### Conference Meet

100 – 12.26, Bonnie Galloway, Western Oregon (2005) **Hand-held:**  
 12.0, Jody Binder, Central Washington (2002)  
 200 – 25.08, Mary Pearce, Alaska Anchorage (2006)  
 400 – 55.45, Mary Pearce, Alaska Anchorage (2007)  
 800 – 2:10.93, Jessica Pixler, Seattle Pacific (2007)  
 1500 – 4:29.66, Jane Larson, Seattle Pacific (2008)  
 3000 – 9:53.80, Jessica Pixler, Seattle Pacific (2007)  
 Steeplechase - 10:57.0, Jessica Harper, Western Oregon (2008)  
 5000 – 17:24.11, Mandy Kaempf, Alaska Anchorage (2006)  
 10,000 – 36:31.85, Sarah Porter, Western Washington (2008)  
 100 Hurdles – 13.82, Danielle Ayers-Stamper, Seattle Pacific (2005)  
 400 Hurdles – 1:01.78, Heidi Dimmitt, Western Washington (2008)  
 4x100 Relay – 47.73, Western Oregon (Keyanna Jenkins, Katy Kociemba, Bonnie Galloway, Monica Smith, 2005)  
 4x400 Relay – 3:51.47, Northwest Nazarene (Nicki Schutte, Elisa Decker, Lindsay Brady, Ashley Puga, 2008)  
 High Jump – 1.74 – 5-8 ½, Danielle Ayers-Stamper, Seattle Pacific (2005)  
 Pole Vault - 3.76 – 12-4, Ally Studer, Seattle Pacific (2003)  
 Long Jump - 5.81 – 19-0 ¾, Danielle Ayers-Stamper, Seattle Pacific (2005)  
 Triple Jump – 11.98 – 39-3 ¾, Kim Brady, Alaska Anchorage (2008)  
 Shot Put – 13.92 – 45-8, Krissy Tandle, Central Washington (2007)  
 Discus – 45.52 – 149-4, Jessica Telleria, Western Washington (2006)  
 Hammer – 54.51 – 178-10, Audrey Oswald, Humboldt State (2006)  
 Javelin – 45.21 - 148-4, Stephanie Huffman, Seattle Pacific (2002)  
 Heptathlon – 5,053, Bridget Johnson, Western Oregon (2006)

**Heptathlon Events:** 100 Hurdles – 14.67, Monica Smith, WOU (2005). High Jump - 1.70 – 5-7, Clara Cook, Western Washington

(2009). Shot Put – 12.88 – 42-3 ¼, Bridget Johnson, WOU (2006). 200 – 25.40, Monica Smith, WOU (2005). Long Jump - 5.56 – 18-2 ¾, Kelsey Cooley, Seattle Pacific (2006). Javelin – 42.64 – 139-11, Holly Conrad, Western Oregon (2002). 800 – 2:17.14, Bridgette Sexton, SPU (2005).

#### Conference Meet Miscellaneous

Most points, single meet – 50, Stephanie Huffman, Seattle Pacific (2002)  
 Most points, career – 115, Bridget Johnson, Western Oregon (2003-06)  
 Most wins, individual events, single meet – 3, Barbara Weaver, Humboldt State (2000); Laura Widman, Seattle Pacific (2000); Stephanie Huffman, Seattle Pacific (2002); Danielle Ayers-Stamper, Seattle Pacific (2005); Jessica Pixler, Seattle Pacific (2007)  
 Most wins (including relays), single meet – 4, Bonnie Galloway, Western Oregon (2005); Karen Summers, Seattle Pacific (2001); Cyrena Bell, Seattle Pacific (2001)  
 Most wins, individual events, career – 6, Danielle Ayers-Stamper, Seattle Pacific (2003, 05)  
 Most wins, relays, career – 4, Karen Summers, Seattle Pacific (2000-01); Cyrena Bell, Seattle Pacific (2000-01)  
 Most wins (including relays), career – 7, Sarah Kraybill, Seattle Pacific (2000-03)  
 Most all-conference awards, individual events, single meet – 5, Stephanie Huffman, Seattle Pacific (2002); Laura Widman, Seattle Pacific (2000); Monica Smith, Western Oregon (2005)  
 Most all-conference awards (including relays), single meet – 7, Monica Smith, Western Oregon (2007)  
 Most all-conference awards, individual events, career – 11, Monica Smith, Western Oregon (2002-05)  
 Most all-conference awards (including relays), career – 14, Monica Smith, Western Oregon (2002-05)

