



WWU OUTDOOR TRACK & FIELD



WWU TRACK & FIELD OUTDOOR RECORDS

// Records Through Competition of May 14, 2022 //

MEN'S EVENT	NAME	TIME/DISTANCE	YEAR
100 Meter Dash	Alex Donigian	10.22	2015
200 Meter Dash	Alex Donigian	20.93	2016
400 Meter Dash	Marc Hill	47.25	1994
800 Meter Run	Drew Weber	1:49.48	2022
1500 Meter Run	Mac Franks	3:42.22	2022
Mile Run	Mac Franks	4:03.64	2022
3000 Meter Run	Jordan Welling	8:24.61	2010
5000 Meter Run	Jordan Welling	14:10.43	2011
10,000 Meter Run	Jordan Welling	29:45.92	2010
Marathon	Bruce Manclark	2:22:30.0	1978
110 Meter Hurdles	Travis Milbrandt	14.19	2016
400 Meter Hurdles	Mike Vorce	51.9y (51.74)	1973
2000 Meter Steeplechase	Eric Brill	6:11.1	2012
3000 Meter Steeplechase	Mac Franks	8:52.50	2022
4x100 Meter Relay	Dan Lewis, Coby Dilling Chris Susee, Mike Lynch	41.35	1997
4x400 Meter Relay	Jon Poolman, Nathan Schmidt, Jason Nokes, Devon Smith	3:14.15	2013
4x800 Meter Relay	Oscar Myre IV, Devin Kemper, Kahn Khabra, Kurt Grichel	7:39.2	1997
Distance Medley Relay	Devin Kemper, Lewis McCulloch Lance Latimer, Erik Meyer	10.12.1	1998
1600 Meter Race Walk	Allen James	7:22.1	1985
2000 Meter Race Walk	Allen James	8:44.6	1986
3000 Meter Race Walk	Tony Engelhardt	13:18.5	1988
5000 Meter Race Walk	Tony Engelhardt	22:18.2	1989
10,000 Meter Race Walk	Tony Engelhardt	44:56.0	1989
Long Jump	Brett Watson	7.36m/24-1 ¾	2015
Triple Jump	Jerry Hopper	15.17m/49-9 ¼	1988
High Jump	Nathan Lindeman	2.14m/7-0 ¼	2001
Pole Vault	Ryan Brown	5.40m/17-8 ½	2010
Shot Put	Frank Catelli	18.55m/60-10 ½	2014
Discus	Ryan Macdonald	54.07m/177-4	2015
Javelin (1986 spec.)	Slater Hirst	70.23m/230-5	2015
Hammer	Michael Hoffman	62.87m/206-3	2011
Decathlon	Alex Harrison	6,772 points	2012
WOMEN'S EVENT	NAME	TIME/DISTANCE	YEAR
100 Meter Dash	Hollie Watson	11.93	1987
200 Meter Dash	Hollie Watson	24.32	1987
400 Meter Dash	Ellie Siler	54.59	2009
800 Meter Run	Rachael Johnson	2:11.45	2011
1500 Meter Run	Haley O'Connor	4:29.71	2015
Mile Run	Mia Crocker	4:52.95	2022
3000 Meter Run	Sarah Porter	9:35.75	2011
3000 Meter Race Walk	Kathleen Law	15:17.16	1996
5000 Meter Run	Sarah Porter	15:57.02	2011
10,000 Meter Run	Sarah Porter	33:17.39	2011
Marathon	Lisa Riedel	2:55:36.0	1982
100 Meter Hurdles	Wendy Taylor	13.7	1973
400 Meter Hurdles	Heidi Dimmitt	1:00.31	2009
2000 Meter Steeplechase	Katelyn Steen	6:56.78	2014
3000 Meter Steeplechase	Katelyn Steen	10:13.01	2015
800 Meter Medley Relay	Kay Archer, Diana Holly, Lola Johnston, Kathy Miller	1:46.84	1984
4x100 Meter Relay	Joana Houplin, Michelle Howe Sarah Brownell, Megan Zukowski	46.90	2010
4x400 Meter Relay	Shannon Anderson, Louise Bomars Sydney Green, Alicia Jones	3:47.37	1997
4x800 Meter Relay	Dawn Graham, Janis Swanson, Carla Randall, Bethany Ryals	9:14.37	1981
Discus	Jessica Telleria	47.61m/156-2	2006
Shot Put	Sherie Schroeder	13.56m/44-6	1998
Long Jump	Tonya Bjornsson	5.91m/19-4 ¾	2014
Triple Jump	Emily Warman	12.37m/40-7	2012
High Jump	Maddie Taylor	1.74m/5-8 ½	2019
Javelin	Katie Reichert	54.97m/180-4	2016
Hammer	Lindsay Wells	55.58m/182-4	2014
Pole Vault	Anna Paradee	4.01m/13-1 ¾	2017
Heptathlon	Sarah Hiss	4,748 points	2000

