



# WWU INDOOR TRACK & FIELD



## WESTERN WASHINGTON UNIVERSITY INDOOR TRACK & FIELD RECORDS

// Through end of 2024 Season //

| MEN'S EVENT           | NAME                                                      | TIME/DISTANCE | YEAR |
|-----------------------|-----------------------------------------------------------|---------------|------|
| 55m                   | Theron Davis                                              | 6.65          | 1993 |
| 60m                   | Alex Donigian                                             | 6.72          | 2015 |
| 200m                  | Alex Donigian                                             | 21.63         | 2015 |
| 400m                  | Brian Le                                                  | 48.81         | 2024 |
| 800m                  | Drew Weber                                                | 1:49.86       | 2023 |
| Mile                  | Kevin McDermott                                           | 4:02.13       | 2024 |
| 3,000m                | Kevin McDermott                                           | 7:59.27       | 2024 |
| 5,000m                | Kevin McDermott                                           | 13:50.77      | 2024 |
| 60m Hurdles           | Hunter Flick                                              | 8.07          | 2022 |
| 4x400 Meter Relay     | Jon Poolman, Nathan Schmidt<br>Ryan McArthur, Devon Smith | 3:16.81       | 2014 |
| Distance Medley Relay | Will Henry, Brian Le<br>Jonah Bloom, Drew Weber           | 9:45.48       | 2023 |
| High Jump             | Beau Sheeran                                              | 2.10m/6-10.75 | 2022 |
| Pole Vault            | Ryan Brown                                                | 5.31m/17-5    | 2011 |
| Long Jump             | Ethan Sterkel                                             | 7.26m/23-10   | 2022 |
| Triple Jump           | Mark Seely                                                | 14.41m/47-3.5 | 2016 |
| Shot Put              | Frank Catelli                                             | 17.51m/57-5.5 | 2014 |
| Weight Throw          | Bryan Lee                                                 | 17.78m/58-4   | 2020 |
| Heptathlon            | Seren Dances                                              | 5,069 Points  | 2020 |

| WOMEN'S EVENT         | NAME                                                            | TIME/DISTANCE  | YEAR |
|-----------------------|-----------------------------------------------------------------|----------------|------|
| 55m                   | Flo Marks                                                       | 7.58           | 1992 |
| 60m                   | Caitlyn Cheney                                                  | 7.66           | 2024 |
| 200m                  | Eleanor Siler                                                   | 25.03          | 2010 |
| 400m                  | Eleanor Siler                                                   | 56.22          | 2011 |
| 800m                  | Marian Ledesma                                                  | 2:08.57        | 2024 |
| Mile                  | Ila Davis                                                       | 4:52.81        | 2024 |
| 3,000m                | Katelyn Steen                                                   | 9:38.92        | 2015 |
| 5,000m                | Sarah Porter                                                    | 16:11.98       | 2011 |
| 55m Hurdles           | Flo Marks                                                       | 8.75           | 1993 |
| 60m Hurdles           | Tanya Bjornsson                                                 | 8.72           | 2014 |
| 4x400 Meter Relay     | Eleanor Siler, Michelle Howe<br>Megan O'Connell, Sarah Brownell | 3:48.67        | 2010 |
| Distance Medley Relay | Sophie Wright, Caitlyn Cheney<br>Emmy Kroontje, Ila Davis       | 11:27.45       | 2024 |
| High Jump             | Miranda Osadchey                                                | 1.74m/5-8.5    | 2016 |
| Pole Vault            | Anna Paradee                                                    | 3.92m/12-10.25 | 2017 |
| Long Jump             | Emily Warman                                                    | 5.86m/19-2.75  | 2013 |
| Triple Jump           | Jasmine McMullin                                                | 12.68m/41-7.25 | 2018 |
| Shot Put              | Katie Potts                                                     | 13.82m/45-4.25 | 2024 |
| Weight Throw          | Raine Westfall                                                  | 16.75m/54-11.5 | 2023 |
| Pentathlon:           | Aliyah Dawkins                                                  | 3,340 Points   | 2022 |

### Legend:

Mark set during the 2024 Season



# TRACK & FIELD

# WESTERN WASHINGTON UNIVERSITY

## INDOOR TRACK & FIELD MEN'S ALL-TIME TOP 10

// Through end of 2024 Season //

### 60 Meters

|     |                        |             |             |
|-----|------------------------|-------------|-------------|
| 1.  | Alex Donigian          | 6.72        | 2015        |
| 2.  | <b>Ryan Greenwalt</b>  | <b>6.83</b> | <b>2024</b> |
| 3.  | Alex Tilley            | 6.91        | 2011        |
| 4.  | <b>Brian Le</b>        | <b>6.94</b> | <b>2024</b> |
| 5.  | <b>Nolan Mickenham</b> | <b>6.95</b> | <b>2024</b> |
| 6.  | Tyrone Woodard         | 6.96        | 2023        |
|     | Augustine Agyei        | 6.96        | 2009        |
| 8.  | Noah Johnson           | 6.97        | 2023        |
| 9.  | Shane Gruger           | 7.00        | 2010        |
| 10. | Ethan Johnson          | 7.01        | 2023        |

