

GNAC Top 10 Performances (2002-11)

Updated Through June 1, 2011

Note: In addition to Top 10 GNAC marks also listed are marks for athletes who competed for current or past GNAC teams between 1999-2001 which are equal to or better than the 2002-11 GNAC 10th best mark.

MEN

100

Anthony Wright, CWU (2010)	10.43
Mike Hinshaw, WOU (2003)	10.51
David Registe, UAA (2011)	10.68
Michael Madrid, UAA (2008)	10.71
Gabe Aguilar, WOU (2009)	10.75
Alex Tilley, WWU (2010)	10.75
Kincaid Nichols, CWU (2010)	10.77
Kurt Weber, CWU (2003)	10.79
Shane Gruger, WOU (2010)	10.83
Andrew Boss, SFU (2011)	10.85

Best Marks (1999-01): Mike Hinshaw, WOU (2001) 10.50, Chris Faulconer, CWU (2000) 10.61, Ryan Brown, WOU (2001) 10.62, Chris Courtney, CWU (1999) 10.72, Josh DeLay, CWU (2000) 10.78, Mikel Chapin, WOU (1999) 10.82, Danny Easter, WOU (2001) 10.85.

200

Mike Hinshaw, WOU (2002)	21.11
Anthony Wright, CWU (2010)	21.36
Isaac Frederick, WOU (2003)	21.37
David Registe, UAA (2011)	21.44
Andrew Boss, SFU (2011)	21.61
Kincaid Nichols, CWU (2010)	21.77
Michael Madrid, UAA (2008)	21.80
Andrew Curtis, NNU (2011)	21.82
Adam Neff, WWU (2005)	21.91
Josh DeLay, CWU (2002)	21.95
Anthony Yakovich, WOU (2010)	21.95

Best Marks (1999-01): Chris Faulconer, CWU (1999) 21.50, Dante Betha, WOU (2000) 21.55, Josh DeLay, CWU (2000) 21.76, Mikel Chapin, WOU (1999) 21.82, Mike Lynch, WWU (2001) 21.93.

400

Ethan Hewitt, UAA (2011)	47.51
Ashtin Mott, WOU (2008)	48.11
James McLaughlin, UAA (2008)	48.15
Andrew Boss, SFU (2011)	48.21
Isaac Frederick, WOU (2003)	48.24
Chris Randolph (2006)	48.27
Matt Rogstad, CWU (2008)	48.29
Sherman Clayton, HSU (2004)	48.30
Matt Kaino, WOU (2010)	48.30
Scott Morrison, CWU (2011)	48.38

Best Marks (1999-01): Dante Betha, WOU (2000) 48.00, David Richmond, WOU (2001) 48.63.

800

Paul Mach, SPU (2005)	1:49.31
Eddie Strickler, SPU (2006)	1:50.59
James Pettigrew, UAA (2009)	1:50.76
Keith Lemay, WWU (2008)	1:51.33
Mike Pankiewicz, CWU (2005)	1:51.65
Mick Boyle, UAA (2009)	1:51.73
Connor Kasler, WOU (2011)	1:51.74
Cory Pena, UAA (2009)	1:51.78
Ryan Brockerville, SFU (2011)	1:51.87
Alfred Kangogo, UAA (2011)	1:52.12

Best Marks (1999-01): Devin Kemper, WWU (2000) 1:49.84; Christian Berkey, SPU (2000) 1:52.13; Nick Gai, HSU (2001) 1:52.18.

