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Great Northwest Athletic Conference Track-and-Field Records Through 2010 Season

Great Northwest Athletic Conference

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GNAC Track-and-Field Records

Through 2010 Season

OUTDOOR

MEN

All Meets

100 – 10.43, Anthony Wright, Central Washington (2010)
200 – 21.11, Mike Hinshaw, Western Oregon (2002)
400 – 47.62, Ethan Hewitt, Alaska Anchorage (2010)
800 – 1:49.31, Paul Mach, Seattle Pacific (2005)
1500 – 3:47.21, Anthony Tomsich, Western Washington (2009)
3000 – 8:24.61, Jordan Welling, Western Washington (2010)
5000 – 13:58.85, Marko Cheseto, Alaska Anchorage (2010)
10,000 – 29:08.28, Marko Cheseto, Alaska Anchorage (2009)
110 Hurdles – 14.54, Damien Davis, Western Oregon (2003)
400 Hurdles – 52.05, Dallas Beaty, Northwest Nazarene (2009)
Steeplechase – 8:49.31, Micah Chelimo, Alaska Anchorage (2010)
4x100 Relay – 41.10, Central Washington (2010)
4x400 Relay – 3:14.67, Western Oregon (2003)
High Jump – 2.07 – 6-9 ½, Eric Draper, Alaska Anchorage (2006)
Pole Vault – 5.40 – 17-8 ½, Ryan Brown, Western Washington (2010)
Long Jump – 7.91 – 25-11 ½, David Registe, Alaska Anchorage (2009)
Triple Jump – 15.21 – 49-11, Justin Lawrence, Central Washington (2004)
Shot Put – 17.63 – 57-10 ¼, Cameron Neel, Central Washington (2005)
Discus – 53.47 – 175-5, Cameron Neel, Central Washington (2006)
Hammer – 62.89 – 206-4, Pro Escobedo, Western Oregon (2003)
Javelin – 68.02 – 223-2, Josh Heidegger, Northwest Nazarene (2009)
Decathlon – 7,872, Chris Randolph, Seattle Pacific (2006)

Decathlon Events: 100 – 10.90, Justin Miller, Humboldt State (2002). Long Jump – 7.31 – 23-11 ¾, Chris Randolph, SPU (2006). Shot Put – 14.06 – 46-1 ½, Alex Harrison, Western Washington (2010). High Jump – 2.01 – 6-8 ¼, Chris Randolph, Seattle Pacific (2006). 400 – 48.95, Chris Randolph, SPU (2006). 110 Hurdles – 14.82, Chris Randolph, SPU (2006). Discus – 46.00 – 150-11, Chris Randolph, SPU (2006). Pole Vault – 4.90 – 16-0 ¾, Zeb Udell, Western Oregon (2007). Javelin – 60.31 – 197-10, Alex Harrison, Western Washington (2010). 1500 – 4:22.12, Zac Vawter, Saint Martin's (2004).

Conference Meet

100 – 10.43, Anthony Wright, Central Washington (2010)
200 – 21.36, Anthony Wright, Central Washington (2010)
400 – 47.79, Ethan Hewitt, Alaska Anchorage (2010 Prelims)
800 – 1:49.31, Paul Mach, Seattle Pacific (2005)
1500 – 3:49.03, Alfred Kangogo, Alaska Anchorage (2010)
Steeplechase – 9:02.79, Micah Chelimo, Alaska Anchorage (2010)
5000 – 14:37.18, Marko Cheseto, Alaska Anchorage (2010)
10,000 – 31:11.98, John Riak, Saint Martin's (2007)
110 Hurdles – 14.78, Damien Davis, Western Oregon (2003)
400 Hurdles – 52.91, Paul Mach, Seattle Pacific (2003)
4x100 Relay – 41.10, Central Washington (Bryan Mack, Anthony Wright, Anthony Hogan, Kincaid Nichols)