### 200 Meters

|    |                        |              |             |
|----|------------------------|--------------|-------------|
| 1. | Alex Donigian          | 21.63        | 2015        |
| 2. | <b>Nolan Mickenham</b> | <b>21.75</b> | <b>2024</b> |
| 3. | Bryant Welch           | 22.04        | 2022        |
| 4. | Nate Schmidt           | 22.09        | 2013        |
| 5. | Alex Binkerd           | 22.11        | 2015        |
| 6. | Jonathon Poolman       | 22.20        | 2013        |
| 7. | <b>Ryan Greenwalt</b>  | <b>22.26</b> | <b>2024</b> |
|    | Alex Tilley            | 22.26        | 2012        |
| 9. | Lucas Brenek           | 22.31        | 2022        |
|    | Myles Smith            | 22.31        | 2020        |

### 400 Meters

|     |                         |              |             |
|-----|-------------------------|--------------|-------------|
| 1.  | <b>Brian Le</b>         | <b>48.81</b> | <b>2024</b> |
| 2.  | Myles Smith             | 48.83        | 2020        |
| 3.  | Jonathon Poolman        | 48.85        | 2013        |
| 4.  | Bryant Welch            | 49.00        | 2022        |
| 5.  | <b>Maurice Woodring</b> | <b>49.18</b> | <b>2024</b> |
| 6.  | Devon Smith             | 49.27        | 2013        |
| 7.  | <b>Lucas Brenek</b>     | <b>49.31</b> | <b>2024</b> |
| 8.  | Nate Schmidt            | 49.33        | 2013        |
| 9.  | Ryan McArthur           | 49.64        | 2016        |
| 10. | Mark Daniels            | 49.65        | 2019        |

### 800 Meters

|     |                   |                |             |
|-----|-------------------|----------------|-------------|
| 1.  | Drew Weber        | 1:49.86        | 2023        |
| 1.  | Mac Franks        | 1:50.07        | 2022        |
| 3.  | Will Henry        | 1:52.08        | 2023        |
| 4.  | Kyler Sager       | 1:53.29        | 2019        |
| 5.  | Jonah Bloom       | 1:53.41        | 2023        |
| 6.  | Connor Palmen     | 1:53.61        | 2023        |
| 7.  | Cody McCranie     | 1:53.65        | 2015        |
| 8.  | <b>Cole Riley</b> | <b>1:54.57</b> | <b>2024</b> |
| 9.  | Braden Timpe      | 1:54.74        | 2012        |
| 10. | Keith Lemay       | 1:54.84        | 2008        |

### Mile

|     |                        |                |             |
|-----|------------------------|----------------|-------------|
| 1.  | <b>Kevin McDermott</b> | <b>4:02.13</b> | <b>2024</b> |
| 2.  | Mac Franks             | 4:02.28        | 2022        |
| 3.  | Drew Weber             | 4:05.70        | 2023        |
| 4.  | Anthony Tomsich        | 4:07.06        | 2010        |
| 5.  | Chip Jackson           | 4:07.95        | 2014        |
| 6.  | Will Henry             | 4:10.17        | 2023        |
| 7.  | <b>Sam Lingwall</b>    | <b>4:10.89</b> | <b>2024</b> |
| 8.  | Bennett Grimes         | 4:13.18        | 2009        |
| 9.  | Cody McCranie          | 4:13.66        | 2016        |
| 10. | Alec Ritter            | 4:15.70        | 2022        |

### 3000 Meters

|     |                          |                |             |
|-----|--------------------------|----------------|-------------|
| 1.  | <b>Kevin McDermott</b>   | <b>7:59.27</b> | <b>2024</b> |
| 2.  | Mac Franks               | 8:09.40        | 2022        |
| 3.  | Ed Kiolbasa              | 8:16.73        | 2020        |
| 4.  | Anthony Tomsich          | 8:16.85        | 2010        |
| 5.  | <b>Sten Brakstad</b>     | <b>8:17.67</b> | <b>2024</b> |
| 6.  | Jordan Welling           | 8:17.93        | 2011        |
| 7.  | <b>Leo Rutledge</b>      | <b>8:20.88</b> | <b>2024</b> |
| 8.  | <b>George Karamitsos</b> | <b>8:21.04</b> | <b>2024</b> |
| 9.  | Andrew Wise              | 8:23.18        | 2017        |
| 10. | <b>Ryan Clough</b>       | <b>8:25.33</b> | <b>2024</b> |