1500

Alfred Kangogo, UAA (2011)	3:44.67
Anthony Tomsich, WWU (2009)	3:47.21
Micah Chelimo, UAA (2011)	3:47.66
Marko Cheseto, UAA (2010)	3:49.33
Mick Boyle, UAA (2009)	3:49.77
Nathan Carlson, SMU (2005)	3:50.18
Nathanael Castle, SPU (2002)	3:50.44
Chris Reed, WOU (2011)	3:50.47
Doug Hamilton, HSU (2003)	3:50.96
Jeff Long, WOU (2009)	3:51.33

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

3000

Jordan Welling, WWU (2010)	8:24.61
Nick Crawford, WOU (2006)	8:30.25
Jasper Peach, HSU (2006)	8:33.9
John Riak, SMU (2007)	8:34.13
Sam Scotchmer, CWU (2006)	8:34.8
Nathan Carlson, SMU (2005)	8:36.0
Kyle Van Santen, SMU (2010)	8:38.14
Kurt Hartmaier, WWU (2004)	8:38.88
Tim LeCount, SPU (2003)	8:41.38
Zeke VanPatten, WOU (2008)	8:41.90

Best Marks (1999-01): Aaron Matthias, NNU (2001) 8:33.8; Kelsey Backen, SPU (2001) 8:42.29; Nathanael Castle, SPU (2001) 8:42.29.

5000

Marko Cheseto, UAA (2010)	13:58.85
Jordan Welling, WWU (2011)	14:10.43
Bennett Grimes, WWU (2011)	14:17.12
Alfred Kangogo, UAA (2010)	14:17.74
Chris Reed, WOU (2011)	14:21.14
David Kiplagat, UAA (2007)	14:24.92
Micah Chelimo, UAA (2011)	14:29.41
Anthony Tomsich, WWU (2007)	14:31.86
Jason Walker, HSU (2002)	14:35.10
Sean Rivers, UAA (2002)	14:35.4

Best Marks (1999-01): Miller, HSU (2000) 14:24.81.

10,000

Marko Cheseto, UAA (2009)	29:08.28
Chris Reed, WOU (2011)	29:44.77
Jordan Welling, WWU (2010)	29:45.92
Bennett Grimes, WWU (2011)	29:54.94
Blake Medhaug, WWU (2010)	30:14.91
Sean Rivers, UAA (2002)	30:21.65
Zach Boteilho, WWU (2003)	30:33.23
Alfred Kangogo, UAA (2010)	30:39.05
John Riak, SMU (2009)	30:44.74
Josiah Price, SMU (2009)	30:51.36

110 Hurdles

Damien Davis, WOU (2003)	14.54
Sam Hobbs, WOU (2005)	14.79
Chris Randolph, SPU (2006)	14.82
Robert Edwards, CWU (2005)	14.82
Josh Freeman, WWU (2005)	14.84
Anthony Hogan, CWU (2011)	14.85
Nate Anderson, WOU (2003)	14.88
Michael Morrison, CWU (2004)	14.92
Dallas Beaty, NNU (2009)	14.92
Shaun Ward, UAA (2009)	15.02

400 Hurdles

Dallas Beaty, NNU (2009)	52.05
Shaun Ward, UAA (2011)	52.23
Lloyd Massey, WOU (2007)	52.90
Paul Mach, SPU (2003)	52.91
Michael Morrison, CWU (2004)	53.02
Nate Anderson, WOU (2003)	53.06
Maurus Hope, NNU (2010)	53.20
Sam Hobbs, WWU (2004)	53.66
Kevin Myhre, WWU (2008)	53.75
Ryan Endresen, SPU (2011)	53.78

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

Steeplechase

Micah Chelimo, UAA (2010)	8:49.31
Ryan Brockerville, SFU (2011)	8:49.39
Jason Walker, HSU (2002)	8:58.62
David Kiplagat, UAA (2009)	9:01.67
Alfred Kangogo, UAA (2010)	9:04.63
Ethan Barrons, WOU (2005)	9:08.2
Chad Meis, SPU (2010)	9:10.84
Brandon Snook, WOU (2011)	9:11.11
Jasper Peach, HSU (2006)	9:11.16
Nate Normandin, UAA (2004)	9:11.78