## NORTHWEST NCAA D-II RECORDS

Since 1999

### MEN

#### All Meets

100 - 10.50, Mike Hinshaw, Western Oregon (2001)  
 200 - 21.11, Mike Hinshaw, Western Oregon (2002)  
 400 - 48.00, Dante Betha, Western Oregon (2000)  
 800 – 1:49.31, Paul Mach, Seattle Pacific (2005)  
 1500 - 3:46.44, Devin Kemper, Western Washington (2000)  
 3000 – 8:30.25, Nick Crawford, Western Oregon (2006)  
 5000 – 14:02.45, Marko Cheseto, Alaska Anchorage (2009)  
 10,000 – 29:08.28, Marko Cheseto, Alaska Anchorage (2009)  
 110 Hurdles – 14.54, Damien Davis, Western Oregon (2003)  
 400 Hurdles – 52.05, Dallas Beaty, Northwest Nazarene (2009)  
 Steeplechase - 8:56.20, Tim Miller, Humboldt State (2000)  
 4x100 Relay - 40.97, Central Washington (1999)  
 4x400 Relay – 3:14.67, Western Oregon (2003)  
 High Jump - 7-0 1/2, A.J. Acker, Western Oregon (1999)  
 Pole Vault – 5.10 - 16-8 ¾, Justin Miller, Humboldt State (2002)  
 Long Jump – 7.91 – 25-11 ½, David Registe, Alaska Anchorage (2009)  
 Triple Jump – 15.21 – 49-11, Justin Lawrence, Central Washington (2004)

Shot Put – 17.63 – 57-10 ¼ , Cameron Neel, Central Washington (2005)

Discus – 53.47 – 175-5, Cameron Neel, Central Washington (2006)

Hammer – 62.89 – 206-4, Pro Escobedo, Western Oregon (2003)

Javelin – 68.02 – 223-2, Josh Heidegger, Northwest Nazarene (2009)

Decathlon – 7,872, Chris Randolph, Seattle Pacific (2006)

### Conference Meet

100 - 10.51, Mike Hinshaw, Western Oregon (2003)

200 - 21.37, Isaac Frederick, Western Oregon (2003)

400 - 48.00, Dante Betha, Western Oregon (2000)

800 – 1:49.31, Paul Mach, Seattle Pacific (2005)

1500 - 3:48.46, Devin Kemper, Western Washington (2000)

Steeplechase – 9:08.2, Etha5421n Barrons, Western Oregon (2005)

5000 - 14:55.27, Jason Walker, Humboldt State (2001)

10,000 – 31:11.98, John Riak, Saint Martin's (2007)

110 Hurdles – 14.78, Damien Davis, Western Oregon (2003)

400 Hurdles - 52.81, Nick Little, Western Washington (2000)

4x100 Relay - 41.16, Western Oregon (2000)

4x400 Relay – 3:15.91, Central Washington (Mike Kelley, Jason Roberts, Matt Rogstad, Cresap Watson)

High Jump – 2.10 - 6-10 3/4, Nathan Lindeman, Western Washington (2001) and Erik Lanigan, Central Washington (2001)

Pole Vault – 4.98 – 16-4, Zeb Udell, Western Oregon (2008)

Long Jump – 7.52 – 24-8 ¼, David Registe, Alaska Anchorage (2008)

Triple Jump – 15.00 – 49-2 1/2, Justin Lawrence, Central Washington (2003)

Shot Put – 17.63 – 57-10 ¼. Cameron Neel, Central Washington (2005)

Discus – 51.67 – 169-6, Tyler Fischer, Central Washington (2008)

Hammer – 59.95 – 196-8, Pro Escobedo, Western Oregon (2003)

Javelin – 67.12 - 220-2, Scott Halley, Northwest Nazarene (2001)

Decathlon – 6,574, Josh Freeman, Western Washington (2005)

## WOMEN

### All Meets

100 - 11.47, Trinity Davis, Humboldt State (1999)

