12-31-2010

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)
10,000 – 29:08.28, Marko Cheseto, Alaska Anchorage (2009)
400 Hurdles – 52.05, Dallas Beatty, Northwest Nazarene (2009)
Steepelchase – 8:49.31, Micah Chelimo, Alaska Anchorage (2010)
4x100 Relay – 41.10, Central Washington (2010)
4x400 Relay – 3:15.91, Central Washington (Mike Kelley, Jason Roberts, Matt Rogstad, Cresap Watson, 2006)
Triple Jump – 15.00 – 49-2 ½, Justin Lawrence, Central Washington (2003)
Javelin – 63.52 – 208-5, Alex Harrison, Western Washington (2010)
Decathlon – 6,574, Josh Freeman, Western Washington (2005)

Decathlon Events:
Javelin – 63.52 – 208-5, Alex Harrison, Western Washington (2010)
Triple Jump – 15.00 – 49-2 ½, Justin Lawrence, Central Washington (2003)

Conference Meet Miscellaneous
Most points, individual events – 6, Mike Hinshaw, Western Oregon (2003)
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 points, career – 72, Mike Hinshaw, Western Oregon (2000-03)
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, relays, career – 5, Mike Hinshaw, Western Oregon (2000-03)
Most wins, relays, career – 11, Mike Hinshaw, Western Oregon (2000-03)
Most wins, individual events, career – 6, Mike Hinshaw, Western Oregon (2000-03)
Most conference awards, individual events, single meet – 3, Seventeen with
Most conference awards, individual events, single meet – 3, Seventeen with
Most conference awards (including relays), single meet – 5, Cresap Watson, Central Washington (2006)
Most 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 conference awards (including relays), career – 12, Mike Hinshaw, Western Oregon (2000-03)
**WOMEN**

**All Meets**

100 – 11.90, NyEma Sims, Seattle Pacific (2007)
400 – 53.56, Mary Pearce, Alaska Anchorage (2007)
800 – 2:04.89, Jessica Pixler, Seattle Pacific (2010)
1000 – 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)
4x100 Relay – 46.90, Western Washington (2010)
4x400 Relay – 3:49.70, Western Washington (2009)
Discus – 50.52 – 165-9, Jessica Houston, Alaska Anchorage (2005)

**Heptathlon Events:**

High Jump - 1.70 – 5-7, Clara Cook, Western Washington (2009).  

**Conference Meet**

100 – 12.11, Latalia 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)

**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**

400 Hurdles - 52.81, Nick Little, Western Washington (2000)

WOMEN

All Meets
100 - 11.47, 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)
800 – 1:51.49, Paul Mach, Seattle Pacific (2007)
4x400 Relay – 3:19.36, Western Oregon (Ashtin Mott, Anthony Yakovich, Josh Moore, Matt Kaino, 2010)
Distance Medley – 10:18.80, Western Oregon (Bennett Grimes, Andrew Gray, Nick Abraham, Jordan Welling, 2010)

Conference Meet
60 – 6.89, Anthony Wright, Central Washington (2010)
200 – 22.04, Isaac Frederick, Western Oregon (2010)
400 – 49.17, Matt Kaino, Western Oregon (2010)
4x100 Relay – 3:19.36, Western Oregon (Matt Kaino, Ashtin Mott, Josh Moore, Anthony Tomisch, 2010)
Distance Medley – 10:18.80, Western Oregon (Bennett Grimes, Andrew Gray, Nick Abraham, Jordan Welling, 2010)

WOMEN

All Meets
400 – 55.54, Terran Legard, Central Washington (2005)
1600 – 4:32.88, Jessica Pixler, Seattle Pacific (2010)
5000 – 16:12.65, Jessica Pixler, Seattle Pacific (2009)
60 Hurdles – 8.66, Danielle Ayers-Stamper, Seattle Pacific (2005)
Distance Medley – 11:29.88, Seattle Pacific (2010)

Conference Meet
High Jump – 2.05 - 6-8 ¼, Cameron Bailey, Central Wash. (2007)

Conference Meet Miscellaneous
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 (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)
Conference Meet
800 – 2:08.28, 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)
Triple Jump – 11.85 – 38-10 ½, Ashley Potter, Western Oregon (2010)

Conference Meet Miscellaneous
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)