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
Western Oregon (2003)	41.48
Alaska Anchorage (2008)	41.55
Central Washington (2003)	41.63
Western Oregon (2002)	41.72
Central Washington (2004)	41.72
Western Washington (2010)	41.72
Alaska Anchorage (2009)	41.80
Alaska Anchorage (2011)	41.91
Western Washington (2003)	42.03

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

4x400 Relay

Western Oregon (2003)	3:14.67
Alaska Anchorage (2011)	3:14.74
Alaska Anchorage (2010)	3:14.89
Alaska Anchorage (2009)	3:15.27
Central Washington (2006)	3:15.33
Western Oregon (2010)	3:16.55
Northwest Nazarene (2009)	3:16.84
Northwest Nazarene (2011)	3:17.45
Alaska Anchorage (2008)	3:17.3
Central Washington (2004)	3:17.61

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

High Jump

Eric Draper, UAA (2006)	6-9 ½ (2.07)
Cameron Bailey, CWU (2009)	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)
Chris Randolph, SPU (2006)	6-8 ¼ (2.04)
Peter Geist, WWU (2005)	6-8 (2.03)
Brennan Boyes, CWU (2011)	6-8 (2.03)
Lewis Meyers, CWU (2011)	6-7 (2.01)
Jeff Word, WWU (2004 & 2006)	6-6 ¾ (2.00)
Julius DeFour, WWU (2004)	6-6 ¾ (2.00)
Keefe Brockman, WWU (2010)	6-6 ¾ (2.00)

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; James Thomas, NNU (2000) 6-8 ¼ (2.04).

Pole Vault

Ryan Brown, WWU (2010)	17-8 ½ (5.40)
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)
Preston Lewis, NNU (2005)	15-6 ¼ (4.73)

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)
Chris Randolph, SPU (2006)	23-11 ¾ (7.31)
Joe Smith, CWU (2004)	23-5 ½ (7.15)
Manny Melo, CWU (2010)	23-4 ½ (7.12)
Matson Hardie, WOU (2010)	23-2 ½ (7.07)
Justin Lawrence, CWU (2002)	23-1 ¾ (7.05)
Brad Satran, WOU (2004)	23-0 ½ (7.02)
Kyle McGillen, WWU (2005)	23-0 (7.01)
Kyle Lane, WOU (2011)	23-0 (7.01)

Best Marks (1999-01): Ryan Brown, WOU (2001) 23-10 ¾ (7.28), Kurt Weber, CWU (2001) 23-3 ¼ (7.09).

Triple Jump

Justin Lawrence, CWU (2004)	49-11 (15.21)
Tyler Reisnauer, WOU (2009)	48-10 (14.88)
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)
Greg Hamm, NNU (2008)	47-5 ¾ (14.47)
Stephen Larlee, NNU (2011)	47-2 ½ (14.39)
Jamil Wynn, WOU (2002)	47-1 ½ (14.36)
Will Davis, WWU (2010)	47-0 ¾ (14.33)
Brad Satran, WOU (2002)	46-9 (14.25)
Mark Mellein, WWU (2005)	46-9 (14.25)

Best Marks (1999-01): Beau Ross, CWU (2001) 48-4 ¼ (14.74); James Thomas, NNU (2000) 48-0 ¾.

Shot Put

Cameron Neel, CWU (2005)	57-10 ¼ (17.63)
Jason Slowey, WOU (2011)	55-2 (16.81)
Sam Washington, SMU (2008)	54-10 (16.71)
Ben Elder, WWU (2010)	52-11 ½ (16.14)
Jacob Galloway, CWU (2005)	52-4 ¾ (15.97)
Tyler Fischer, CWU (2010)	51-11 ¾ (15.84)
Mike Jensen, CWU (2011)	51-11 ¼ (15.83)
Matt Valdez, CWU (2007)	51-6 ¾ (15.70)
T.J. Aimonetti, HSU (2003)	51-5 (15.67)
Carlos Aguilar, WOU (2005)	51-0 (15.54)
Grant Miller, NNU (2009)	51-0 (15.54)