200 - 23.53, Trinity Davis, Humboldt State (1999)

400 – 53.56, Mary Pearce, Alaska Anchorage (2007)

800 – 2:05.23, Ashley Puga, Northwest Nazarene (2009)

1500 – 4:16.75, Jessica Pixler, Seattle Pacific (2009)

3000 – 9:37.41, Jessica Pixler, Seattle Pacific (2007)

5000 – 16:50.87, Sarah Porter, Western Washington (2009)

10,000 – 34:08.64, Karen Dickson, Seattle Pacific (2005)

100 Hurdles – 13.70, Danielle Ayers-Stamper, Seattle Pacific (2005)

400 Hurdles - 1:00.14, Chris Jansen, Western Oregon (2000)

2000 Steeplechase – 7:14.96, Suzie Strickler, Seattle Pacific (2008)

3000 Steeplechase – 10:36.95, Kelly Fullerton, Seattle (2005)

4x100 Relay - 46.53, Humboldt State (1999)

4x400 Relay - 3:45.76, Seattle Pacific (2000)

High Jump – 1.78 – 5-10, Teona Perkins, Seattle Pacific (2007)

Pole Vault – 3.76 - 12-4, Allyson Studer, Seattle Pacific (2003); Christy Miller, Western Washington (2009)

Long Jump – 5.99 - 19-8, Stephanie Huffman, Seattle Pacific (2002)

Triple Jump - 39-8, June Wallace, Western Washington (1999)

Shot Put – 14.94 – 49-1, Krissy Tandle, Central Washington (2009)

Discus – 50.52 – 165-9, Jessica Houston, Alaska Anchorage (2005)

Hammer – 56.27 – 184-7, Jennifer Dunkin, Western Oregon (2003)

Javelin – 48.86 – 160-4, Katie McMeel, Central Washington (2006)

Heptathlon – 5,606, Danielle Ayers-Stamper, Seattle Pacific (2005)

### Conference Meet

100 - 12.26, Bonnie Galloway, Western Oregon (2005) **Hand-held** – 12.0, Jody Bender, Central Washington (2002)

200 – 25.08, Mary Pearce, Alaska Anchorage (2006)

400 – 55.45, Mary Pearce, Alaska Anchorage (2007)

800 – 2:10.93, Jessica Pixler, Seattle Pacific (2007)

1500 – 4:29.66, Jane Larson, Seattle Pacific (2008)

3000 – 9:53.80, Jessica Pixler, Seattle Pacific (2007)

Steeplechase – 10:57.0, Jessica Harper, Western Oregon (2008)

5000 – 17:24.11, Mandy Kaempf, Alaska Anchorage (2006)

10,000 – 36:31.85, Sarah Porter, Western Washington (2008)

100 Hurdles – 13.82, Danielle Ayers-Stamper, Seattle Pacific (2005)

400 Hurdles - 1:00.96, Jennifer Pyeatt, Seattle Pacific (2000)

4x100 Relay - 47.73, Western Oregon (2005)

4x400 Relay - 3:49.08, Seattle Pacific (2000)

High Jump – 1.74 – 5-8 ½, Danielle Ayers-Stamper, Seattle Pacific (2005)

Pole Vault – 3.76 - 12-4, Allyson Studer, Seattle Pacific (2003)

Long Jump – 5.81 – 19-0 ¾, Danielle Ayers-Stamper, Seattle Pacific (2005)

Triple Jump – 11.98 – 39-3 ¾, Kim Brady, Alaska Anchorage (2008)

Shot Put – 13.92 – 45-8, Krissy Tandle, Central Washington (2007)

Discus – 45.52 – 149-4, Jessica Telleria, Western Washington (2006)

Hammer – 54.51 – 178-10, Audrey Oswald, Humboldt State (2006)

Javelin – 46.22 - 151-8, Holly Conrad, Western Oregon (2001)

Heptathlon – 5,053, Bridget Johnson, Western Oregon (2006)

## INDOOR

### MEN

#### All Meets

60 – 6.78, Mike Hinshaw, Western Oregon (2002)

200 – 21.77, Mike Hinshaw, Western Oregon (2002)

400 – 48.59, Isaac Frederick, Western Oregon (2004)

