



# WWU OUTDOOR TRACK & FIELD



## WWU TRACK & FIELD OUTDOOR RECORDS

// Through May 9, 2026 //

MEN'S EVENT	NAME	TIME/DISTANCE	YEAR
100 Meter Dash	Alex Donigian	10.22	2015
200 Meter Dash	Alex Donigian	20.93	2016
<b>400 Meter Dash</b>	<b>Lucas Brenek</b>	<b>46.55</b>	<b>2026</b>
800 Meter Run	Drew Weber	1:49.34	2023
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	Kevin McDermott	13:48.17	2025
10,000 Meter Run	Ryan Clough	29:31.25	2025
Marathon	Bruce Manclark	2:22:30.0	1978
110 Meter Hurdles	Travis Milbrandt	14.19	2016
<b>400 Meter Hurdles</b>	<b>Maurice Woodring</b>	<b>50.69</b>	<b>2025</b>
2000 Meter Steeplechase	Eric Brill	6:11.1	2012
3000 Meter Steeplechase	Jeret Gillingham	8:45.40	2024
<b>4x100 Meter Relay</b>	<b>Lucas Brenek, Nolan Mickenham Jackson Moffitt, Javonte Sutton</b>	<b>40.51</b>	<b>2025</b>
<b>4x400 Meter Relay</b>	<b>Jackson Moffitt, Sam Foust Evin Ford, Lucas Brenek</b>	<b>3:08.81</b>	<b>2026</b>
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
<b>Discus</b>	<b>Liam Wall</b>	<b>57.40m/188-4</b>	<b>2026</b>
Javelin	Slater Hirst	70.23m/230-5	2015
<b>Hammer Throw</b>	<b>Calvin Gutierrez</b>	<b>64.03m/210-1</b>	<b>2026</b>
Decathlon	Alex Harrison	6,772 points	2012

  

WOMEN'S EVENT	NAME	TIME/DISTANCE	YEAR
100 Meter Dash	Caitlyn Cheney	11.63	2024
<b>200 Meter Dash</b>	<b>Bec Bennett</b>	<b>23.96</b>	<b>2026</b>
<b>400 Meter Dash</b>	<b>Bec Bennett</b>	<b>52.56</b>	<b>2026</b>
<b>800 Meter Run</b>	<b>Emmy Kroontje</b>	<b>2:08.60</b>	<b>2026</b>
<b>1500 Meter Run</b>	<b>Emmy Kroontje</b>	<b>4:26.27</b>	<b>2026</b>
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
<b>400 Meter Hurdles</b>	<b>Ari Nugyen</b>	<b>59.79</b>	<b>2026</b>
2000 Meter Steeplechase	Katelyn Steen	6:56.78	2014
3000 Meter Steeplechase	Ila Davis	10:11.97	2024
800 Meter Medley Relay	Kay Archer, Diana Holly, Lola Johnston, Kathy Miller	1:46.84	1984
<b>4x100 Meter Relay</b>	<b>Quinn Manley, Hanna Polkinghorn Kennedy Cook, Ari Nguyen</b>	<b>45.89</b>	<b>2026</b>
<b>4x400 Meter Relay</b>	<b>Casie Kleine, Jayda Darroch Kennedy Cook, Bec Bennett</b>	<b>3:37.64</b>	<b>2026</b>
4x800 Meter Relay	Dawn Graham, Janis Swanson, Carla Randall, Bethany Ryals	9:14.37	1981
Discus	Katie Potts	48.15m/157-11	2025
Shot Put	Jessica Polkinghorn	15.45m/50-8 ¼	2025
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
<b>Hammer Throw</b>	<b>Kathryn Chapin</b>	<b>56.75m/186-2</b>	<b>2026</b>
Pole Vault	Anna Paradee	4.01m/13-1 ¾	2017
Heptathlon	Sarah Hiss	4,748 points	2000

**Legend:**

Set during 2026 outdoor season

Set at Emilie Mondor Invitational

# WESTERN WASHINGTON UNIVERSITY OUTDOOR TRACK & FIELD MEN'S TOP 10

// Through May 9, 2026 //

## 100 Meters

1.	10.22	Alex Donigian	2015
2.	10.33	Karlington Anunagba	2019
3.	10.35	Nolan Mickenham	2024
4.	10.52	Noah Johnson	2023
5.	10.54	Ethan Johnson	2024
6.	10.57	Ryan Greenwalt	2025
7.	10.60	Fred Pulpus	1986
	10.60	Dan Lewis	1995
9.	10.61	Derek Fischer	2025
10.	10.65	Javonte Sutton	2026

