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Central Washington University Women's Basketball Records

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THE RECORD BOOK

Individual Game (Since 1980)

Field Goals - 15, Sonia Swan (Seattle, 1-6-88)
Field Goal Attempts - 27, Nicole Trammell (Western Washington, 2-19-98)
Field Goal PCT., min 5 - 100.0, Rachelle Arthur, 8-8 (Northwest, 12-2-88)
Field Goal PCT., min. 12 - 91.7, Stacey Gordon, 11-12 (Northwest, 11-30-91)
Consecutive FGs made - 8, Rachelle Arthur (Northwest College, 12-2-88)
Three-point Field Goals - 8, Becki Matzen (Northwest College, 12-2-99) Old, 7, Lanette Martin (Pacific Lutheran, 2-16-88), Nicole Trammell (Western Washington, 2-19-98)
Three-point FG attempts - 20, Jaime Johnston (Humboldt State, 1-29-00) Old, 16, Nicole Trammell (Western Washington, 2-19-98)
Three-point FG PCT., min. 5 - 80.0, Ellen Kernan, 4-5 (Puget Sound, 12-30-87; Pacific Lutheran, 2-16-88); Jennifer Sharp, 4-5 (Albertson, 12-16-95); Becki Matzen, 4-5 (Eastern Oregon, 12-18-98). Note: Lanette Martin was 4-for-4 against UPS, 2-12-88).
Free Throws - 15, Lanette Martin (Puget Sound, 1-23-88)
Free Throw Attempts -19, Karla Hawes (Puget Sound, 1-26-93)
FT PCT., min. 10 - 100.0, 14-14, Jenny Dixon (CSU San Bernardino, 11-20-99); Old, 13-13, Nicole Trammell (Simon Fraser, 2-10-96); 93.8, Lanette Martin, 15-16 (Puget Sound, 1-23-88)
Consecutive FTs made - 20, Darci Riley (11-17 to 11-21-89)
Offensive Rebounds - 15, Rose Shaw (Humboldt State, 1-21-99)
Total Rebounds - 22, Robin Carlson (Lewis-Clark State, 1-21-89)
Assists - 12, Heidi Robinson (Northwest College, 11-30-91)
Steals - 11, Nita Wing (St. Martin's, 2-12-85)
Blocked Shots - 10, Molly Mickle (Eastern Oregon, 12-2-94)
Turnovers - 14, Kristen Willis (UC-Davis, 11-20-98)
Points - 36, Nicole Trammell (Puget Sound, 2-12-96)
Minutes - 48, Toni Larimer (Gonzaga, 1-31-86)

Individual Single Season

Field Goals - 198, Sonia Swan (1988)
Field Goal Attempts - 477, Nicole Trammell (1996)
FG PCT., min. 125 - 53.3, Rose Shaw, 121-227 (1999)
Three-point Field Goals - 66, Jaime Johnston (1999)
Three-point FG Attempts - 192, Jaime Johnston (1999)
Three-point FG PCT., min. 40 - 54.2, Ellen Kernan, 39-72 (1988)
Free Throws - 162, Kristi Wilson (1987)
Free Throw Attempts - 201, Kristi Wilson (1987)
Free Throw PCT., min. 40 - 82.4, Jenny Dixon, 56-68 (2000) Old, 82.1, Ann Bowen, 64-78 (1991)
Offensive Rebounds (Since 1988) - 151, Sonia Swan (1988)
Total Rebounds - 284, Kristelle Arthur (1988)
Rebound Avg. - 9.5, Kristi Wilson, 256 (1987)
Assists - 143, Nita Wing (1985)
Steals - 143, Nita Wing (1985)
Blocked Shots - 68, Molly Mickle (1995)
Turnovers - 147, Ann Barstow (1980)
Fouls - 120, Sonia Swan (1988)
Fouled Out - 13, Regina Kinzel (1982)
Points - 530, Nicole Trammell (1996)
Scoring Avg. - 21.2, Nicole Trammell, 25-530 (1996)

Games - 34, Sonia Swan, Kristelle Arthur, Kathy Alley, Kris Keeney (1988)
Minutes - 1,052, Kristelle Arthur (1988)

