

GNAC Top Indoor Performances (2002-2010)

Updated Through Feb. 22

WOMEN

60

NyEma Sims, SPU (2007)	7.63
Latasha Essien, SPU (2010)	7.67
Megan Beith, CWU (2003)	7.87
Joana Houplin, WWU (2010)	7.88
Kinyatta Leonhardt, SPU (2005)	7.94
Chelsi Claussen, SMU (2005)	7.94
Megan Zukowski, WWU (2010)	7.94
Jessica Hinton, SPU (2009)	7.96
Davina Strauss, CWU (2002)	7.98
Jodi Binder, CWU (2002)	7.98
Heidi Dimmitt, WWU (2006)	7.98

200

Ellie Siler, WWU (2010)	25.03
NyEma Sims, SPU (2007)	25.21
Terran Legard, CWU (2005)	25.25
Jessica Hinton, SPU (2009)	25.35
Kinyatta Leonhardt, SPU (2004)	25.40
Latsaha Essien, SPU (2007)	25.50
Sarah Kathrein (2010)	25.59
Heidi Dimmitt, WWU (2009)	25.63
Ali Worthen, SPU (2009)	25.68
Latoya Tidwell, NNU (2009)	25.75

400

Terran Legard, CWU (2005)	55.54
Ellie Siler, WWU (2009)	56.06
Jessica Hinton, SPU (2009)	57.16
Elisa Decker, NNU (2009)	57.85
Sarah Brownell, WWU (2010)	57.92
Teona Perkins Golding, SPU (2006)	58.03
Megan O'Connell, WWU (2009)	58.12
Rachael Kaercher, CWU (2006)	58.41
Gwenna Carie, CWU (2009)	58.47
Latasha Essien, SPU (2008)	58.48

800

Jessica Pixler, SPU (2008)	2:07.57
Ashley Puga, NNU (2009)	2:07.63
Sarah Kraybill, SPU (2003)	2:09.53
Annan Applebee, WOU (2010)	2:11.43
Rachael Johnson, CWU (2009)	2:11.82
Jane Larson, SPU (2010)	2:12.71
Lisa Anderberg (2010)	2:12.96
Teona Perkins, SPU (2006)	2:13.11
Rachel Ross, SPU (2002)	2:13.50
Jennifer Marsh, SPU (2004)	2:13.55

Mile

Jessica Pixler, SPU (2010)	4:32.48
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

Sarah Porter, WWU (2009)	4:56.37
Courtney Olsen, WWU (2010)	4:56.45
Katie Hummel, CWU (2006)	4:58.39
Kate Harline, WWU (2010)	4:59.71
Mary Moriarty, SPU (2006)	5:00.37

3,000

Jessica Pixler, SPU (2009)	9:23.24
Sarah Porter, WWU (2010)	9:44.31
Jane Larson, SPU (2008)	9:50.17
Ashley Puga, NNU (2007)	10:09.00
Karin Rohde, SPU (2007)	10:09.68
Lauren Breihof, WWU (2010)	10:12.28
Kate Harline, SPU (2008)	10:15.88
Katie Hummel, CWU (2007)	10:15.95
Jessica Harper, WOU (2009)	10:16.19
Mary Moriarty, SPU (2006)	10:17.69

5000

Jessica Pixler, SPU (2009)	16:12.65
Karen Dickson, SPU (2005)	16:34.72
Sarah Porter, WWU (2010)	16:47.07
Jane Larson, SPU (2009)	16:55.02
Katie Hummel, CWU (2007)	17:13.50
Janae Larson, SPU (2009)	17:16.56
Lauren Breihof, WWU (2010)	17:38.90
Courtney Olsen, WWU (2010)	17:43.72
Natty Plunkett, SPU (2010)	17:56.47
Alicen Maier, CWU (2003)	18:16.7

60 Hurdles

Danielle Ayers-Stamper, SPU (2005)	8.66
Michelle Howe, WWU (2010)	9.00
Terra Schumacher, SPU (2010)	9.07
Ali Worthen, SPU (2009)	9.09
Jennifer Pyeatt, SPU (2003)	9.10
Linda Blake, SPU (2006)	9.10
Monica Smith, WOU (2005)	9.12
Ashley Rountree, CWU (2005)	9.12
Bridget Johnson, WOU (2006)	9.15
Kristin Janney, SOU (2005)	9.18