## 200 Meters

1.	20.93	Alex Donigian	2016
2.	21.13	Nolan Mickenham	2026
3.	21.36	Isaac Ford	2025
4.	21.40	Marc Hill	1994
5.	21.45	Ryan Greenwalt	2025
6.	21.48	Brian Le	2025
7.	21.49	Jackson Moffitt	2026
8.	21.68	Evin Ford	2025
	21.68	Karlington Anunagba	2019
10.	21.70	Bryant Welch	2022

## 400 Meters

1.	46.55	Lucas Brenek	2026
2.	46.74	Jackson Moffitt	2026
3.	47.25	Marc Hill	1994
4.	47.55	Sam Foust	2026
5.	47.58	Isaac Ford	2026
6.	47.65	Brian Le	2025
7.	47.82	Jon Poolman	2013
8.	47.84	Evin Ford	2025
9.	47.85	Bryant Welch	2022
10.	48.20	Devon Smith	2013

## 800 Meters

1.	1:49.34	Drew Weber	2023
2.	1:49.84	Devin Kemper	2000
3.	1:50.05	Mac Franks	2022
4.	1:50.27	Nathan Reseigh	2026
5.	1:50.69	Jonah Bloom	2023
6.	1:50.74	Kurt Grichel	1997
7.	1:51.33	Keith Lemay	2008
8.	1:51.94	Will Henry	2026
	1:51.94	Kyler Sager	2018
10.	1:52.26	Erik Bies	2007

## 1,500 Meters

1.	3:42.22	Mac Franks	2022
2.	3:43.00	Calahan Warren	2022
3.	3:44.37	Kevin McDermott	2025
4.	3:44.83	Drew Weber	2023
5.	3:46.44	Devin Kemper	2000
6.	3:47.21	Anthony Tomsich	2009
7.	3:47.66	Todd Baerny	1990
8.	3:48.79	Craig Hanson	1990
9.	3:49.06	Eli Williams	2026
10.	3:50.39	George Fernandez	2026

## 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.	8:45.50	Jeret Gillingham	2024
2.	8:52.50	Mac Franks	2022
3.	8:59.46	Eli Williams	2025
4.	8:59.67	Matthew Lutz	2016
5.	9:00.54	Jared Alderfer	2026
6.	9:01.36	Kaleb Korta	2021
7.	9:01.83	Ian Eifert	2025
8.	9:02.39	George Fernandez	2026
9.	9:04.90	Dylan Hayes	2019
10.	9:05.64	Andrew Wise	2016

## 5,000 Meters

1.	13:48.17	Kevin McDermott	2025
2.	14:09.01	Jonah Billings	2026
3.	14:10.43	Jordan Welling	2011
4.	14:13.90	Calahan Warren	2022
5.	14:15.35	Sten Brakstad	2026
6.	14:17.12	Bennett Grimes	2011
7.	14:17.33	George Karamitsos	2023
8.	14:19.62	Ryan Clough	2024
9.	14:20.11	George Fernandez	2026
10.	14:22.73	Andrew Oslin	2023

## 10,000 Meters

1.	29:31.25	Ryan Clough	2025
2.	29:32.92	Andrew Oslin	2025
3.	29:40.69	George Karamitsos	2023
4.	29:45.92	Jordan Welling	2010
5.	29:48.23	Kevin McDermott	2023
6.	29:54.66	Jeret Gillingham	2023
7.	29:54.94	Bennett Grimes	2011
8.	29:55.17	Calahan Warren	2021
9.	30:03.04	Sten Brakstad	2026
10.	30:07.27	Jonah Billings	2026

## 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.	14.41	Corbin Herron	2026
3.	14.44	Hunter Flick	2025
4.	14.46	Cordell Cummings	2021
5.	14.50	Koby Okezie	2022
6.	14.56	Logan Myers	2015
7.	14.3y	Mike Vorce	1974 (14.57)
8.	14.76	Jaden Edwards	2024
	14.76	Trey Cummings	1986
10.	14.83	Dave Woodward	1984