### 5000 Meters

|     |                        |                 |             |
|-----|------------------------|-----------------|-------------|
| 1.  | <b>Kevin McDermott</b> | <b>13:50.77</b> | <b>2024</b> |
| 2.  | Jordan Welling         | 14:11.10        | 2011        |
| 3.  | Andrew Oslin           | 14:25.96        | 2023        |
| 4.  | George Karamitsos      | 14:31.11        | 2023        |
| 5.  | Ryan Clough            | 14:31.75        | 2023        |
| 6.  | Ed Kiolbasa            | 14:36.45        | 2020        |
| 7.  | Isaac Derline          | 14:39.22        | 2016        |
| 8.  | Andrew Wise            | 14:39.59        | 2017        |
| 9.  | Bennett Grimes         | 14:40.84        | 2009        |
| 10. | Jeret Gillingham       | 14:41.50        | 2023        |

### 60 Meter Hurdles

|     |                      |             |             |
|-----|----------------------|-------------|-------------|
| 1.  | Hunter Flick         | 8.07        | 2022        |
| 2.  | Travis Milbrandt     | 8.08        | 2015        |
| 3.  | Logan Myers          | 8.20        | 2015        |
| 4.  | Peter Maguire        | 8.24        | 2014        |
| 5.  | Koby Okezie          | 8.29        | 2020        |
| 6.  | Cordell Cummings     | 8.31        | 2020        |
| 7.  | <b>Jaden Edwards</b> | <b>8.38</b> | <b>2024</b> |
| 8.  | Tre'Von Powe         | 8.40        | 2016        |
| 9.  | Jade Wilson          | 8.43        | 2016        |
| 10. | Dustin Wilson        | 8.44        | 2006        |

### 4x400 Meter Relay

|     |                                        |                |             |
|-----|----------------------------------------|----------------|-------------|
| 1.  | Poolman, Schmidt, McArthur, Smith      | 3:16.81        | 2014        |
| 2.  | <b>Le, Windrope, Brenek, Greenwalt</b> | <b>3:17.11</b> | <b>2024</b> |
| 2.  | Pooman, Schmidt, Nokes, Smith          | 3:17.01        | 2013        |
| 3.  | Welch, Daniels, Oglesby, Smith         | 3:17.49        | 2020        |
| 4.  | <b>Le, Woodring, Brenek, Greenwalt</b> | <b>3:17.69</b> | <b>2024</b> |
| 5.  | Chhim, Daniels, Oglesby, Smith         | 3:17.76        | 2020        |
| 6.  | Welch, Daniels, Brenek, Oglesby        | 3:19.03        | 2022        |
| 7.  | Woodring, Greenwalt, Brenek, Le        | 3:19.20        | 2023        |
| 8.  | Smith, Cummings, Okezie, Welch         | 3:20.13        | 2019        |
| 9.  | Welch, Lovercamp, Longley, McArthur    | 3:20.49        | 2018        |
| 10. | Tilley, Grudzinski, Schick, Morales    | 3:20.71        | 2012        |

### Distance Medley Relay

|     |                                        |                |             |
|-----|----------------------------------------|----------------|-------------|
| 1.  | Henry, Le, Bloom, Weber                | 9:45.48        | 2023        |
| 2.  | <b>Lingwall, Le, Bloom, McDermott</b>  | <b>9:46.78</b> | <b>2024</b> |
| 3.  | McDermott, Welch, Weber, Franks        | 9:50.83        | 2022        |
| 4.  | Weber, Le, Bloom, Henry                | 9:51.19        | 2023        |
| 5.  | McDermott, Daniels, Sturdevant, Franks | 9:54.13        | 2022        |
| 6.  | Brancheau, Neff, Bies, Tomsich         | 9:55.00        | 2007        |
| 7.  | Cossette, Daniels, Sager, Jasperson    | 9:57.56        | 2019        |
| 8.  | Grimes, Tilley, Abraham, Tomsich       | 9:59.93        | 2010        |
| 9.  | Cossette, Cummings, Sager, Jasperson   | 10:05.81       | 2019        |
| 10. | Abraham, Poolman, Timpe, Jackson       | 10:06.80       | 2012        |

**High Jump**

|     |                |       |                    |      |
|-----|----------------|-------|--------------------|------|
| 1.  | Beau Sheeran   | 2.10m | 6-10 $\frac{3}{4}$ | 2022 |
| 2.  | Brett Watson   | 2.09m | 6-10 $\frac{1}{4}$ | 2014 |
| 3.  | Tupre Wickliff | 2.06m | 6-9                | 2020 |
| 4.  | Logan Myers    | 2.05m | 6-8 $\frac{3}{4}$  | 2014 |
| 5.  | Ethan Sterkel  | 2.01m | 6-7                | 2020 |
|     | Peter Geist    | 2.01m | 6-7                | 2005 |
| 7.  | Garrett Davies | 2.00m | 6-6 $\frac{3}{4}$  | 2019 |
| 8.  | Jeff Word      | 1.98m | 6-6                | 2006 |
|     | Karsten Schick | 1.98m | 6-6                | 2012 |
| 10. | Kevin Yates    | 1.96m | 6-5                | 2013 |
|     | Keefe Brockman | 1.96m | 6-5                | 2010 |

