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Central Washington University Men's, Women's, and Other Track and Field Records

Central Washington University Athletics

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WOMEN'S TRACK AND FIELD RECORDS

CWU School Records

100 - 11.8, Pam Riggs (1977)
200 - 24.5, Pam Riggs (1977)
400 - 54.9, Pam Riggs (1977)
800 - 2:14.41, Kristelle Arthur (1989)
1500 - 4:40.44, Rebecca Hill (1995)
3000 - 10:01.42, Laura Myers (1981)
5000 - 17:27.9, Kim Burke (1987)
10,000 - 38:16.0, Carol Christensen (1983)
2000 Steeplechase - 8:01.4, Amy Forrey (1998)
3000 Race-Walk - 15:45.90, Erin Taylor (1997)
Marathon - 3:11:41, Jennifer Sursely (1991)
100 Hurdles - 14.2, Kathleen Kilpatrick (1977)
400 Hurdles - 1:03.04, Kara Dodd (1995)
4x100 Relay - 48.3, Merrily Boast, Laura Jones, Sheri McCormick, Alice Pleasant (1980)
800 Medley - 1:47.2, Jan Miller, Kathleen Kilpatrick, Leann Makin, Pam Riggs (1977)
4x400 Relay - 4:00.31, Crissie Gordon, Dana Hansen, Sarah Levens, Angela Swanson (1998)
4x800 Relay - 9:32.0, Sherri Calkins, Cheryl Carpenter, Kitty Teller, Laura Myers (1979)
High Jump - 5-8, Sonia Swan (1989)
Long Jump - 18-4 3/4, Shelley Johnson (1994)
Triple Jump - 37-6 1/2, Lisa Ostrander (1993)
Pole Vault - 10-2, Dana Riste (1998)
Discus - 158-10, Cindy Pottle (1977)
Shot Put - 43-5, Cindy Pottle (1978)
Javelin (Prior to 1986) - 160-11, Lorna Martinson (1983)
Javelin (1986-98) - 136-1, Angie Marchant (1994)
Javelin (1999-Current) - 134-0, Sara Lind (1999)
Hammer - 125-0, Billie Jo Bandy (1998)
Heptathlon - 4647, Lona Joslin (1984)

Spike Arlt Invitational Records

100 - 12.22, Vanessa Fryer, Simon Fraser (1998)
200 - 24.8, Brandi Stevenson, Western Washington (1994)
400 - 56.47, Sydney Green, Western Washington (1997)
800 - 2:15.46, Kristin Mora, unattached (1997)
1500 - 4:32.9, Danita Erickson, Puget Sound (1993)
2000 Steeplechase - 7:52.3, Dana Morse, Western Washington (1998)
3000 - 10:11.1, Emily Kelman, Puget Sound (1994)
5000 - 18:28.2, My Nguyen, Puget Sound (1995)
3000 Race-Walk - 14:53.71, Jill Green, Pacific Lutheran (1997)
100 Hurdles - 14.34, Vanessa Fryer, Simon Fraser (1998)
400 Hurdles - 1:02.38, Louise Bomars, Western Washington (1998)
4x100 Relay - 48.02, Pacific Lutheran (J. Krueger, Lay, C. Axley, S. Axley, 1997)
4x400 Relay - 3:53.6, Pacific Lutheran (Andrade, Wirth, Saathoff, Metzger, 1994)
4x800 Relay - 10:11.10, Pacific Lutheran (S. Robinson, T. Robinson, Morris, Dykes, 1998)
Long Jump - 18-7, Jennifer Frazier, Pacific Lutheran (1993)
Triple Jump - 38-8 1/2, Tracy Fox, Pacific Lutheran (1994)

Pole Vault - 9-0, Erin Schaueremann, Western Washington (1998)
High Jump - 5-4, Verninica McGuire, Central Washington (1993-96), Larissa Norris, Pacific Lutheran (1997), Kirston Obergh, Central Washington (1994)
Discus - 151-1, Sherie Schroeder, Western Washington (1998)
Shot Put - 44-8 1/2, Wendy Cordeiro, Pacific Lutheran (1994)
Hammer - 158-2, Corie Krueger, Pacific Lutheran (1997)
Javelin - 151-3, Laura Kruse, Western Washington (1998)

Tomlinson Stadium Bests (Since 1981)