4x400 Relay – 3:15.91, Central Washington (Mike Kelley, Jason Roberts, Matt Rogstad, Cresap Watson, 2006)
High Jump – 2.07 – 6-9 ½, Eric Draper, Alaska Anchorage (2006)
Pole Vault – 5.14 – 16-10 ¾, Ryan Brown, Western Washington (2010)
Long Jump – 7.52 – 24-8 ¼, David Registe, Alaska Anchorage (2008)
Triple Jump – 15.00 – 49-2 ½, Justin Lawrence, Central Washington (2003)
Shot Put – 16.97 – 55-8 ¼, Cameron Neel, Central Washington (2005)
Discus – 51.67 – 169-6, Tyler Fischer, Central Washington (2008)
Hammer – 59.95 – 196-8, Pro Escobedo, Western Oregon (2003)
Javelin – 63.52 – 208-5, Alex Harrison, Western Washington (2010)
Decathlon – 6,574, Josh Freeman, Western Washington (2005)

Decathlon Events: 100 – 11.20, Justin Miller, Humboldt State (2002). Long Jump – 6.89 – 22-7 ¼, Jake Hyde, Western Oregon (2010). Shot Put – 14.06 – 46-1 ½, Alex Harrison, Western Washington (2010). High Jump – 1.97 – 6-5 ½, Sean Gabe, Western Oregon (2002); Cresap Watson, Central Washington (2006). 400 – 49.89, Michael Morrison, CWU (2004). 110 Hurdles – 14.97, Josh Freeman, WWU (2005). Discus – 41.30 – 135-6, Gunner Argo, CWU (2005). Pole Vault – 4.85 – 15-11, Justin Miller, Humboldt State (2002). Javelin – 60.31 – 197-10, Alex Harrison, Western Washington (2010). 1500 – 4:22.12, Zac Vawter, SMC (2004).

Conference Meet Miscellaneous

Most points, single meet – 29, Cresap Watson, Central Washington (2006); Zeb Udell, Western Oregon (2008); Alfred Kangogo, Alaska Anchorage (2010)
Most points, career – 72, Mike Hinshaw, Western Oregon (2000-03)
Most wins, individual events, single meet – 2, Twenty-six with
Most wins (including relays), single meet – 4, Michael Madrid, Alaska Anchorage (2008); Cresap Watson, Central Washington (2006); Mike Hinshaw, Western Oregon (2002); Dante Betha, Western Oregon (2000); Isaac Frederick, Western Oregon (2003)
Most wins, individual events, career – 6, Mike Hinshaw, Western Oregon (2000-03)
Most wins, relays, career – 5, Mike Hinshaw, Western Oregon (2000-03)
Most wins (including relays), career – 11, Mike Hinshaw, Western Oregon (2000-03)
Most all-conference awards, individual events, single meet – 3, Seventeen with
Most all-conference awards (including relays), single meet – 5, Cresap Watson, Central Washington (2006)
Most all-conference awards, individual events, career – 7, Mike Hinshaw, Western Oregon (2000-03); Michael Madrid, Alaska Anchorage (2005-08); Zeb Udell, Western Oregon (2007-09); Tyler Fischer, Central Washington (2008-10)
Most all-conference awards (including relays), career – 12, Mike Hinshaw, Western Oregon (2000-03)