**Long Jump**

|     |                       |              |                                       |             |
|-----|-----------------------|--------------|---------------------------------------|-------------|
| 1.  | Ethan Sterkel         | 7.26m        | 23-10                                 | 2022        |
| 2.  | Nate van Tuinen       | 7.21m        | 23-8                                  | 2017        |
| 3.  | Brett Watson          | 7.19m        | 23-7 $\frac{1}{4}$                    | 2015        |
| 4.  | Kevin Yates           | 7.11m        | 23-4                                  | 2013        |
| 5.  | <b>Troy Roberson</b>  | <b>7.10m</b> | <b>23-3 <math>\frac{1}{2}</math></b>  | <b>2024</b> |
| 6.  | Tim Clendaniel        | 7.09m        | 23-3 $\frac{1}{4}$                    | 2010        |
| 7.  | Seren Dances          | 7.02m        | 23-0 $\frac{1}{2}$                    | 2019        |
| 8.  | <b>Ryan Greenwalt</b> | <b>6.97m</b> | <b>22-10 <math>\frac{1}{2}</math></b> | <b>2024</b> |
| 9.  | Anthony Zachary       | 6.94m        | 22-9 $\frac{1}{4}$                    | 2010        |
| 10. | Rudy Mataya           | 6.86m        | 22-6 $\frac{1}{4}$                    | 2016        |
|     | Shane Gruger          | 6.86m        | 22-6 $\frac{1}{4}$                    | 2010        |

**Triple Jump**

|     |                 |        |                    |      |
|-----|-----------------|--------|--------------------|------|
| 1.  | Mark Seely      | 14.41m | 47-3 $\frac{1}{2}$ | 2016 |
| 2.  | Tim Clendaniel  | 14.34m | 47-0 $\frac{3}{4}$ | 2013 |
| 3.  | Somit Chhim     | 14.21m | 46-7 $\frac{1}{2}$ | 2017 |
| 4.  | Will Davis      | 14.20m | 46-7 $\frac{1}{4}$ | 2010 |
| 5.  | Nick Makrakis   | 14.13m | 46-4 $\frac{1}{4}$ | 2019 |
| 6.  | Jacob Ringold   | 14.11m | 46-3 $\frac{1}{2}$ | 2019 |
| 7.  | Seren Dances    | 14.07m | 46-2               | 2019 |
| 8.  | Gabe Menicke    | 14.04m | 46-0 $\frac{3}{4}$ | 2023 |
|     | Keefe Brockman  | 14.04m | 46-0 $\frac{3}{4}$ | 2010 |
| 10. | Tim Satterwhite | 13.90m | 45-4 $\frac{1}{4}$ | 2009 |

**Pole Vault**

|     |                 |       |                    |      |
|-----|-----------------|-------|--------------------|------|
| 1.  | Ryan Brown      | 5.31m | 17-5               | 2011 |
| 2.  | Tyler Thornbrue | 5.01m | 16-5 $\frac{1}{4}$ | 2007 |
| 3.  | J.T. Konrad     | 4.90m | 16-0 $\frac{3}{4}$ | 2019 |
|     | Hunter Verner   | 4.90m | 16-0 $\frac{3}{4}$ | 2005 |
| 5.  | Scott Romney    | 4.89m | 16-0 $\frac{1}{2}$ | 2006 |
| 6.  | Bryan Lucke     | 4.83m | 15-10              | 2007 |
| 7.  | Gordie Kordas   | 4.81m | 15-9 $\frac{1}{4}$ | 2017 |
| 8.  | Cal Rosenberg   | 4.76m | 15-7 $\frac{1}{4}$ | 2011 |
| 9.  | Andy Behl       | 4.71m | 15-5 $\frac{1}{2}$ | 2006 |
| 10. | Jacob Hino      | 4.66m | 15-3 $\frac{1}{2}$ | 2016 |

**Shot Put**

|     |                    |               |                     |             |
|-----|--------------------|---------------|---------------------|-------------|
| 1.  | Frank Catelli      | 17.51m        | 57-5 $\frac{1}{2}$  | 2014        |
| 2.  | Jacob Gilbert      | 16.12m        | 52-10 $\frac{3}{4}$ | 2014        |
| 3.  | Brandon Pless      | 16.10m        | 52-10               | 2016        |
| 4.  | Bryce Bryant-Leat  | 15.99m        | 52-5 $\frac{1}{2}$  | 2018        |
| 5.  | Ben Malquist       | 15.94m        | 52-3 $\frac{3}{4}$  | 2020        |
|     | Ben Elder          | 15.94m        | 52-3 $\frac{3}{4}$  | 2010        |
| 7.  | Dincer Kayhan      | 15.42m        | 50-7 $\frac{1}{4}$  | 2009        |
| 8.  | <b>Noah Turner</b> | <b>15.24m</b> | <b>50-0</b>         | <b>2024</b> |
| 9.  | Ryan McDonald      | 15.20m        | 49-10 $\frac{1}{2}$ | 2015        |
| 10. | Nelson Westlin     | 14.96m        | 49-1                | 2014        |