Legend:

Mark set earlier during 2022 Outdoor Season

Mark set at GNAC Championships (5/13-14/22)

WESTERN WASHINGTON UNIVERSITY
OUTDOOR TRACK & FIELD MEN'S TOP 10
 // Records Through Competition of May 14, 2022 //

100 Meters

1.	10.22	Alex Donigian	2015
2.	10.33	Karlington Anunagba	2019
3.	10.6	Fred Pulphus	1986
	10.6	Dan Lewis	1995
5.	10.68	Noah Johnson	2022
6.	10.75	Alex Tilley	2010
7.	10.76	Coby Dilling	1997
8.	10.79	Ryan Greenwalt	2021
9.	10.80	Bryant Welch	2019
	10.80	Shane Gruger	2012

200 Meters

1.	20.93	Alex Donigian	2016
2.	21.40	Marc Hill	1994
3.	21.68	Karlington Anunagba	2019
4.	21.70	Bryant Welch	2022
5.	21.77	Alex Tilley	2012
6.	21.79	Mike Lynch	1998
7.	21.7y	Dave Anderson	1967 (21.81)
	21.7y	Jim Magee	1971 (21.81)
9.	21.82	Noah Johnson	2022
10.	21.84	Brian Estes	1988

400 Meters

1.	47.25	Marc Hill	1994
2.	47.82	Jon Poolman	2013
3.	47.85	Bryant Welch	2022
4.	48.20	Devon Smith	2013
5.	48.28	Ryan McArthur	2017
6.	48.36	Fred Pulphus	1985
7.	48.6y	Larry Anderson	1968 (48.46)
8.	48.52	Michael Dean	2007
9.	48.8y	Mike Vorce	1974 (48.66)
10.	48.9y	Gary Phillips	1957 (48.76)

800 Meters

1.	1:49.48	Drew Weber	2022
2.	1:49.84	Devin Kemper	2000
3.	1:50.05	Mac Franks	2022
4.	1:50.74	Kurt Grichel	1997
5.	1:51.33	Keith Lemay	2008
6.	1:51.94	Kyler Sager	2018
7.	1:52.26	Erik Bies	2007
8.	1:52.48	Sam Brancheau	2007
9.	1:52.58	Todd Baerny	1990
10.	1:52.62	Calahan Warren	2022

1,500 Meters

1.	3:42.22	Mac Franks	2022
2.	3:43.00	Calahan Warren	2022
3.	3:45.77	Drew Weber	2022
4.	3:46.44	Devin Kemper	2000
5.	3:47.21	Anthony Tomsich	2009
6.	3:47.66	Todd Baerny	1990
7.	3:48:46	Kevin McDermott	2022
8.	3:48.79	Craig Hanson	1990
9.	3:51.96	James Jasperson	2019
10.	3:52.35	Keith Lemay	2008

3,000 Meters

1.	8:24.61	Jordan Welling	2010
2.	8:25.7	Jeff Van Kleeck	1992
3.	8:33.3	Chris Bjarke	1982
4.	8:35.9	Rick Sherman	1986
5.	8:37.4	Bruce Cyra	1981
6.	8:38.26	Tabor Reedy	2013
7.	8:38.88	Kurt Hartmaier	2004
8.	8:40.0	Isaac Griffith	2015
9.	8:40.9	Steve Tollan	1986
10.	8:41.39	Ryan Peterson	2013

3,000 Meter Steeplechase

1.	8:52.50	Mac Franks	2022
2.	8:55.30	Jeret Gillingham	2021
3.	8:59.67	Matthew Lutz	2016
4.	9:01.36	Kaleb Korta	2021
5.	9:02.86	Mac Franks	2021
6.	9:04.90	Dylan Hayes	2019
7.	9:05.64	Andrew Wise	2016
8.	9:09.25	Ian Fay	2018
9.	9:10.67	Kirby White	1989
10.	9:12.25	Drew Weber	2022

5,000 Meters

1.	14:10.43	Jordan Welling	2011
2.	14:13.90	Calahan Warren	2022
3.	14:17.12	Bennett Grimes	2011
4.	14:23.32	Eric Hamel	2021
5.	14:29.29	Kevin McDermott	2022
6.	14:31.57	Jeret Gillingham	2022
7.	14:31.86	Anthony Tomsich	2007
8.	14:36.59	Jeff Van Kleeck	1993
9.	14:38.00	Bruce Manclark	1978
10.	14:41.59	Chip Jackson	2014