Individual Career

Field Goals - 390, Sonia Swan (1988-89)
Field Goal Attempts - 930, Toni Larimer (1983-86)
FG PCT., min. 300 - 53.2, Rose Shaw, 264-496 (1999-00) Old, 51.1, Sonia Swan, 390-763 (1988-89)
Three-point Field Goals - 171, Becki Matzen (1997-00) Extended own record
Three-point FG Attempts - 522, Becki Matzen (1997-00) Old, 371, Nicole Trammell (1996, 98)
Three-point FG PCT., min. 100 - 44.7, Ellen Kernan, 96-215 (1988-89)
Free Throws - 303, Kristen Willis (1998-00) Old, 300, Kristi Wilson (1984-87)
Free Throw Attempts - 406, Kristen Willis (1998-00) Old, 401, Kristi Wilson (1984-87)
Free Throw PCT., min. 125 - 74.8, Kristi Wilson, 300-401 (1984-87)
Offensive Rebounds (Since 1988) - 256, Sonia Swan (1988-89)
Total Rebounds - 640, Kristi Wilson (1984-87)
Rebound Avg. (min. 40 games) - 8.4, Sonia Swan, 546 (1988-89)
Assists - 311, Kristen Willis (1998-00) Old, 251, Nita Wing (1983-85)
Steals - 258, Nita Wing (1983-85)
Blocked Shots - 107, Molly Mickle (1995, 97)
Turnovers - 288, Toni Larimer (1983-86)
Fouls - 226, Sonia Swan (1988-89)
Fouled Out - 20, Regina Kinzel (1982-83)
Points - 1,001, Sonia Swan (1988-89)
Scoring Avg. (min. 40 games) - 19.4, Nicole Trammell (1996, 98)
Games - 108, Kristi Wilson (1984-87)
Minutes - 2,503, Kristen Willis (1998-00) Old, 2,280, Kristi Wilson (1984-87)

Team Offense Single Game (Since 1980)

Field Goals - 42, Northwest (12-5-87; 11-30-91); Lewis-Clark State (1-25-92)
Field Goal Attempts - 96, Lewis-Clark State (1-15-83)
Field Goal PCT. - 57.4, Puget Sound, 35-61 (11-26-97)
Three-point Field Goals - 16, Cal State-Chico (12-5-97), Humboldt State (1-29-00)
Three-point FG Attempts - 38, Humboldt State (1-29-00); Old, 36, Humboldt State (1-9-99)
Three-point FG PCT., min. 10 - 78.6, Pacific Lutheran, 11-14 (2-16-88)
Free Throws - 33, St. Martin's (2-11-83 & 2-8-97)
Free Throw Attempts - 46, St. Martin's (2-11-83)
Free Throw PCT. -100.0, Simon Fraser, 11-11 (12-1-92); Pacific, 11-11 (12-30-95); 94.4, Northern Montana, 17-18 (11-20-91)
Offensive Rebounds (Since 1988) - 31, St. Martin's (12-4-87)
Rebounds - 70, St. Martin's (12-4-87)
Assists - 35, Northwest College (11-30-91)
Steals - 28, St. Martin's (2-12-85)
Blocked Shots - 11, Eastern Oregon (12-2-95)
Turnovers - 48, Boise State (12-11-81)
Fewest Turnovers - 8, Alaska Pacific (12-12-87); Sheldon Jackson (1-12-93)
Fouls -33, St. Martin's (12-13-80); Lewis & Clark (12-3-83); Western Washington (1-17-87); George Fox (11-19-93)
Fewest Fouls - 7, Pacific Lutheran (12-10-94)
Disqualifications - 4, Western Washington (1-14-84)
Points - 111, Whitworth (12-12-77); 105, Pacific Lutheran (2-16-88)

Fewest Points - 29, Western Washington (2-73); 32, Seattle (1-21-95)

Team Defense Single Game

Field Goals - 7, Northwest College (12-5-87)

Field Goal Attempts - 32, Pacific Lutheran (12-15-85), Seattle (2-12-00)

Field Goal PCT. - 14.6, Northwest College, 7-48 (12-5-87)

*Three-point Field Goals -16, Lewis-Clark State (1-18-96)

*Three-point FG Attempts - 29, Lewis-Clark State (2-6-97)

Three-point FG PCT., min. 10 - 0.0, Sheldon Jackson, 0-16 (2-15-92)

Free Throws - 2. Simon Fraser (12-2-83)

Free Throw Attempts - 4, Puget Sound (3-8-82; 1-10-90); Simon Fraser (12-2-83; 12-17-89); Pacific Lutheran (1-19-90)

Free Throw PCT. , min. 10 - 33.3, Alaska Pacific, 5-15 (12-5-87)

Offensive Rebounds (Since 1988) - 3, Sheldon Jakson (1-17-91), Alaska Fairbanks (1-20-00)

Rebounds - 22, St. Martin's (1-24-86)

Assists - 1, Northwest College (12-5-87)

Steals - 1, Northwest College (12-5-87)

*Blocked Shots - 15, Puget Sound (1-25-91)

*Turnovers - 47, Seattle (2-12-00) Old, 45, Pacific Lutheran (12-15-84)

*Fouls - 33, St. Martin's (2-11-83)

Fewest Fouls - 7, Simon Fraser (12-2-83)

*Disqualifications - 4, Puget Sound (1-20-89)

*Points - 114, Idaho (2-12-82)

Fewest Points - 18, Northwest College (12-5-87)

*Defense record is fewest except where indicated with asterik.

