

WASHINGTON STATE CROSS COUNTRY/TRACK & FIELD



HISTORY & RECORDS 2023



Women's Indoor Records

Event	Athlete	Record	Site	Year
60m	Pam Qualls-Reynolds	7.31	Cheney	2019
200m	Tamika Brown	23.98	Reno	1998
300m	Pam Qualls-Reynolds	38.87	Moscow	1987
400m	Tiffany Giles	54.08	Boise	2003
800m	Anna Layman	2:05.93	Ames	2011
Mile	Abby Regan	4:43.71	Seattle	2015
3,000m	Ruby Roberts	9:15.79	Seattle	2014
5,000m	Vallery Korir	16:02.07	Seattle	2018
60m Hurdles	Maribel Caicedo	7.99	Albuquerque	2023
4X400m	Tiffany Giles	3:35.49	Fayetteville	2003
	Monique Jessie			
	Angelita Green			
	Ellannee Richardson			
DMR	Neema Kimtai	11:15.35	Seattle, Wash.	2009
	Jasneet Nijjar			
	Elena Willems			
	Alaina Stone Boggs			
High Jump	Mary Moore	1.90m/ 6' 3"	Syracuse	1985
Pole Vault	Tamara Diles	4.35m/ 14' 3.25"	Reno	2002
Long Jump	Agneta Rosenblad	6.41m/ 21' 0.5"	Flagstaff	2001
Triple Jump	Charisma Taylor	13.61m/ 44' 8"	Fayetteville	2021
Shot Put	Georgette Reed	15.98m/ 52' 5.25"	Indianapolis	1991
20# Weight	Marie Muai	19.37m/ 63' 6.75"	Seattle	2004
Pentathlon	Diana Pickler	4,339 points	Fayetteville	2007



Georgette Reed -- WSU Hall of Fame Class of 2022 -- began her time on campus as a member of the women's swim team before switching over to track and field. She still owns the program's all-time record in the shot put after posting a career-best mark (15.98m) in Indianapolis in 1991.

Women's Freshman Indoor Records

Event	Athlete	Record	Site	Year
60m	Princess Joy Griffey	7.47	Seattle	2007
200m	Erin Reed	24.27	Moscow	2001
400m	Erin Reed	55.13	Moscow	2001
800m	Sara Trané	2:10.49	-	2006
Mile	Ruby Roberts	4:48.97	-	2011
3,000m	Emma Jenkins	9:43.66	-	2019
5,000m	Emma Jenkins	16:49.99	-	2019
60m Hurdles	Charisma Taylor	8.30	-	2019
4X400m	Kris Tollefson	3:49.62	-	2013
	Christiana Ekelem			
	Dominique Keel			
	Mercedes Smith			
High Jump	Ebba Jungmark	1.89m (6' 2.25")	-	2008
Pole Vault	Tamara Diles	4.35m (14' 3.25")	-	2002
Long Jump	Francesca Green	6.06m (19' 10.75")	-	1996
Triple Jump	Charisma Taylor	12.96m (42' 6.25")	-	2019
Shot Put	Shannon Rance	14.25m (46' 9")	-	2001
20# Weight	Faimalie Sale	18.75m (61' 6.25")	-	2020
Pentathlon	Alissa Brooks-Johnson	3,633 points	Seattle	2014



Alissa Brooks-Johnson -- Set the WSU freshman record in the pentathlon in 2014 with 3,633 pts at the MPSF Championships. She ultimately went on to be crowned an outdoor Pac-12 Champion in the heptathlon twice during her four-year career.

