

WWU RALPH VERNACCHIA TRACK & FIELD INVITATIONAL

SATURDAY, APRIL 27, 2019 • CIVIC STADIUM • BELLINGHAM, WA

*A revised schedule will be released after the entry deadline. If divided into sections, **Section 1** is for the shorter / lower / slower heat or flight and **Section 2** is to be considered invitational. Athletes must run in the section into which they are drawn — no exceptions!*

FIELD EVENTS

All field events are on an "area available" basis regardless of the scheduled time, meaning the second or later event in an event area may go ahead of schedule. If necessary, the Women's Pole Vault will use the second pit to start at or near the scheduled time.

- 9:00 Women's Hammer Throw**
Record: 56.99m (186-11) by Chanell Botsis, Kajaks, 2016
- 10:00 Dick Henrie Men's Pole Vault**
Record: 5.25m (17-2 3/4) Ryan Brown, WWU, 2011
- 10:00 Men's Long Jump**
Record: 7.19m (23-7) by Kevin Yates, WWU, 2016
- 11:00 Women's High Jump**
Record: 1.80m (5-11) by Michelle Laviolette & Kim Vanderhoek, SFU, 1992, and Ruky Abdulai, SFU, '05 & '06
- 11:00 SpeerTaps Men's Javelin Throw**
Record: 68.70m (225-5) by Curtis Moss, UBC, 2009
- 11:15 Men's Hammer Throw**
Record: 66.38m (217-10) by Harold Willers, SFU, 1985
- 11:45 Women's Shot Put**
Record: 15.59m (51-1 3/4) Meg Jones, UW, 1987
- 12:15 Women's Long Jump**
Record: 6.04m (19-9 3/4) by Ruky Abdulai, SFU, 2007
- 12:30 Men's Triple Jump**
Record: 15.11m (49-7) by Justin Lawrence, CWU, 2004
- 1:00 SpeerTaps Women's Invitational Javelin Throw**
Record: 54.69m (179-5) by Krista Woodward, unat, 2016
- 1:10 Dick Henrie Women's Pole Vault**
Record: 3.85m (12-7 1/2) by Karis Anderson, WWU, 2012
- 1:10 Women's Discus Throw**
Record: 50.29m (164-11) by Quinn Erickson, Comox, 2016
- 1:30 Men's High Jump**
Record: 2.18m (7-2 1/2) by Mike Mason, Valley Royals, 2012
- 1:30 Men's Shot Put**
Record: 16.88m (55-4 3/4) by Frank Catelli, WWU, 2014
- 2:15 Women's Triple Jump**
Record: 12.17m (39-11 1/4) by Karin Grelsson, SPU, 1992
- 3:00 Women's Open Javelin Throw**
- 3:30 Men's Discus Throw**
Record: 55.55m (182-3) by Nik Kay, Concordia, 2009

TRACK EVENTS

- 9:55 Women's 10,000-meter Run**
Record: 35:49.5h by Kristina Proticova, NWC, 2004
- 10:45 Men's 10,000-meter Run**
Record: 30:52.7h by Chad Portwood, una., 2011
- 11:30 Men's 5000-meter Run — Section 1**
- 12:00 Women's 3000-meter Steeplechase**
Record: 10:50.24 by Suzie Strickler, SPU, 2007
- 12:20 Men's 3000-meter Steeplechase**
Record: 8:51.86 by Donn Cabral, Nike, 2013
- 12:40 Women's 4x100-meter Relay**
Record: 47.20 by Seattle Pacific (Baldwin, Brannan, Mitchell, Wochnick), 2014

- 12:45 Men's 4x100-meter Relay**
Record: 41.40 Western Washington (Pangilinan, Gruger, Tilley, Steffen), 2012
- 12:55 Women's Invitational 1500-meter Run**
Record: 4:23.17 by Jessica Pixler, SPU, 2007
- 1:00 Men's Invitational 1500-meter Run**
Record: 3:50.6h Gary Gustafson, CNW, 1984
- 1:10 Women's 100-meter Hurdles**
Record: 14.08 by Vanessa Fryer, SFU, 1997
- 1:25 Men's 110-meter Hurdles**
Record: 14.25 by Travis Milbrandt, WWU, 2016
- 1:40 Women's Open 1500-meter Run**
- 1:45 Men's Open 1500-meter Run**
- 2:05 Women's 400-meter Dash**
Record: 55.2h Rhonda Bell, Bellevue CC, 1981
- 2:15 Men's 400-meter Dash**
Record: 46.9h by Nathan George, Coquitlam, 2016
- 2:25 Women's 100-meter Dash**
Record: 11.8h Lisa Whitehead, Coquitlam, 2006
- 2:40 Men's 100-meter Dash**
Record: 10.3h Marty Krulee, Unattached, 1983
- 3:00 Women's 800-meter Dash**
Record: 2:07.90 by Rebecca Johnstone, SFU, 2006
- 3:15 Men's 800-meter Dash**
Record: 1:50.88 Nectaly Barbosa, Unattached, 2007
- 3:35 Women's 400-meter Hurdles**
Record: 59.9h by Michaela Collumey, SFU, 1992
- 3:45 Men's 400-meter Hurdles**
Record: 53.06 by Bernari Sternen, CWU, 2016
- 4:00 Women's 200-meter Dash**
Record: 24.38 by Ruky Abdulai, SFU, 2007
- 4:15 Men's 200-meter Dash**
Record: 20.9h Marty Krulee, Unattached, 1983
- 4:40 Pfueller Family Women's 5000-meter Run — Section 2**
Gale Pfueller (1965) was an NAIA national place winner, and Genevie Pfueller (1986) a multiple NAIA All-American and academic All-American. Genevie was inducted into the WWU Athletic Hall of Fame in 1999.
Record: 16:35.53 Katelyn Steen, WWU, 2015
- 5:05 Brent Golden Memorial Men's 5000m Run — Section 2**
This race honors the late Western distance runner, a four-year letter winner for the Vikings from 1977 to 1980.
Record: 14:22.0h Ross Chilton, SFU, 1984
- 5:30 Women's 4x400-meter Relay**
Record: 3:49.58 Seattle Pacific (Valentine, Quatier, Johnson, Fricker), 2012
- 5:35 Alex Binkerd Memorial Men's 4x400-meter Relay**
This race honors the late Western sprinter, a promising sophomore-to-be who we lost in 2014.
Record: 3:14.15 by Western Washington (Poolman, Schmidt, Nokes, Smith), 2013