



NCAA Rankings as of 01/30 | * = PERSONAL BEST TIME/MARK

60 METERS (MEN)

WSU RECORD: 6.53 (Emmanuel Wells Jr., 2019)

WSU FRESHMAN RECORD: 6.75 (Mason Lawyer, 2023)

Time/Mark	Name	Meet	NCAA Rk
6.75*	Mason Lawyer	Cougar Classic	66 th
6.81*	Louie Hinchliffe	UNM Team Open	181 st
6.82*	John Parades	Spokane Invitational	193 rd
6.91*	Bode Brewer	McCluskey Invitational	383 rd
6.93*	Ethan Willems	Spokane Invitational	425 th
6.99	Jared McAlvey	Spokane Invitational	-
7.00	Yanai Macon	Spokane Invitational	-
7.00	De'Antae Choates	Inland NW Invitational	-
7.06	Blake Deringer	Spokane Invitational	-
7.30*	Parker Duskin	Spokane Invitational	-
7.33*	Lee Walburn	Cougar Classic	-
7.39*	Lucas Tailin	Spokane Invitational	-
7.42*	Justin Sands	Spokane Invitational	-
7.66*	Daylon Hicks	Spokane Invitational	-
7.76*	Matthew Metcalf	Spokane Invitational	-

60 METER HURDLES (MEN)

WSU RECORD: 7.59 (Tony Li, 1991)

WSU FRESHMAN RECORD: 7.93 (Sam Brixey, 2017)

Time/Mark	Name	Meet	NCAA Rk
7.96*	John Parades	Cougar Classic	80 th
8.25*	Parker Duskin	Cougar Classic	235 th
8.86	Lee Walburn	UNM Team Open	-
8.86	Lee Walburn	UNM Team Open	-

200-METER DASH (MEN)

WSU RECORD: 21.07 (Anthony Buchanan, 2002)

WSU FRESHMAN RECORD: 21.26 (Mason Lawyer, 2023)

Time/Mark	Name	Meet	NCAA Rk
21.26*	Mason Lawyer	Cougar Classic	66 th
21.56*	Jared McAlvey	Cougar Classic	143 rd
21.57*	John Parades	Cougar Classic	148 th
21.77	Ethan Willems	Cougar Classic	231 st
22.17	De'Antae Choates	Cougar Classic	475 th
22.34	Yanai Macon	Cougar Classic	-
22.48*	Bode Brewer	Cougar Classic	-
22.59*	Parker Duskin	UNM Team Open	-

400 METER (MEN)

WSU RECORD: 46.1 (Georges Kablan, 1981)

WSU FRESHMAN RECORD: 46.67 (Jeshua Anderson, 2008)

Time/Mark	Name	Meet	NCAA Rk
47.86	Ethan Willems	UNM Team Open	112 th
47.98	Jared McAlvey	UNM Team Open	124 th

800 METER (MEN)

WSU RECORD: 1:47.07 (Bernard Lagat, 1999)

WSU FRESHMAN RECORD: 1:51.64 (Reid Muller, 2016)

Time/Mark	Name	Meet	NCAA Rk
1:56.57	Pascal Kleyer	UW Invitational	-
1:57.40	Alec Barran	UW Invitational	-
1:59.19	Jacob Easton	UW Invitational	-

60 METERS (WOMEN)

WSU RECORD: 7.44 (Jordyn Tucker, 2019)

WSU FRESHMAN RECORD: 7.47 (Princess Joy Griffey, 2007)

Time/Mark	Name	Meet	NCAA Rk
7.50	Skyler Walton	Spokane Invitational	132 nd
7.56	Maribel Caicedo	Spokane Invitational	194 th
7.63	Elise Unruh-Thomas	Cougar Classic	281 st
7.84*	Ashley Hollenbeck	McCluskey Invitational	-
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)

WSU RECORD: 8.05 (Maribel Caicedo, 2023)

WSU FRESHMAN RECORD: 8.30 (Charisma Taylor, 2019)

Time/Mark	Name	Meet	NCAA Rk
8.05*	Maribel Caicedo	Cougar Classic	4 th
8.20*	Micaela De Mello	Cougar Classic	13 th
8.71	Mackenzie Fletcher	UNM Team Open	218 th
8.83	Renick Meyer	UNM Team Open	321 st
9.56	Sarah Kovich	Cougar Classic	-

200-METER DASH (WOMEN)

WSU RECORD: 23.98 (Tamika Brown, 1998)

WSU FRESHMAN RECORD: 24.27 (Erin Reed, 2001)