**35-lb. Weight Throw**

|     |                     |               |                    |             |
|-----|---------------------|---------------|--------------------|-------------|
| 1.  | Bryan Lee           | 17.78m        | 58-4               | 2020        |
| 2.  | Brandon Pless       | 17.53m        | 57-6 $\frac{1}{4}$ | 2016        |
| 3.  | Miller Campbell     | 17.48m        | 57-4 $\frac{1}{4}$ | 2023        |
| 4.  | <b>Angelo Ramos</b> | <b>17.42m</b> | <b>57-2</b>        | <b>2024</b> |
|     | Michael Hoffman     | 17.42m        | 57-2               | 2011        |
| 6.  | Avery Lux           | 16.67m        | 54-8 $\frac{1}{4}$ | 2020        |
| 7.  | Ben Elder           | 15.94m        | 52-3 $\frac{3}{4}$ | 2010        |
| 8.  | Jerrold Lee         | 15.01m        | 49-3               | 2022        |
| 9.  | Bryant Michaelson   | 14.97m        | 49-1 $\frac{1}{2}$ | 2011        |
| 10. | Tyler Nichols       | 14.48m        | 47-6 $\frac{1}{4}$ | 2011        |

**Heptathlon**

|     |                  |       |      |
|-----|------------------|-------|------|
| 1.  | Seren Dances     | 5,069 | 2020 |
| 2.  | Ian Rinefort     | 4,805 | 2019 |
| 3.  | Tim Clendaniel   | 4,711 | 2010 |
| 4.  | Ryan Kenny       | 4,571 | 2022 |
| 5.  | Cooper Cummings  | 4,412 | 2020 |
| 6.  | Josh Freeman     | 4,200 | 2005 |
| 7.  | Nick Makrakis    | 4,169 | 2019 |
| 8.  | Michael Strasler | 4,051 | 2012 |
| 9.  | Alex Harrison    | 4,002 | 2010 |
| 10. | Dylan Gordon     | 3,228 | 2013 |

**Legend:**

Mark set during the 2024 Season

# WESTERN WASHINGTON UNIVERSITY

## INDOOR TRACK & FIELD WOMEN'S ALL-TIME TOP 10

// Through end of 2024 Season //

### 60 Meters

|    |                         |             |             |
|----|-------------------------|-------------|-------------|
| 1. | <b>Caitlyn Cheney</b>   | <b>7.66</b> | <b>2024</b> |
| 2. | <b>Annabelle Heiman</b> | <b>7.73</b> | <b>2024</b> |
| 3. | Macie Allen             | 7.77        | 2017        |
| 4. | Hannah Bradley          | 7.80        | 2019        |
| 5. | Tanya Bjornsson         | 7.84        | 2013        |
| 6. | Veronica Ivancic        | 7.87        | 2013        |
| 7. | Kelsey McLean           | 7.89        | 2018        |
|    | Joana Houplin           | 7.89        | 2010        |
| 9. | Megan Zukowski          | 7.94        | 2010        |
|    | Sydney Coffey           | 7.94        | 2012        |

### 200 Meters

|     |                           |              |             |
|-----|---------------------------|--------------|-------------|
| 1.  | Ellie Siler               | 25.03        | 2010        |
| 2.  | Savannah Smith            | 25.07        | 2019        |
| 3.  | Tanya Bjornsson           | 25.50        | 2013        |
| 4.  | <b>Caitlyn Cheney</b>     | <b>25.53</b> | <b>2024</b> |
| 5.  | Heidi Dimmitt             | 25.63        | 2009        |
| 6.  | Hannah Bradley            | 25.66        | 2020        |
| 7.  | Cheyenne Konrad           | 25.76        | 2016        |
| 8.  | Megan Zukowski            | 25.82        | 2010        |
| 9.  | <b>Hannah Polkinghorn</b> | <b>25.84</b> | <b>2024</b> |
| 10. | Emily Sytsma              | 25.96        | 2018        |

### 400 Meters

|     |                         |              |             |
|-----|-------------------------|--------------|-------------|
| 1.  | Ellie Siler             | 56.23        | 2009        |
| 2.  | Savannah Smith          | 57.15        | 2018        |
| 3.  | Sydney Coffey           | 57.46        | 2014        |
| 4.  | <b>Caitlyn Cheney</b>   | <b>57.86</b> | <b>2024</b> |
| 5.  | Sarah Brownell          | 57.92        | 2010        |
| 6.  | Megan O'Connell         | 58.12        | 2009        |
| 7.  | Gracia Reynolds         | 58.28        | 2016        |
| 8.  | <b>Annabelle Heiman</b> | <b>58.56</b> | <b>2024</b> |
| 9.  | Emily Sytsma            | 58.59        | 2018        |
| 10. | Cheyenne Konrad         | 58.83        | 2016        |