100 - 11.6, Kim Vanderhoek, Simon Fraser (1993)
200- 24.39, Hollie Watson, Western Washington (1987)
400- 56.47, Sydney Green, Western Washington (1997)
800- 2:09.71, Brit McRoberts, Simon Fraser (1987)
1500- 4:27.64, Brit McRoberts, Simon Fraser (1987)
3000- 9:48.0, Leah Pells, Simon Fraser (1987)
5000- 17:00.61, Patsy Sharples, Idaho (1982)
10,000- 36:52.8, Patsy Sharples, Idaho (1982)
2000 Steeplechase - 7:52.3, Dana Morse, Western Washington (1998)
3,000 Race-Walk- 14:46.87, Anne-Marie Oswald, SFU (1996)
100 Hurdles- 13.91, Michaela Colluney, Simon Fraser (1993)
400 Hurdles- 1:00.64, Michaela Colluney, Simon Fraser (1993)
800 Medley Relay - 1:43.6, Simon Fraser (Thiele, Matheson, Vanderhoek, Colluney, 1993)
4x100 Relay- 47.89, Simon Fraser (Thiele, Colluney, Matheson, Vanderhoek, 1993)
4x400 Relay- 3:49.30, Simon Fraser (Ewing, Parrish, Wagner, McRoberts, 1987)
4x800 Relay - 9:13.0, Simon Fraser (Street, Evanow, Tomlinson, Grant, 1984)
Long Jump- 19-4, Kim Huey, Seattle Pacific (1987)
Triple Jump- 38-8 1/2, Tracy Fox, Pacific Lutheran (1994)
High Jump- 5-9, Corinna Wolf, Simon Fraser (1993); Holly Wilson, PLU (1984)
Pole Vault - 9-0, Erin Schaueremann, Western Washington (1998)
Shot Put- 47-1 1/4, Jenny Lemke, Wenatchee Valley (1981)
Javelin- 160-11, Lorna Martinson, Central Washington (1983)
Javelin (1986 spec.) - 154-3, Barb Lashinski, Whitworth (1987)
Discus- 166-11, Julie Hanson, unattached(1983)
Hammer - 158-2, Corie Krueger, Pacific Lutheran (1997)
Heptathlon- 4936, Rhonda James, Idaho (1982)

Regional Meet Records (1995-98)

100 - 12.17, Sandy Metzger, Pacific Lutheran (1996 prelims)
200 - 24.74, Sandy Metzger, Pacific Lutheran (1996 prelims)
400 - 56.90, Karen Andrade, Pacific Lutheran (1995)
800 - 2:12:20, Heather DeGeest, Simon Fraser (1998)
1500 - 4:28.8, Heather DeGeest, Simon Fraser (1997)
3000 - 9:48.95, Emily Kellman, Puget Sound (1995)
5000 - 17:26.2, Tanya Robinson, Pacific Lutheran (1997)
10,000 - 38:59.05, Jen Funk, Eastern Oregon (1996)
3,000 Race-Walk -14:55.4, Jill Green, Pacific Lutheran (1998)
100 Hurdles - 14.34, Amy Cameron, Western Washington (1996)
400 Hurdles - 1:01.33, Jill Carrier, Southern Oregon (1995)
4x100 Relay - 47.44, Pacific Lutheran (Jenni Krueger, Corinne Lay, Christine Axley, Sarah Axley, 1998)
4x400 Relay - 3:49.81, Pacific Lutheran (Karen Andrade, Kristi Keene, Amy Saathoff, Sandy Metzger, 1995)
4x800 Relay - 9:08.93, Simon Fraser (Heather DeGeest, Cari Rampersad, Carolyn Murray, Desneige McLean, 1998)