10,000 Meters

1.	29:45.92	Jordan Welling	2010
2.	29:54.94	Bennett Grimes	2011
3.	29:55.17	Calahan Warren	2021
4.	30:12.50	John Deremiah	1991
5.	30:14.91	Blake Medhaug	2010
6.	30:17.34	Eric Hamel	2021
7.	30:30.60	Bruce Manclark	1977
8.	30:33.23	Zach Boteilho	2003
9.	30:45.00	Steve Pilcher	1979
10.	30:46.49	Kevin McDermott	2021

Marathon

1.	2:22:30	Bruce Manclark	1978
2.	2:26:03	Jeff Coulter	1980
3.	2:26:19	Steve Pilcher	1978
4.	2:27:43	Mike Shaw	1974
5.	2:28:25	Mike Dubuc	1984
6.	2:28:50	Bud Willis	1978
7.	2:29:36	Brent Golden	1980
8.	2:31:15	Chris Bjarke	1979
9.	2:31:30	Fred New	1973
10.	2:31:32	Marty Brown	1979

110 Meter Hurdles

1.	14.19	Travis Milbrandt	2016
2.	14.46	Cordell Cummings	2021
3.	14.50	Koby Okezie	2022
4.	14.56	Logan Myers	2015
5.	14.3y	Mike Vorce	1974 (14.57)
6.	14.65	Hunter Flick	2021
7.	14.76	Trey Cummings	1986
8.	14.83	Dave Woodward	1984
9.	14.84	Josh Freeman	2005
10.	14.87	Chris Susee	1997

400 Meter Hurdles

1.	51.9y	Mike Vorce	1973 (51.74)
2.	51.77	Cordell Cummings	2019
3.	52.41	Nick Little	2000
4.	52.9	John Kostogeanis	1980
5.	53.24	Peter Myers	1996
6.	53.46	Peter Maguire	2014
7.	53.75	Kevin Myhre	2008
8.	54.0	Trey Cummings	1986
9.	54.07	Reid Lovercamp	2018
10.	54.20	Josh Coleson	1994
	54.20	Jade Wilson	2015

5,000 Meter Walk

1.	22:18.2	Tony Engelhardt	1989
2.	22:41.2	Herman Nelson	1987
3.	22:45.0	Allen James	1986
4.	23:37.9	Colin Peters	1984
5.	25:33.0	Joel Pentland	1991
6.	25:56.0	Shawn Haynes	1990
7.	27:11.6	Mark Olsen	1991
8.	27:44.0	Don Wesley	1993
9.	30:54.2	Geoff Combs	1984

4x100 Meter Relay

1.	41.35	Lewis, Dilling, Susee, Lynch	1997
2.	41.36	Steffen, Donigian, N.Schmidt, Poolman	2013
3.	41.40	Pangilinan, Gruger, Tilley, Steffen	2012
4.	41.51	Lewis, Dilling, Nelson, Lynch	1998
5.	41.52	Binkerd, Donigian, Watson, Schmidt	2015
6.	41.72	Thomsen, Zackery, Gruger, Tilley	2010
7.	41.86	Greenwalt, Fischer, Daniels, Johnson	2022
8.	41.95	Van Tuinen, Donigian, Wilson, Poolman	2014
9.	42.03	Bedlion, Petz, Wilson, Mcclung	2003
10.	42.08	Soo, Brown, Williams, Pulphus	1986
	42.08	Lewis, Cottrell, Leavengood, Lynch	1998

4x400 Meter Relay

1.	3:14.15	Poolman, Schmidt, Nokes, D.Smith	2013
2.	3:15.7y	L.Anderson, Jackman, D.Anderson, Kuhlman	1968 (3:14.70)
3.	3:14.97	Hill, Armeni, Davis, Halberg	1993
4.	3:15.13	Little, Leavengood, Kemper, Lynch	2000
5.	3:16.4y	L.Anderson, Jackman, Tucker, Campbell	1967 (3:15.40)
6.	3:15.48	Poolman, Van Tuinen, Mcarthur, Smith	2014
7.	3:15.54	Cor. Cummings, Rinefort, Welch, Smith	2019
8.	3:15.86	R. Witters, Daniels, Brenek, Welch	2022
9.	3:15.93	Welch, Daniels, Brenek, Cor. Cummings	2021
10.	3:16.00	Hill, Young, Coleson, Delaney	1994