WOMEN

All Meets

100 – 11.90, NyEma Sims, Seattle Pacific (2007)
200 – 23.99, NyEma Sims, Seattle Pacific (2007)
400 – 53.56, Mary Pearce, Alaska Anchorage (2007)
800 – 2:04.89, Jessica Pixler, Seattle Pacific (2010)
1500 – 4:11.06, Jessica Pixler, Seattle Pacific (2010)
3000 – 9:37.41, Jessica Pixler, Seattle Pacific (2007)
5000 – 15:44.07, Jessica Pixler, Seattle Pacific (2010)
10,000 – 33:36.83, Sarah Porter, Western Washington (2010)
100 Hurdles – 13.70, Danielle Ayers-Stamper, Seattle Pacific (2005)
400 Hurdles – 1:00.31, Heidi Dimmitt, Western Washington (2009)
3000 Steeplechase – 10:35.32, Courtney Olsen, Western Washington (2010)
4x100 Relay – 46.90, Western Washington (2010)
4x400 Relay – 3:49.70, Western Washington (2009)
High Jump – 1.78 – 5-10, Teona Perkins, Seattle Pacific (2007)
Pole Vault – 3.80 – 12-5 ½, Melissa Peaslee, Seattle Pacific (2010)
Long Jump – 5.99 - 19-8, Stephanie Huffman, Seattle Pacific (2002)
Triple Jump – 12.11 – 39-8 ¾, Amanda Alvarez, Seattle Pacific (2010), Ashley Potter, Western Oregon (2010)
Shot Put – 14.94 – 49-1, Krissy Tandle, Central Washington (2009)
Discus – 50.52 – 165-9, Jessica Houston, Alaska Anchorage (2005)
Hammer – 56.27 – 184-7, Jennifer Dunkin, Western Oregon (2003)
Javelin – 48.86 – 160-4, Katie McMeel, Central Washington (2006)
Heptathlon – 5606, Danielle Ayers-Stamper, Seattle Pacific (2005)

Heptathlon Events: 100 Hurdles – 13.70, Danielle Ayers-Stamper, Seattle Pacific (2005). High Jump - 1.75 – 5-8 ¾, Danielle Ayers-Stamper, Seattle Pacific (2005). Shot Put – 13.00 – 42-8, Bridget Johnson, Western Oregon (2006). 200 – 25.19, Leah Wiest, Seattle Pacific (2002). Long Jump - 5.99 – 19-8, Stephanie Huffman, Seattle Pacific (2002). Javelin – 44.80 – 147-0, Bridget Johnson, Western Oregon (2006). 800 – 2:12.52, Bridgette Sexton, Seattle Pacific (2005).

Conference Meet

100 – 12.11, Latasha Essien, Seattle Pacific (2010 Prelims)
200 – 25.08, Mary Pearce, Alaska Anchorage (2006)
400 – 55.45, Mary Pearce, Alaska Anchorage (2007)
800 – 2:06.38, Jessica Pixler, Seattle Pacific (2010)
1500 – 4:24.01, Jessica Pixler, Seattle Pacific (2010)
3000 – 9:53.80, Jessica Pixler, Seattle Pacific (2007)
Steeplechase - 10:50.62, Courtney Olsen, Western Washington (2010)
5000 – 16:39.39, Sarah Porter, Western Washington (2010)
10,000 – 36:16.89, Lauren Breihof, Western Washington (2010)
100 Hurdles – 13.82, Danielle Ayers-Stamper, Seattle Pacific (2005)
400 Hurdles – 1:01.78, Heidi Dimmitt, Western Washington (2008)
4x100 Relay – 47.73, Western Oregon (Keyanna Jenkins, Katy Kociemba, Bonnie Galloway, Monica Smith, 2005)
4x400 Relay – 3:51.47, Northwest Nazarene (Nicki Schutte, Elisa Decker, Lindsay Brady, Ashley Puga, 2008)
High Jump – 1.74 – 5-8 ½, Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault - 3.76 – 12-4, Ally Studer, Seattle Pacific (2003)
Long Jump - 5.81 – 19-0 ¾, Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump – 11.98 – 39-3 ¾, Kim Brady, Alaska Anchorage (2008)
Shot Put – 13.92 – 45-8, Krissy Tandle, Central Washington (2007)

Discus – 45.52 – 149-4, Jessica Telleria, Western Washington (2006)

Hammer – 54.51 – 178-10, Audrey Oswald, Humboldt State (2006)
Javelin – 47.16 – 154-9, Carolanne Powers, Western Oregon (2010)
Heptathlon – 5,053, Bridget Johnson, Western Oregon (2006)

Heptathlon Events: 100 Hurdles – 14.67, Monica Smith, WOU (2005). High Jump - 1.70 – 5-7, Clara Cook, Western Washington (2009). Shot Put – 12.88 – 42-3 ¼, Bridget Johnson, WOU (2006). 200 – 25.40, Monica Smith, WOU (2005). Long Jump - 5.56 – 18-2 ¾, Kelsey Cooley, Seattle Pacific (2006). Javelin – 42.64 – 139-11, Holly Conrad, Western Oregon (2002). 800 – 2:17.14, Bridgette Sexton, SPU (2005).

