



100 METERS (WOMEN)

WSU RECORD: 11.52 (Pam Reynolds, 1987)

WSU FRESHMAN RECORD: 11.61 (Pam Qualls, '86/Francesca Green, '96)

<i>SBTime</i>	<i>Name</i>	<i>Meet</i>	<i>PBTime</i>
11.57	Elilse Unruh-Thomas	Texas Relays	11.57
11.63	Skyler Walton	Mt SAC Relays	11.54

200 METERS (WOMEN)

WSU RECORD: 23.30 (Pam Reynolds, 1987)

WSU FRESHMAN RECORD: 23.36 (Pam Qualls, 1986)

<i>SBTime</i>	<i>Name</i>	<i>Meet</i>	<i>PBTime</i>
23.71	Elise Unruh-Thomas	Bryan Clay Invitational	23.71
23.77	Jasneet Nijjar	Bryan Clay Invitational	23.77
24.23	Skyler Walton	GCU Invitational	24.20
25.36	Gilana Wollman	GCU Invitational	25.36
25.47	Renick Meyer	GCU Invitational	24.88 (at SPU)

400 METERS (WOMEN)

WSU RECORD: 52.04 (Celestine N'Drin, 1988)

WSU FRESHMAN RECORD: 53.90 (LaTroya Mucker, 1997)

<i>SBTime</i>	<i>Name</i>	<i>Meet</i>	<i>PBTime</i>
53.87	Jasneet Nijjar	GCU Invitational	53.87
55.40	Elena Willems	Bryan Clay Invitational	55.40
56.08	Jada Van Staden	GCU Invitational	56.08

800 METERS (WOMEN)

WSU RECORD: 2:02.99 (Celestine N'Drin, 1990)

WSU FRESHMAN RECORD: 2:03.10 (Celestine N'Drin, 1986)

<i>SBTime</i>	<i>Name</i>	<i>Meet</i>	<i>PBTime</i>
2:07.79	Elena Willems	Stanford Invitational	2:07.31
2:10.84	Neema Kimtai	Mt SAC Relays	2:05.54

1500 METERS (WOMEN)

WSU RECORD: 4:14.69 (Jennifer Bravard, 1993)

WSU FRESHMAN RECORD: 4:20.69 (Neema Kimtai, 2021)

<i>SBTime</i>	<i>Name</i>	<i>Meet</i>	<i>PBTime</i>
4:26.12	Cristina Molteni	GCU Invitational	4:26.12
4:26.59	Alaina Stone Boggs	GCU Invitational	4:26.59
4:27.63	Neema Kimtai	GCU Invitational	4:27.63
4:51.36	Maya Nichols	Buc Scoring Invite	4:51.36

100 METERS (MEN)

WSU RECORD: 10.17 (Anson Henry, 2002)

WSU FRESHMAN RECORD: 10.22 (Louie Hinchliffe, 2023)

<i>SBTime</i>	<i>Name</i>	<i>Meet</i>	<i>PBTime</i>
10.22	Louie Hinchliffe	Mt SAC Relays	10.23
10.42	Mason Lawyer	Texas Relays	10.42
10.65	Bode Brewer	Texas Relays	10.65
10.89	De'Antae Choates	GCU Invitational	10.89
10.94	Yanai Macon	Whitworth Peace Meet	10.94

200 METERS (MEN)

WSU RECORD: 20.52 (Anson Henry, 2002)

WSU FRESHMAN RECORD: 21.01 (Justin Woods, 2006)

<i>SBTime</i>	<i>Name</i>	<i>Meet</i>	<i>PBTime</i>
21.16	Mason Lawyer	Bryan Clay Invitational	21.16
21.73	Ethan Willems	Bryan Clay Invitational	21.54
21.86	Bode Brewer	GCU Invitational	21.86
22.97	De'Antae Choates	GCU Invitational	21.50
23.35	Lucas Tailin	GCU Invitational	23.35

400 METERS (MEN)

WSU RECORD: 44.30 (Gabriel Tiacoh, 1986)

WSU FRESHMAN RECORD: 45.84 (Kris Durr, 1984)

<i>SBTime</i>	<i>Name</i>	<i>Meet</i>	<i>PBTime</i>
48.04	Ethan Willems	GCU Invitational	47.75

800 METERS (MEN)

WSU RECORD: 1:45.50 (Art Sandison, 1969)

WSU FRESHMAN RECORD: 1:47.50 (Gerald Pawirodikromo, 1978)

<i>SBTime</i>	<i>Name</i>	<i>Meet</i>	<i>PBTime</i>
1:51.53	Zach Stallings	GCU Invitational	1:50.42
1:51.91	Evan Gonzalez	GCU Invitational	1:51.67
1:52.29	Kyle Ortega-Gammill	GCU Invitational	1:52.29
1:56.23	Aiden Emerson	GCU Invitational	1:56.23
1:56.97	Ferran Verges	Whitworth Peace Meet	1:56.97
1:58.81	Alec Barran	Whitworth Peace Meet	1:56.37