4x800 Meter Relay

1.	7:39.20	Myre, Kemper, Khabra, K.Grichel	1997
2.	7:41.25	Ohenmus, Latimer, Kemper, Mcculloch	1998
3.	7:44.70	S.Grichel, K.Grichel, J.Goesling, Myre	1995
4.	7:46.30	S.Grichel, K.Grichel, Reyier, Myre	1994
5.	7:46.71	K.Grichel, Mcculloch, Myre, Ogiore	1996
6.	7:51.00	Salzman Relays	1982
7.	7:53.00	Dolese, Underhill, Bjarke, Weigel	1984
8.	7:55.20	Dubac, Kinderis, Dobias, Cyra	1981
9.	7:56.40	Salzman Relays	1987
10.	7:57.10	Simon Fraser	1990

High Jump

1.	2.14m	7-0 ¼	Nathan Lindeman	2001
2.	2.09m	6-10 ¼	Kurt Hanson	1984
3.	2.08m	6-10	Eric Green	2000
	2.08m	6-9 ¾	Brett Watson	2013
5.	2.06m	6-9	Tony Bash	1981
	2.06m	6-9	Todd Mcallister	1989
	2.06m	6-9	Tupre Wickliff	2018
8.	2.05m	6-8 ¾	Kyle McGillen	2006
	2.05m	6-8 ¾	Logan Myers	2014
10.	2.03m	6-8	Beau Sheeran	2022
	2.03m	6-8	Mike Scruggs	1984
	2.03m	6-8	Mark Murdzia	1985
	2.03m	6-8	Chris Herling	1989
	2.03m	6-8	Ron Olson	1992
	2.03m	6-8	Peter Geist	2006

Pole Vault

1.	5.40m	17-8 ½	Ryan Brown	2010
2.	5.00m	16-4 ¾	J.T. Konrad	2016
3.	4.85m	15-11	Jacob Hino	2016
	4.85m	15-11	Scott Romney	2006
5.	4.82m	15-9 ¾	Tyler Thornbrue	2007
6.	4.80m	15-9	Gordie Kordas	2017
	4.80m	15-9	Hunter Verner	2005
	4.80m	15-9	Cal Rosenberg	2012
9.	4.77m	15-8	Murray Giles	1984
10.	4.76m	15-7	Travis Spencer-Coye	1998

Legend:

Mark set earlier during 2022 Outdoor Season

Mark set at GNAC Championships (5/13-14/22)

Long Jump

1.	7.36m	24-1 ¾	Brett Watson	2015
2.	7.33m	24-0 ¾	John Hunt	1966
3.	7.29m	23-11	Ethan Sterkel	2022
4.	7.21m	23-8	Shane Gruger	2012
5.	7.20m	23-7 ½	Seren Dances	2019
6.	7.19m	23-7 ¼	Kevin Yates	2013
7.	7.14m	23-5 ¼	David Tran	2021
	7.14m	23-5 ¼	Dick Perfrement	1965
9.	7.09m	23-3 ¼	Cecil Simms	1972
10.	7.08m	23-2 ¾	Ryan Greenwalt	2021

Triple Jump

1.	15.17m	49-9 ¼	Jerry Hopper	1988
2.	14.65m	48-0 ¾	Mark Seely	2016
	14.65m	48-0 ¾	Tim Clendaniel	2011
4.	14.61m	47-11 ½	John White	1973
5.	14.60m	47-11	Jay Wangsmo	1985
6.	14.49m	47-6 ½	Christian Salas	1990
7.	14.34m	47-0 ¾	Dick Perfrement	1967
8.	14.33m	47-0 ¼	Seren Dances	2019
	14.33m	47-0 ¼	Will Davis	2010
10.	14.27m	46-10	Jacob Ringold	2019

Shot Put

1.	18.55m	60-10 ½	Frank Catelli	2014
2.	16.94m	55-7	Scott Easley	1995
3.	16.76m	55-0	Ben Malquist	2021
4.	16.15m	53-0	Brandon Pless	2017
5.	16.14m	52-11 ½	Ben Elder	2010
6.	16.00m	52-6	Jacob Gilbert	2014
7.	15.87m	52-1	Kim Nix	1987
8.	15.78m	51-9 ¼	Bryce Bryant-Leat	2018
9.	15.76m	51-8 ¾	Dieter Vanarsdale	1977
10.	15.68m	51-5 ½	Nelson Westlin	2012