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

Discus

Cameron Neel, CWU (2006)	175-5 (53.47)
Isaiah Haines, WOU (2004)	173-11 (53.02)
Tyler Fischer, CWU (2008)	173-10 (52.98)
Jason Slowey, WOU (2011)	168-8 (51.41)
Ben Elder, WWU (2010)	168-4 (51.32)
Jacob Galloway, CWU (2005)	166-5 (50.73)
Michael Hoffman, WWU (2010)	163-9 (49.92)
Gabe Holland, UAA (2011)	162-0 (49.39)
Evan Ruud, CWU (2007)	162-0 (49.38)
Chris Randolph, SPU (2006)	161-9 (49.31)

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)
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)
Carlos Aguilar, WOU (2005)	180-10 (55.12)
Dave Margraf, HSU (2002)	179-7 (54.74)
Blake Walker, CWU (2005)	178-10 (54.51)
Grant Miller, NNU (2011)	176-8 (53.86)

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

Javelin

Josh Heidegger, NNU (2009)	223-2 (68.02)
James Thomas, NNU (2002)	212-3 (64.69)
Nick Wilson, MSUB (2010)	208-9 (63.62)
Alex Harrison, WWU (2010)	208-5 (63.52)
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)
Nathan Rowlett, WOU (2010)	199-4 (60.76)

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
Justin Miller, HSU (2002)	6721
Alex Harrison, WWU (2010)	6625
Josh Freeman, WWU (2005)	6574
Jason Childress, SPU (2005)	6550
Gunner Argo, CWU (2005)	6430
Nate Johnson, SPU (2011)	6373
Zeb Udell, WOU (2007)	6358
Michael Morrison, CWU (2004)	6342
Chris Peterson, CWU (2003)	6334

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

WOMEN

100

NyEma Sims, SPU (2007)	11.90
Kishia Mitchell, SPU (2011)	12.10
Latasha Essien, SPU (2010)	12.11
Keyanna Jenkins, WOU (2006)	12.13
Crystal Sims, SPU (2010)	12.17
Bonnie Galloway, WOU (2005)	12.20
Madison McClung, WOU (2011)	12.21
Melissa Behrens, WWU (2003)	12.27
Monica Smith, WOU (2005)	12.30
Lacey Meusec, WOU (2009)	12.31

Best Marks (1999-01): Trinity Davis, HSU (1999) 11.47; Rachel Morris, WOU (1999) 12.22; Lindsey Stewart, SPU (2000) 12.28.

200

NyEma Sims, SPU (2007)	23.99
Mary Pearce, UAA (2007)	24.82
Crystal Sims, SPU (2011)	25.09
Leah Wiest, SPU (2002)	25.19
Terran Legard, CWU (2004)	25.19
Kishia Mitchell, SPU (2011)	25.21
Latasha Essien, SPU (2010)	25.23
Lacey Meusec, WOU (2009)	25.24
Dania Swosinski, WWU (2002)	25.25
Eleanor Siler, WWU (2010)	25.25

Best Marks (1999-01): Trinity Davis, HSU (1999) 23.53; Laura Widman, SPU (1999) 25.12; Cyrena Bell, SPU (2001) 25.19.

400

Mary Pearce, UAA (2007)	53.56
Eleanor Siler, WWU (2009)	54.59
Terran Legard, CWU (2004)	54.86
Helen Crofts, SFU (2011)	55.25
Ashley Puga, NNU (2009)	56.20
Kinyatta Leonhardt, SPU (2004)	56.22
Lexi Pola, WOU (2011)	56.53
Jessica Hinton, SPU (2009)	56.61
Briana Kane, SFU (2011)	56.76
Emily Quatier, SPU (2011)	56.96

Best Marks (1999-01): Sarah Kraybill, SPU (2000) 55.80; Cyrena Bell, SPU (2001) 56.35; Shannon Anderson, WWU (1999) 56.61.