Long Jump - 18-8 1/2, Angie Grimes, Pacific Lutheran (1995)
Triple Jump - 37-8 3/4, Jane Wallace, Western Washington (1998)
Pole Vault - 11-1 3/4, Amy Wells, Puget Sound (1998)
High Jump - 5-8, Corrinna Wolf, Simon Fraser (1995); Nancu Rissmiller, George Fox (1997)
Shot Put - 46-5 1/2, Molly Duggan, Western Oregon (1995)
Discus - 151-10, Sherie Schroeder, Western Washington (1998)
Javelin - 153-6, Laura Kruse, Western Washington (1998)
Hammer - 167-3, Jennifer Boyman, Linfield (1997)
Heptathlon - 4020, Kahleia Crane, Puget Sound (1995)
District 1 Records (1983-94)
100 - 11.6, Kim Vanderhoek (1993)
200 - 24.39, Hollie Watson, Western Washington (1987)
400 - 55.27, Sharon Wilson, Pacific Lutheran (1990)
800 - 2:08.3, Sarah Howell, Simon Fraser (1992)
1500 - 4:18.70, Sarah Howell, Simon Fraser (1992)
3000 - 9:25.0, Sarah Howell, Simon Fraser (1991)
5000 - 17:00.64, Emily Kellman, Puget Sound (1994)
10,000 - 36:04.0, Heather Lucas, Pacific Lutheran (1990)
3,000 Race-Walk - 15:26.82, Joanne Fox, Simon Fraser (1994)
Marathon - 2:47.31, Wanda Howlett, Puget Sound (1990)
100 Hurdles - 13.91, Michaela Colluney, Simon Fraser (1993)
400 Hurdles - 1:00.64, Michaela Colluney, Simon Fraser (1993)
4x100 Relay - 47.10, Simon Fraser (Parrish, Jolly, Matheson, Leclair, 1990)
4x400 Relay - 3:48.86, Simon Fraser (Kripps, O'Gorman, Matheson, Leclair, 1990)
4x800 Relay - 9:13.0, Simon Fraser (Street, Evanow, Tomlinson, Grant, 1984)
800 Medley - 1:43.05, Simon Fraser (Mayes, Matheson, Vanderhoek, Colluney, 1992)
Shot Put - 46-6, Wendy Cordeiro, Pacific Lutheran (1993)
Discus - 158-0, Wendy Cordeiro, Pacific Lutheran (1993)
Javelin - 159-1, Patricia Perry, Puget Sound (1988)
Heptathlon - 5183, Kim Vanderhoek, Simon Fraser (1990)
High Jump - 5-10 3/4, Sara McGladdery, Simon Fraser (1992)
Long Jump - 19-1 1/4, Kendall Matheson, Simon Fraser (1992)
Triple Jump - 38-2 1/4, Jennifer Frazier, Pacific Lutheran (1993)

PNWAC Meet Records (1995-98)

100 - 12.22, Vanessa Fryer, Simon Fraser (1998)
200 - 25.42, Andee Anderson, Puget Sound (1996)
400 - 58.3, Sydney Green, Western Washington (1995)
800 - 2:14.3, Carolyn Murray, Simon Fraser (1996)
1500 - 4:39.1, Carolyn Murray, Simon Fraser (1995)
2000 Steeplechase - 7:52.3, Dana Morse, Western Washington (1998)
3000 - 10:18.3, Aundrea Bertoia, Simon Fraser (1995)
5000 - 17:28.6, Beth Robbins, Puget Sound (1995)
100 Hurdles - 14.34, Vanessa Fryer, Simon Fraser (1998)
400 Hurdles - 1:01.94, Erin Sullivan, Puget Sound (1996)
3000 Race-Walk - 14:46.87, Anne-Marie Oswald, Simon Fraser (1996)
4x100 Relay - 48.21, Western Washington (Johnson, Jones, Cameron, Stevenson, 1996)
4x400 Relay - 3:59.38, Western Washington (Jones, Garrod, Stevenson, Green, 1996)
Long Jump - 17-10, Sarah Hiss, Western Washington (1998)
Triple Jump - 37-2 1/4, Jane Wallace, Western Washington (1998)
Pole Vault - 9-0, Erin Schaueremann, Western Washington (1998)
High Jump - 5-6, Veronica Persons, Central Washington (1995)

Discus - 151-1, Sherie Schroeder, Western Washington (1998)
Shot Put - 43-3 1/2, Sherie Schroeder, Western Washington (1998)
Hammer - 125-0, Billie Jo Bandy, Central Washington (1998)
Javelin - 151-3, Laura Kruse, Western Washington (1998)
Heptathlon - 4641, Brandi Stevenson, Western Washington (1996)