### 800 Meters

|     |                       |                |             |
|-----|-----------------------|----------------|-------------|
| 1.  | <b>Marian Ledesma</b> | <b>2:08.57</b> | <b>2024</b> |
| 2.  | Rachael Johnson       | 2:11.82        | 2009        |
| 3.  | <b>Emmy Kroontje</b>  | <b>2:12.70</b> | <b>2024</b> |
| 4.  | <b>Sophie Wright</b>  | <b>2:14.36</b> | <b>2024</b> |
| 5.  | Shawna Troupe         | 2:15.74        | 2015        |
| 6.  | Shawnee Konrad        | 2:16.60        | 2020        |
| 7.  | Mia Crocker           | 2:17.05        | 2022        |
| 8.  | Cheri Watson          | 2:17.64        | 2009        |
| 9.  | Annika Taylor         | 2:17.73        | 2020        |
| 10. | <b>Elie Bassett</b>   | <b>2:17.93</b> | <b>2024</b> |

### Mile

|     |                      |                |             |
|-----|----------------------|----------------|-------------|
| 1.  | <b>Ila Davis</b>     | <b>4:52.81</b> | <b>2024</b> |
| 2.  | <b>Sophie Wright</b> | <b>4:52.96</b> | <b>2024</b> |
| 3.  | Sarah Porter         | 4:56.37        | 2009        |
| 4.  | Courtney Olsen       | 4:56.45        | 2010        |
| 5.  | Katelyn Steen        | 4:59.41        | 2015        |
| 6.  | <b>Mia Crocker</b>   | <b>4:59.97</b> | <b>2024</b> |
| 7.  | Shawna Troupe        | 5:00.67        | 2016        |
| 8.  | Haley O'Connor       | 5:04.20        | 2015        |
| 9.  | <b>Ashley Reeck</b>  | <b>5:06.12</b> | <b>2024</b> |
| 10. | Lauren Breihof       | 5:06.65        | 2010        |

### 3000 Meters

|     |                      |                |             |
|-----|----------------------|----------------|-------------|
| 1.  | Katelyn Steen        | 9:38.92        | 2015        |
| 2.  | Sarah Porter         | 9:44.31        | 2010        |
| 3.  | <b>Ila Davis</b>     | <b>9:45.70</b> | <b>2024</b> |
| 4.  | Brittany Grant       | 9:54.97        | 2017        |
| 5.  | <b>Ashley Reeck</b>  | <b>9:57.56</b> | <b>2024</b> |
| 6.  | Lillianna Stelling   | 10:05.08       | 2017        |
| 7.  | Lauren Breihof       | 10:07.57       | 2011        |
| 8.  | Rebecca Lehman       | 10:11.06       | 2020        |
| 9.  | Tovah Swartz-Ireland | 10:12.05       | 2020        |
| 10. | Tracy Melville       | 10:13.43       | 2016        |

### 5000 Meters

|     |                       |                 |             |
|-----|-----------------------|-----------------|-------------|
| 1.  | Sarah Porter          | 16:11.98        | 2011        |
| 2.  | Katelyn Steen         | 16:46.92        | 2015        |
| 3.  | <b>Ashley Reeck</b>   | <b>17:06.33</b> | <b>2024</b> |
| 4.  | Lauren Breihof        | 17:32.30        | 2010        |
| 5.  | <b>Meaera Nystrom</b> | <b>17:36.32</b> | <b>2024</b> |
| 6.  | Brittany Grant        | 17:36.90        | 2016        |
| 7.  | Sophia Galvez         | 17:37.16        | 2019        |
| 8.  | Courtney Olsen        | 17:43.72        | 2010        |
| 9.  | Lillianna Stelling    | 17:54.85        | 2017        |
| 10. | <b>Emma Smith</b>     | <b>18:00.95</b> | <b>2024</b> |

### 60 Meter Hurdles

|     |                         |             |             |
|-----|-------------------------|-------------|-------------|
| 1.  | Tanya Bjornsson         | 8.72        | 2014        |
| 2.  | Michelle Howe           | 8.89        | 2010        |
| 3.  | Claire Hansen           | 9.09        | 2018        |
| 4.  | Aliyah Dawkins          | 9.11        | 2022        |
| 5.  | <b>Brooke Mansfield</b> | <b>9.14</b> | <b>2024</b> |
| 6.  | Alex McDonald           | 9.18        | 2013        |
| 7.  | Matty Lagerwey          | 9.19        | 2023        |
| 8.  | McKenna Hunt            | 9.20        | 2016        |
| 9.  | <b>Naomi Bates</b>      | <b>9.21</b> | <b>2024</b> |
| 10. | Lindsay Lunderman       | 9.29        | 2007        |

