

# GNAC Top Indoor Performances (2002-2012)

Updated Through Jan. 29, 2012

## WOMEN

### 60

NyEma Sims, SPU (2007)	7.63
Latasha Essien, SPU (2010)	7.67
Jane Channell, SFU (2011)	7.81
Madison McClung, WOU (2011)	7.84
Megan Beith, CWU (2003)	7.87
Joana Houplin, WWU (2010)	7.88
<b>Kishia Mitchell, SPU (2012)</b>	<b>7.91</b>
Kinyatta Leonhardt, SPU (2005)	7.94
Chelsi Claussen, SMU (2005)	7.94
Megan Zukowski, WWU (2010)	7.94

### 200

Eleanor 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
Jane Channell, SFU (2011)	25.57
Sarah Kathrein (2010)	25.59
Heidi Dimmitt, WWU (2009)	25.63
Madison McClung, WOU (2011)	25.66

### 400

Terran Legard, CWU (2005)	55.54
Helen Crofts, SFU (2011)	55.90
+Eleanor Siler, WWU (2011)	56.32
Jessica Hinton, SPU (2009)	57.16
+Kishia Mitchell, SPU (2011)	57.38
Emily Quatier, SPU (2011)	57.84
Elisa Decker, NNU (2009)	57.85
Sarah Brownell, WWU (2010)	57.92
Breanne Carter, SFU (2011)	57.96
Teona Perkins Golding, SPU (2006)	58.03

+Converted for track size at UW

### 800

Helen Crofts, SFU (2011)	2:04.94
Jessica Pixler, SPU (2008)	2:07.57
Ashley Puga, NNU (2009)	2:07.63
Sarah Kraybill, SPU (2003)	2:09.53
+Jessica Smith, SFU (2011)	2:10.33
+Annan Applebee, WOU (2010)	2:11.53
Rachael Johnson, CWU (2009)	2:11.82
+Brianna Kane, SFU (2011)	2:11.89
+Jane Larson, SPU (2010)	2:12.81
+Lisa Anderberg, SPU (2010)	2:12.81

+Converted for track size at UW

### Mile

+Jessica Pixler, SPU (2010)	4:32.88
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
+Helen Crofts, SFU (2011)	4:55.17
Sarah Porter, WWU (2009)	4:56.37
+Courtney Olsen, WWU (2010)	4:56.85
+Kate Harline, SPU (2010)	4:58.49
+Katie Hummel, CWU (2006)	4:58.79

+Converted for track size at UW

### 3,000

Jessica Pixler, SPU (2009)	9:23.24
Sarah Porter, WWU (2010)	9:44.31
Jane Larson, SPU (2008)	9:50.17
+Lauren Breihof, WWU (2011)	10:08.12
Ashley Puga, NNU (2007)	10:09.00
Karin Rohde, SPU (2007)	10:09.68
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

+Converted for track size at UW

### 5000

Jessica Pixler, SPU (2009)	16:12.65
+Sarah Porter, WWU (2011)	16:12.68
Karen Dickson, SPU (2005)	16:34.72
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)	17:32.30
<b>+Heidi Laabs-Johnson, SPU (2012)</b>	<b>17:33.84</b>
<b>+Natty Plunkett, SPU (2012)</b>	<b>17:35.25</b>
Courtney Olsen, WWU (2010)	17:43.72

+Converted for track size at UW

### 60 Hurdles

Danielle Ayers-Stamper, SPU (2005)	8.66
<b>Ali Worthen, SPU (2012)</b>	<b>8.85</b>
Michelle Howe, WWU (2010)	8.89
Tanya Bjornsson, WWU (2011)	8.98
Terra Schumacher, SPU (2010)	9.07
Kaitlyn Reid, WOU (2011)	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

### 4x400 Relay

Western Washington, (2010)	3:48.76
Simon Fraser (2011)	3:51.72
Western Washington (2009)	3:54.16
Northwest Nazarene (2009)	3:55.58
Northwest Nazarene (2011)	3:56.01
Western Washington (2011)	3:56.13
Seattle Pacific (2008)	3:57.36

<b>+Western Washington (2012)</b>	<b>3:57.90</b>
Western Oregon (2011)	3:58.40
Seattle Pacific (2007)	3:58.68

+Converted for track size at UW

#### Distance Medley

Seattle Pacific (2010)	11:29.88
Seattle Pacific (2008)	11:38.24
Simon Fraser (2011)	11:44.83
Seattle Pacific (2007)	11:45.92
+Western Washington (2010)	11:47.17
Seattle Pacific (2005)	11:47.46
Western Washington (2011)	11:53.23
Northwest Nazarene (2009)	11:55.73
Western Washington (2009)	11:57.17
Seattle Pacific (2009)	11:58.88