Men's Indoor Records

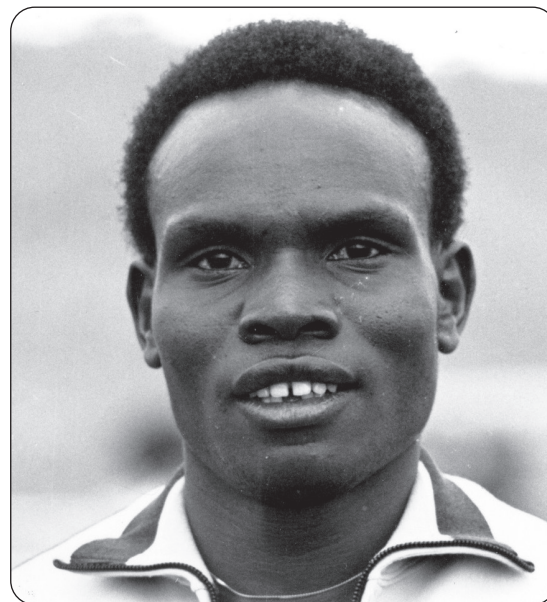
Event	Athlete	Record	Site	Year
60m	Emmanuel Wells Jr.	6.53	Albuquerque	2019
200m	George Ogbeide	20.86	Cheney	1991
400m	Georges Kablan	46.1	Moscow	1981
800m	Bernard Lagat	1:47.07	Reno	1999
Mile	Bernard Lagat	3:55.65	Indianapolis	1999
3,000m	Henry Rono	7:43.2	San Diego	1980
5,000m	John Ngeno (CR)	13:34.6	Portland	1976
60m Hurdles	Tony Li	7.59	Indianapolis	1991
DMR	Eric Kamau (WR) (CR)	9:29.54	Indianapolis	1998
	Guillermo Macias			
	Rasto Kiplangat			
	Bernard Lagat			
4X100m	Barry Leavitt	3:06.74	Ames	2009
	Reny Follett			
	Justin Woods			
	Jeshua Anderson			
High Jump	Greg Jones	2.30m (7' 6.5")	San Diego	1987
Pole Vault	Christos Pallakis	5.65m (18' 6.5")	Barcelona	1995
Long Jump	Matt Mason	8.08m (26' 6.25")	Seattle	2004
Triple Jump	Ian Campbell	16.97m (55' 8.25")	Detroit	1978
Shot Put	Dimitrios Koutsoukis	20.27m (66' 6")	Oklahoma City	1986
35# Weight	Tore Gustafsson	22.64m (74' 3.5")	Oklahoma City	1986
Heptathlon	Dino Dodig	5,635 points	Seattle	2005



Christos Pallakis set the all-time WSU indoor men's pole vault program record in March of 1995 at the Palau Sant Jordi in Barcelona. **Pallakis** went on to earn the first All-American honors of his career at the conclusion of the 1995 outdoor season.

Men's Freshman Indoor Records

Event	Athlete	Record	Site	Year
60m	Louie Hinchliffe	6.60	Seattle	2023
200m	Mason Lawyer	21.13	Fayetteville	2023
400m	Jeshua Anderson	46.76	-	2008
800m	Reid Muller	1:51.64	-	2016
Mile	Henry Rono	3:59.2	-	1977
3,000m	Henry Rono (NFR)	7:47.4	-	1977
5,000m	Joel Cheruiyot (NFR)	13:48.8	-	1978
60m Hurdles	Sam Brixey	7.93	-	2017
4X400m	Kyle Schauble	3:17.11	-	2007
	Reny Follett			
	Bob Hewitt-Gaffney			
	Luke Lemenager			
High Jump	Brent Harken	2.20m (7' 2.75")	-	1981
Pole Vault	Tyson Byers	5.15m (16' 10.75")	-	2003
Long Jump	John Hurtin	7.47m (24' 6.0")	-	1983
Triple Jump	Ian Campbell (NFR)	16.53m (54' 3")	-	1977
Shot Put	Paul Buxton	18.89m (61' 11")	-	1977
35# Weight	Paul Buxton	20.01m (65' 7.75")	-	1977
Heptathlon	Dino Dodig	5,503 points	-	2014



Henry Rono won six NCAA titles, set six collegiate outdoor records, four indoor records and was admired for breaking four world distance records in a span of 81 days in 1978.