800 – 1:51.49, Paul Mach, Seattle Pacific (2004)

Mile – 4:09.71, Nathan Carlson, Saint Martin's (2005)

3000 – 8:31.76, Steve DeKoker, Western Washington (2004)

5000 – 14:42.93, Jordan Welling, Western Washington (2008)

60 Hurdles – 8.22, Robert Edwards, Central Washington (2007)

4x400 Relay – 3:19.87, Central Washington (Mike Kelley, Charles Velasquez, Matt Rogstad, Colby Brydson, Feb. 24, 2007)

Distance Medley – 9:55.00, Western Washington (2007)

Long Jump – 7.01 – 23-0, Zeb Udell, Western Oregon (2008)

Triple Jump – 14.76 - 48-5 ¼, Justin Lawrence, Central Washington (2004)

High Jump – 2.08 – 6-9 ¾, Cresap Watson, Central Washington (2006)

Pole Vault – 5.01 – 16-5 ¼, Tyler Thornbrue, Western Washington (2007)

35-lb. Weight – 18.82 – 61-9, Anthony Marin, Western Oregon (2007)

Shot Put – 17.94 – 58-10 ¼ , Cameron Neel, Central Washington (2005)

Heptathlon – 5508, Chris Randolph, Seattle Pacific (2006)

#### Conference Meet

60 – 7.02, Ashtin Mott, Western Oregon (2008)

200 – 22.04, Isaac Frederick, Western Oregon (2004)  
400 – 49.58, Matt Rogstad, Central Washington (2008)  
800 – 1:51.49, Paul Mach, Seattle Pacific (2004)  
Mile – 4:15.27, Ethan Barrons, Western Oregon (2005)  
5000 – 15:01.67, John Riak, Saint Martin's (2007)  
60 Hurdles – 8.26, Robert Edwards, Central Washington (2007)  
4x400 Relay – 3:20.98, Central Washington (2007)  
Distance Medley – 10:19.74, Saint Martin's (2005)  
Long Jump – 7.01 – 23-0, Zeb Udell, Western Oregon (2008)  
Triple Jump – 14.76 – 48-5 ¼, Justin Lawrence, Central Washington (2004)  
High Jump – 2.05 – 6-8 ¾, Cameron Bailey, Central Washington (2007)  
Pole Vault – 4.89 – 16-0 ½, Scott Romney, Western Washington (2006)  
35-lb. Weight – 18.19 – 59-8 ¼, Anthony Marin, Western Oregon (2007)  
Shot Put – 17.47 – 57-3 ¾, Cameron Neel, Central Washington (2007)

#### **Conference Meet Miscellaneous**

Most points, single meet – 35, Chris Randolph, Seattle Pacific (2005)  
Most points, career – 85, Chris Randolph, Seattle Pacific (2004-06)  
Most wins, individual events, single meet – 3, Chris Randolph, Seattle Pacific (2005)  
Most wins (including relays), single meet – 3, Chris Randolph, Seattle Pacific (2005)  
Most wins, individual events, career – 5, Chris Randolph, Seattle Pacific (2004-06)  
Most wins, relays, career – 3, Mike Kelley, Central Washington (2004-05, 07)  
Most wins (including relays), career – 6, Chris Randolph, Seattle Pacific (2004-06)  
Most all-conference awards, individual events, single meet – 3, Greg Hamm, Northwest Nazarene (2007); Chris Randolph, Seattle Pacific (2005, 2006)  
Most all-conference awards (including relays), single meet – 4, Chris Randolph, Seattle Pacific (2006)  
Most all-conference awards, individual events, career – 8, Chris Randolph, Seattle Pacific (2004-06)  
Most all-conference awards (including relays), career – 9, Chris Randolph, Seattle Pacific (2004-06); Greg Hamm, Northwest Nazarene (2005-08)