### 4x400 Meter Relay

|     |                                           |                |             |
|-----|-------------------------------------------|----------------|-------------|
| 1.  | Siler, Howe, O'Connell, Brownell          | 3:48.67        | 2010        |
| 2.  | <b>Cheney, Heiman, K. Cook, Ledesma</b>   | <b>3:51.26</b> | <b>2024</b> |
| 3.  | Dimmitt, O'Connell, Brownell, Siler       | 3:54.16        | 2009        |
| 4.  | <b>Cheney, Ledesma, Heiman, Mansfield</b> | <b>3:54.77</b> | <b>2024</b> |
| 5.  | Konrad, Reynolds, Smith, V. Ivancic       | 3:55.08        | 2016        |
| 6.  | Siler, Coffey, Ledtke, Zukowski           | 3:56.13        | 2011        |
| 7.  | Siler, Howe, Coffey, Ledtke               | 3:57.50        | 2012        |
| 8.  | Svastisalee, Smith, Foos, Sytsma          | 3:57.88        | 2018        |
| 9.  | Smith, Svastisalee, Paige, Konrad         | 3:58.93        | 2016        |
| 10. | Coffey, Bjornsson, Dodd, Ledtke           | 4:00.16        | 2013        |

### Distance Medley Relay

|     |                                              |                 |             |
|-----|----------------------------------------------|-----------------|-------------|
| 1.  | <b>Wright, Cheney, Kroontje, Davis</b>       | <b>11:27.45</b> | <b>2024</b> |
| 2.  | Wright, Miller, Crocker, Davis               | 11:40.67        | 2023        |
| 3.  | <b>Crocker, Heiman, Ledesma, Reeck</b>       | <b>11:42.13</b> | <b>2024</b> |
| 4.  | Olsen, O'Connell, Johnson, Porter            | 11:46.27        | 2010        |
| 5.  | Wright, Cheney, Crocker, Davis               | 11:47.47        | 2023        |
| 6.  | <b>Crocker, Ledesma, Collins-Winn, Davis</b> | <b>11:50.82</b> | <b>2024</b> |
| 7.  | Johnson, Siler, O'Connell, Porter            | 11:53.23        | 2011        |
| 8.  | Johnson, Siler, Olsen, Porter                | 11:57.17        | 2009        |
| 9.  | Wright, Ledesma, Crocker, Davis              | 11:59.03        | 2023        |
| 10. | Lehman, Taylor, Konrad, Barr                 | 12:10.58        | 2020        |

**High Jump**

|     |                  |              |              |             |
|-----|------------------|--------------|--------------|-------------|
| 1.  | Miranda Osadchey | 1.74m        | 5-8 ½        | 2016        |
| 2.  | Maddie Taylor    | 1.73m        | 5-8          | 2019        |
|     | Brittany Grandy  | 1.73m        | 5-8          | 2012        |
| 4.  | Aliyah Dawkins   | 1.72m        | 5-7 ¾        | 2020        |
| 5.  | Clara Cook       | 1.66m        | 5-5 ¼        | 2007        |
| 6.  | Jessica Neal     | 1.65m        | 5-5          | 2023        |
| 7.  | Katelyn Wright   | 1.64m        | 5-4 ½        | 2015        |
|     | Heather Faretta  | 1.64m        | 5-4 ½        | 2019        |
| 9.  | <b>Kora Cook</b> | <b>1.62m</b> | <b>5-3 ¾</b> | <b>2024</b> |
| 10. | Bridget Henry    | 1.61m        | 5-3 ¼        | 2017        |
|     | Amanda Overdick  | 1.61m        | 5-3 ¼        | 2012        |

**Long Jump**

|     |                    |              |               |             |
|-----|--------------------|--------------|---------------|-------------|
| 1.  | Emily Warman       | 5.86m        | 19-2 ¾        | 2013        |
| 2.  | Tanya Bjornson     | 5.82m        | 19-1 ¼        | 2014        |
| 3.  | Jasmine McMullin   | 5.73m        | 18-9 ¾        | 2018        |
| 4.  | Matty Lagerwey     | 5.60m        | 18-4 ½        | 2023        |
| 5.  | Kim Bascom         | 5.58m        | 18-3 ¾        | 2007        |
| 6.  | Aliyah Dawkins     | 5.54m        | 18-2 ¼        | 2020        |
| 7.  | Hannah Polkinghorn | 5.46m        | 17-11         | 2023        |
| 8.  | Emily Walters      | 5.42m        | 17-9 ½        | 2013        |
| 9.  | <b>Kora Cook</b>   | <b>5.32m</b> | <b>17-5 ½</b> | <b>2024</b> |
| 10. | Christy Miller     | 5.30m        | 17-4 ¾        | 2007        |