800

Helen Crofts, SFU (2011)	2:02.12
Jessica Smith, SFU (2011)	2:04.34
Jessica Pixler, SPU (2010)	2:04.89
Ashley Puga, NNU (2009)	2:05.23
Brianna Kane, SFU (2011)	2:07.67
Sarah Kraybill, SPU (2003)	2:08.41
Rachel Ross, SPU (2002)	2:09.36
Lisa Anderberg, SPU (2010)	2:10.37
Sarah Howell, WOU (2007)	2:10.61
Susan Bick, UAA (2011)	2:10.69

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

1500

Jessica Pixler, SPU (2010)	4:11.06
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
Alicen Maier, CWU (2002)	4:28.23
Sarah Porter, WWU (2011)	4:30.32
Miriam Kipng'eno, SFU (2011)	4:30.36
Lindsey Butterworth, SFU (2011)	4:31.46
Ivy O'Guinn, UAA (2011)	4:31.86

Best Marks (1999-01): Heather deGeest, SFU (1999) 4:26.72; Rachel Ross, SPU (2001) 4:30.71.

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
Miriam Kipng'eno, UAA (2011)	16:36.66
Ruth Keino, UAA (2011)	16:38.24
Laura Carr, UAA (2008)	16:56.48
Ashley Vincent, WWU (2003)	16:59.08
Karen Dickson, SPU (2005)	16:59.43
Jane Larson, SPU (2009)	17:06.01
Elizabeth Chepkosgei, UAA (2008)	17:10.17
Lauren Breihof, WWU (2010)	17:11.88

10,000

Sarah Porter, WWU (2010)	33:17.39
Karen Dickson, SPU (2005)	34:08.64
Ruth Keino, UAA (2011)	34:30.53
Laura Carr, UAA (2010)	35:08.51
Janae Larson, SPU (2009)	35:25.72
Lauren Breihof, WWU (2010)	35:53.99
Shoshana Keegan, UAA (2010)	36:19.49
Dolores Bergmann, HSU (2002)	36:25.90
Natty Plunkett, SPU (2010)	36:40.80
Marcie Mullen, CWU (2008)	36:41.83

100 Hurdles

Danielle Ayers-Stamper, SPU (2005)	13.70
Monica Smith, WOU (2005)	14.15
Ali Worthen, SPU (2011)	14.42
Crystal Sims, SPU (2010)	14.45
Tanya Bjornsson, WWU (2011)	14.51
Michelle Howe, WWU (2009)	14.52
Kelsey Cooley, SPU (2006)	14.53
Haleigh Lloyd, UAA (2011)	14.54
Ashlee Rountree, CWU (2003)	14.55
Ardrienna Everett, UAA (2011)	14.58

Best Marks (1999-01): Vanessa Fryer, SFU (1999) 14.17; Jennifer Pyeatt, SPU (2000) 14.20; Sarah Lavellee, SPU (1999) 14.38.

400 Hurdles

Heidi Dimmitt, WWU (2009)	1:00.31
Haleigh Lloyd, UAA (2011)	1:00.96
Jawea Harder, SPU (2002)	1:01.24
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
Cassie Moorhouse, WOU (2002)	1:03.06
Sarah Barker, WOU (2008)	1:03.18
Jennie Rummell, WOU (2006)	1:03.32

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

Suzie Strickler, SPU (2008)	7:14.96
Karin Rohde, SPU (2007)	7:17.12
Emily Thomas, SMU (2007)	7:49.20
Kim Beaman, SPU (2008)	7:49.89
Nicole Bandy, CWU (2002)	8:02.59
Kara Richard, SPU (2002)	8:04.41
Kyla Rohde, SPU (2008)	8:14.42
Valerie Matthews, WWU (2007)	8:14.59
Erica Pitman, CWU (2002)	8:20.53

Best Marks (1999-01): Nina Laurinoli, WWU (2001) 7:43.65; Lindsey Roberts, WWU (2000) 8:04.4; Teresa Herron, WWU (2000) 8:05.7; Adrienne Sherred, WWU (2001) 8:06.13.