Discus

1.	54.07m	177-4	Ryan Macdonald	2015
2.	53.00m	173-11	Frank Catelli	2014
3.	51.37m	168-6	Brandon Pless	2017
4.	51.32m	168-4	Ben Elder	2010
5.	51.24m	168-1	Michael Hoffman	2012
6.	49.12m	161-2	Martin Rudy	1980
7.	48.98m	160-8	Steve Bernardy	2001
8.	48.72m	159-10	Kent Swalwell	1955
9.	48.10m	157-10	Donavan Cunningham	2009
10.	47.90m	157-2	Tom Farris	2004

Hammer

1.	62.87m	206-3	Michael Hoffman	2011
2.	57.60m	188-11	Avery Lux	2020
3.	57.06m	187-2	Dennis James	1991
4.	54.98m	180-4 ¾	Brandon Pless	2017
5.	54.36m	178-4	Martin Rudy	1980
6.	54.18m	177-9	Rod Ritter	1982
7.	53.00m	173-10	Kent Stoddard	1995
8.	52.38m	171-10	Bryan Lee	2016
9.	51.76m	169-10	Ryan Simicich	1994
10.	51.56m	169-2	Seth Rhodes	1995

Javelin

1.	70.23m	230-5	Slater Hirst	2015
2.	68.38m	224-4	Alex Barry	2018
3.	65.42m	214-7	Alex Harrison	2012
4.	64.70m	212-3	John Haskin	2015
5.	63-16m	207-3	Travis Huntsinger	2001
6.	63.05m	206-10	Spencer Claeys	2018
7.	62.66m	205-7	Jeff Neubauer*	1986
8.	62.20m	204-1	Justin Brewer	2005
9.	61.86m	202-11	Costel David	2019
10.	61.20m	200-9	Tim Johnson	1995

*javelin specifications changed in 1986

Decathlon

1.	6,772	Alex Harrison	2012
2.	6,743	Jeff Neubauer	1986
3.	6,682	Ian Rinefort	2019
4.	6,574	Blake Surina	1982
	6,574	Josh Freeman	2005
6.	6,500	Seren Dances	2018
7.	6,113	Trey Cummings	1986
8.	6,096	Ron Olson	1992
9.	6,053	Ryan Kenny	2022
10.	6,031	Michael Stralser	2015

WESTERN WASHINGTON UNIVERSITY OUTDOOR TRACK & FIELD WOMEN'S TOP 10

// Records Through Competition of May 14, 2022 //

100 Meters

1.	11.93	Hollie Watson	1987
2.	12.00	Amy Cameron	1996
3.	12.08	Karlie Hurley	2021
4.	12.19	Hannah Bradley	2019
5.	12.20	Flo Mark-Booth	1992, 1993
	12.20	Marielle Stanton	1993
7.	12.27	Melissa Behrens	2003
8.	12.32	Megan Zukowski	2009
9.	12.32	Joana Houplin	2010
10.	12.30	Shannon O'Neill	1993
	12.30	Alicia Jones	1996

200 Meters

1.	24.32	Hollie Watson	1987
2.	24.65	Karlie Hurley	2021
3.	24.78	Savannah Smith	2019
4.	24.81	Hannah Bradley	2019
5.	24.99	Brandi Stevenson	1994
6.	25.13	Eleanor Siler	2012
7.	25.25	Dania Swosinski	2002
8.	25.40	Debbie Sandgren	1992
9.	25.42	Amy Cameron	1996
10.	25.46	Megan Zukowski	2010

400 Meters

1.	54.59	Eleanor Siler	2009
2.	55.69	Brandi Stevenson	1994
3.	56.10	Savannah Smith	2019
4.	56.43	Sydney Green	1997
5.	56.61	Shannon Anderson	1999
6.	56.80	Sydney Coffey	2013
7.	57.00	Karlie Hurley	2021
8.	57.06	Dania Swosinski	2002
9.	57.37	Kathy Miller	1985
10.	57.59	Sarah Brownell	2010

800 Meters

1.	2:11.45	Rachael Johnson	2011
2.	2:12.79	Jeanna Setera	1984
3.	2:12.84	Danita Erickson	1992
4.	2:13.09	Kathy Miller	1987
5.	2:13.60	Janis Swanson	1981
6.	2:13.78	Sophie Wright	2022
7.	2:13.89	Courtney Olsen	2010
8.	2:14.00	Mia Crocker	2022
9.	2:14.25	Megan Clancy	2000
10.	2:15.01	Haley O'Connor	2015
	2:15.11	Shawna Troupe	2016