Conference Meet Miscellaneous

Most points, single meet – 50, Stephanie Huffman, Seattle Pacific (2002)
Most points, career – 115, Bridget Johnson, Western Oregon (2003-06)
Most wins, individual events, single meet – 3, Barbara Weaver, Humboldt State (2000); Laura Widman, Seattle Pacific (2000); Stephanie Huffman, Seattle Pacific (2002); Danielle Ayers-Stamper, Seattle Pacific (2005); Jessica Pixler, Seattle Pacific (2007)
Most wins (including relays), single meet – 4, Bonnie Galloway, Western Oregon (2005); Karen Summers, Seattle Pacific (2001); Cyrena Bell, Seattle Pacific (2001)
Most wins, individual events, career – 6, Danielle Ayers-Stamper, Seattle Pacific (2003, 05)
Most wins, relays, career – 4, Karen Summers, Seattle Pacific (2000-01); Cyrena Bell, Seattle Pacific (2000-01)
Most wins (including relays), career – 7, Sarah Kraybill, Seattle Pacific (2000-03)
Most all-conference awards, individual events, single meet – 5, Stephanie Huffman, Seattle Pacific (2002); Laura Widman, Seattle Pacific (2000); Monica Smith, Western Oregon (2005)
Most all-conference awards (including relays), single meet – 7, Monica Smith, Western Oregon (2007)
Most all-conference awards, individual events, career – 11, Monica Smith, Western Oregon (2002-05)
Most all-conference awards (including relays), career – 14, Monica Smith, Western Oregon (2002-05)

NORTHWEST NCAA D-II RECORDS

1999-01

Prior to formation of the GNAC, the following athletes from current GNAC schools posted marks that are better than the current GNAC record in those events:

MEN

All Meets

1500 - 3:46.44, Devin Kemper, Western Washington (2000)
4x100 Relay - 40.97, Central Washington (1999)
High Jump - 7-0 1/2, A.J. Acker, Western Oregon (1999)

Conference Meet

1500 - 3:48.46, Devin Kemper, Western Washington (2000)
400 Hurdles - 52.81, Nick Little, Western Washington (2000)

High Jump – 2.10 - 6-10 3/4, Nathan Lindeman, Western Washington (2001) and Erik Lanigan, Central Washington (2001)
Javelin – 67.12 - 220-2, Scott Halley, Northwest Nazarene (2001)

WOMEN

All Meets

100 - 11.47, Trinity Davis, Humboldt State (1999)
200 - 23.53, Trinity Davis, Humboldt State (1999)
400 Hurdles - 1:00.14, Chris Jansen, Western Oregon (2000)
4x100 Relay - 46.53, Humboldt State (1999)
4x400 Relay - 3:45.76, Seattle Pacific (2000)