## 400 Meter Hurdles

1.	50.69	Maurice Woodring	2026
2.	51.9y	Mike Vorce	1973 (51.74)
3.	51.77	Cordell Cummings	2019
4.	52.41	Nick Little	2000
5.	52.50	Corbin Herron	2026
6.	52.90	John Kostogeanis	1980
7.	53.23	Jordan Smith	2026
8.	53.24	Peter Myers	1996
9.	53.46	Peter Maguire	2014
10.	53.75	Kevin Myhre	2008

**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.	40.51	<b>Brenek, Mickenham, Moffitt, Sutton</b>	<b>2026</b>
2.	40.68	Greenwalt, I. Ford, E. Ford, Mickenham	2025
3.	40.72	<b>Brenek, Mickenham, Moffitt, Dominique</b>	<b>2026</b>
4.	40.88	Greenwalt, I. Ford, E. Ford, Trichel	2025
5.	41.11	Greenwalt, E. Johnson, Mickenham, Brenek	2024
6.	41.13	Greenwalt, E. Johnson, Mickenham, Le	2024
7.	41.28	Brenek, Greenwalt, Mickenham, Fischer	2024
8.	41.35	Lewis, Dilling, Susee, Lynch	1997
9.	41.36	Steffen, Donigian, N.Schmidt, Poolman	2013
10.	41.40	Pangilinan, Gruger, Tilley, Steffen	2012

**4x400 Meter Relay**

1.	3:08.81	<b>Moffitt, Foust, E. Ford, Brenek</b>	<b>2026</b>
2.	3:09.56	<b>E. Ford, Foust, Woodring, Brenek</b>	<b>2026</b>
3.	3:09.91	Le, E. Ford, Woodring, I. Ford	2025
4.	3:10.64	<b>Foust, Brenek, Woodring, Moffitt</b>	<b>2026</b>
5.	3:10.73	Le, Greenwalt, E. Ford, I. Ford	2025
6.	3:12.31	<b>Brenek, Woodring, Moffitt, E. Ford</b>	<b>2026</b>
7.	3:14.15	Poolman, Schmidt, Nokes, D.Smith	2013
8.	3:15.7y	L.Anderson, Jackman, D.Anderson, Kuhlman	1968 (3:14.70)
9.	3:14.97	Hill, Armeni, Davis, Halberg	1993
10.	3:15.13	Little, Leavengood, Kemper, Lynch	2000

**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
4.	2.08m	6-9 ¾	Brett Watson	2013
5.	2.06m	6-9	Tony Bash	1981
6.	2.06m	6-9	Todd Mcallister	1989
7.	2.06m	6-9	Tupre Wickliff	2018
8.	2.05m	6-8 ¾	Kyle Mcgillen	2006
9.	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.	4.85m	15-11	Scott Romney	2006
5.	4.82m	15-9 ¾	Tyler Thornbrue	2007
6.	4.80m	15-9	Gordie Kordas	2017
7.	4.80m	15-9	Hunter Verner	2005
8.	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:**

Set during 2026 Outdoor Season

Set at Emilie Mondor Invitational

**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.	7.22m	23-8 ¼	Ryan Greenwalt	2025
5.	7.21m	23-8	Shane Gruger	2012
6.	7.20m	23-7 ½	Seren Dances	2019
7.	7.19m	23-7 ¼	Kevin Yates	2013
8.	7.14m	23-5 ¼	David Tran	2021
9.	7.14m	23-5 ¼	Dick Perfrement	1965
10.	7.09m	23-3 ¼	Cecil Simms	1972

**Triple Jump**

1.	15.17m	49-9 ¼	Jerry Hopper	1988
2.	14.97m	49-1 ½	Gabe Menicke	2024
3.	14.74m	48-4 ½	Seren Dances	2023
4.	14.65m	48-0 ¾	Mark Seely	2016
5.	14.65m	48-0 ¾	Tim Clendaniel	2011
6.	14.61m	47-11 ½	John White	1973
7.	14.60m	47-11	Jay Wangsmo	1985
8.	14.50m	47-7	Troy Roberson	2024
9.	14.49m	47-6 ½	Christian Salas	1990
10.	14.34m	47-0 ¾	Dick Perfrement	1967

**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.	16.67m	54-8 ¼	<b>Noah Turner</b>	<b>2026</b>
5.	16.37m	53-8 ½	<b>Connor Inman</b>	<b>2026</b>
6.	16.15m	53-0	Brandon Pless	2017
7.	16.14m	52-11 ½	Ben Elder	2010
8.	16.00m	52-6	Jacob Gilbert	2014
9.	15.93m	52-3 ¼	<b>Alex Pytte</b>	<b>2026</b>
10.	15.87m	52-1	Kim Nix	1987