WASHINGTON STATE
TRACK & FIELD
WOMEN'S ALL-TIME RECORDS

Women's Outdoor Records

Event	Athlete	Record	Site	Year
100m	Pam Reynolds	11.52	Corvallis	1987
200m	Pam Reynolds	23.30	Corvallis	1987
400m	Celestine N'Drin	52.04	Seoul	1988
800m	Celestine N'Drin	2:02.99	Durham	1990
1,500m	Jennifer Bravard	4:14.69	Seattle	1993
Steeplechase Caroline Jerotich		10:07.70	Sacramento 2023	
5,000m	Vallery Korir	15:59.73	Azusa	2018
10,000m	Vallery Korir	33:16.89	Sacramento	2018
100m Hurdles	Micaela De Mello	12.98	Fayetteville	2022
400m Hurdles	Randi Smith	57.07	Denton	2000
4X100m Relay E. Unruh-Thomas		44.38	Sacramento 2023	
J. Van Staden				
J. Nijjar				
S. Walton				
4X400m Relay	T. Giles M. Jessie T. Gulley E. Richardson	3:33.65	Stanford	2003
High Jump	Mary Moore	1.87m (6' 2")	Walnut	1986
Pole Vault	Tamara Diles	4.25m (13' 11.25")	Pullman	2006
Long Jump	Agneta Rosenblad	6.52m (21' 4.75")	Berkeley	2001
Triple Jump	Charisma Taylor	13.20m (43' 3.75")	Queretaro	2019
Shot Put	Georgette Reed	16.61m (54' 6")	Calgary	1991
Discus	Laura Lavine	57.86m (189' 10")	Tucson	1988
Hammer	McKenzie Garberg	64.93m (210' 3")	Eugene	2008
Javelin	Marissa Tschida	56.71m (186' 1")	Austin	2010
Heptathlon	Diana Pickler	6,205 pts	Austin	2007
	<i>100m HH</i>	<i>13.28</i>		
	<i>Shot Put</i>	<i>11.75m</i>		
	<i>High Jump</i>	<i>1.84m</i>		
	<i>200m</i>	<i>23.69w</i>		
	<i>Long Jump</i>	<i>6.15m</i>		
	<i>Javelin</i>	<i>41.57m</i>		
	<i>800m</i>	<i>2:19.08</i>		

Women's Freshman Outdoor Records

Event	Athlete	Record	Site	Year
100m	Pam Qualls	11.61	Pullman	1986
	Francesca Green	11.61	Los Angeles	1996
200m	Pam Qualls	23.36	Indianapolis	1986
400m	LaTroya Mucker	53.90	Seattle	1997
800m	Celestine N'Drin	2:03.10	Indianapolis	1986
1,500m	Neema Kimtai	4:20.69	Fresno	2021
3,000m	Jennifer Robertson	9:18.36	Eugene	1989
Steeplechase	Ruby Roberts	10:31.14	Eugene	2011
5,000m	Mevin Jelagat	16:29.76	Fresno	2022
10,000m	Mevin Jelagat	33:56.49	Eugene	2022
100m Hurdles	Micaela De Mello	12.98	Fayetteville	2022
400m Hurdles	Janice Farwell	58.51	Eugene	1986
High Jump	Mary Moore	1.86m (6' 1.25")	Los Angeles	1984
Pole Vault	Kristine Felix	4.07m (13' 4.25")	Los Angeles	2013
Long Jump	Francesca Green	6.36m (20' 10.5")	Los Angeles	1996
Triple Jump	Cicely Clinkenbeard	12.73m (41' 9.25")	Stanford	1998
Shot Put	Nana Gyedu	15.34m (50' 4")	Fresno	2022
Discus	Mandy Borschowa	57.52m (188' 8")	Pullman	1999
Hammer	Carolina Ulloa-Daza	62.51m (201' 10")	Colombia	2021
Javelin	Valentina Barrios-Bornacelli	54.03m (177' 3")	Eugene	2022
Heptathlon	Ellannee Richardson	5,678pts	Boise	1999