1500 METERS (MEN)

WSU RECORD: 3:30.56 (Bernard Lagat, 1999)

WSU FRESHMAN RECORD: 3:38.46 (Peter Koech, 1982)

<i>SBTime</i>	<i>Name</i>	<i>Meet</i>	<i>PBTime</i>
3:41.46	Zach Stallings	Bryan Clay Invitational	3:39.32
3:48.49	Sam Griffith	Bryan Clay Invitational	3:47.23
3:49.08	Aiden Emerson	Bryan Clay Invitational	3:49.08
3:50.78	Leif Swanson	GCU Invitational	3:50.78
3:50.94	Jacob Easton	Mt SAC Relays	3:50.94
3:50.96	Brian Barsaiya	Bryan Clay Invitational	3:54.84
3:53.44	Grayson Wilcott	Bryan Clay Invitational	3:53.44
3:54.33	Jacob Lawrence	Whitworth Peace Meet	3:54.33
3:54.92	Kelvin Limo	Bryan Clay Invitational	3:51.20
3:55.07	Kyle Ortega-Gammill	Mt SAC Relays	3:55.07
4:01.89	Alec Barran	Whitworth Peace Meet	4:01.89
4:04.11	Ferran Verges	Buc Scoring Invite	4:04.11
4:04.34	Cooper Cortinas	Buc Scoring Invite	4:02.40



100-METER HURDLES (WOMEN)

WSU RECORD: 12.98 (Micaela De Mello, 2022)

WSU FRESHMAN RECORD: 12.98 (Micaela De Mello, 2022)

SBTime	Name	Meet	PBTime
13.64	Renick Meyer	Mt SAC Relays	12.98
14.52	Renick Meyer	GCU Invitational	(at SPU) 13.97

400-METER HURDLES (WOMEN)

WSU RECORD: 57.07 (Randi Smith, 2000)

WSU FRESHMAN RECORD: 58.51 (Janice Farwell, 1986)

SBTime	Name	Meet	PBTime
59.46	Mackenzie Fletcher	Mt SAC Relays	59.46
1:00.68	Jada Van Staden	Mt SAC Relays	1:00.68

MILE (WOMEN)

WSU RECORD: 4:51.10 (Jennifer Bravard, 1993)

WSU FRESHMAN RECORD: ---

SBTime	Name	Meet	PBTime
-	-	-	-

5,000-METER (WOMEN)

WSU RECORD: 15:59.73 (Vallery Korir, 2018)

WSU FRESHMAN RECORD: 16:29.76 (Mevin Jelagat, 2022)

SBTime	Name	Meet	PBTime
16:08.95	Alaina Stone Boggs	Mt SAC Relays	16:08.95
16:24.13	Cristina Molteni	Stanford Invitational	16:24.13
18:11.14	Samantha Boyle	Whitworth Peace Meet	18:11.14

10,000-METER (WOMEN)

WSU RECORD: 33:16.89 (Vallery Korir, 2018)

WSU FRESHMAN RECORD: 33:56.49 (Mevin Jelegat, 2022)

SBTime	Name	Meet	PBTime
33:57.85	Cristina Molteni	Mt SAC Relays	33:57.85

3000m STEEPLECHASE (WOMEN)

WSU RECORD: 10:08.49 (Caroline Austin, 2013)

WSU FRESHMAN RECORD: 10:31.14 (Ruby Roberts, 2011)

SBTime	Name	Meet	PBTime
10:14.57	Caroline Jerotich	Mt SAC Relays	10:14.57

4X100-METER (WOMEN)

WSU RECORD: 44.50 (Higgins, Mucker, Richardson, Green, '99)

SBTime	Name	Meet
44.70	Wollman, Unruh-Thomas Nijjar, Walton	GCU Invitational
45.88	Walton, Caicedo De Mello, Unruh-Thomas	GCU Invitational

4X400-METER (WOMEN)

WSU RECORD: 3:33.65 (Giles, Jessie, Guley, Richardson, '03)

SBTime	Name	Meet
3:46.51	Nijjar, Willems, Kimtai, Van Staden	GCU Invitational

110-METER HURDLES (MEN)

WSU RECORD: 13.37 (Tony Li, 1991)

WSU FRESHMAN RECORD: 13.82 (Arend Watkins, 1998)

SBTime	Name	Meet	PBTime
14.48	Parker Duskin	Bryan Clay Invitational	14.48

400-METER HURDLES (MEN)

WSU RECORD: 47.93 (Jeshua Anderson, 2011)

WSU FRESHMAN RECORD: 48.68 (Jeshua Anderson, 2008)