**Discus**

1.	57.40m	188-4	<b>Liam Wall</b>	<b>2026</b>
2.	54.07m	177-4	Ryan Macdonald	2015
3.	53.00m	173-11	Frank Catelli	2014
4.	51.37m	168-6	Brandon Pless	2017
5.	51.32m	168-4	Ben Elder	2010
6.	51.24m	168-1	Michael Hoffman	2012
7.	49.12m	161-2	Martin Rudy	1980
8.	48.98m	160-8	Steve Bernardy	2001
9.	48.72m	159-10	<b>Connor Inman</b>	<b>2026</b>
	48.72m	159-10	Kent Swalwell	1955

**Hammer**

1.	64.03m	210-1	<b>Calvin Gutierrez</b>	<b>2026</b>
2.	62.87m	206-3	Michael Hoffman	2011
3.	58.79m	192-10	<b>Angelo Ramos</b>	<b>2026</b>
4.	57.60m	188-11	Avery Lux	2020
5.	57.06m	187-2	Dennis James	1991
6.	56.43m	185-1	Miller Campbell	2025
7.	54.98m	180-4 ¾	Brandon Pless	2017
8.	54.36m	178-4	Martin Rudy	1980
9.	54.18m	177-9	Rod Ritter	1982
10.	53.00m	173-10	Kent Stoddard	1995

**Javelin**

1.	70.23m	230-5	Slater Hirst	2015
2.	68.54m	224-10	<b>Jakob Braunstein</b>	<b>2026</b>
3.	68.38m	224-4	Alex Barry	2018
4.	65.78m	215-9	<b>Andrew Nelson</b>	<b>2026</b>
5.	65.42m	214-7	Alex Harrison	2012
6.	64.70m	212-3	John Haskin	2015
7.	64.35m	211-1	Max Berger	2025
8.	63.16m	207-3	Travis Huntsinger	2001
9.	63.05m	206-10	Spencer Claeys	2018
10.	62.66m	205-7	Jeff Neubauer*	1986

\*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
5.	6,574	Josh Freeman	2005
6.	6,500	Seren Dances	2018
7.	6,113	Trey Cummings	1986
8.	6,181	<b>Kaden Miller</b>	<b>2026</b>
9.	6,128	<b>Cody Redford</b>	<b>2026</b>
10.	6,096	Ron Olson	1992

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

// Through May 9, 2026 //

## 100 Meters

1.	11.63	Caitlyn Cheney	2024
2.	11.93	Hollie Watson	1987
3.	<b>11.97</b>	<b>Hannah Polkinghorn</b>	<b>2026</b>
4.	12.00	Amy Cameron	1996
5.	12.03	Bec Bennett	2025
6.	12.08	Kennedy Cook	2025
	12.08	Karlie Hurley	2021
8.	12.10	Annabelle Heiman	2025
9.	<b>12.13</b>	<b>Quinn Manley</b>	<b>2026</b>
10.	12.19	Hannah Bradley	2019

## 200 Meters

1.	<b>23.96</b>	<b>Bec Bennett</b>	<b>2026</b>
2.	<b>24.19</b>	<b>Kennedy Cook</b>	<b>2026</b>
3.	24.32	Hollie Watson	1987
4.	24.62	Caitlyn Cheney	2025
5.	<b>24.63</b>	<b>Hannah Polkinghorn</b>	<b>2026</b>
6.	24.65	Karlie Hurley	2021
7.	24.78	Savannah Smith	2019
8.	<b>24.80</b>	<b>Quinn Manley</b>	<b>2026</b>
9.	24.81	Hannah Bradley	2019
10.	24.99	Brandi Stevenson	1994

## 400 Meters

1.	<b>52.56</b>	<b>Bec Bennett</b>	<b>2026</b>
2.	54.09	Kennedy Cook	2025
3.	54.59	Eleanor Siler	2009
4.	<b>55.45</b>	<b>Jayda Darroch</b>	<b>2026</b>
5.	55.69	Brandi Stevenson	1994
6.	56.10	Savannah Smith	2019
7.	<b>56.11</b>	<b>Casie Kleine</b>	<b>2026</b>
8.	56.27	Annabelle Heiman	2025
9.	56.43	Sydney Green	1997
10.	56.61	Shannon Anderson	1999