1,500 Meters

1.	4:29.71	Haley O'Connor	2015
2.	4:30.15	Brittany Grant	2017
3.	4:30.32	Sarah Porter	2011
4.	4:30.98	Katelyn Steen	2014
5.	4:32.34	Mia Crocker	2022
	4:32.34	Courtney Olsen	2010
7.	4:32.59	Sophie Wright	2022
8.	4:32.70	Jennifer Eastman	1988
9.	4:35.81	Shawna Troupe	2016
10.	4:35.90	Kali Klotz-Brooks	2016

2,000 Meter Steeplechase

1.	6:56.78	Katelyn Steen	2014
2.	7:43.65	Nina Laurinolli	2001
3.	7:52.30	Dana Morse	1998
4.	8:04.40	Lindsey Roberts	2000
5.	8:05.70	Teresa Herron	2000
6.	8:08.90	Dana Beaudry	2000
7.	8:14.59	Valerie Matthews	2007
8.	8:25.10	Marta Bednarczyk	2000
9.	8:25.80	Jenni Gordon	1998

3,000 Meter Steeplechase

1.	10:13.01	Katelyn Steen	2015
2.	10:31.55	Ila Davis	2022
3.	10:32.60	Brittany Grant	2017
4.	10:35.32	Courtney Olsen	2010
5.	10:38.54	Haley O'Connor	2015
6.	10:58.11	Talia Dreicer	2019
7.	11:11.32	Peyton Shinnick	2018
8.	11:25.95	Phoebe Hartnett	2011
9.	11:26.54	Danielle Slaughter	2010
10.	11:29.98	Katie Tyburczy	2015

3,000 Meters

1.	9:35.75	Sarah Porter	2011
2.	9:38.76	Jennifer Eastman	1988
3.	9:39.50	Lisa Waltenburg	1991
4.	9:53.04	Ashlee Vincent	2003
5.	9:56.33	Genevieve Pfueller	1985
6.	10:03.43	Katelyn Steen	2014
7.	10:04.60	Cathy Kroll	1984
8.	10:06.51	Jennifer Campbell	1995
9.	10:11.90	Marilyn Thibodeau	1982
10.	10:12.50	Delores Montgomery	1985

5,000 Meters

1.	15:57.02	Sarah Porter	2011
2.	16:35.53	Katelyn Steen	2015
3.	16:46.17	Brittany Grant	2016
4.	16:59.08	Ashlee Vincent	2003
5.	17:04.68	Taylor Guenther	2016
6.	17:06.10	Lisa Waltenburg	1991
7.	17:11.88	Lauren Breihof	2010
8.	17:12.60	Genevieve Pfueller	1987
9.	17:13.78	Ila Davis	2022
10.	17:16.50	Lillianna Stelling	2016

10,000 Meters

1.	33:17.39	Sarah Porter	2011
2.	35:53.99	Lauren Breihof	2010
3.	36:28.86	Sophia Galvez	2019
4.	36:53.70	Laura Trevellyen	2004
5.	37:10.77	Lisa Pearl	2003
6.	37:16.26	Alexandra Laiblin	2018
7.	37:23.40	Kris Maraveller	1992
8.	37:31.00	Arlene Prather	1990
9.	37:32.86	Tracy Melville	2017
10.	37:34.64	Sierra Brisky	2011

Marathon

1.	2:55.36	Lisa Riedel	1982
2.	2:55.53	Renee Riedel	1982
3.	3:09.02	Sharon O'Dorman	1983
4.	3:10.19	Janet Pearson	1978
5.	3:10.19	Dani Tuell	1983
6.	3:12.50	Cathy Kroll	1983
7.	3:15.29	Lorna Whipple	1991
8.	3:18.24	Arlene Prather	1991
9.	3:21.16	Denise Holz	1990
10.	3:22.37	Andrea Nye	1995

100 Meter Hurdles

1.	13.70	Wendy Taylor	1973
2.	14.10	Amy Cameron	1997
3.	14.21	Tanya Bjornsson	2014
4.	14.25	Aliyah Dawkins	2021
5.	14.36	Michelle Howe	2012
6.	14.59	Kate Herber	2001
7.	14.67	Flo Mark	1992
8.	14.70	Brandi Stevenson	1996
9.	14.76	Claire Hansen	2018
10.	14.80	Louise Bomars	1998

400 Meter Hurdles

1.	60.31	Heidi Dimmitt	2009
2.	60.36	Brandi Stevenson	1994
3.	60.71	Janell Massey	1986
4.	61.46	Wendy Malich	1983
5.	61.86	Kristy Dunn	1987
6.	62.38	Louise Bomars	1998
7.	63.06	Michelle Howe	2012
8.	63.10	Deja Svasstisalee	2016
9.	63.28	Amber Dodd	2014
10.	63.60	Jackie Guichard	1975