+Converted for track size at UW

#### 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)
Tanya Bjornsson, WWU (2011)	18-2 ½ (5.55)
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)
Diepiriye Iworima, SFU (2011)	17-10 ¼ (5.44)

#### Triple Jump

Emily Warman, WWU (2010)	39-11 ½ (11.96)
<b>Ashley Potter, WOU (2012)</b>	<b>39-1 (11.91)</b>
<b>Aisha Klippenstein, SFU (2012)</b>	<b>39-0 ½ (11.90)</b>
Katharine Lotze, CWU (2011)	38-5 (11.71)
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)
<b>Jasmyn Jewett, NNU (2012)</b>	<b>37-5 ¾ (11.42)</b>
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)

#### 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)
<b>Brittany Grandy, WWU (2012)</b>	<b>5-8 (1.73)</b>
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)
Katie Pelchar, WOU (2011)	5-5 ¼ (1.66)

#### 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)
Becca Clark, CWU (2011)	12-0 ½ (3.67)
<b>Karis Anderson, WWU (2012)</b>	<b>12-0 ½ (3.67)</b>
<b>Kati Davis, CWU (2012)</b>	<b>12-0 ½ (3.67)</b>
Danielle Juarez, WWU (2004)	12-0 (3.66)
Allison Hedges, SPU (2005)	11-11 ½ (3.65)
Carrie Hauck, SPU (2009)	11-10 ¼ (3.63)

#### 20-lb Weight

Kristin Hepler, WOU (2004)	58-2 ½ (17.74)
Torie Self, CWU (2010)	54-4 (16.56)
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)
<b>Joy Warrington, NNU (2012)</b>	<b>51-6 ½ (15.71)</b>
Jordan Stueckle, CWU (2011)	51-3 (15.62)
Anica Knispel, MSUB (2011)	50-1 ¼ (15.27)
Shayna Shute, NNU (2011)	49-11 ¼ (15.22)

#### Shot Put

Krissy Tandle, CWU (2009)	48-9 ½ (14.87)
Torrie Self, CWU (2011)	45-10 (13.97)
Joy Warrington, NNU (2010)	45-9 ¼ (13.95)
Dionna Anderson, SPU (2002)	45-3 ¾ (13.81)
<b>Leeza Henry, MSUB (2012)</b>	<b>44-6 (13.56)</b>
Shaina Afoa, CWU (2011)	44-0 ¾ (13.43)
Courtney Zappe, MSUB (2009)	43-10 ½ (13.37)
<b>Anica Knispel, MSUB (2012)</b>	<b>43-5 ¾ (13.25)</b>
Amy Carroll, NNU (2008)	42-9 (13.03)
Jennifer Pyeatt, SPU (2002)	42-7 (12.98)

#### 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
<b>Ali Worthen, SPU (2012)</b>	<b>3729</b>
Kelsey Cooley, SPU (2006)	3420
Linda Blake, SPU (2006)	3415
Crystal Sims, SPU (2011)	3364
Jacque Postlewait, WOU (2007)	3342
Bridget Johnson, WOU (2006)	3311
Brittany Aanstad, SPU (2010)	3307
Katy Gross, SPU (2011)	3297
Jennifer Pike, SPU (2011)	3288

## MEN

### 60

Mike Hinshaw, WOU (2002)	6.78
Anthony Wright, CWU (2010)	6.89
Alex Tilley, WWU (2011)	6.91
Bryan Mack, CWU (2011)	6.94
<b>Rimar Christie, NNU (2012)</b>	<b>6.95</b>
Gabe Aguilar, WOU (2009)	6.96
Augustine Agyei, WWU (2009)	6.96
Josh Moore, WOU (2011)	6.97
Bobby Alexander, WOU (2010)	7.00
Shane Gruger, WWU (2010)	7.00

### 200

Mike Hinshaw, WOU (2002)	21.77
Andrew Boss, SFU (2011)	21.84
Radio Battle, CWU (2009)	21.97
Isaac Frederick, WOU (2004)	22.04
<b>Maurus Hope, NNU (2012)</b>	<b>22.06</b>
Kincaid Nichols, CWU (2010)	22.22
Alex Tilley, WWU (2010)	22.28
Michael Dean, WWU (2007)	22.34
Dustin Boyd, WOU (2011)	22.34
Anthony Yakovich, WOU (2010)	22.37
Andrew Curtis, NNU (2011)	22.37

