



100 METERS (WOMEN)

WSU RECORD: 11.52 (Pam Reynolds, 1987)

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

SBTime	Name	Meet	PBTime
11.55	Skyler Walton	Fresno State Invitational	11.54
11.57	Elilse Unruh-Thomas	Texas Relays	11.57

200 METERS (WOMEN)

WSU RECORD: 23.30 (Pam Reynolds, 1987)

WSU FRESHMAN RECORD: 23.36 (Pam Qualls, 1986)

SBTime	Name	Meet	PBTime
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)

SBTime	Name	Meet	PBTime
53.16	Jasneet Nijjar	Fresno State Invitational	53.16
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)

SBTime	Name	Meet	PBTime
2:05.48	Elena Willems	Fresno State Invitational	2:05.48
2:06.63	Neema Kimtai	Fresno State Invitational	2:06.63

1500 METERS (WOMEN)

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

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

SBTime	Name	Meet	PBTime
4:20.48	Neema Kimtai	OSU High Performance	4:20.48
4:23.92	Cristina Molteni	OSU High Performance	4:23.92
4:26.59	Alaina Stone Boggs	GCU Invitational	4:26.59
4:51.36	Maya Nichols	Buc Scoring Invite	4:51.36
4:53.96	Samantha Boyle	Wildcat Open	4:53.96
5:01.55	Sophia Cushman	Wildcat Open	5:01.55

100 METERS (MEN)

WSU RECORD: 10.17 (Louie Hinchliffe, 2023)

WSU FRESHMAN RECORD: 10.17 (Louie Hinchliffe, 2023)

SBTime	Name	Meet	PBTime
10.17	Louie Hinchliffe	NCAA West Preliminary	10.17
10.42	Mason Lawyer	Texas Relays	10.42
10.59	John Parades	Fresno State Invitational	10.59
10.63	Jared McAlvey	Fresno State Invitational	10.63
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)

SBTime	Name	Meet	PBTime
20.88w	Mason Lawyer	Fresno State Invitational	20.88w
21.73	Ethan Willems	Bryan Clay Invitational	21.54
21.86	Bode Brewer	GCU Invitational	21.86
22.48	Lee Walburn	OSU High Performance	22.48
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)

SBTime	Name	Meet	PBTime
47.39	Ethan Willems	Fresno State Invitational	47.39

800 METERS (MEN)

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

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

SBTime	Name	Meet	PBTime
1:51.53	Zach Stallings	GCU Invitational	1:50.42
1:51.91	Evan Gonzalez	OSU High Performance	1:51.67
1:52.09	Kyle Ortega-Gammill	GCU Invitational	1:52.09
1:52.15	Aiden Emerson	OSU High Performance	1:52.15
1:53.27	Jacob Easton	OSU High Performance	1:53.27
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)

SBTime	Name	Meet	PBTime
3:41.46	Zach Stallings	Bryan Clay Invitational	3:39.32
3:47.99	Kyle Ortega-Gammill	Stanford Invitational	3:47.99
3:48.49	Sam Griffith	Bryan Clay Invitational	3:47.23
3:48.97	Aiden Emerson	OSU High Performance	3:48.97
3:50.78	Leif Swanson	GCU Invitational	3:50.78
3:50.09	Jacob Easton	Pac-12 Championships	3:50.09
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
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
13.09	Micaela De Mello	Pac-12 Championships	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
58.82	Mackenzie Fletcher	NCAA West Preliminary	58.82
59.97	Jada Van Staden	Fresno State Invitational	59.97

MILE (WOMEN)

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

WSU FRESHMAN RECORD: ---

SBTime	Name	Meet	PBTime
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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
17:56.45	Samantha Boyle	Whitworth Peace Meet	17:56.45

10,000-METER (WOMEN)

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

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

SBTime	Name	Meet	PBTime
33:33.92	Cristina Molteni	NCAA West Preliminary	33:33.92

3000M STEEPLECHASE (WOMEN)

WSU RECORD: 10:07.17 (Caroline Jerotich, 2023)

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

SBTime	Name	Meet	PBTime
10:07.17	Caroline Jerotich	NCAA West Preliminary	10:07.17

4X100-METER (WOMEN)

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

SBTime	Name	Meet
44.38	Unruh-Thomas, Van Staden Nijjar, Walton	NCAA West Preliminary
44.70	Wollman, Unruh-Thomas Nijjar, Walton	GCU Invitational
44.83	De Mello, Unruh-Thomas Nijjar, Walton	Fresno State Invitational
45.88	Walton, Caicedo De Mello, Unruh-Thomas	GCU Invitational

4X400-METER (WOMEN)

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

SBTime	Name	Meet
3:40.02	Unruh-Thomas, Nijjar Van Staden, Willems	Pac-12 Championships
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
14.36	Parker Duskin	Pac-12 Championships	14.36
14.46	John Parades	Pac-12 Championships	14.46

400-METER HURDLES (MEN)

WSU RECORD: 47.93 (Jeshua Anderson, 2011)

WSU FRESHMAN RECORD: 48.68 (Jeshua Anderson, 2008)

SBTime	Name	Meet	PBTime
50.23	Jared McAlvey	Pac-12 Championships	50.23
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
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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
14:24.83	Turlan Morlan	OSU High Performance	14:24.83
14:29.08	Jacob Lawrence	Mt SAC Relays	14:29.08
14:54.80	Grayson Wilcott	Mt SAC Relays	14:54.80

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
8:48.34	Kelvin Limo	OSU High Performance	8:45.28
8:59.52	Sam Griffith	OSU High Performance	8:50.21

4X100-METER (MEN)

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

SBTime	Name	Meet
39.73	Brewer, Willems, Lawyer, Hinchliffe	Pac-12 Championships
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
3:40.02	Unruh-Thomas, Nijjar Van Staden, Willems	Pac-12 Championships



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
13.91m	Gracie Strickland	Pac-12 Champ	13.91m

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
48.51m	Audrey Hughes	Wildcat Open	48.51m
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
44.90m	Laura Lindquist	Pac-12 Championships	44.90m
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
1.70m	Kayle Sowle	Pac-12 Championships	1.77m
1.65m	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
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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
3.80m	Kolby Weiss	OSU High Performance	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
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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
56.57m	Ronald Grueso Mosquera	Pac-12 Championships	56.57m
54.00m	Max Moore	Pac-12 Championships	54.00m
47.67m	Caden Hottman	Wildcat Open	47.67m
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
57.40m	Caden Hottman	OSU High Performance	57.40m

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