Conference Meet

400 Hurdles - 1:00.96, Jennifer Pyeatt, Seattle Pacific (2000)
4x400 Relay - 3:49.08, Seattle Pacific (2000)

INDOOR

MEN

All Meets

60 – 6.78, Mike Hinshaw, Western Oregon (2002)
200 – 21.77, Mike Hinshaw, Western Oregon (2002)
400 – 48.59, Isaac Frederick, Western Oregon (2004)
800 – 1:51.49, Paul Mach, Seattle Pacific (2004)
Mile – 4:07.46, Anthony Tomsich, Western Washington (2010)
3000 – 8:16.85, Anthony Tomsich, Western Washington (2010)
5000 – +14:21:03, Jordan Welling, Western Washington (2010)
60 Hurdles – 8.22, Robert Edwards, Central Washington (2007)
4x400 Relay – ++3:15.83, Western Oregon (Ashtin Mott, Anthony Yakovich, Josh Moore, Matt Kaino, 2010)
Distance Medley – 9:55.00, Western Washington (2007)
Long Jump – 7.21 – 23-8, Matson Hardie, Western Oregon (2010)
Triple Jump – 14.76 - 48-5 ¼, Justin Lawrence, Central Washington (2004)
High Jump – 2.08 – 6-9 ¾, Cresap Watson, Central Washington (2006)
Pole Vault – 5.22 – 17-1 ½, Ryan Brown, Western Washington (2010)
35-lb. Weight – 18.82 – 61-9, Anthony Marin, Western Oregon (2007)
Shot Put – 17.94 – 58-10 ¼, Cameron Neel, Central Washington (2007)
Heptathlon – 5508, Chris Randolph, Seattle Pacific (2006)

+Converted for track size at UW (1.00 seconds added)
++Converted for track size at UW (.40 seconds added)

Conference Meet

60 – 6.89, Anthony Wright, Central Washington (2010)
200 – 22.04, Isaac Frederick, Western Oregon (2004)
400 – 49.17, Matt Kaino, Western Oregon (2010)
800 – 1:51.49, Paul Mach, Seattle Pacific (2004)
Mile – 4:14.08, Anthony Tomsich, Western Washington (2010)
5000 – 14:51.53, Jordan Welling, Western Washington (2010)
60 Hurdles – 8.26, Robert Edwards, Central Washington (2007)
4x400 Relay – 3:19.36, Western Oregon (Matt Kaino, Ashtin Mott, Josh Moore, Anthony Tomsich, 2010)
Distance Medley – 10:18.80, Western Washington (Bennett Grimes, Andrew Gray, Nick Abraham, Jordan Welling, 2010)
Long Jump – 7.21 – 23-8, Matson Hardie, Western Oregon (2010)

Triple Jump – 14.76 – 48-5 ¼, Justin Lawrence, Central Wash. (2004)
High Jump – 2.05 – 6-8 ¾, Cameron Bailey, Central Wash. (2007)
Pole Vault – 4.91 – 16-1 ¼, Ryan Brown, Western Wash. (2010)
35-lb. Weight – 18.19 – 59-8 ¼, Anthony Marin, Western Oregon (2007)
Shot Put – 17.47 – 57-3 ¾, Cameron Neel, Central Wash. (2007)

Conference Meet Miscellaneous

Most points, single meet – 35, Chris Randolph, Seattle Pacific (2005)
Most points, career – 85, Chris Randolph, Seattle Pacific (2004-06)
Most wins, individual events, single meet – 3, Chris Randolph, Seattle Pacific (2005)
Most wins (including relays), single meet – 3, Chris Randolph, Seattle Pacific (2005)
Most wins, individual events, career – 5, Chris Randolph, Seattle Pacific (2004-06)
Most wins, relays, career – 3, Mike Kelley, Central Washington (2004-05, 07); Bennett Grimes, Western Washington (2008-10)
Most wins (including relays), career – 6, Chris Randolph, Seattle Pacific (2004-06)
Most all-conference awards, individual events, single meet – 3, Greg Hamm, Northwest Nazarene (2007); Chris Randolph, Seattle Pacific (2005, 2006); Matson Hardie, Western Oregon (2010)
Most all-conference awards (including relays), single meet – 4, Chris Randolph, Seattle Pacific (2006)
Most all-conference awards, individual events, career – 8, Chris Randolph, Seattle Pacific (2004-06)
Most all-conference awards (including relays), career – 9, Chris Randolph, Seattle Pacific (2004-06); Greg Hamm, Northwest Nazarene (2005-08)