Time/Mark	Name	Meet	NCAA Rk
24.22	Elise Unruh-Thomas	Cougar Classic	123 rd
24.36	Jasneet Nijjar	Cougar Classic	158 th
25.18	Ashley Hollenbeck	UNM Team Open	-
25.40	Jada Van Staden	UNM Team Open	-
25.58	Mackenzie Fletcher	UNM Team Open	-
25.86	Renick Meyer	Cougar Classic	-
26.00	Renee Yang	Cougar Classic	-
28.83	Sarah Kovich	Cougar Classic	-

400 METER (WOMEN)

WSU RECORD: 54.08 (Tiffany Giles, 2003)

WSU FRESHMAN RECORD: 55.13 (2001)

Time/Mark	Name	Meet	NCAA Rk
55.03	Jasneet Nijjar	UNM Team Open	93 rd
56.06	Elena Willems	UNM Team Open	155 th
57.49	Renee Yang	UNM Team Open	336 th

800 METER (WOMEN)

WSU RECORD: 2:05.93 (Anna Layman, 2011)

WSU FRESHMAN RECORD: 2:10.49 (Sara Trane, 2006)

Time/Mark	Name	Meet	NCAA Rk
2:27.35	Renick Meyer	Lauren McCluskey Invit	-
2:47.90	Sarah Kovich	Lauren McCluskey Invit	-



MILE (MEN)

WSU RECORD: 3:55.65 (Bernard Lagat, 1999)

WSU FRESHMAN RECORD: 3:59.20 (Henry Rono, 1977)

Time/Mark	Name	Meet	NCAA Rk
4:08.65	Kyle Ortega-Gammill	UW Invitational	270
4:12.30	Aiden Emerson	UW Invitational	451
4:15.57	Jacob Easton	UW Invitational	-
4:16.60	Pascal Kleyer	UW Invitational	-
4:17.40	Evan Gonzalez	UW Invitational	-
4:28.69	Alec Barran	UW Preview	-

3000 METERS (MEN)

WSU RECORD: 7:43.2 (Henry Rono, 1980)

WSU FRESHMAN RECORD: 7:47.4 (Henry Rono, 1977)

Time/Mark	Name	Meet	NCAA Rk
8:09.87	Brian Barsaiya	UW Invitational	163
8:18.45	Leif Swanson	UW Invitational	322
8:22.72	Sam Griffith	UW Invitational	434
8:23.53	Aiden Emerson	UW Preview	458
8:25.88	Grayson Wilcott	UW Preview	-
8:26.91	Kelvin Limo	UW Invitational	-
8:37.89	Jacob Lawrence	UW Invitational	-
8:40.59	Turlan Morlan	UW Preview	-
8:46.48	Jacob Easton	UW Preview	-
8:50.89	Isaiah Lowery	UW Preview	-
9:04.00	Kyle Ortega-Gammill	UW Preview	-

5000 METERS (MEN)

WSU RECORD: 13:34.6 (John Ngeno 1976)

WSU FRESHMAN RECORD: 13:48.8 (Joel Cheruiyot, 1978)

Time/Mark	Name	Meet	NCAA Rk
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4X400 RELAY (MEN)

WSU RECORD: 3:06.74 (Leavitt, Follett, Woods, Anderson, 2009)

Time/Mark	Name	Meet	NCAA Rk
3:15.31	Walburn, McAlvey Lawyer, Willems	UNM Team Open	151 st

MILE (WOMEN)

WSU RECORD: 4:43.71 (Abby Regan, 2015)

WSU FRESHMAN RECORD: 4:48.97 (Ruby Roberts, 2011)

Time/Mark	Name	Meet	NCAA Rk
4:49.96	Neema Kimtai	UW Invitational	186

3000 METER (WOMEN)

WSU RECORD: 9:15.79 (Ruby Roberts, 2014)

WSU FRESHMAN RECORD: 9:43.66 (Emma Jenkins, 2019)

Time/Mark	Name	Meet	NCAA Rk
9:25.73	Alaina Stone Boggs	UW Invitational	78
10:09.71	Caroline Jerotich	UW Invitational	-
10:34.45	Samantha Boyle	UW Invitational	-

5000 METER (WOMEN)

WSU RECORD: 16:02.07 (Vallery Korir, 2018)

WSU FRESHMAN RECORD: 16:49.99 (Emma Jenkins, 2019)

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

WSU RECORD: 3:35.49 (Giles, Jessie, Green, Richardson)

Time/Mark	Name	Meet	NCAA Rk
3:43.70	Yang, Nijjar, Van Staden, Willems	UNM Team Open	80 th
3:47.14	Nijjar, Unruh-Thomas Willems, Yang	Cougar Classic	124 th



NCAA Rankings as of 01/30 | * = PERSONAL BEST TIME/MARK

WEIGHT THROW (MEN)

WSU RECORD: 22.64m/74-3.5 (Tore Gustafsson, 1986)

WSU FRESHMAN RECORD: 20.01m/65-7.75 (Paul Buxton, 1977)