**Triple Jump**

|    |                  |        |         |      |
|----|------------------|--------|---------|------|
| 1. | Jasmine McMullin | 12.68m | 41-7 ¼  | 2018 |
| 2. | Emily Warman     | 12.18m | 39-11 ½ | 2010 |
| 3. | Devon Olson      | 11.63m | 38-2    | 2020 |
| 4. | Kim Bascom       | 11.53m | 37-8 ¾  | 2007 |
| 5. | Emily Walters    | 11.44m | 37-6 ½  | 2013 |
| 6. | Megan Paulsen    | 11.38m | 37-0 ¼  | 2008 |
| 7. | Christy Miller   | 11.09m | 36-4 ¾  | 2008 |
| 8. | Matty Lagerwey   | 10.90m | 35-9 ¼  | 2020 |
| 9. | Lainnie Lyamba   | 10.83m | 35-6 ½  | 2022 |
|    | Jamie Sanford    | 10.83m | 35-6 ½  | 2020 |

**Pole Vault**

|     |                       |              |               |             |
|-----|-----------------------|--------------|---------------|-------------|
| 1.  | Anna Paradee          | 3.92m        | 12-10 ¼       | 2017        |
| 2.  | Karis Anderson        | 3.90m        | 12-9 ½        | 2012        |
| 3.  | Cheyanna Pinley       | 3.81m        | 12-6          | 2014        |
| 4.  | Christy Miller        | 3.80m        | 12-5 ½        | 2009        |
| 5.  | <b>Sydney Mohlman</b> | <b>3.73m</b> | <b>12-2 ¾</b> | <b>2024</b> |
| 6.  | Danielle Juarez       | 3.66m        | 12-0          | 2004        |
| 7.  | Lexi Perry            | 3.53m        | 11-7          | 2020        |
| 8.  | Hannah Dodson         | 3.52m        | 11-6 ½        | 2018        |
| 9.  | Rachael Roberts       | 3.51m        | 11-6 ¼        | 2018        |
| 10. | Jewels Oliquiano      | 3.45m        | 11-3 ¾        | 2018        |
|     | Amanda DiEnno         | 3.45m        | 11-3 ¾        | 2010        |

**Shot Put**

|     |                      |               |               |             |
|-----|----------------------|---------------|---------------|-------------|
| 1.  | <b>Katie Potts</b>   | <b>13.82m</b> | <b>45-4 ¼</b> | <b>2024</b> |
| 2.  | Mara Parks           | 12.72m        | 41-8 ¾        | 2023        |
| 3.  | Megan Mortensen      | 12.69m        | 41-7 ¾        | 2016        |
| 4.  | Tammy Carlson        | 12.45m        | 40-10 ¼       | 2005        |
| 5.  | Maya McFadden        | 12.14m        | 39-10         | 2020        |
| 6.  | Jasmine Kaufman      | 12.08m        | 39-7 ¾        | 2022        |
| 7.  | C. Cleveland Barrera | 11.98m        | 39-3 ¾        | 2022        |
| 8.  | Chanelle Eddy        | 11.91m        | 39-1          | 2019        |
| 9.  | Amanda Short         | 11.81m        | 38-9          | 2022        |
| 10. | Chelsea Sadler       | 11.78m        | 38-7 ¾        | 2007        |

**20-lb. Weight Throw**

|     |                         |               |                |             |
|-----|-------------------------|---------------|----------------|-------------|
| 1.  | Raine Westfall          | 16.75m        | 54-11 ½        | 2023        |
| 2.  | Katie Potts             | 16.07m        | 52-8 ¾         | 2023        |
| 4.  | <b>Mara Parks</b>       | <b>15.08m</b> | <b>49-5.75</b> | <b>2024</b> |
| 5.  | Lindsey Wells           | 14.85m        | 48-8 ¾         | 2013        |
| 6.  | Megan MorPRtensen       | 14.79m        | 48-6 ¼         | 2017        |
| 7.  | Mattison Crook          | 14.73m        | 48-4           | 2022        |
| 7.  | Sophia Roberts          | 13.82m        | 45-4 ¼         | 2018        |
| 8.  | Chanelle Eddy           | 13.78m        | 45-2 ½         | 2018        |
| 9.  | <b>Dorothy Franklin</b> | <b>13.13m</b> | <b>43-1</b>    | <b>2024</b> |
| 10. | Kiana Schwendeman       | 12.95m        | 42-6           | 2018        |

**Pentathlon**

|     |                  |       |      |
|-----|------------------|-------|------|
| 1.  | Aliyah Dawkins   | 3,340 | 2022 |
| 2.  | Katie Reichert   | 3,144 | 2013 |
| 3.  | Matty Lagerwey   | 3,138 | 2022 |
| 4.  | Kaylie Greninger | 3,098 | 2016 |
| 5.  | Michelle Howe    | 3,052 | 2012 |
| 6.  | Leanne Kibbee    | 2,883 | 2022 |
| 7.  | Brooklyn Holton  | 2,878 | 2011 |
| 8.  | Emily Strasler   | 2,861 | 2014 |
| 9.  | Nicole Avery     | 2,841 | 2023 |
| 10. | Maya McFadden    | 2,686 | 2019 |

**Legend:**

Mark set during the 2024 Season