4x400 Relay

Western Washington, (2010)	3:52.10
Western Washington (2009)	3:54.16
Northwest Nazarene (2009)	3:55.58
Seattle Pacific (2008)	3:57.36
Seattle Pacific (2007)	3:58.68
Central Washington (2004)	3:58.72
Central Washington (2006)	3:59.48
Northwest Nazarene (2008)	4:00.11
Central Washington (2005)	4:00.32
Central Washington (2007)	4:00.37

Distance Medley

Seattle Pacific (2010)	11:32.23
Seattle Pacific (2008)	11:38.24
Seattle Pacific (2007)	11:45.92

Western Washington (2010)	11:46.27
Seattle Pacific (2005)	11:47.46
Northwest Nazarene (2009)	11:55.73
Western Washington (2009)	11:57.17
Seattle Pacific (2009)	11:58.88
Northwest Nazaren (2010)	12:18.50
Northwest Nazarene (2008)	12:19.72

Long Jump

Danielle Ayers-Stamper, SPU (2005)	19-5 ½ (5.93)
Emily Warman, WWU (2009)	18-10 (5.74)
Ali Worthen, SPU (2009)	18-6 ½ (5.65)
Kim Bascom, WWU (2007)	18-3 ¾ (5.58)
Stephanie Huffman, SPU (2002)	18-2 ¼ (5.54)
Katy Kociemba, WOU (2005)	18-2 ¼ (5.54)
Jacque Postlewait, WOU (2008)	18-0 ½ (5.50)
Davina Strauss, CWU (2002)	17-10 ¼ (5.44)
Bridget Johnson, WOU (2005 & 2006)	17-9 (5.41)
NyEma Sims, SPU (2007)	17-8 ¾ (5.40)

Triple Jump

Emily Warman, WWU (2009)	39-3 (11.96)
Ashley Potter, WOU (2010)	38-10 ½ (11.85)
Amanda Alvarez, SPU (2010)	38-4 (11.68)
Kim Bascom, WWU (2007)	37-10 ½ (11.53)
Laura VonArx, NNU (2010)	37-9 ¼ (11.51)
Katharine Lotze, CWU (2010)	37-5 ¾ (11.42)
Shelley Comstock, WOU (2003)	37-4 ¼ (11.39)
Amanda Merrell, NNU (2006)	37-0 ¼ (11.28)
Megan Paulsen, WWU (2008)	37-0 ¼ (11.28)
Katy Kociemba, WOU (2005)	36-7 ¾ (11.17)

High Jump

Danielle Ayers-Stamper, SPU (2005)	5-9 ¾ (1.77)
Teona Perkins Golding, SPU (2008)	5-9 ¼ (1.76)
Ali Worthen, SPU (2009)	5-8 ½ (1.74)
Taryn Plypick, WOU (2007)	5-6 ¾ (1.70)
Emily Peterson, NNU (2006)	5-6 ½ (1.69)
Monica Smith, WOU (2003)	5-6 (1.68)
Brittany Aanstad, SPU (2010)	5-5 ¾ (1.67)
Ashley Rickels Wornell (2007)	5-5 ¼ (1.66)
Clara Cook, WWU (2007)	5-5 ¼ (1.66)
Dianna Grossglass, SPU (2004)	5-5 (1.65)
Katy Gross, SPU (2010)	5-5 (1.65)
Ali Worthen, SPU (2010)	5-5 (1.65)

Pole Vault

Mellisa Peaslee, SPU (2008)	12-9 (3.89)
Christy Miller, WWU (2009)	12-5 ½ (3.80)
Ally Studer, SPU (2004)	12-4 (3.76)
Amy Harris, SPU (2006)	12-1 ¼ (3.69)
Danielle Juarez, WWU (2004)	12-0 (3.66)
Allison Hedges, SPU (2005)	11-11 ½ (3.65)
Carrie Hauck, SPU (2009)	11-10 ¾ (3.63)
Monica Anderson, SPU (2007)	11-10 (3.61)
Carrie Hauck, SPU (2008)	11-9 (3.58)
Andrea Roberts, WWU (2006)	11-8 ½ (3.57)

