

WASHINGTON STATE 2016 WOMEN'S INDOOR BESTS

60 METERS	2016	LIFETIME
Dominique Keel	7.59 (e)	7.57
Sarah Stavig	7.61 (f)	7.60
Danielle Darden	7.62 (e)	7.55
Christiana Ekelem	7.75 (e)	7.75
Regyn Gaffney	7.70 (f)	7.70
Holly DeHart	7.80 (k)	7.72

60M HURDLES	2016	LIFETIME
Liz Harper	8.45 (k)	8.45
Alissa Brooks-Johnson	8.77 (k)	8.77
ShaRaya Quinn	8.86 (k)	8.86
Jordan Anderson	9.02 (d)	9.02
Lindsey Schauble	9.24 (k)	9.24

200 METERS	2016	LIFETIME
Dominique Keel	24.04 (f)	24.04
Danielle Darden	24.98 (d)	24.17
Regyn Gaffney	24.98 (f)	24.98
Christiana Ekelem	25.02 (d)	25.00
Holly DeHart	25.38 (k)	25.01
Sarah Stavig	25.59 (f)	25.59

400 METERS	2016	LIFETIME
Dominique Keel	54.69 (k)	54.69
Christiana Ekelem	55.89 (k)	55.89
Liz Harper	56.77 (d)	56.41
Regyn Gaffney	57.25 (k)	57.25
Grace Victor	59.73 (e)	59.73
Stephanie Cho	59.81 (d)	59.81
ShaRaya Quinn	1:00.70 (e)	1:00.70
Jordan Anderson	1:01.62 (c)	1:01.62

800 METERS	2016	LIFETIME
Grace Victor	2:13.31 (d)	2:13.31
A. Brooks-Johnson	2:16.50 (k)	2:16.50
Jenaya Pynn	2:16.84 (k)	2:16.84
Liz Harper	2:17.16 (k)	2:17.16
Amanda Henderson	2:19.36 (e)	2:19.36
Natalie Ackerley	2:20.42 (e)	2:20.42
Adreonia Bradley	2:21.95 (e)	2:21.95
Betsy Arlt	2:23.70 (d)	2:23.70
Lindsey Schauble	2:25.36 (k)	2:25.36
Stephanie Cho	2:32.94 (c)	2:32.94
Pam Henderson	2:36.77 (e)	2:36.77

MILE	2016	LIFETIME
CharLee Linton	4:56.70 (d)	4:56.70
Jenaya Pynn	4:59.95 (g)	5:59.95
Devon Bortfeld	5:02.57 (b)	5:02.57
Emily Dwyer	5:10.22 (b)	5:10.22
Katherine Dittmann	5:17.16 (b)	5:17.16
Alexys Garcia	5:25.47 (b)	5:25.44
Steffie Pavey		5:19.14

3000 METERS	2016	LIFETIME
CharLee Linton	9:35.49 (g)	9:35.49
Devon Bortfeld	9:39.53 (g)	9:39.53
Morgan Willson	9:56.52 (k)	9:56.52
Emily Dwyer	9:58.45 (g)	9:58.45
Katherine Dittmann	9:58.57 (k)	9:58.57
Steffie Pavey	10:09.76 (b)	10:09.76
Josie Brown	10:10.67 (d)	10:10.67
Alexys Garcia	10:53.94 (e)	10:53.94
Amanda Henderson	11:01.24 (e)	11:01.24

5000 METERS	2016	LIFETIME
CharLee Linton	16:34.89 (k)	16:34.89
Devon Bortfeld	17:03.64 (d)	17:03.64
Emily Dwyer	17:10.32 (d)	17:10.32
Morgan Willson	17:17.22 (d)	17:17.22
Katherine Dittmann	17:20.87 (g)	17:20.87
Josie Brown	17:53.11 (k)	17:53.11
Steffie Pavey	18:04.33 (d)	18:04.33

1600 METERS RELAY	2016
Keel, Brooks-Johnson, Ekelem, Harper	3:41.05 (k)

DISTANCE MEDLEY RELAY	2016
Pynn, Cho, Victor, Pavey	12:06.08 (k)

