



60 METERS (MEN)

Time/Mark	Name	Meet	NCAA Rk
6.82*	John Parades	Spokane Invitational	-
6.75*	Mason Lawyer	Cougar Classic	51st
6.92*	Bode Brewer	Spokane Invitational	-
6.93*	Ethan Willems	Spokane Invitational	-
6.99	Jared McAlvey	Spokane Invitational	-
7.00	Yanai Macon	Spokane Invitational	-
7.06	Blake Deringer	Spokane Invitational	-
7.30*	Parker Duskin	Spokane Invitational	-
7.39*	Lucas Tailin	Spokane Invitational	-
7.42*	Justin Sands	Spokane Invitational	-
7.66*	Daylon Hicks	Spokane Invitational	-
7.76*	Matthew Metcalf	Spokane Invitational	-
7.33*	Lee Walburn	Cougar Classic	-
7.02	De'Antae Choates	Cougar Classic	-

60 METER HURDLES (MEN)

Time/Mark	Name	Meet	NCAA Rk
7.96*	John Parades	Cougar Classic	50 th
8.25*	Parker Duskin	Cougar Classic	165th

HIGH JUMP (MEN)

Time/Mark	Name	Meet	NCAA Rk
2.00m	Daylon Hicks	Spokane Invitational	-

POLE VAULT (MEN)

Time/Mark	Name	Meet	NCAA Rk
4.90m*	Lucas Tailin	Spokane Invitational	81st
4.48*	Lee Walburn	Cougar Classic	-

LONG JUMP (MEN)

Time/Mark	Name	Meet	NCAA Rk
6.24m	Justin Sands	Spokane Invitational	301 st

SHOT PUT (MEN)

Time/Mark	Name	Meet	NCAA Rk
17.34m	Ronald Grueso Mosquera	Cougar Classic	61st

60 METERS (WOMEN)

Time/Mark	Name	Meet	NCAA Rk
7.50	Skyler Walton	Spokane Invitational	87 th
7.56	Maribel Caicedo	Spokane Invitational	-
7.63	Elise Unruh-Thomas	Cougar Classic	94 th
7.86*	Ashley Hollenbeck	Cougar Classic	-
8.04	Mackenzie Fletcher	Spokane Invitational	-
8.10*	Kaylee Sowle	Spokane Invitational	-
8.44*	Suzy Pace	Spokane Invitational	-
9.34*	Kolby Weiss	Spokane Invitational	-

60 METERS HURDLES (WOMEN)

Time/Mark	Name	Meet	NCAA Rk
8.05*	Maribel Caicedo	Cougar Classic	4th
8.20*	Micaela De Mello	Cougar Classic	t-7th
8.85	Rencik Meyer	Spokane Invitational -	-
9.56	Sarah Kovich	Cougar Classic	-

HIGH JUMP (WOMEN)

Time/Mark	Name	Meet	NCAA Rk
1.68m	Suzy Pace	Cougar Classic	-
1.63m	Giovanna Rhoads	Cougar Classic	-
1.63m	Kaylee Sowle	Spokane Invitational	-

POLE VAULT (WOMEN)

Time/Mark	Name	Meet	NCAA Rk
3.75m	Kolby Weiss	Spokane Invitational	-

LONG JUMP (WOMEN)

Time/Mark	Name	Meet	NCAA Rk
5.83m*	Rencik Meyer	Cougar Classic	84th
5.72m	Anna Rodgers	Spokane Invitational	-
5.09m	Sarah Kovich	Spokane Invitational	-
5.33m	Gilana Wollman	Cougar Classic	-

SHOT PUT (WOMEN)

Time/Mark	Name	Meet	NCAA Rk
15.29m	Gyedu Nana	Cougar Classic	45th
12.05m*	Gracie Strickland	Cougar Classic	-
13.50m	Audrey Hughes	Cougar Classic	-



WEIGHT THROW (MEN)

<i>Time/Mark</i>	<i>Name</i>	<i>Meet</i>	<i>NCAA Rk</i>
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WEIGHT THROW (WOMEN)

<i>Time/Mark</i>	<i>Name</i>	<i>Meet</i>	<i>NCAA Rk</i>
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15.92m	Alex Payne	Cougar Classic	
11.48m*	Laura Lindquist	Spokane Invitational	
15.99m*	Audrey Hughes	Cougar Classic	

3000 METERS (MEN)

<i>Time/Mark</i>	<i>Name</i>	<i>Meet</i>	<i>NCAA Rk</i>
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36.94*	Parker Duskin	Spokane Invitational	-
34.88*	Mayson Lawyer	Spokane Invitational	-
DQ	Yanai Macon	Spokane Invitational	-
DF	Jared McAlvey	Spokane Invitational	-
33.92*	Ethan Willems	Spokane Invitational	-

3000 METER (WOMEN)

<i>Time/Mark</i>	<i>Name</i>	<i>Meet</i>	<i>NCAA Rk</i>
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40.55*	Mackenzie Fletcher	Spokane Invitational	-
41.44*	Ashley Hollenbeck	Spokane Invitational	-
46.43*	Sarah Kovich	Spokane Invitational	-
39.41*	Elise Unruh-Thomas	Spokane Invitational	-
40.15 *	Elena Willems	Spokane Invitational	-
40.62*	Renee Yang	Spokane Invitational	-

200-METER DASH (MEN)

<i>Time/Mark</i>	<i>Name</i>	<i>Meet</i>	<i>NCAA Rk</i>
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21.57*	John Parades	Cougar Classic	59th
21.52*	Mason Lawyer	Cougar Classic	49th
22.48*	Bode Brewer	Cougar Classic	-
21.56*	Jared McAlvey	Cougar Classic	55th
22.34	Yanai Macon	Cougar Classic	-
22.17	De'Antae Choates	Cougar Classic	-
21.77	Ethan Willems	Cougar Classic	97th

200-METER DASH (WOMEN)

<i>Time/Mark</i>	<i>Name</i>	<i>Meet</i>	<i>NCAA Rk</i>
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24.22	Elise Unruh-Thomas	Cougar Classic	44 th
25.69	Ashley Hollenbeck	Cougar Classic	-
25.86	Renick Meyer	Cougar Classic	-
24.36	Jasneet Nijjar	Cougar Classic	57th
26.00	Renee Yang	Cougar Classic	-
28.83	Sarah Kovich	Cougar Classic	-

400-METER DASH (MEN)

<i>Time/Mark</i>	<i>Name</i>	<i>Meet</i>	<i>NCAA Rk</i>
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400-METER DASH (WOMEN)

<i>Time/Mark</i>	<i>Name</i>	<i>Meet</i>	<i>NCAA Rk</i>
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56.89	Elena Willems	Cougar Classic	-
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4X400 RELAY (MEN)

<i>Time/Mark</i>	<i>Name</i>	<i>Meet</i>	<i>NCAA Rk</i>
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4X400 RELAY (WOMEN)

<i>Time/Mark</i>	<i>Name</i>	<i>Meet</i>	<i>NCAA Rk</i>
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3:47.14	Nijjar, Unruh-Thomas Willems, Yang	Cougar Classic	50th
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