20-lb Weight

Kristin Hepler, WOU (2004)	58-2 ½ (17.74)
Jennifer Dunkin, WOU (2003)	53-11 ¼ (16.44)
Krissy Tandle, CWU (2009)	53-9 ½ (16.40)

Sabrina Freed, WOU (2008)	52-10 ¾ (16.12)
Sara Cole, WOU (2008)	51-11 ¼ (15.83)
Torie Self, CWU (2010)	51-0 ¾ (15.56)
Joy Warrington, NNU (2010)	49-10 ½ (15.20)
Courtney Little, NNU (2009)	48-11 (14.91)
Amy Carroll, NNU (2008)	47-8 (14.53)
Hannah Bowman, NNU (2005)	47-5 (14.45)

Shot Put

Krissy Tandle, CWU (2009)	48-9 ½ (14.87)
Joy Warrington, NNU (2010)	45-9 ¼ (13.95)
Dionna Anderson, SPU (2002)	45-3 ¾ (13.81)
Courtney Zappe, MSUB (2009)	43-10 ½ (13.37)
Amy Carroll, NNU (2008)	42-9 (13.03)
Torrie Self, CWU (2010)	42-7 ½ (12.99)
Jennifer Pyeatt, SPU (2002)	42-7 (12.98)
Dorothy Kerr, WOU (2003)	42-1 (12.85)
Carly Dranginis, NNU (2010)	41-8 (12.70)
Alicia Vandervelden, WOU (2003)	41-3 ¾ (12.59)

Discus

Krissy Tandle, CWU (2006)	133-7 (40.72)
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
Ali Worthen, SPU (2009)	3447
Kelsey Cooley, SPU (2006)	3420
Linda Blake, SPU (2006)	3415
Jacque Postlewait, WOU (2007)	3342
Bridget Johnson, WOU (2006)	3311
Brittany Aanstad, SPU (2010)	3307
Kristen Janney, SPU (2005)	3189
Ashley (Rickels) Wornell, NNU (2007)	3139
Emily Peterson, NNU (2005)	3102

MEN

60

Mike Hinshaw, WOU (2002)	6.78
Anthony Wright, CWU (2010)	6.89
Bryan Mack, CWU (2009)	6.95
Gabe Aguilar, WOU (2009)	6.96
Augustine Agyei, WWU (2009)	6.96
Alex Tilley, WWU (2010)	6.99
Bobby Alexander, WOU (2010)	7.00
Shane Gruger, WWU (2010)	7.00
Kincaid Nichols, CWU (2010)	7.01
Ashtin Mott, WOU (2008)	7.02
Anthony Zackery, WWU (2010)	7.02

200

Mike Hinshaw, WOU (2002)	21.77
Radio Battle, CWU (2009)	21.97
Isaac Frederick, WOU (2004)	22.04
Maurus Hope, NNU (2010)	22.13
Kincaid Nichols, CWU (2010)	22.22