HIGH JUMP	2016	LIFETIME
Liz Harper	1.81m/ 5-11 1/4 (k)	1.81m/ 5-11 1/4
Kiana Davis	1.79m/ 5-10 1/2 (k)	1.79m/ 5-10 1/2
A. Brooks-Johnson	1.76m/ 5-9 1/4 (e)	1.76m/ 5-9 1/4
Audrey Ketcham	1.76m/ 5-9 1/4 (g)	1.76m/ 5-9 1/4
Lateah Holmes	1.67m/ 5-5 3/4 (g)	1.69m/ 5-6 1/2
L. Schauble	1.57m/ 5-1 3/4 (k)	1.57m/ 5-1 3/4

POLE VAULT	2016	LIFETIME
Katelyn Frost	3.70m/ 12-1 1/2 (c,g)	3.70m/ 12-1 1/2
Danielle Carnahan	3.25m/ 10-8 (e)	3.25m/ 10-8
Kristine Felix (unat)	4.15m/ 13-7 1/4 (c)	4.26m/ 13-11 3/4
M. Scharmann (unat)	3.40m/ 11-1 3/4 (e)	3.40m/ 11-1 3/4
Abby Webb (unat)	3.10m/ 10-2 (e)	3.10m/ 10-2

WSU 2016 WOMEN'S INDOOR BESTS - 2

LONG JUMP	2016	LIFETIME
Liz Harper	5.66m/ 18-7 (c)	5.66m/ 18-7
A. Brooks-Johnson	5.60m/ 18-4 1/2 (e)	5.60m/ 18-4 1/2
Greer Alsop	5.54m/ 18-2 1/4 (f)	5.66m/ 18-7
McKenna Hogan	5.49m/ 18-0 1/4 (d)	5.49m/ 18-0 1/4
Kayla Warren	5.42m/ 17-9 1/2 (e)	5.42m/ 17-9 1/2
Lindsey Schauble	5.37m/ 17-7 1/2 (k)	5.37m/ 17-7 1/2
Essence White	5.32m/ 17-5 1/2 (c)	5.36m/ 17-7

TRIPLE JUMP	2016	LIFETIME
Greer Alsop	12.67m/ 41-7 (d)	12.67m/ 41-7
Kiana Davis	12.55m/ 41-2 1/4 (k)	12.55m/ 41-2 1/4
Kayla Warren	12.04m/ 39-6 (c)	12.33m/ 40-5 1/2

SHOT PUT	2016	LIFETIME
Jada Harvey	12.94m/ 42-5 1/2 (bb)	13.14m/ 43-1 1/2
A. Brooks-Johnson	12.45m/ 40-10 1/4 (k)	12.45m/ 40-10 1/4
Kelsie Taylor	11.83m/ 38-9 3/4 (c)	12.19m/ 40-0
Lindsey Schauble	10.42m/ 34-2 1/4 (k)	10.42m/ 34-2 1/4
Liz Harper	10.34m/ 33-11 1/4 (k)	10.34m/ 33-11 1/4
Kaitlin Krouse (unat)	12.19m/ 40-0 (e)	12.19m/ 40-0
C. Brown (unat)	11.82m/ 39-9 1/2 (e)	11.82m/ 39-9 1/2
Aoife Martin (unat)	10.64m/ 34-11 (bb)	10.64m/ 34-11

20# WEIGHT	2016	LIFETIME
Katie Wardsworth	16.46m/ 54-0 (d)	16.46m/ 54-0
Aoife Martin (unat)	14.36m/ 47-1 1/2 (c)	14.36m/ 47-1 1/2
A. Gardella (unat)	13.00m/ 42-8 (e)	13.00m/ 42-8

DISCUS	2016	LIFETIME
Kaitlin Krouse (unat)	41.13m/ 134-11 (c)	41.13m/ 134-11
C. Brown (unat)	39.20m/ 128-7 (c)	39.20m/ 128-7
Aoife Martin (unat)	35.95m/ 117-11 (c)	35.95m/ 117-11