SBTime	Name	Meet	PBTime
51.63	Jared McAlvey	Bryan Clay Invitational	51.63
57.17	Parker Duskin	Texas Relays	57.17

MILE (MEN)

WSU RECORD: 3:57.51 (Paul Ryan, 2021)

WSU FRESHMAN RECORD: ---

SBTime	Name	Meet	PBTime
-	-	-	-

5,000-METER (MEN)

WSU RECORD: 13:06.20 (Henry Rono, 1981)

WSU FRESHMAN RECORD: 13:09.50 (Peter Koech, 1982)

SBTime	Name	Meet	PBTime
13:47.57	Zach Stallings	Stanford Invitational	13:47.57
14:06.18	Brian Barsaiya	Stanford Invitational	14:00.77
14:08.41	Leif Swanson	Stanford Invitational	14:08.41
14:29.08	Jacob Lawrence	Mt SAC Relays	14:29.08
15:04.46	Grayson Wilcott	Mt SAC Relays	15:04.46

10,000-METER (MEN)

WSU RECORD: 27:22.50 (Henry Rono, 1978)

WSU FRESHMAN RECORD: 27:37.10 (Henry Rono, 1977)

SBTime	Name	Meet	PBTime
29:33.04	Turlan Morlan	Mt SAC Relays	29:33.04
29:35.85	Brian Barsaiya	Mt SAC Relays	29:35.85
30:02.57	Leif Swanson	Mt SAC Relays	30:02.57

3000M STEEPLECHASE (MEN)

WSU RECORD: 8:05.40 (Henry Rono, 1978)

WSU FRESHMAN RECORD: 8:20.02 (Julius Korir, 1983)

SBTime	Name	Meet	PBTime
8:53.39	Kelvin Limo	Mt SAC Relays	8:45.28
9:04.48	Sam Griffith	Mt SAC Relays	8:50.21

4X100-METER (MEN)

WSU RECORD: 39.24 (Ogbeide, Li, Burroughs, Olobia, '91)

SBTime	Name	Meet
40.07	Brewer, Lawyer, Willems, Hinchliffe	Mt SAC Relays
40.29	Brewer, Lawyer Choates, Willems	GCU Invitational
40.89	Hinchliffe, Lawyer, Brewer, Parades	Texas Relays

4X400-METER (MEN)

WSU RECORD: 3:05.58 (Gordon, Livingston, Harris, Tiacoh, 1985)

SBTime	Name	Meet
-	-	-



SHOT PUT (WOMEN)

WSU RECORD: 16.61m (Georgette Reed, 1991)

WSU FRESHMAN RECORD: 15.34m (Nana Gyedu, 2022)

SB Mark	Name	Meet	PB Mark
15.63m	Nana Gyedu	Mt SAC Relays	15.63m
13.70m	Gracie Strickland	Whitworth Twilight	13.70m

DISCUS (WOMEN)

WSU RECORD: 57.80m (Laura Lavine, 1988)

WSU FRESHMAN RECORD: 57.52m (Mandy Borschowa, 1999)

SB Mark	Name	Meet	PB Mark
44.76m	Audrey Hughes	Whitworth Peace Meet	47.68m
41.74m	Gracie Strickland	Whitworth Twilight	41.74m
40.16m	Julia Parra	Whitworth Peace Meet	45.09m

HAMMER (WOMEN)

WSU RECORD: 64.08m (McKenzie Garberg, 2008)

WSU FRESHMAN RECORD: 62.51m (Carolina Ulloa-Daza, 2021)

SB Mark	Name	Meet	PB Mark
57.01m	Alex Payne	Buc Scoring Invite	57.01m
55.33m	Amy Kraemer	Bryan Clay Invitational	55.33m
55.05m	Tara Koonce	Whitworth Peace Meet	55.05m
45.92m	Audrey Hughes	GCU Invitational	45.92m
44.29m	Laura Lindquist	Sam Adams Classic	44.29m

JAVELIN (WOMEN)

WSU RECORD: 56.71m (Marissa Tschida, 2010)

WSU FRESHMAN RECORD: 54.03m (Valentina Barrios-Bornacelli, 2022)

SB Mark	Name	Meet	PB Mark
48.56m	Luceris Suarez Pacheco	GCU Invitational	51.90m
44.75m	Laura Lindquist	Whitworth Peace Meet	44.75m
41.85m	Maelyn George	Whitworth Peace Meet	43.72m
33.91m	Renick Meyer	GCU Invitational	37.42m

HIGH JUMP (WOMEN)

WSU RECORD: 1.88m (Mary Moore, 1986)

WSU FRESHMAN RECORD: 1.86m (Mary Moore, 1984)

SB Mark	Name	Meet	PB Mark
1.67m	Kayle Sowle	Bryan Clay Invitational	1.77m
1.63m	Suzy Pace	GCU Invitational	1.78m
1.58m	Giovanna Rhoads	Whitworth Twilight	1.58m