3,000 Meter Walk

1.	15:17.16	Kathleen Law	1996
2.	16:16.10	Janell Englehardt	1995

4x100 Meter Relay

1.	46.90	Houplin, Howe, Brownell, Zukowski	2010
2.	47.24	McLean, Bradley, Smith, Sytsma	2018
3.	47.74	Green, Graves, Cameron, Jones	1997
4.	47.74	McLean, Bradley, Smith, Allen	2017
5.	47.88	Dimmitt, Zukowski, Houplin, Siler	2009
6.	47.99	Allen, McLean, Smith, Systma	2017
7.	48.04	Reid, Swosinski, Burch, Behrens	2003
8.	48.06	V. Ivancic, Bjornsson, R. Ivancic, Coffey	2014
9.	48.07	Houplin, Howe, Siler, Zukowski	2010
10.	48.08	McLean, Bradley, Greene, Sytsma	2018

4x400 Meter Relay

1.	3:47.37	Anderson, Bomars, Green, Jones	1997
2.	3:49.70	Dimmitt, Brownell, O'Connell, Siler	2009
3.	3:49.71	Anderson, Ellingson, Tenace, Rose	1999
4.	3:50.05	Watson, Massey, Johnston, Miller	1986
5.	3:50.55	Powers, Setera, Johnston, Miller	1984
6.	3:51.17	Haynes, Massey, Johnston, Miller	1986
7.	3:52.31	Coffey, Bjornsson, Troupe, Dodd	2014
8.	3:53.09	Dimmitt, Thorton, O'Connell, Brownell	2008
9.	3:53.30	Hooson, Stevenson, Garrod, Green	1994
10.	3:53.71	Siler, Ledtke, O'Connell, Zukowski	2011

4x800 Meter Relay

1.	9:14.37	Swanson, Graham, Randal, Ryals	1981
2.	9:14.57	Powers, Setera, Ocken, Steele	1983
3.	9:24.98y	Jonassen, Davidson, Abbott, Petrovich	1980
4.	9:23.19	Graham, Ryals, Randall, Jonassen	1981
5.	9:28.20	5-1-81	1981
6.	9:28.71	Clancy, Heaton, Kelley, Tenace	1998
7.	9:28.60	District 1 Championships	1984
8.	9:30.20	District 1 Championships	1985
9.	9:37.50	Petrovich, Jonassen, Davidson, Abbott	1982
10.	9:41.50	Petrovich, Jonassen, Davidson, Simpson	1980

800m Sprint Medley Relay (100-100-200-400)

1.	1:46.84	Archer, Holly, Johnston, Miller	1984
2.	1:47.05	District 1 Championships 1986	1986
3.	1:47.10	Stanton, Mark-Booth, Mattson, Stevenson	1993
4.	1:47.50	District 1 Championships 5-12-84	1984
5.	1:47.81	Glen, Mark, Sandgren, Mattson	1992
6.	1:48.35	Miller, Haynes, Watson, Johnston	1986
7.	1:48.40	Steilberg, Holly, Johnston, Miller	1985
8.	1:49.10	Johnston, Haynes, Waston, Miller	1986
9.	1:49.67	Stanton, Mark-Booth, O'Neill, Mattson	1993
10.	1:49.98	Shelton, Setera, Archer, Powers	1983

High Jump

1.	1.74m	5-8 ½	Maddie Taylor	2019
2.	1.73m	5-8	Aliyah Dawkins	2021
	1.73m	5-8	Kristy Dees	1984
4.	1.71m	5-7 ¼	Miranda Osadchey	2016
	1.71m	5-7 ¼	Jennifer Schwartz	1983
	1.71m	5-7 ¼	Clara Cook	2009
	1.71m	5-7 ¼	Brittany Grandy	2012
8.	1.70m	5-7	Jessica Neal	2021
9.	1.67m	5-5 ¾	Natalie Svenvold	2002
	1.67m	5-5 ¾	Amanda Overdick	2010
	1.67m	5-5 ¾	Katelyn Wright	2013

Pole Vault

1.	4.01m	13-1 ¾	Anna Paradee	2017
2.	3.85m	12-7 ½	Karis Anderson	2012
3.	3.76m	12-4	Christy Miller	2009
4.	3.73m	12-2 ¾	Danielle Juarez	2004
5.	3.70m	12-1 ½	Cheyenna Pinley	2013
6.	3.64m	11-11 ¼	Lexi Perry	2019
7.	3.57m	11-8 ½	Rachael Roberts	2018
8.	3.56m	11-8	Jewels Oliquiano	2017
	3.56m	11-8	Andrea Kreft	2005
10.	3.52m	11-6 ½	Hannah Dodson	2021