3000 Steeplechase

Courtney Olsen, WWU (2010)	10:35.32
Kelly Fullerton, SU (2004)	10:36.95
Jessica Harper, WOU (2008)	10:44.22
Jaclyn Puga, NNU (2011)	10:45.41
Suzie Strickler, SPU (2008)	10:45.54
Hallidie Wilt, UAA (2010)	10:48.90
Karin Rohde, SPU (2008)	10:54.73
Lyndsey McKillip, WOU (2008)	10:58.38
Emma Bohman, UAA (2011)	11:03.67
Sarah Benson, CWU (2007)	11:11.44

4x100 Relay

Western Washington (2010)	46.90
Seattle Pacific (2011)	47.23
Western Oregon (2005)	47.58
Western Oregon (2011)	47.72
Western Oregon (2010)	47.81
Seattle Pacific (2004)	47.87
Western Washington (2009)	47.88
Western Washington (2003)	48.04
Seattle Pacific (2007)	48.12
Western Washington (2011)	48.22

Best Marks (1999-01): Humboldt State (1999) 46.53; Seattle Pacific (2000) 47.71.

4x400 Relay

Simon Fraser (2011)	3:42.05
Western Washington (2009)	3:49.70
Central Washington (2007)	3:50.17
Alaska Anchorage (2011)	3:50.28
Seattle Pacific (2011)	3:50.64
Seattle Pacific (2004)	3:51.03
Western Oregon (2011)	3:51.07
Northwest Nazarene (2008)	3:51.47
Central Washington (2006)	3:51.83
Western Washington (2008)	3:53.09

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

High Jump

Teona Perkins, SPU (2007)	5-10 (1.78)
Danielle Ayers-Stamper, SPU (2005)	5-8 ¾ (1.75)
Monica Smith, WOU (2005)	5-8 ½ (1.74)
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)
Ali Worthen, SPU (2011)	5-7 (1.70)
Dianna Grossglass, SPU (2003)	5-6 ½ (1.69)
Emily Peterson, NNU (2005)	5-6 ½ (1.69)
Brittany Aanstad, SPU (2010)	5-6 ½ (1.69)

Best Marks (1999-01): Laura Widman, SPU (1999) 5-7 - 1.70; Abby Harris, SPU (1999) 5-7 - 17.0; Amy Cowden, SPU (1999) 5-6 ½ - 1.69.

Pole Vault

Melissa Peaslee, SPU (2011)	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)	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)
Amy Harris, SPU (2005)	12-2 (3.71)
Monica Anderson, SPU (2007)	12-1 ½ (3.70)
Carrie Hauck, SPU (2008)	12-1 ½ (3.70)

Long Jump

Stephanie Huffman, SPU (2002)	19-8 (5.99)
Ali Worthen, SPU (2011)	19-7 ½ (5.98)
Danielle Ayers-Stamper, SPU (2005)	19-6 ¾ (5.95)
Diepiriye Iworima, SFU (2011)	19-2 ½ (5.85)
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)
Kelsey Burns, SPU (2009)	18-9 (5.71)
Bridget Johnson, WOU (2006)	18-6 ½ (5.65)
Kim Brady, UAA (2008)	18-6 (5.64)
Trinna Miranda, SPU (2011)	18-6 (5.64)

Best Marks (1999-01): Laura Widman, SPU (2000) 19-2 ½; Sarah Hiss, WWU (2000) 18-10 ½; Morgan Ranta (SPU) 18-8 - 5.69.