MEN'S RECORDS

100 - 10.21, John Willis (1979)
200 - 21.0, Steve Slavins (1972), Jim Kjolso (1965)
400 - 47.1, Jim Hay (1967)
800 - 1:49.6, Bob Barto (1968)
1500 - 3:44.46, Mike Pace (1987)
3000 - 8:18.4, Paul Harshman (1984)
5000 - 14:10.6, Mark Brown (1978)
10,000 - 29:41.50, Paul Harshman (1984)
3,000 Race-Walk -
5,000 Race-Walk -
10,000 Race Walk - 43:24.4, David Cummings (1988)
20,000 Race Walk - 1:31.03, David Cummings (1988)
Marathon - 2:24.31, John Freeburg (1980)
3000 Steeplechase - 8:55.91, Lou Boudreaux (1977)
110 High Hurdles - 14.26, Keith Baker (1991)
400 Intermediate Hurdles - 51.5, John Kirry (1968)
4x100 Relay - 40.9, Steve Slavens, Bob Knies, Mike Behrbaum, Dave Walker
(1972) 4x400 Relay - 3:11.5, Paul Wallace, Bob Barto, Steve Shireman, Jim Hay
(1968) Pole Vault - 15-6, John Winters (1978)
High Jump - 6-11, Kenny Thompson (1990 & 1992-indoor)
Long Jump - 25-1 3/4, Dave Walker (1970)
Triple Jump - 49-7, Wayne Sweet (1982)
Javelin - 241-11, Dick Bedlington (1970)
Javelin (Since 1986) - 197-8, Russ Capps (1993)
Discus - 180-8, Mitch Ringe (1975)
Shot Put - 58-2, Bill Harsh (1973)
Hammer - 187-10, Jon Torrence (1987)
Decathlon - 6636, Ron Olson (1990)
10.53, Chris Courtney, Central Washington (1998) 21.50, Marc Hill, unattached
(1997) 48.6, Jay Spears, Central Washington (1996) 1:52.6, Kirby Leufroy, Puget
Sound (1994) 3:57.4, Kirby Leufroy, Puget Sound (1994) 9:11.9, Eric Tollefson,
unattached (1998) 8:18.67, Eric Tollefson, unattached (1997) 15:18.9, Brad Hooper,
Central Washington (1994) 13:22.84, Brad Hawkins, Central Washington (1998)
5000 Race-Walk - 25:20.6, Gary Briggs, Pacific Lutheran (1994) 1:14.4, Nolan Toso,
Pacific Lutheran (1994) 52.5, Goreal Hudson, Central Washington (1994) 41.6,
Pacific Lutheran (Toso, Lerum, Bray, Seydell, 1994); 41.84, Western Washington
(Lewis, Dilling, Susee, Lynch, 1997) 3:16.5, Western Washington (Hill, Blank,
Young, Delaney, 1994) 8:04.05, Simon Fraser (Surerus, Hurlen, Bertoia, Cluff,
1998) 23-10 3/4, Rob Rising, Central Washington (1995) 46-3, Pat Reddick, Central
Washington (1993) 16-5 1/2, Neil Owen, Pacific Lutheran (1998) 6-10 1/4, Sean
Steele, Highline (1998) 180-7, Luke Jacobson, Pacific Lutheran (1998) 53-8 1/2,
Scott Easley, Western Washington (1994) 189-2, Aaron Linerud, Pacific Lutheran
(1993) 214-11, Davy Logue, Pacific Lutheran (1998) Records 100 - 10.53, Chris
Courtney, Central Washington (1998)
200 - 21.50, Marc Hill, unattached (1997)
400 - 47.84, John Kaay, Simon Fraser (1984)
800 - 1:51.75, Andrew Dawson, Simon Fraser (1987)
1500 - 3:51.64, Mike Pace Central Washington (1987)

3000 - 8:18.67, Eric Tollefson, unattached (1997)
5000 - 14:41.6, Buck Jones unattached (1989)
10,000 - 30:34.7, Don Stearns, Eastern Oregon (1982)
3,000 Race-Walk - 13:22.84, Brad Hawkins, Central Washington (1998)
5,000 Race-Walk - 25:20.6, Gary Briggs, Pacific Lutheran (1994)
10,000 Race-Walk - 43:26.0, David Cummings, CWU (1988)
Steeplechase - 9:11.9, Eric Tollefson, unattached (1998)
110 High Hurdles - 14.53, Don Erickson, Puget Sound (1984)
400 Hurdles - 52.5, Goreal Hudson, Central Washington (1994)
4x100 Relay - 41.6, Pacific Lutheran (Toso, Lerum, Bray, Seydel, 1994); 41.84, Western Washington (Lewis, Dilling, Susee, Lynch)
4x400 Relay - 3:15.08, Simon Fraser (Clarke, Tyler, Devlin, Kaay; 1984)
Pole Vault - 16-5 1/2, Neil Owen, Pacific Lutheran (1998)
High Jump - 7-0, Bob Peterson, Idaho (1979)
Long Jump - 24-5 1/2, Dave Walker, CWU (1970)
Triple Jump - 51-0, Dave White, EWU (1979)
Javelin - 245-4, Drew Stevick, Whitworth (1969)
Javelin (Since 1986) - 214-11, Davy Logue, Pacific Lutheran (1998)
Discus - 201-1, John Bakkenson, Portland Track Club (1971)
Shot Put - 57-2, Terry Livermore, Portland (1969) Bruce Anderson, EWU (1983)
Hammer - 211-7, Dwight Midles, unattached (1978)
Decathlon - 6,743, Don Erickson, UPS (1984)