## 800 Meters

1.	<b>2:08.60</b>	<b>Emmy Kroontje</b>	<b>2026</b>
2.	2:08.94	Marian Ledesma	2024
3.	2:10.17	Mia Crocker	2025
4.	2:11.45	Rachael Johnson	2011
5.	2:11.56	Sophie Wright	2024
6.	2:12.79	Jeanna Setera	1984
7.	2:12.84	Danita Erickson	1992
8.	2:13.09	Kathy Miller	1987
9.	2:13.60	Janis Swanson	1981
10.	2:13.89	Courtney Olsen	2010

## 1,500 Meters

1.	<b>4:26.27</b>	<b>Emmy Kroontje</b>	<b>2026</b>
2.	4:29.71	Haley O'Connor	2015
3.	4:30.15	Brittany Grant	2017
4.	4:30.32	Sarah Porter	2011
5.	4:30.42	Ila Davis	2025
6.	4:30.46	Mia Crocker	2025
7.	4:30.76	Jill Philbin	2025
8.	4:30.98	Katelyn Steen	2014
9.	4:32.17	Sophie Wright	2024
10.	4:32.34	Courtney Olsen	2010

## 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.	10:11.97	Ila Davis	2024
2.	10:13.01	Katelyn Steen	2015
3.	10:32.60	Brittany Grant	2017
4.	10:34.38	Ashley Reeck	2024
5.	10:35.32	Courtney Olsen	2010
6.	10:38.54	Haley O'Connor	2015
7.	10:53.69	Elie Bassett	2025
8.	<b>10:54.45</b>	<b>Ella Edens</b>	<b>2026</b>
9.	10:58.11	Talia Dreicer	2019
10.	11:05.48	Laura Halsell	2024

## 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.	17:02.41	Ashley Reeck	2024
6.	17:04.68	Taylor Guenther	2016
7.	<b>17:05.57</b>	<b>Emmy Kroontje</b>	<b>2026</b>
8.	17:06.10	Lisa Waltenburg	1991
9.	17:08.91	Ila Davis	2023
10.	<b>17:10.70</b>	<b>Ella Edens</b>	<b>2026</b>

## 10,000 Meters

1.	33:17.39	Sarah Porter	2011
2.	35:53.99	Lauren Breihof	2010
3.	36:18.94	Meaera Nystrom	2024
4.	<b>36:22.50</b>	<b>Ella Edens</b>	<b>2026</b>
5.	36:28.86	Sophia Galvez	2019
6.	36:29.29	Ashley Reeck	2024
7.	<b>36:36.23</b>	<b>Alexis Parker</b>	<b>2026</b>
8.	36:53.70	Laura Trevellyen	2004
9.	36:58.80	Emma Smith	2025
10.	37:03.44	Danielle McLain	2024

## 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.	<b>14.38</b>	<b>Ari Nguyen</b>	<b>2026</b>
7.	14.59	Kate Herber	2001
8.	14.67	Flo Mark	1992
9.	14.70	Brandi Stevenson	1996
10.	14.76	Claire Hansen	2018

## 400 Meter Hurdles

1.	<b>59.79</b>	<b>Ari Nguyen</b>	<b>2026</b>
2.	1:00.31	Heidi Dimmitt	2009
3.	1:00.36	Brandi Stevenson	1994
4.	1:00.71	Janell Massey	1986
5.	1:01.46	Wendy Malich	1983
6.	1:01.86	Kristy Dunn	1987
7.	1:02.38	Louise Bomars	1998
8.	1:03.06	Michelle Howe	2012
9.	1:03.10	Deja Svastisalee	2016
10.	1:03.11	Brooke Mansfield	2023

## 3,000 Meter Walk

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

**4x100 Meter Relay**

1.	45.89	Manley, Polkinghorn, Ke. Cook, Nguyen	2026
2.	46.40	Heiman, Cheney, Polkinghorn, Ke. Cook	2025
3.	46.80	Heiman, Cheney, Polkinghorn, A. Miller	2024
4.	46.90	Houplin, Howe, Brownell, Zukowski	2010
5.	47.24	McLean, Bradley, Smith, Sytsma	2018
6.	47.55	Mansfield, Miller, Polkinghorn, Cheney	2023
7.	47.72	Polkinghorn, Bennett, Heiman, Cheney	2025
8.	47.74	Green, Graves, Cameron, Jones	1997
	47.74	McLean, Bradley, Smith, Allen	2017
10.	47.88	Dimmitt, Zukowski, Houplin, Siler	2009