Alex Tilley, WWU (2010)	22.28	Eric Brill, WWU (2010)	8:35.19
Michael Dean, WWU (2007)	22.34	Francis Kimeli, NNU (2002)	8:36.27
Anthony Yakovich, WOU (2010)	22.37	Barak Watson, NNU (2010)	8:36.99
Matt Rogstad, CWU (2008)	22.40	Chase Wells, WOU (2004)	8:42.12
Fabian Coutard, CWU (2004)	22.43		
Anthony Wright, CWU (2010)	22.43		
		5,000	
400		Jordan Welling, WWU (2010)	14:20.03
Isaac Frederick, WOU (2004)	48.59	Chris Reed, WOU (2010)	14:32.66
Matt Kaino, WOU (2010)	49.17	John Riak, SMU (2009)	14:32.71
Maurus Hope, NNU (2010)	49.25	Bennett Grimes, WWU (2009)	14:40.84
Scott Morrison, CWU (2010)	49.33	Barak Watson, NNU (2010)	14:43.52
Ashtin Mott, WOU (2010)	49.35	Zeke Van Patten, WOU (2009)	14:48.40
Matt Rogstad, CWU (2008)	49.58	Anthony Tomsich, WWU (2007)	14:50.02
Cresap Watson, CWU (2006)	49.70	Josiah Price, SMU (2009)	14:54.23
Adam Neff, WWU (2007)	49.80	Chad Portwood, WWU (2007)	15:00.27
Blake Estep, WOU (2008)	49.84	Sam Scotchmer, CWU (2005)	15:00.40
Michael Dean, WWU (2007)	49.95		
		60 Hurdles	
800		Robert Edwards, CWU (2007)	8.22
Paul Mach, SPU (2004)	1:51.49	Andy Loscutoff, WOU (2010)	8.34
Zeke Van Patten, WOU (2009)	1:51.73	Damien Davis, WOU (2003)	8.37
Andy Prentice, SMU (2006)	1:51.74	Alex Clark, CWU (2005)	8.37
Eddie Strickler, SPU (2007)	1:52.26	Anthony Hogan, CWU (2010)	8.37
Nathanael Castle, SPU (2003)	1:53.37	Chris Randolph, SPU (2006)	8.38
Jeff Long, WOU (2009)	1:53.71	Dustin Wilson, WWU (2006)	8.44
Brian Cronrath, SPU (2007)	1:53.81	Sam Hobbs, WOU (2004)	8.45
Nicholas Dols, SU (2007)	1:53.85	Josh Freeman, WWU (2004)	8.47
Nathan Carlson, SMU (2005)	1:54.10	Nate Anderson, WOU (2003)	8.49
Keith Lemay, WWU (2008)	1:54.84	Dallas Beaty, NNU (2009)	8.49
1000		4x400 Relay	
Aaron Matthias, NNU (2002)	2:29.07	Western Oregon (2010)	3:17.45
Neal Fryett, SPU (2002)	2:30.36	Northwest Nazarene (2009)	3:19.66
Nathanael Castle, SPU (2002)	2:31.02	Central Washington (2007)	3:19.87
Caleb Tubei, NNU (2002)	2:31.97	Western Oregon (2003)	3:21.09
Jerret Mantalas, WOU (2005)	2:32.03	Seattle Pacific (2003)	3:21.25
Tim LeCount, SPU (2002)	2:33.58	Western Oregon (2009)	3:22.44
Matt Stark, NNU (2010)	2:33.92	Western Washington (2009)	3:22.73
Jason Bush, CWU (2003)	2:40.00	Western Washington (2007)	3:22.76
Chris Randolph, SPU (2006)	2:40.69	Northwest Nazarene (2007)	3:22.77
Justin Merioles, NNU (2010)	2:42.73	Western Oregon (2002)	3:23.07
Mile		Distance Medley	
Anthony Tomsich, WWU (2010)	4:07.06	Western Washington (2007)	9:55.00
Nathan Carlson, SMU (2005)	4:09.71	Northwest Nazarene (2002)	10:07.53
Andy Prentice, SMU (2006)	4:10.85	Seattle Pacific (2002)	10:15.86
Chad Meis, SPU (2010)	4:11.39	Seattle Pacific (2005)	10:17.75
Jeff Long, WOU (2010)	4:11.49	Western Washington (2010)	10:18.80
Nathanael Castle, SPU (2003)	4:12.27	Seattle Pacific (2007)	10:19.11
John Riak, SMU (2008)	4:12.53	Saint Martin's (2005)	10:19.74
Bennett Grimes, WWU (2009)	4:13.18	Western Oregon (2010)	10:22.99
Nick Crawford, WOU (2006)	4:13.96	Seattle Pacific (2008)	10:24.26
Brian Cronrath, SPU (2006)	4:14.41	Western Oregon (2005)	10:24.48
3,000		Long Jump	
Anthony Tomsich, WWU (2010)	8:16.85	Matson Hardie, WOU (2010)	23-8 (7.21)
Jordan Welling, WWU (2009)	8:19.80	Tim Clendaniel, WWU (2010)	23-3 ¼ (7.09)
Steve DeKoker, WWU (2004)	8:31.76	Justin Felt, SPU (2009)	23-2 ¾ (7.08)
Bennett Grimes, WWU (2009)	8:31.79	Zeb Udell, WOU (2009)	23-0 ¾ (7.03)
John Riak, SMU (2009)	8:32.61	Chris Randolph, SPU (2006)	22-11 (6.98)
Blake Medhaug, WWU (2010)	8:35.13	Anthony Zackery, WWU (2010)	22-9 ¼ (6.94)
		Bryan Mack, CWU (2010)	22-7 ¼ (6.89)