PENTATHLON	2016	LIFETIME
Liz Harper	4146 (k)	4146
(k = 60mH - 8.45, HJ - 1.81m/ 5-11 1/4, SP - 10.34m/33-11 1/4, LJ - 5.54m/18-2 1/4, 800m - 2:17.16)		

Alissa Brooks-Johnson	4101 (e)	4101
(e = 60mH - 8.81, HJ - 1.76m/ 5-9 1/4, SP - 12.10m/39-8 1/2, LJ - 5.60m/18-4 1/2, 800m - 2:19.80)		

Lindsey Schauble	3533 (k)	3533
(k = 60mH - 9.24, HJ - 1.57m/ 5-1 3/4, SP - 10.42m/34-2 1/4, LJ - 5.37m/17-7 1/2, 800m - 2:25.36)		

\$ = NCAA Participant.

SR = WSU school record

FSR = WSU freshman school record

\$ = NCAA Participant

SR = WSU school record

FSR = WSU freshman school record

Meet Legend

- a @Ed Jacoby Invite/Multis, Nampa 1/15-16
 - b @UW Indoor Preview, Seattle 1/16
 - bb @Vandal Indoor Invitational, Moscow 1/16
 - c WSU Open, Pullman 1/22-23
 - d @UW Invitational, Seattle 1/29-30
 - e Cougar Indoor/Cougar Multis, Pullman 2/5-6
 - f @Don Kirby Elite Invite, Albuquerque 2/12-13
 - g @Husky Classic, Seattle 2/12-13
 - h @Alex Wilson Invitational, Notre Dame 2/19-20
 - k @Mtn. Pacific Sports Fed. Champs, Seattle 2/26-27
- Team scoring: Oregon 108, Stanford 73.75, USC 59, WSU 54.5, Colorado 50, Washington 47.75, BYU 47.5, Arizona State 44, Arizona 43, California 43, UCLA 34, Oregon State 14, Long Beach State 11, Utah 9, Portland 8, Cal St. Northridge 6.75, Hawaii 4.5, UC Irvine 3, Cal St. Fullerton 2.25
- \$ @NCAA Indoor Track & Field Championships, Birmingham, Ala. 3/11-12

Revised: 2/27/16

WASHINGTON STATE 2016 MEN'S INDOOR BESTS

60 METERS **2016** **LIFETIME**

Ja'Maun Charles	6.80 (f,k)	6.80
Zach Smith	6.93 (f)	6.93
Terrance Chambers	7.03 (c)	7.03
Ray Littles	7.03 (e)	7.03
Jonnie Green	7.10 (c)	6.96
Brandon Jetter	7.17 (c,e)	7.17
Dino Dodig	7.15 (e)	7.15
Ethan Gardner (unat)	7.20 (e)	7.20
Matthew Swanson (unat)	7.35 (c)	7.35

60M HURDLES **2016** **LIFETIME**

Dino Dodig	8.11 (c)	8.11
CJ Allen	8.14 (e)	8.14
Ian Markham	8.17 (k)	8.17
Abu Kamara	8.19 (k)	8.09
Christapherson Grant	8.20 (f)	8.20
Daniel Zmuda (unat)	8.59 (e)	7.96

200 METERS **2016** **LIFETIME**

Ja'Maun Charles	21.60 (f)	21.60
Terrance Chambers	21.78 (d,f)	21.42
Zach Smith	21.88 (k)	21.88
Jonnie Green	22.14 (k)	22.14
Ray Littles	22.71 (f)	22.71
Christapherson Grant	23.42 (b)	23.42

400 METERS **2016** **LIFETIME**

CJ Allen	47.41 (f)	47.41
Ja'Maun Charles	49.16 (b)	49.16
Ray Littles	50.03 (f)	50.03
Will DeMaris	50.17 (f)	50.17
Jonnie Green	50.60 (b)	50.60
Terrance Chambers	50.82 (d)	48.86
Brandon Jetter	51.39 (bb)	51.39
Tyler Hill	51.76 (bb)	51.76
Jake Nienhuis	51.85 (c)	51.85
Saxon Brown	51.96 (c)	51.96
Ethan Gardner (unat)	52.21 (e)	52.21