### 400

+Andrew Boss, SFU (2011)	48.37
Isaac Frederick, WOU (2004)	48.59
Matt Kaino, WOU (2010)	49.17
Maurus Hope, NNU (2010)	49.25
Scott Morrison, CWU (2010)	49.33
Ashtin Mott, WOU (2010)	49.35
+Matt Kaino, WOU (2011)	49.36
Matt Rogstad, CWU (2008)	49.58
Andrew Curtis, NNU (2011)	49.59
Cresap Watson, CWU (2006)	49.70

+Converted for track size at UW

### 800

Paul Mach, SPU (2004)	1:51.49
Zeke Van Patten, WOU (2009)	1:51.73
Andy Prentice, SMU (2006)	1:51.74
Eddie Strickler, SPU (2007)	1:52.26
<b>+Ryan Hansen, WOU (2012)</b>	<b>1:52.32</b>
<b>+Nathan Seely, SPU (2012)</b>	<b>1:52.36</b>
+Travis Vugteveen, SFU (2011)	1:53.08
+Mike Schmidt, WOU (2010)	1:53.45
Nathanael Castle, SPU (2003)	1:53.37
Jeff Long, WOU (2009)	1:53.71

+Converted for track size at UW

### Mile

+Anthony Tomsich, WWU (2010)	4:07.46
+Chris Reed, WOU (2011)	4:09.39
Nathan Carlson, SMU (2005)	4:09.71
+Kyle Larson, WOU (2011)	4:10.57
+Jeff Long, WOU (2010)	4:10.60
Andy Prentice, SMU (2006)	4:10.85

+Chad Meis, SPU (2010)	4:11.79
Nathanael Castle, SPU (2003)	4:12.27
John Riak, SMU (2008)	4:12.53
<b>+Ryan Brockerville, SFU (2012)</b>	<b>4:13.00</b>

+Converted for track size at UW

### 3,000

Anthony Tomsich, WWU (2010)	8:16.85
+Jordan Welling, WWU (2011)	8:18.23
<b>+Ryan Brockerville, SFU (2011)</b>	<b>8:24.76</b>
Steve DeKoker, WWU (2004)	8:31.76
Bennett Grimes, WWU (2009)	8:31.79
<b>+Kyle Van Santen, SMU (2012)</b>	<b>8:32.11</b>
John Riak, SMU (2009)	8:32.61
<b>Barak Watson, NNU (2012)</b>	<b>8:34.90</b>
Blake Medhaug, WWU (2010)	8:35.13
Eric Brill, WWU (2010)	8:35.19

+Converted for track size at UW

### 5,000

+Jordan Welling, WWU (2011)	14:12.10
+Chris Reed, WOU (2010)	14:33.66
John Riak, SMU (2009)	14:32.71
<b>+Kyle Van Santen, SMU (2012)</b>	<b>14:36.55</b>
Bennett Grimes, WWU (2009)	14:40.84
+Barak Watson, NNU (2010)	14:44.52
Zeke Van Patten, WOU (2009)	14:48.40
Anthony Tomsich, WWU (2007)	14:50.02
<b>+Tanner Boyd, WWU (2012)</b>	<b>14:53.70</b>
Josiah Price, SMU (2009)	14:54.23

+Converted for track size at UW

### 60 Hurdles

Robert Edwards, CWU (2007)	8.22
Anthony Hogan, WWU (2011)	8.31
Andy Loscutoff, WOU (2010)	8.34
Damien Davis, WOU (2003)	8.37
Alex Clark, CWU (2005)	8.37
Anthony Hogan, CWU (2010)	8.37
Chris Randolph, SPU (2006)	8.38
Dustin Wilson, WWU (2006)	8.44
<b>Rimar Christie, NNU (2012)</b>	<b>8.44</b>
Sam Hobbs, WOU (2004)	8.45

### 4x400 Relay

+Western Oregon (2010)	3:15.83
Northwest Nazarene (2009)	3:19.66
Central Washington (2007)	3:19.87
+Western Oregon (2011)	3:20.16
Northwest Nazarene (2011)	3:20.23
Western Oregon (2003)	3:21.09
Seattle Pacific (2003)	3:21.25
<b>+Western Washington (2012)</b>	<b>3:21.91</b>
Western Oregon (2009)	3:22.44
Western Washington (2009)	3:22.73