WASHINGTON STATE

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MEN'S ALL-TIME RECORDS

Men's Outdoor Records

Event	Athlete	Record	Site	Year
100m	Anson Henry/Louie Hinchliffe	10.17	Walnut/Sacramento	'02/ '23
200m	Anson Henry	20.52	Pullman	2002
400m	Gabriel Tiacoh	46.38	Seattle	2010
800m	Bernard Lagat	1:47.07	Reno	1999
1,500m	Bernard Lagat	3:30.56	Switzerland	1999
Steeplechase	Henry Rono	8:05.4 (WR) (CR)	Seattle	1978
5,000m	Henry Rono	13:06.2 (WR) (CR)	Norway	1981
10,000m	Henry Rono	27:22.5 (WR) (WR)	Austria	1978
110m Hurdles	Tony Li	13.37	Japan	2022
400m Hurdles	Jeshua Anderson	47.93	Eugene	2011
4X100m Relay	George Ogbeide	39.24	Eugene	1991
	Tony Li			
	Benari Burroughs			
	Augustin Olobia			
4X400m Relay	Lee Gordon	3:05.58	Tucson	1985
	Dennis Livingston			
	Calvin Harris			
	Gabriel Tiacoh			
High Jump	Brent Harkin	2.31m (7' 7")	Rome	1984
Pole Vault	Christos Pallakis	5.56m (18' 6.5")	Greece	1995
Long Jump	George Ogbeide	8.24m (27' 0.5")	Germany	1991
Triple Jump	Joseph Taiwo	17.19m (56' 4.75")	Nigeria	1984
Shot Put	Dimitrios Koutsoukis	20.59m (67' 6.75")	Indianapolis	1986
Discus	Ian Waltz	64.44m (211' 5")	Salinas	1998
Hammer	Tore Gustafsson	77.76m (255' 1")	Pullman	1986
Javelin	Stephan Wilkstrom	78.38m (257' 2")	Pullman	1990
Decathlon	Simon Shirley	8,036 pts	Korea	1988
	100m	11.03		
	Long Jump	7.45m		
	Shot Put	14.20m		
	High Jump	1.97m		
	400m	48.84		
	110m HH	15.44		
	Discus	41.68m		
	Pole Vault	4.70m		
	Javelin	64.00m		
	1,500m	4:27.48		

Men's Freshman Outdoor Records

Event	Athlete	Record	Site	Year
100m	Anthony Buchanan	10.28	-	2001
200m	Justin Woods	21.01	-	2006
400m	Kris Durr	45.84	-	1984
800m	Gerald Pawirodikromo	1:47.5	-	1978
1,500m	Peter Koech	3:38.46	-	1982
3,000m	Peter Koech (NFR)	7:39.09	-	1982
Steeplechase	Julius Korir (NFR)	8:20.02	-	1983
5,000m	Peter Koech (NFR)	13:09.50	-	1982
10,000m	Henry Rono	27:37.1 (NFR)	-	1977
110m Hurdles	Arend Watkins	13.82	-	1998
400m Hurdles	Jeshua Anderson	48.68	-	2008
High Jump	Brett Lowery	2.21m (7' 3")	-	1983
Pole Vault	Patrik Johansson	5.40m (17' 8.5")	-	1988
Long Jump	Demetrios Araouzos	7.64m (25' 0.75")	-	1983
Triple Jump	Ian Campbell	16.60m (54' 5.5")	-	1977
Shot Put	Paul Buxton	18.95m (62' 2.25")	-	1977
Discus	Matt Lamb	57.84m (189' 9")	-	2006
Hammer	Paul Buxton	69.34m (227' 6")	-	1977
Javelin	Brad Stevens	71.07m (233' 2")	-	2015
Decathlon	Simon Shirley	7,584 pts	-	1986