800 METERS **2016** **LIFETIME**

Reid Muller	1:51.64 (k)	1:51.64
Chandler Teigen	1:53.26 (g)	1:53.26
Paul Ryan	1:53.42 (d)	1:53.42
Nathan Wadhwani	1:57.09 (b)	1:57.09
Jake Finney	1:58.11 (e)	1:58.11
Alex Simpson	2:00.03 (c)	2:00.03
Kyler Little	2:01.95 (e)	2:01.95

MILE **2016** **LIFETIME**

Paul Ryan	4:07.46 (g)	4:07.46
Nathan Tadesse	4:08.69 (g)	4:08.69
Chandler Teigen	4:09.93 (k)	4:09.93
John Whelan	4:09.96 (g)	4:09.96
Sam Levora	4:11.67 (g)	4:11.67
Forrest Shaffer	4:14.36 (b)	4:14.36
Kyler Little	4:21.33 (d)	4:21.33
Jake Finney	4:23.98 (d)	4:23.98
Alex Simpson	4:28.36 (e)	4:27.89

3000 METERS **2016** **LIFETIME**

John Whelan	8:01.32 (k)	8:01.32
Michael Williams	8:13.51 (k)	8:13.51
Forrest Shaffer	8:15.91 (k)	8:14.15
Nathan Wadhwani	8:27.64 (k)	8:27.64
Nathan Tadesse	8:35.78 (k)	8:35.78

5000 METERS **2016** **LIFETIME**

John Whelan	13:59.25 (g)	13:59.25
Michael Williams	14:10.30 (k)	14:10.30
Sam Levora	14:14.83 (k)	14:14.83
Forrest Shaffer	14:35.63 (d)	14:21.14

1600 METERS RELAY **2016**

Littles, Chambers, DeMaris, Charles	3:23.70 (e)
Nienhus, Hill, Finney, Jetter	3:30.74 (e)

DISTANCE MEDLEY RELAY **2016**

Ryan, Littles, Muller, Tadesse	9:59.67 (d) FSR
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HIGH JUMP **2016** **LIFETIME**

Thane Pierson	2.16m/ 7-1 (c)	2.16m/ 7-1
Cole Smith	2.05m/ 6-8 3/4 (k)	2.05m/ 6-8 3/4
P. Fredrickson	2.01m/ 6-7 (g)	2.01m/ 6-7
Dino Dodig	1.96m/ 6-5 (a)	2.02m/ 6-7 1/2
Grayson Anderson	1.96m/ 6-5 (g)	1.96m/ 6-5
Brendan Rexus	1.95m/ 6-4 3/4 (e)	1.95m/ 6-4 3/4
Keelan Halligan	1.90m/ 6-2 3/4 (b)	1.90m/ 6-2 3/4

POLE VAULT **2016** **LIFETIME**

Austin Sodorff	5.12m/ 16-9 1/2 (c)	5.18m/ 17-0
Dino Dodig	4.70m/ 15-5 (k)	4.80m/ 15-9
Anden Lewis	4.60m/ 15-1 (e)	4.76m/ 15-7 1/4
Tucker Mjelde (unat)	4.60m/ 15-1 (e)	4.66m/ 15-3 1/2
Kainoa Tom (unat)	4.45m/ 14-7 1/4 (e)	4.45m/ 14-7 1/4
Louis Smith (unat)	4.00m/ 13-1 1/2 (e)	4.00m/ 13-1 1/2

WSU 2016 MEN'S INDOOR BESTS - 2

LONG JUMP **2016** **LIFETIME**

Dino Dodig	7.04m/ 23-1 1/4 (k)	7.04m/23-1 1/4
P. Fredrickson	6.77m/ 22-2 1/2 (c)	6.77m/ 22-2 1/2
Josh Colbert	6.75m/ 22-1 3/4 (c)	6.75m/ 22-1 3/4
Ray Littles	6.42m/ 21-0 3/4 (e)	6.42m/ 21-0 3/4
Grayson Anderson	6.23m/ 20-5 1/4 (e)	6.23m/ 20-5 1/4