TRIPLE JUMP (WOMEN)

WSU RECORD: 13.63m (Charisma Taylor, 2019)

WSU FRESHMAN RECORD: 12.73m (Cicely Clinkenbeard, 1998)

SB Score	Name	Meet	PB Score
----------	------	------	----------

LONG JUMP (WOMEN)

WSU RECORD: 6.52m (Agneta Rosenblad, 2001)

WSU FRESHMAN RECORD: 6.36m (Francesca Green, 1996)

SB Mark	Name	Meet	PB Mark
6.08m	Anna Rodgers	Bryan Clay Invitational	6.13m
5.69m	Gilana Wollman	Bobcat Invitational	5.69m
5.62m	Renick Meyer	GCU Invitational	6.04m

POLE VAULT (WOMEN)

WSU RECORD: 4.25 (Tamara Diles, 2006)

WSU FRESHMAN RECORD: 4.07m (Kristine Felix, 2013)

SB Mark	Name	Meet	PB Mark
3.77m	Kolby Weiss	GCU Invitational	3.87m

HEPTATHLON (WOMEN)

WSU RECORD: 6,205pts (Diana Pickler, 2007)

WSU FRESHMAN RECORD: 5,678pts (Ellannee Richardson, 1999)

SB Score	Name	Meet	PB Score
----------	------	------	----------

SHOT PUT (MEN)

WSU RECORD: 20.59m (Dimitrios Koutsoukis, 1986)

WSU FRESHMAN RECORD: 18.95m (Paul Buxton, 1977)

SB Mark	Name	Meet	PB Mark
19.16m	Ronald Grueso Mosquera	Stanford Invitational	19.16m

DISCUS (MEN)

WSU RECORD: 64.44m (Ian Waltz, 1998)

WSU FRESHMAN RECORD: 57.84m (Matt Lamb, 2006)

SB Mark	Name	Meet	PB Mark
53.27m	Ronald Grueso Mosquera	Mt SAC Relays	54.42m
50.99m	Max Moore	GCU Invitational	50.99m
46.73m	Caden Hottman	Buc Scoring Invite	46.73m
41.89m	Lee Walburn	GCU Invitational	43.65m

HAMMER (MEN)

WSU RECORD: 77.75m (Tore Gustafsson, 1986)

WSU FRESHMAN RECORD: 69.34m (Paul Buxton, 1977)

SB Mark	Name	Meet	PB Mark
57.22m	Caden Hottman	Bryan Clay Invitational	57.22m

JAVELIN (MEN)

WSU RECORD: 78.38m (Stephan Wikstrom, 1990)

WSU FRESHMAN RECORD: 71.07m (Brad Stevens, 2015)

SB Mark	Name	Meet	PB Mark
64.21m	Josh Farr	Mt SAC Relays	64.21m
50.61m	Ryan Pelayo	Whitworth Peace Meet	50.61m

HIGH JUMP (MEN)

WSU RECORD: 2.31m (Brent Harken, 1984)

WSU FRESHMAN RECORD: 2.21m (Brett Lowery, 1983)

SB Mark	Name	Meet	PB Mark
2.07m	Daylon Hicks	Bryan Clay Invitational	2.07m
2.02m	Taino Ferdinand	Bryan Clay Invitational	2.05m

TRIPLE JUMP (MEN)

WSU RECORD: 17.19m (Joseph Taiwo, 1984)

WSU FRESHMAN RECORD: 16.60m (Ian Campbell, 1977)

SB Mark	Name	Meet	PB Mark
12.56m	Justin Sands	Whitworth Peace Meet	12.56m

LONG JUMP (MEN)

WSU RECORD: 8.24m (George Ogbeide, 1991)

WSU FRESHMAN RECORD: 7.64m (Demetrios Araouzos, 1983)

SB Mark	Name	Meet	PB Mark
7.04m	Justin Sands	Mt SAC Relays	7.04m
6.68m	Matthew Metcalf	Whitworth Twilight	6.75m
6.29m	Eli Lawrence	Buc Scoring Invite	6.29m

POLE VAULT (MEN)

WSU RECORD: 5.53m (Christos Pallakis, 1992)

WSU FRESHMAN RECORD: 5.40m (Patrik Johansson, 1988)

SB Mark	Name	Meet	PB Mark
4.01m	Hunter Wagner	Buc Scoring Invite	4.46m
4.70m	Lucas Tailin	Bobcat Invitational	4.97m

DECATHLON (MEN)

WSU RECORD: 8,036pts (Simon Shirley, 1988)

WSU FRESHMAN RECORD: 7,584pts (Simon Shirley, 1986)

SB Score	Name	Meet	PB Score
7,323pts	Lee Walburn	Texas Relays	7,323pts