Team Offense Single Season

Field Goals - 1048 (1988)

Field Goal Attempts - 2418 (1988)

Field Goal PCT. - 43.3, 1048-2418 (1988)

Three-point Field Goals - 193 (2000) Old, 189 (1999)

Three-point FG Attempts - 600 (2000) Old, 590 (1999)

Three-point FG PCT. - 43.3, 88-203 (1988)

Free Throws - 473 (1988)

Free Throw Attempts - 749 (1988)

Free Throw PCT. - 73.0, 472-647 (2000) Old, 68.4, 271-396 (1998)

Offensive Rebounds (Since 1988) - 612 (1988)

Rebounds -1541 (1988)

Rebound Avg. - 47.3, 26-1230 (1981)

Rebounding Margin - 5.8, 31-176 (1989)

Assists - 563 (1985)

Steals - 439 (1988)

Blocked Shots - 143 (1988)

Turnovers - 750 (1989)

Fewest Turnovers - 389 (1997)

Fouls - 731 (1988)

Disqualifications - 27 (1982, 1988)

Points - 2657 (1988)

Scoring Average - 78.1 (1988)

Scoring Margin - 13.1 (1988)

Team Defense Single Season

Field Goals - 506 (1997)

Field Goal Attempts - 1253 (1997)
Field Goal PCT. - 36.3, 679-1871 (1980)
Three-point Field Goals -29 (1989)
Three-point FG Attempts - 106 (1989)
Three-point FG PCT. - 27.2, 34-125 (1988)
Free Throws -288 (1997)
Free Throw Attempts - 403 (1997)
Free Throw PCT. - 59.1, 407-689 (1984)
Offensive Rebounds (Since 1988) - 286 (1997)
Rebounds - 803 (1997)
Rebound Avg. - 37.2 (1989)
Assists - 297 (1980)
Steals - 188 (1997)
Blocked Shots - 42 (1997)
*Turnovers - 855 (1988)
*Fouls - 668 (1988)
*Disqualifications - 25 (1990)
*Points - 2277 (1982)
Fewest Points - 1415 (1997)
Scoring Average - 59.0, 28-1653, Old, 60.7, 26-1578 (1986)
*Highest Scoring Average - 87.6, 26-2277 (1982)

*Defense record is fewest except where indicated with asterik.

Team Miscelleneous

Consecutive Wins - 13 (1988)
Consecutive Losses - 29 (1982-83)
Consecutive Losses, start of season - 26 (1982)
Consecutive Wins, home - 13 (1988)
Consecutive Losses, home- 21 (1981-83)
Consecutive Wins, road - 11 (1978)
Consecutve Losses, road - 14 (1994-95)
Most wins - 31 (1988)
Most losses - 26 (1982)
Best W-L PCT. - .861, 31-5 (1988)
Most Points, both teams - CWU 105, PLU 91 (2-26-88)
Biggest Win Margin - 73, Northwest (12-5-88)
Biggest Loss Margin - 73, Idaho (2-12-82)

RECORDS SET

Three-point Field Goals, game - 8, Becki Matzen, Northwest College, 12-2-99
(Old, 7, Lanette Martin, Pacific Lutheran, 2-16-88, Nicole Trammell, Western Washington, 2-19-98)
Three-point FG attempts, game - 20, Jaime Johnston, Humboldt State, 1-29-00
(Old, 16, Nicole Trammell, Western Washington, 2-19-98)
FT PCT., min. 10, game - 100.0, 14-14, Jenny Dixon, CSU San Bernardino, 11-20-99
(Old, 13-13, Nicole Trammell, Simon Fraser, 2-10-96)
Free Throw PCT., season - 82.4, Jenny Dixon, 56-68 (Old, 82.1, Ann Bowen, 64-78, 1991)
FG PCT., career - 53.2, Rose Shaw, 264-496 (Old, 51.1, Sonia Swan, 390-763, 1988-89)
Three-point Field Goals, career - 171, Becki Matzen (Extended own record)
Three-point FG Attempts, career - 522, Becki Matzen (Old, 371, Nicole Trammell, 1996, 98)
Free Throws made, career - 303, Kristen Willis (Old, 300, Kristi Wilson, 1984-87)
Free Throw Attempts, career - 406, Kristen Willis (Old, 401, Kristi Wilson, 1984-87)
Assists, career - 311, Kristen Willis (Old, 251, Nita Wing, 1983-85)
Minutes, career - 2,503, Kristen Willis (Old, 2,280, Kristi Wilson, 1984-87)
Three-point FG Attempts, team, game - 38, Humboldt State, 1-29-00 (Old, 36, Humboldt State, 1-9-99)
*Turnovers forced, team, game - 47, Seattle, 2-12-00 (Old, 45, Pacific Lutheran, 12-15-84)
Three-point Field Goals, team, season - 193 (Old, 189, 1999)
Three-point FG Attempts, team season - 600 (Old, 590, 1999)
Free Throw PCT., team, season - 73.0, 472-647 (Old, 68.4, 271-396, 1998)
Lowest Scoring Average allowed, team, season - 59.0, 28-1653 (Old, 60.7, 26-1578, 1986)

RECORDS TIED

Three-point Field Goals, game - 16, Humboldt State, 1-29-00 (Ties, CSU - Chico, 12-5-97)
Fewest Offensive Rebounds allowed (Since 1988) - 3, Alaska Fairbanks, 1-20-00
(Ties, Sheldon Jackson, 1-17-91)
Fewest Field Goal Attempts allowed, team - 32, Seattle, 2-12-00 (Ties, Pacific Lutheran, 12-15-95)