100 - 10.82, Chirs Courtney, Central Washington (1996 prelims)
200 - 21.80, Chris Courtney, Central Washington (1996)
400 - 48.02, Ryan Chaney, George Fox (1995)
800 - 1:52.92, Sasha Smiljanic, Simon Fraser (1995)
1500 - 3:51.17, Chris Myhr, Simon Fraser (1995)
5000 - 14:39.17, Eric Tollefson, Central Washington (1996)
10,000 - 31:26.09, Eric Tollefson, Central Washington (1995)
Steeplechase - 9:02.23, Eric Tollefson, Central Washington (1996)
5000 Race-Walk - 23:28.88, Jason Glover, Pacific Lutheran (1995)
110 Hurdles - 14.66, Nolan Toso, Pacific Lutheran (1995 prelims)
400 Hurdles - 53.21, Rio Okamura, Western Oregon (1995)
4x100 Relay - 42.22, Western Oregon (Lee Evans, Scott Olds, Keoni McHone, Alper Kasapoglu)
4x400 Relay - 3:17.56, George Fox (Peter Carmack, Hank Schaffeld, Torrey Lindbo, Ryan Chaney)
Long Jump - 23-11, Alper Kasapoglu, Western Oregon (1996)
Triple Jump - 47-8 1/2, Aaron Young, George Fox (1995)
High Jump - 6-10 1/4, Justin Marion, Northwest Nazarene (1996)
Pole Vault - 15-7, Matt Frketich, Western Oregon (1995); John Smith, George Fox (1995); Neil Owen, Pacific Lutheran (1996)
Discus - 160-11, Jason Tootikian, Western Oregon (1996)
Shot Put - 52-11 1/2, Jason Tootikian, Western Oregon (1996)
Javelin - 199-5, Craig Gries, Western Oregon (1995)
Hammer - 181-0, Dan Nelson, Western Oregon (1996)
Decathlon - 6,458, B.J. Wilson, Central Washington (1995)

100 - 10.3, Art Ballard, Central Washington (1993)
 200 - 21.64, James Mitchell, CWU (1991); Marc Hill, Western Washington (1994)
 400 - 47.58, Marc Hill, Western Washington (1994)
 800 - 1:49.11, Dan Bertoia, Simon Fraser (1991)
 1500 - 3:49.80, Mike Pace, Central Washington (1988)
 5000 - 14:27.7, Rick Adams, Eastern Washington (1978)
 10,000 - 30:24.8, Phil Phimister, Central Washington (1988)
 5,000 Race-Walk - 24:28.75, Jason Glover, Pacific Lutheran (1994)
 10,000 Race-Walk - 44:03.8, David Cummings, CWU (1983)
 Steeplechase - 9:06.4, Marty Clapp, Seattle Pacific (1983)
 Marathon - 2:22.30, Bruce Manclark, Western Washington (1978)
 110 High Hurdles - 14.31, Nolan Toso, Pacific Lutheran (1994)
 400 Intermediates - 52.96, Eric Benner, Pacific Lutheran (1988)
 4x100 Relay - 41.81, Whitworth (Scott Miller, Don Latimer, Tommy Stewart, Tim Wright, 1983)
 4x400 Relay - 3:15.08, Simon Fraser (Paul Clarke, Kevin Tyler, Andrew Devlin, John Kaay, 1984); Central Washington (Goreal Hudson, Chad Klassen, Loren Myers, Jay Spears, 1994)
 Shot Put - 56-4 1/4, Brad Boland, Eastern Washington (1980)
 Discus - 177-0, Brad Boland, Eastern Washington (1980)
 Javelin - 238-6, John Fromm, Pacific Lutheran (1958)
 Javelin (1986 spec.) - 222-10, Craig Stelling, Pacific Lutheran (1986)
 Hammer - 216-10, Harold Willers, Simon Fraser (1985)
 Decathlon - 7,157, Phil Schot, Pacific Lutheran (1983)
 High Jump - 6-10 1/2, Kenny Thompson, CWU (1990); Ron Olson, CWU (1990)
 Long Jump - 25-1 1/4, Vic White, Eastern Washington (1979)
 Triple Jump - 52-1/4, Vic White, Eastern Washington (1979)
 Pole Vault - 16-0 Ron Soliday, Eastern Washington (1975)