Legend:

Mark set earlier during 2022 Outdoor Season

Mark set at GNAC Championships (5/13-14/22)

Long Jump

1.	5.91m	19-4 ¾	Tanya Bjornsson	2014
2.	5.89m	19-4	Aliyah Dawkins	2021
3.	5.84m	19-2	Donna Larry	1982
	5.84m	19-2	Emily Warman	2012
5.	5.80m	19-0 ½	Matty Lagerwey	2022
6.	5.77m	18-11 ½	Christy Smith	1980
7.	5.75m	18-10 ½	Sarah Hiss	2000
8.	5.70m	18-8 ½	Karlie Hurley	2021
9.	5.65m	18-6 ½	Debbie Sandgren	1993
10.	5.63m	18-5 ¾	Jasmine McMullin	2017

Triple Jump

1.	12.37m	40-7	Emily Warman	2012
2.	12.27m	40-3 ¼	Jasmine McMullin	2017
3.	12.04m	39-6	Karlie Hurley	2021
4.	11.89m	39-8	Jane Wallace	1999
5.	11.83m	38-9 ¾	Aliyah Dawkins	2022
6.	11.76m	38-7	Devon Olson	2021
7.	11.58m	38-0	Kim Bascom	2006
8.	11.54m	37-10 ½	Emily Walters	2012
9.	11.53m	37-10	Jennifer Golden	1994
10.	11.46m	37-7 ¼	Shelly Borovich	1987

Shot Put

1.	13.56m	44-6	Sherie Schroeder	1998
2.	13.46m	44-2	Katie Potts	2022
3.	12.95m	42-6	Megan Mortensen	2016
4.	12.80m	42-0	Susan Jung	1998
5.	12.78m	41-11 ¼	Chanelle Eddy	2019
6.	12.72m	41-8 ¾	Celeste Hill	2001
7.	12.55m	41-2 ¼	Sarah Eddy	2000
8.	12.47m	40-11 ¼	Katherine Kernodle	1985
9.	12.34m	40-6	Carmen Cleveland Barrera	2021
10.	12.32m	40-5	Tammy Carlson	2004

Discus

1.	47.61m	156-2	Jessica Telleria	2006
2.	47.36m	155-4	Megan Mortensen	2016
3.	46.27m	151-10	Sherie Schroeder	1998
4.	45.40m	148-11	Dee Balderson	1995
5.	44.04m	144-6	Chanelle Eddy	2018
6.	43.88m	143-11	Katie Potts	2022
7.	42.91m	140-9	Erica Rance	2008
8.	42.88m	140-8	Ashley VanOeveren	2005
9.	42.80m	150-5	Taliah Coe	2022
10.	42.74m	140-3	Maggie Roe	2014

Hammer

1.	55.58m	182-4	Lindsay Wells	2014
2.	51.84m	170-1	Raine Westfall	2022
3.	49.28m	161-8	Kristina MacCully	2005
4.	48.54m	159-3	Elizabeth Knope	2015
5.	47.85m	157-0	Kiana Schwendeman	2018
6.	46.66m	153-1	Katie Taylor	2007
7.	46.03m	151-0	Jessica Telleria	2004
8.	44.70m	146-8	Mattison Crook	2021
9.	44.19m	144-11	Katie Potts	2022
10.	43.28m	142-0	Megan Mortensen	2016

Javelin

1.	54.97m	180-4	Katie Reichert*	2016
2.	54.18m	177-9	Bethany Drake	2016
3.	50.74m	166-6	Joan Williamson**	1984
4.	49.85m	1632-6	Monika Gruszecki	2011
5.	48.68m	159-8	Bonna Schibret**	1979
6.	48.06m	157-8	Laura Kruse**	1998
7.	48.01m	157-6	Raquel Pellecer	2018
8.	47.62m	156-3	Amanda Short	2019
9.	47.62m	156-3	Mariah Horton	2016
10.	47.52m	155-11	Hannah Nienaber	2021

*out of season competition at 2016 Harry Jerome Track Classic
javelin specifications changed in 1999Heptathlon**

1.	4,748	Sarah Hiss	2000
2.	4,641	Brandi Stevenson	1996
3.	4,570	Kaylie Greninger	2017
4.	4,557	Jennifer Schwartz	1983
5.	4,543	Donna Larry	1982
6.	4,404	LeAnne Evans	2005
7.	4,359	Elizabeth Springborn	1995
8.	4,356	Matty Lagerwey	2022
9.	4,343	Clara Cook	2009
10.	4,305	Debbie Sandgren	1992