Shane Gruger, WWU (2010) 22-6 ¼ (6.86)
Will Davis, WWU (2010) 22-4 ¼ (6.81)
Robert Wegner, WOU (2010) 22-3 ½ (6.79)

Triple Jump

Justin Lawrence, CWU (2004) 48-5 ¼ (14.76)
 Greg Hamm, NNU (2006) 47-7 ¾ (14.52)
Rendel Jones, CWU (2010) 47-7 ¼ (14.51)
Matson Hardie, WOU (2010) 47-4 ¼ (14.43)
Bryan Mack, CWU (2010) 46-10 ¼ (14.28)
Will Davis, WWU (2010) 46-7 ¼ (14.20)
 Tyler Reisnauer, WOU (2009) 46-2 ¾ (14.09)
 Blake Herrington, WOU (2005) 46-3 ¼ (14.10)
James Cho, CWU (2010) 46-1 ½ (14.06)
Keefe Brockman, WWU (2010) 46-0 ¾ (14.04)

High Jump

Cresap Watson, CWU (2006) 6-9 ¾ (2.08)
 Cameron Bailey, CWU (2007) 6-8 ¾ (2.05)
 Peter Geist, WWU (2005) 6-7 (2.01)
 Chris Randolph, SPU (2004) 6-6 ¾ (2.00)
 Mike Bonadurer, WOU (2002) 6-6 (1.98)
 Jeff Word, SPU (2006) 6-6 (1.98)
Brennan Boyes, CWU (2010) 6-6 (1.98)
 Robert Wegner, WOU (2009) 6-5 (1.96)
 Jonathon Hamilton, CWU (2009) 6-5 (1.96)
Keefe Brockman, WWU (2010) 6-5 (1.96)

Pole Vault

Ryan Brown, WWU (2010) 17-1.½ (5.22)
 Tyler Thornbrue, 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)
 Preston Lewis, NNU (2005) 15-8
 Josh Cummings, WOU (2004) 15-7 ¼ (4.76)
 Spike Olson, WOU (2003) 15-7 (4.75)
 Andrew Behl, WWU (2006) 15-5 ½ (4.71)

35-lb Weight

Anthony Marin, WOU (2007) 61-9 (18.82)
 Evan Ruud, CWU (2007) 60-0 ½ (18.30)
Tyler Fischer, CWU (2010) 58-4 ½ (17.79)
Mychal Ostler, CWU (2010) 57-0 ¼ (17.38)
 Zach Barclay, NNU (2009) 56-10 ¼ (17.33)
 Sam Washington, SMU (2009) 56-7 ¼ (17.25)
 Blake Walker, CWU (2005) 56-6 ½ (17.24)
 Grant Miller, NNU (2009) 54-9 ¼ (16.69)
 Cameron Neel, CWU (2006) 54-8 ¾ (16.68)
 Carlos Aguilar, WOU (2006) 54-3 (16.54)

Shot Put

Cameron Neel, CWU (2007) 58-10 ¼ (17.94)
 Tyler Fischer, CWU (2009) 52-3 ¼ (15.93)
 Carlos Aguilar, WOU (2006) 52-2 ½ (15.91)
 Sam Washington, SMU (2009) 51-4 ½ (15.66)
Jason Slowey, WOU (2010) 51-3 ¾ (15.64)
 Dincer Kayhan, WWU (2009) 50-7 ¼ (15.42)
 Zach Barclay, NNU (2009) 50-3 ¼ (15.32)
 Grant Miller, NNU (2009) 50-2 ½ (15.30)
 Matt Valdez, CWU (2007) 49-10 (15.19)
 Kevin Johnson, WOU (2004) 49-8 ½ (15.15)

Heptathlon

Chris Randolph, SPU (2006) 5508
Tim Clendaniel, WWU (2010) 4711
 Michael Morrison, CWU (2004) 4382
 Josh Grewe, NNU (2009) 4341
 Gunner Argo, CWU (2005) 4280
 Josh Freeman, WWU (2005) 4200
Nate Johnson, SPU (2010) 4194
Alex Harrison, WWU (2010) 4002
 Cresap Watson, CWU (2004) 3947
Ben Heidegger, NNU (2010) 3399