TRIPLE JUMP **2016** **LIFETIME**

Keelan Halligan	13.22m/ 43-4 1/2 (e)	13.22m/ 43-4 1/4
Josh Colbert	13.13m/ 43-1 (bb)	13.13m/ 43-1
R. Flores (unat)	14.41m/ 47-3 1/2 (e)	14.41m/ 47-3 1/2

SHOT PUT **2016** **LIFETIME**

M. Wardell	16.78m/ 55-0 3/4 (k)	16.79m/ 55-1
A. Mahama	15.72m/ 51-7 (e)	15.72m/ 51-7
J. Callaghan	15.69m/ 51-5 3/4 (k)	15.69m/ 51-5 3/4
Tyler Jackson	15.02m/ 49-3 1/2 (g)	15.02m/ 49-3 1/2
Dino Dodig	12.69m/ 41-7 3/4 (k)	13.25m/ 43-5 3/4
G. Anderson	11.81m/ 38-9 (e)	11.81m/ 38-9
Ray Littles	10.77m/ 35-4 (e)	10.77m/ 35-4
K. Crown (unat)	14.01m/ 45-11 3/4 (e)	14.01m/ 45-11 3/4

35# WEIGHT **2016** **LIFETIME**

Brock Eager	19.27m/ 63-2 3/4 (c)	19.27m/ 63-2 3/4
Adam Mahama	18.24m/ 59-10 3/4 (k)	18.24m/ 59-10 3/4
Travis Pickett	17.87m/ 58-7 1/2 (c)	18.02m/ 59-1 1/2
Wyatt Meyring	16.33m/ 53-7 (c)	16.33m/ 53-7
Amani Brown	15.38m/ 50-5 1/2 (c)	15.38m/ 50-5 1/2
Derek Crites	14.89m/ 48-10 1/4 (e)	14.89m/ 48-10 1/4

DISCUS **2016** **LIFETIME**

Cameron Brink	46.55m/ 152-9 (c)	46.55m/ 152-9
Tyler Jackson	46.25m/ 151-9 (c)	46.25m/ 151-9
Adam Mahama	46.23m/ 151-8 (c)	46.23m/ 151-8
G. Anderson	11.42m/ 37-5 3/4 (c)	11.42m/ 37-5 3/4
K. Crown (unat)	37.28m/ 122-4 (c)	37.28m/ 122-4

HEPTATHLON **2016** **LIFETIME**

Dino Dodig	5635 (k)	5635 points
k = 60m - 7.19, LJ - 7.04m/23-1 1/4, SP - 12.69m/41-7 3/4, HJ - 1.93m/6-4, 60m H - 8.25, PV - 4.70m/15-5, 1000m - 2:40.36		

\$ = NCAA Participant

SR = WSU school record

FSR = WSU freshman school record

Meet Legend

- a @Ed Jacoby Invite/Multis, Nampa 1/15-16
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 - c WSU Open, Pullman 1/22-23
 - d @UW Invitational, Seattle 1/29-30
 - e Cougar Indoor/Cougar Multis, Pullman 2/5-6
 - f @Don Kirby Elite Invite, Albuquerque 2/12-13
 - g @Husky Classic, Seattle 2/12-13
 - h @Alex Wilson Invitational, Notre Dame 2/19-20
 - k @Mtn. Pacific Sports Fed. Champs, Seattle 2/26-27
- Team scores: USC 90.5, BYU 82, UCLA 73, Oregon 72, Arizona State 59, Stanford 51.5, Washington 49.5, California 48, Arizona 43, Colorado 38, Long Beach State 20.5, WSU 19, Portland 9, Cal St. Northridge 8
- \$ @NCAA Indoor Track & Field Championships, Birmingham, Ala. 3/11-12

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