Rogers Field/Mooberry Track Records: Women

Event	Athlete	Record	School	Year
100m	Jenna Prandini	11.21	Oregon	2014
100m Hurdles	Lauren Blackburn	13.08	USC	2014
200m	Jenna Prandini	22.60	Oregon	2014
400m	Phillis Francis	51.87	Oregon	2014
400m Hurdles	Jaide Stepter	56.99	USC	2014
800m	Karen Bennett	2:03.79	Arizona St.	1994
1,500m	Shelby Houkihan	4:15.67	Arizona St.	2014
Steeplechase	Shalaya Kipp	10:04.19	Colorado	2014
5,000m	Shelby Houkihan	16:11.63	Arizona St.	2014
10,000m	Kirsten O'Hara	33:16.89	California	1985
4X100m Relay	Loudia Laarman	43.21	USC	2014
	Jessica Davis			
	Alexis Faulknor			
	T. Gaither			
4X400m Relay	B. Ogunleye	3:31.97	UCLA	2002
	A. McKinnon			
	S. Johnson			
	M. Henderson			
High Jump	Carina Westover	1.88m (6' 2")	Oregon St.	1984
Pole Vault	Amy Linnen	4.31m (14' 1.75")	Arizona	2002
Long Jump	Shu-Ahin	6.54m (21' 5.75")	China	1988
Triple Jump	Roshanda Glenn	13.16m (43' 2.25")	UCLA	1994
Shot Put	Julie Labonte	17.42m (57' 2")	Arizona	2014
Discus	Ai-Lan Xing	62.56m (205' 3")	China	1988
Hammer	Jillian Wier	67.43m (221' 3")	Oregon	2014
Javelin	Inga Stasiulionyte	56.96m (186' 10")	USC	2002
Heptathlon	Ellannee Richardson	5,821 pts	WSU	2002

Rogers Field/Mooberry Track Records: Men

Event	Athlete	Record	School	Year
100m	Aaron Brown	10.16	USC	2014
110m Hurdles				
200m	Aaron Brown	20.26	USC	2014
400m	Mike Berry	45.05	Oregon	2014
400m Hurdles				
800m	Joaquim Cruz	1:45.12	Oregon	2014
1,500m	Lawi Lalang	3:36.34	Arizona	2014
Steeplechase	Ruby Roberts	10:31.14	Eugene	2011
5,000m	Joel Cheruiyot	13:38.2	WSU	1978
10,000m	Samson Kimombwa	28:53.3	WSU	1980
High Jump	Dothel Edwards	2.30m (7' 6.75")	USA Juniors	1985
Pole Vault	Nick Hyson	5.55m (18' 2.5")	Arizona St.	1994
Long Jump	Randy Williams	8.04m (26' 4.75")	USC	1975
Triple Jump	Ian Campbell	16.75m (54' 11.75")	Stanford	1978
Shot Put	John Brenner	21.08m (69' 2")	UCLA	1984
Discus	Julian Wruck	64.25m (210' 9")	USC	2014
Hammer	Tore Gustafsson	77.76m (255' 1")	WSU	1986
Javelin	Stephan Wilkstrom	78.38m (257' 2")	WSU	1990
Decathlon	Dan O'Brien	8,267 points	USA	1990

Men's World Outdoor Records

Year	Name	Event	Mark/Time
1909	Jack Nelson	100 Yd. Dash	9.6
1909	Jack Nelson	220 Yd. Dash	21.2
1931	Paul Swift	100 Yd. Dash	9.5
1937	J. Orr, L. Nettleton L. Orr, L. Benke	Mile Relay	3:12.3
1937	Curt Ledford, Lee Orr (PCC vs. Big Ten)	440 Yd. Relay	40.7
1965	Gerry Lindgren	6-Mile	27:11.6
1968	Boyd Gittins	400m IH	49.27
1976	Joshua Kimeto	4000m	10:11.6
1977	Samson Kimombwa	10,000m	27:30.5
1978	Henry Rono	5000m	13:08.4
1978	Henry Rono	3000m Steeple	8:05.4
1978	Henry Rono	10,000m	27:22.5
1978	Henry Rono	3000m	7:32.1
1981	Henry Rono	5000m	13:06.2