WOMEN

All Meets

60 – 7.63, NyEma Sims, Seattle Pacific (2007)
200 – 25.03, Eleanor Siler, Western Washington (2010)
400 – 55.54, Terran Legard, Central Washington (2005)
800 – 2:07.57, Jessica Pixler, Seattle Pacific (2008)
Mile – 4:32.88, Jessica Pixler, Seattle Pacific (2010)
3000 – 9:23.24, Jessica Pixler, Seattle Pacific (2009)
5000 – 16:12.65, Jessica Pixler, Seattle Pacific (2009)
60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay – 3:48.76, Western Washington (2010)
Distance Medley – 11:29.88, Seattle Pacific (2010)
Long Jump – 5.93 – 19-5 ½, Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump – 11.96 – 39-11 ½, Emily Warman, Western Wash. (2010)
High Jump – 1.77 – 5-9 ¾, Danielle Ayers-Stamper, Seattle Pacific (2005)
Pole Vault – 3.89 – 12-9, Melissa Peaslee, Seattle Pacific (2008)
20-lb. Weight – 17.74 – 58-2 ½, Kristin Hepler, Western Oregon (2004)
Shot Put – 14.87 – 48-9 ½, Krissy Tandle, Central Washington (2009)
Discus – 40.72 – 133-7, Krissy Tandle, Central Washington (2006)
Pentathlon – 4007, Danielle Ayers-Stamper, Seattle Pacific (2005)

Conference Meet

60 – 7.67, Latasha Essien, Seattle Pacific (2010)
200 – 25.03, Eleanor Siler, Western Washington (2010)
400 – 56.57, Terran Legard, Central Washington (2005)
800 – 2:08.28, Jessica Pixler, Seattle Pacific (2010)
Mile – 4:40.39, Jessica Pixler, Seattle Pacific (2010)
5000 – 16:47.07, Sarah Porter, Western Washington (2010)
60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)
4x400 Relay – 3:55.21, Western Washington (Eleanor Siler, Michelle Howe, Sarah Brownell, Megan O'Connell, 2010)
Distance Medley – 11:36.32, Seattle Pacific (Kate Harline, Jennifer Pike, Jane Larson, Jessica Pixler, 2010)
Long Jump – 5.73 – 18-9 $\frac{3}{4}$, Danielle Ayers-Stamper, Seattle Pacific (2005)
Triple Jump – 11.85 – 38-10 $\frac{1}{2}$, Ashley Potter, Western Oregon (2010)
High Jump – 1.69 – 5-6 $\frac{1}{2}$, Teona Perkins, Seattle Pacific (2006) and Emily Peterson, Northwest Nazarene (2006)
Pole Vault – 3.89 – 12-9, Mellisa Peaslee, Seattle Pacific (2008)
20-lb. Weight – 16.39 – 53-9 $\frac{1}{4}$, Kristen Hepler, Western Oregon (2004)
Shot Put – 13.63 – 44-8 $\frac{3}{4}$, Krissy Tandle, Central Washington (2006)

Conference Meet Miscellaneous

Most points, single meet – 38, Ali Worthen, Seattle Pacific (2009)
Most points, career – 76, Jessica Pixler, Seattle Pacific (2007-10)
Most wins, individual events, single meet – 3, Danielle Ayers-Stamper, Seattle Pacific (2005)
Most wins (including relays), single meet – 3, Terran Legard, Central Washington (2005); Jessica Pixler, Seattle Pacific (2007-08, 10), Latasha Essien, Seattle (2007); Danielle Ayers-Stamper, Seattle Pacific (2005); Eleanor Siler, Western Washington (2010)
Most wins, individual events, career – 6, Krissy Tandle, Central Washington (2005-07, 09); Jessica Pixler, Seattle Pacific (2007-08, 10)
Most wins, relays, career – 4, Jessica Pixler, Seattle Pacific (2007-10)
Most wins (including relays), career – 10, Jessica Pixler, Seattle Pacific (2007-10)
Most all-conference awards, individual events, single meet – 4, Ali Worthen, Seattle Pacific (2009)
Most all-conference awards (including relays), single meet – 4, Terran Legard, Central Washington (2004); Jessica Hinton, Seattle Pacific (2007); Ali Worthen, Seattle Pacific (2009)
Most all-conference awards, individual events, career – 8, Jessica Pixler, Seattle Pacific (2007-10)
Most all-conference awards (including relays), career – 12, Jessica Pixler, Seattle Pacific (2007-10)