Triple Jump

Amanda Alvarez, SPU (2010)	39-8 ¾ (12.11)
Ashley Potter, WOU (2010)	39-8 ¾ (12.11)
Kim Brady, UAA (2008)	39-3 ¾ (11.98)
Jasmyn Jewitt, NNU (2011)	39-1 (11.91)
Laura VonArx, NNU (2009)	38-11 ½ (11.87)
Shelley Comstock, WOU (2002)	38-10 ¼ (11.84)
Emily Warman, WWU (2009)	38-8 ¾ (11.80)
Katharine Lotze, CWU (2011)	38-8 ¾ (11.80)
Laura Vonarx, NNU (2010)	38-2 ¾ (11.65)
Kim Bascom, WWU (2006)	38-0 (11.58)

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)
Anica Knispel, MSUB (2011)	46-0 ¾ (14.04)
Jessica Houston, UAA (2007)	45-11 ¼ (14.00)
Joy Warrington, NNU (2010)	45-3 ½ (13.80)
Shaina Afoa, CWU (2011)	44-4 ½ (13.52)
Torrie Self, CWU (2011)	43-3 ¼ (13.19)
Chevonna Lynch, WOU (2006)	43-0 ½ (13.12)
Jennifer Pyeatt, SPU (2003)	42-8 ¼ (13.01)
Bridget Johnson, WOU (2006)	42-8 (13.00)

Best Marks (1999-01): Barbara Weaver, HSU (1999) 45-2 ½; Peni Vaefaga, HSU (2001) 43-3 ¾ - 13.20; Laura Widman, SPU (2000) 42-10 ¾ (13.07).

Discus

Jessica Houston, UAA (2005)	165-9 (50.52)
Jessica Telleria, WWU (2006)	156-2 (47.61)
Jade Richardson, SFU (2011)	152-8 (46.53)
Torie Self, CWU (2011)	144-3 (43.96)
Lexi Halvorson, MSUB (2009)	142-9 (43.51)
Elizabeth Thatcher, SMU (2011)	142-8 (43.48)
Kristi Lund, NNU (2002)	141-7 (43.15)
Erica Rance, WWU (2008)	140-9 (42.90)
Ashley VanOeveren, WWU (2005)	140-8 (42.88)
Becky Scherer, CWU (2006)	139-7 (42.56)

Hammer

Jennifer Dunkin, WOU (2003)	184-7 (56.27)
Torrie Self, CWU (2011)	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)
Sabrina Freed, WOU (2007)	170-4 (51.91)
Amy Carroll, NNU (2008)	167-8 (51.10)
Christin McDowell, CWU (2005)	167-3 (50.98)
Sara Cole, WOU (2008)	165-4 (50.40)
Lindsay Wells, WWU (2011)	164-0 (50.00)

Best Marks (1999-01): Barbara Weaver, HSU (2000) 165-4;
 Jamie Schuette, WOU (1999) 165-2; Candice Ekhoﬀ, WOU
 (1999) 162-1.

Javelin

Monika Gruszecki, WWU (2011)	163-6 (49.85)
Katie McMeel, CWU (2006)	160-4 (48.86)
Jeeni Schantin, SPU (2009)	160-1 (48.80)
Brittany Aanstad, SPU (2011)	159-4 (48.58)
Carolanne Powers, WOU (2010)	154-9 (47.16)
Lauren VerMulm, SPU (2005)	154-3 (47.01)
Holly Conrad, WOU (2003)	152-0 (46.34)
Brittany Bekins, SPU (2007)	150-4 (45.83)
Stephanie Huffman, SPU (2002)	149-9 (45.64)
Sarah Johnson, SPU (2004)	149-0 (45.41)

Best Marks (1999-01): Stephanie Huffman, SPU (2001) 151-
 4 (46.12).

Heptathlon

Danielle Ayers-Stamper, SPU (2005)	5606
Stephanie Huffman, SPU (2002)	5389
Bridget Johnson, WOU (2006)	5080
Ali Worthen, SPU (2011)	5044
Laura Widman, SPU (2002)	5004
Brittany Bekins, SPU (2007)	4944
Crystal Sims, SPU (2011)	4933
Kelsey Cooley, SPU (2006)	4930
Katie Gross, SPU (2011)	4799
Leah Wiest, SPU (2002)	4795

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