Time/Mark	Name	Meet	NCAA Rk
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SHOT PUT (MEN)

WSU RECORD: 20.27m/66-6 (Dimitrios Koutsoukis, 1986)

WSU FRESHMAN RECORD: 18.89m/61-11.75 (Paul Buxton, 1977)

Time/Mark	Name	Meet	NCAA Rk
17.35m	Ronald Grueso Mosquera	UNM Team Open	83 rd

HIGH JUMP (MEN)

WSU RECORD: 2.30m/ 7-6.5 (Greg Jones, 1987)

WSU FRESHMAN RECORD: 2.20m/ 7-2.75 (Brent Harken, 1981)

Time/Mark	Name	Meet	NCAA Rk
2.03m	Daylon Hicks	McCluskey Invitational	144 th
2.01m	Taino Ferdinand	UNM Team Open	160 th

LONG JUMP (MEN)

WSU RECORD: 8.08m/ 26-6.25 (Matt Mason, 2004)

WSU FRESHMAN RECORD: 7.47m/ 24-6 (John Hurtin, 1983)

Time/Mark	Name	Meet	NCAA Rk
6.24m*	Justin Sands	Spokane Invitational	-

POLE VAULT (MEN)

WSU RECORD: 5.65m/ 18-6.5 (Christos Pallakis, 1995)

WSU FRESHMAN RECORD: 5.15m/ 16-10.75 (Tyson Byers, 2003)

Time/Mark	Name	Meet	NCAA Rk
4.97m*	Lucas Tailin	UNM Team Open	111 th
4.63m*	Lee Walburn	Cougar Classic	256 th

HEPTATHLON (MEN)

WSU RECORD: 5,631 pts (Darrion Powell, 2005)

WSU FRESHMAN RECORD: 5,503 pts (Dino Dodig, 2014)

Time/Mark	Name	Meet	NCAA Rk
DNF	Lee Walburn	McCluskey Invitational	-

WEIGHT THROW (WOMEN)

WSU RECORD: 19.37m/63-6.75 (Marie Muai, 2004)

WSU FRESHMAN RECORD: 18.75m/61-6.25 (Faimalie Sale, 2020)

Time/Mark	Name	Meet	NCAA Rk
17.37m	Alex Payne	McCluskey Invitational	184 th
15.99m*	Audrey Hughes	Cougar Classic	315 th
11.59m*	Gracie Strickland	McCluskey Invitational	-
11.48m*	Laura Lindquist	Spokane Invitational	-

SHOT PUT (WOMEN)

WSU RECORD: 15.98m/52-5.25 (Georgette Reed, 1991)

WSU FRESHMAN RECORD: 14.25m/46-9 (Shannon Rance, 2001)

Time/Mark	Name	Meet	NCAA Rk
15.29m	Gyedu Nana	Cougar Classic	58 th
13.62m	Audrey Hughes	UNM Team Open	214 th
13.01m*	Gracie Strickland	McCluskey Invitational	323 rd

HIGH JUMP (WOMEN)

WSU RECORD: 1.905m/6-3 (Mary Moore, 1985)

WSU FRESHMAN RECORD: 1.89m/ 6-2.25 (Ebba Jungmark, 2008)

Time/Mark	Name	Meet	NCAA Rk
1.68m	Suzy Pace	Cougar Classic	173 rd
1.63m	Giovanna Rhoads	Cougar Classic	317 th
1.63m	Kaylee Sowle	Cougar Classic	317 th

LONG JUMP (WOMEN)

WSU RECORD: 6.41m/ 21-0.5 (Agneta Rosenblad, 2001)

WSU FRESHMAN RECORD: 6.06m/ 19-10.75 (Francesca Green, 1996)

Time/Mark	Name	Meet	NCAA Rk
5.92m*	Gilana Wollman	McCluskey Invitational	98 th
5.89m	Anna Rodgers	McCluskey Invitational	111 th
5.83m*	Renick Meyer	Cougar Classic	149 th
5.09m	Sarah Kovich	Spokane Invitational	-

POLE VAULT (WOMEN)

WSU RECORD: 4.35m/ 14-3.25 (Tamara Diles, 2002)

WSU FRESHMAN RECORD: 4.35m/ 14-3.25 (Tamara Diles, 2002)

Time/Mark	Name	Meet	NCAA Rk
3.82m	Kolby Weiss	UNM Team Open	143 rd

PENTATHLON (WOMEN)

WSU RECORD: 4,339 pts (Diana Pickler, 2007)

WSU FRESHMAN RECORD: 5,503 pts (Alissa Brooks-Johnson, 2014)

Time/Mark	Name	Meet	NCAA Rk
3464 pts	Renick Meyer	McCluskey Invitational	43 rd
2932 pts	Sarah Kovich	McCluskey Invitational	