**4x400 Meter Relay**

1.	3:37.64	Kleine, Darroch, Ke. Cook, Bennett	2026
2.	3:40.20	Ke. Cook, Heiman, Cheney, Bennett	2025
3.	3:47.37	Anderson, Bomars, Green, Jones	1997
4.	3:48.67	Cheney, Heiman, Ke. Cook, Ledesma	2024
5.	3:49.70	Dimmitt, Brownell, O'Connell, Siler	2009
6.	3:49.71	Anderson, Ellingson, Tenace, Rose	1999
7.	3:50.05	Watson, Massey, Johnston, Miller	1986
8.	3:50.55	Powers, Setera, Johnston, Miller	1984
9.	3:51.17	Haynes, Massey, Johnston, Miller	1986
10.	3:52.31	Coffey, Bjornsson, Troupe, Dodd	2014

**4x800 Meter Relay**

1.	9:14.37	Swanson, Graham, Randall, 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	Kora Cook	2025
	1.70m	5-7	Jessica Neal	2021
10.	1.67m	5-5 ¾	Natalie Senvold	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.	3.84m	12-7 ¼	Sydney Mohlman	2026
4.	3.76m	12-4	Christy Miller	2009
5.	3.73m	12-2 ¾	Danielle Juarez	2004
6.	3.70m	12-1 ½	Cheyenna Pinley	2013
7.	3.67m	12-0 ½	Annie Tran	2024
8.	3.64m	11-11 ¼	Lexi Perry	2019
9.	3.57m	11-8 ½	Rachael Roberts	2018
10.	3.56m	11-8	Jewels Oliquiano	2017
	3.56m	11-8	Andrea Kreft	2005

**Legend:**

Set during 2026 Outdoor Season

Set at Emilie Mondor Invitational

**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.	5.76m	18-10 ¾	Nicole Avery	2025
8.	5.75m	18-10 ½	Hannah Polkinghorn	2026
	5.75m	18-10 ½	Sarah Hiss	2000
10.	5.70m	18-8 ½	Karlie Hurley	2021

**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.	15.45m	50-8 ¼	Jessica Polkinghorn	2025
2.	14.58m	47-10	Maddy Grandbois	2025
3.	14.34m	47-0 ¾	Kathryn Chapin	2026
4.	14.14m	46-4 ¾	Katie Potts	2025
5.	13.97m	45-10	Mara Parks	2025
6.	13.56m	44-6	Sherie Schroeder	1998
7.	13.13m	43-1	Rylee Andrews	2025
8.	12.95m	42-6	Megan Mortensen	2016
9.	12.80m	42-0	Susan Jung	1998
10.	12.78m	41-11 ¼	Chanelle Eddy	2019

**Discus**

1.	48.15m	157-11	Katie Potts	2025
2.	47.61m	156-2	Jessica Telleria	2006
3.	47.36m	155-4	Megan Mortensen	2016
4.	46.27m	151-10	Sherie Schroeder	1998
5.	45.40m	148-11	Dee Balderson	1995
6.	45.04m	147-9	Azadeh Teague	2026
7.	44.04m	144-6	Chanelle Eddy	2018
8.	42.91m	140-9	Erica Rance	2008
9.	42.89m	140-8	Lauren Simicich	2026
10.	42.88m	140-8	Ashley VanOveren	2005

**Hammer**

1.	56.75m	186-2	Kathryn Chapin	2026
2.	55.58m	182-4	Lindsay Wells	2014
3.	53.05m	174-0	Azadeh Teague	2026
4.	52.45m	172-1	Raine Westfall	2023
5.	49.80m	163-4	Mara Parks	2025
6.	49.28m	161-8	Kristina MacCully	2005
7.	48.54m	159-3	Elizabeth Knope	2015
8.	47.85m	157-0	Kiana Schwendeman	2018
9.	46.66m	153-1	Katie Taylor	2007
10.	46.03m	151-0	Jessica Telleria	2004

**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 1999

**Heptathlon**

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.	4,534	Nicole Avery	2026
7.	4,495	Matty Lagerwey	2023
8.	4,404	LeAnne Evans	2005
9.	4,359	Elizabeth Springborn	1995
10.	4,343	Clara Cook	2009