Note: District meet records in events measured in yards held by CWU runners include Jim Hay in the 440 (47.3 in 1967); Jim Boora in the 880 (1:51.2 in 1967); Mike Henry in the three-mile run (14:07.4 in 1967) and Sam Ring in the six-mile run (30:16.1 in 1967). In addition, CWU holds the record in the 440 relay (Bob Knies, Mike Behrbaum, Dave Walker and Steve Slavens, 41.2 in 1972) and mile relay (Paul Wallace, Jim Boora, Jim Brunaugh and Jim Hay, 3:13.9 in 1967).

x 13:22.84, Brad Hawkins (1998) 20:37.5, David Cummings (1988), 23:08.8, Dominic Urbano, Central Washington (1989) 79, Mike Lynch, Western Washington (1998) 46.37, Ryan Chaney, George Fox (1997) 1.92, Ahman Dirks, Puget Sound (1997) Finishes □ CC team track records

Place Winners-District champs-Top 10s
cross country-

18.68, Dan Casmier, Pacific Lutheran (1998)2.84, Andrew Wilson, Pacific Lutheran (1997)1.38, Western Oregon (Jeremy Peil, Mikel Chapin, Chris Doran, Jacob Brown, 1998)4.29, Jim Haley, David Parker, 1997
4x800 Relay - 7:41.25, Western Washington (Brandon Ohnemus, Lance Latimer, Devin Kemper, Lewis McCulloch, 1998); A.J. Acker, Western Oregon (1997)16-0 3/4, Neil Owen, Pacific Lutheran (1998)2-6, Luke Jacobson, Pacific Lutheran (1998)8-2 1/2, Paul Steenkolk, Southern Oregon (1998)224-11, David Logue, Pacific Lutheran (1998)200-1, Dan Nelson, Western Oregon (1997) 10.53, Chris Courtney, Central Washington (1998)

200 - 22.00, Coby Dilling, Western Washington (1997)

400 - 48.99, Loren Myers, Central Washington (1996)

800 - 1:53.39, Sean Surerus, Simon Fraser (1997)

1500 - 3:55.01, Geoff Graves, Simon Fraser (1997)

Steeplechase - 9:22.0, Cande Gonzalez, Central Washington (1995)

5000 - 15:00.68, Eric Tollefson, Central Washington (1996)

110 Hurdles - 15.08, Jack Warner, Western Washington (1996)

400 Hurdles - 53.68, Nick Little, Western Washington (1998)

3000 Race-Walk - 13:22.84, Brad Hawkins, Central Washington (1998)

4x100 Relay - 42.81, Western Washington (Lewis, Young, Cottrell, Warner, 1996)

4x400 - 3:19.2, Western Washington (Haveman, McCulloch, Grichel, Myre, 1997)

4x800 Relay - 8:04.05, Simon Fraser (Surerus, Hurlen, Bertolia, Cluff, 1998)

Long Jump - 22-6 3/4, Jason Huff, Central Washington (1996)

Triple Jump - 44-8 1/4, Pat Reddick, Central Washington (1995)

Pole Vault - 15-0, Ryan Spence, Puget Sound (1996)

High Jump - 6-10 1/4, Nathan Lindeman, Western Washington (1998)

Discus - 160-2, Tony Hoiby, Central Washington (1997)

Shot Put - 52-6 3/4, Scott Easley, Western Washington (1995)

Hammer - 173-0, Kent Stoddard, Western Washington (1995)

Javelin - 194-6, Travis Huntsinger, Western Washington (1998)

Decathlon - 6458, B.J. Wilson, Central Washington (1995)n~Finishes CC team

track records Place Winners District champs Top 10s Tops 10s

cross country 41.12, Josh DeLay, Chris Courtney, Chris Faulconer, Shawn Bills (1999),3:56.99, Devin Kemper, Western Washington (1999)41.12, Central Washington (DeLay, Faulconer, Saur, Courtney, 1999)12, Central Washington (DeLay, Faulconer, Saur, Courtney, 1999)n~Finishes CC team

track records-Place Winners- District champs- Top 10scross country