+Converted for track size at UW

### Distance Medley

Western Washington (2007)	9:55.00
+Western Oregon (2011)	9:55.06
+Western Washington (2010)	10:00.83
Simon Fraser (2011)	10:02.86
Northwest Nazarene (2002)	10:07.53
<b>+Simon Fraser (2012)</b>	<b>10:09.72</b>
<b>+Western Oregon (2012)</b>	<b>10:10.79</b>
Western Washington (2011)	10:10.89
Seattle Pacific (2002)	10:15.86
Seattle Pacific (2005)	10:17.75
Northwest Nazarene (2011)	10:18.42
Seattle Pacific (2007)	10:19.11

+Converted for track size at UW

### Long Jump

Matson Hardie, WOU (2010)	23-8 (7.21)
Kyle Lane, WOU (2011)	23-4 ½ (7.12)
Tim Clendaniel, WWU (2010)	23-3 ¼ (7.09)
Justin Felt, SPU (2009)	23-2 ¾ (7.08)
Zeb Udell, WOU (2009)	23-0 ¾ (7.03)
Jake Hyde, WOU (2011)	23-0 ½ (7.02)
Dennis Nicolas, SFU (2011)	22-11 ¼ (6.99)
Chris Randolph, SPU (2006)	22-11 (6.98)
<b>Manny Melo, CWU (2012)</b>	<b>22-9 ¾ (6.95)</b>
Anthony Zackery, WWU (2010)	22-9 ¼ (6.94)

### Triple Jump

Justin Lawrence, CWU (2004)	48-5 ¼ (14.76)
Matson Hardie, WOU (2010)	47-11 ¾ (14.62)
Greg Hamm, NNU (2006)	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)	46-11 (14.30)
Will Davis, WWU (2010)	46-7 ¼ (14.20)
Stephen Larlee, NNU (2011)	46-5 ¼ (14.15)
Blake Herrington, WOU (2005)	46-3 ¼ (14.10)
Tyler Reisnaur, WOU (2009)	46-2 ¾ (14.09)

### High Jump

Cresap Watson, CWU (2006)	6-9 ¾ (2.08)
Cameron Bailey, CWU (2007)	6-8 ¾ (2.05)
<b>Brennan Boyes, CWU (2012)</b>	<b>6-8 ¾ (2.05)</b>
<b>Brett Watson, WWU (2012)</b>	<b>6-7 ½ (2.02)</b>
Brandon Roddewig, CWU (2011)	6-7 (2.01)
Peter Geist, WWU (2005)	6-7 (2.01)
Chris Randolph, SPU (2004)	6-6 ¾ (2.00)
<b>Karsten Schick, WWU (2012)</b>	<b>6-6 ¾ (2.00)</b>
<b>Logan Myers, WWU (2012)</b>	<b>6-6 ¾ (2.00)</b>
Mike Bonadurer, WOU (2002)	6-6 (1.98)
Jeff Word, SPU (2006)	6-6 (1.98)

### Pole Vault

Ryan Brown, WWU (2011)	17-5 (5.31)
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
Cal Rosenberg, WWU (2011)	15-7 ¼ (4.76)
Josh Cummings, WOU (2004)	15-7 ¼ (4.76)
Spike Olson, WOU (2003)	15-7 (4.75)

### 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)
Grant Miller, NNU (2011)	58-8 (17.88)
Mychal Ostler, CWU (2010)	58-6 ¾ (17.85)
<b>Sam Washington, SMU (2012)</b>	<b>57-11 (17.65)</b>
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)

### Shot Put

Cameron Neel, CWU (2007)	58-10 ¼ (17.94)
Jason Slowey, WOU (2011)	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)
Sam Washington, SMU (2009)	51-4 ½ (15.66)
<b>Tanner Rottrup, MSUB (2012)</b>	<b>51-1 ½ (15.58)</b>
Grant Miller, NNU (2011)	50-11 ½ (15.53)
Dincer Kayhan, WWU (2009)	50-7 ¼ (15.42)
Zach Barclay, NNU (2009)	50-3 ¼ (15.32)

### Heptathlon

Chris Randolph, SPU (2006)	5508
Tim Clendaniel, WWU (2010)	4711
<b>Nate Johnson, SPU (2012)</b>	<b>4679</b>
<b>Scott Hunter, CWU (2012)</b>	<b>4455</b>
<b>Jason Caryl, CWU (2012)</b>	<b>4384</b>
Michael Morrison, CWU (2004)	4382
Josh Grewe, NNU (2009)	4341
Gunner Argo, CWU (2005)	4280
Josh Freeman, WWU (2005)	4200
Andy Loscutt, WOU (2011)	4116

**UW Conversions:** 200/400/800 - +.10. Mile - +.40. 3000 - +.55. 5000 - +1.00. 4x400 - +.40. Distance Medley - +.0.90.