## **WOMEN**

#### **All Meets**

60 – 7.63, NyEma Sims, Seattle Pacific (2007)  
200 – 25.21, NyEma Sims, Seattle Pacific (2007)  
400 – 55.54, Terran Legard, Central Washington (2005)  
800 – 2:07.57, Jessica Pixler, Seattle Pacific (2008)  
Mile – 4:37.33, Jessica Pixler, Seattle Pacific (2008)  
3000 – 9:32.08, Jessica Pixler, Seattle Pacific (2008)  
5000 – 16:34.72, Karen Dickson, Seattle Pacific (2005)  
60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)  
4x400 Relay – 3:57.36, Seattle Pacific (2008)  
Distance Medley – 11:38.24, Seattle Pacific (2008)  
Long Jump – 5.93 – 19-5 ½, Danielle Ayers-Stamper, Seattle Pacific (2005)  
Triple Jump – 11.53 – 37-10 ½, Kim Bascom, Western Washington (2007)

High Jump – 1.77 – 5-9 ¾, Danielle Ayers-Stamper, Seattle Pacific (2005)  
Pole Vault – 3.89 – 12-9, Mellisa Peaslee, Seattle Pacific (2008)  
20-lb. Weight – 17.74 – 58-2 ½, Kristin Hepler, Western Oregon (2004)  
Shot Put – 13.83 – 45-4 ¼, Krissy Tandle, Central Washington (2007)  
Discus – 40.72 – 133-7, Krissy Tandle, Central Washington (2006)  
Pentathlon – 4007, Danielle Ayers-Stamper, Seattle Pacific (2005)

#### **Conference Meet**

60 – 7.73, Latasha Essien, Seattle Pacific (2007)  
200 – 25.25, Terran Legard, Central Washington (2005)  
400 – 56.57, Terran Legard, Central Washington (2005)  
800 – 2:10.18, Jessica Pixler, Seattle Pacific (2008)  
Mile – 4:50.38, Jessica Pixler, Seattle Pacific (2008)  
5000 – 17:39.95, Jane Larson, Seattle Pacific (2008)  
60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)  
4x400 Relay – 3:57.36, Seattle Pacific (2008)  
Distance Medley – 11:58.41, Seattle Pacific (2007)  
Long Jump – 5.73 – 18-9 ¾, Danielle Ayers-Stamper, Seattle Pacific (2005)  
Triple Jump – 11.51 – 37-9 ¼, Kim Bascom, Western Washington (2007)  
High Jump – 1.69 – 5-6 ½, Teona Perkins, Seattle Pacific (2006) and Emily Peterson, Northwest Nazarene (2006)  
Pole Vault – 3.89 – 12-9, Mellisa Peaslee, Seattle Pacific (2008)  
20-lb. Weight – 16.39 – 53-9 ¼, Kristen Hepler, Western Oregon (2004)  
Shot Put – 13.63 – 44-8 ¾, Krissy Tandle, Central Washington (2006)

#### **Conference Meet Miscellaneous**

Most points, single meet – 38, Ali Worthen, Seattle Pacific (2009)  
Most points, career – 66, Krissy Tandle, Central Washington (2005-07, 09)  
Most wins, individual events, single meet – 3, Danielle Ayers-Stamper, Seattle Pacific (2005)  
Most wins (including relays), single meet – 3, Terran Legard, Central Washington (2005); Jessica Pixler, Seattle Pacific (2007 & 2008), Latasha Essien, Seattle (2007); Danielle Ayers-Stamper, Seattle Pacific (2005)  
Most wins, individual events, career – 6, Krissy Tandle, Central Washington (2005-07, 09)  
Most wins, relays, career – 3, Terran Legard, Central Washington (2004-06); Jessica Pixler, Seattle Pacific (2007-09); Latasha Essien, Seattle Pacific (2007-09)  
Most wins (including relays), career – 7, Terran Legard, Central Washington (2004-06); Jessica Pixler, Seattle Pacific (2007-09); Latasha Essien, Seattle Pacific (2007-09)  
Most all-conference awards, individual events, single meet – 4, Ali Worthen, Seattle Pacific (2009)  
Most all-conference awards (including relays), single meet – 4, Terran Legard, Central Washington (2004); Jessica Hinton, Seattle Pacific (2007); Ali Worthen, Seattle Pacific (2009)  
Most all-conference awards, individual events, career – 7, Terran Legard, Central Washington (2004-06); Ashley Puga, Northwest Nazarene (2006-09); Jessica Hinton, Seattle Pacific (2007-09); Krissy Tandle, Central Washington (2005-07, 09)  
Most all-conference awards (including relays), career – 10, Terran Legard, Central Washington (2004-06)