Men's American Outdoor Records

Year	Name	Event	Mark/Time
1909	Jack Nelson	100 Yd. Dash	9.6
1909	Jack Nelson	220 Yd. Dash	21.2
1931	Paul Swift	100 Yd. Dash	9.5
1939	Dixie Garner	2-Mile	9:07.9
1965	Gerry Lindgren	3-Mile	13:04.2
1965	Gerry Lindgren	6-Mile	27:11.6
1966	Gerry Lindgren	5000m	13:38.0
1966	Gerry Lindgren	3-Mile	12:53.0
1968	Gerry Lindgren	5000m	13:33.8
1968	Art Sandison	660 Yd.	1:16.6
1968	Art Sandison	600m	1:16.6
1968	Boyd Gittins	400m IH	49.27

Men's Collegiate Outdoor Records

Year	Name	Event	Mark/Time
1909	Jack Nelson	100 Yd. Dash	9.6
1909	Jack Nelson	220 Yd. Dash	21.2
1931	Paul Swift	100 Yd. Dash	9.5
1937	J. Orr, H. Nettleton L. Orr, L. Benke	Mile Relay	3:12.3
1937	C. Ledford L. Orr (PCC vs. Big Ten)	440 Yd. Relay	40.7
1939	Dixie Garner	2-Mile	9:07.9
1965	Gerry Lindgren	5000m	13:45.4
1965	Gerry Lindgren	3-Mile	13:04.2
1965	Gerry Lindgren	6-Mile	27:11.6
1966	Gerry Lindgren	3-Mile	12:53.0
1966	Gerry Lindgren	5000m	13:38.0
1967	Gerry Lindgren	10,000m	28:40.2
1968	Gerry Lindgren	5000m	13:33.8
1968	Art Sandison	600m	1:16.6
1968	Art Sandison	660 Yd.	1:16.6
1968	Boyd Gittins	400m IH	49.27
1969	Art Sandison	880 Yd.	1:45.9
1974	John Ngeno	10,000m	28:05.6
1974	John Ngeno	6-Mile	27:06.8
1975	John Ngeno	10,000m	28:04.6
1975	John Ngeno	6-Mile	26:57.4
1976	John Ngeno	21K	1:04:50.8
1976	John Ngeno	5000m	13:20.8
1976	Joshua Kimeto	3000m	7:37.5
1976	Joshua Kimeto	2000m	5:03.7
1976	Joshua Kimeto	4000m	10:11.6
1977	Samson Kimombwa	10,000m	27:30.5
1978	Henry Rono	5000m	13:08.4
1978	Henry Rono	Steeplechase	8:05.4
1978	Henry Rono	10,000m	27:22.5
1978	Henry Rono	3000m	7:32.1
1978	Henry Rono	2-Mile	8:14.6
1978	Henry Rono	21K	1:04:46.1
1981	Henry Rono	5000m	13:06.2
1986	Tore Gustafsson	Hammer	255-1
1986	Gabriel Tiacoh	400m	44.30
1999	Bernard Lagat	1500m	3:30.56

Women's American Junior Records

Year	Name	Event	Mark/Time
1999	Ellanee Richardson	Heptathlon	5,678 points

60 METERS

(55m from 1985-1999)

1.	7.31*	Pam Qualls-Reynolds	Cheney, Wash.	1987
2.	7.39*	Francesca Green	Reno, Nev.	1997
3.	7.40	Skyler Walton	Spokane, Wash.	2023
4.	7.43	Jordyn Tucker	Seattle, Wash.	2020
5.	7.44	Maribel Caicedo	Albuquerque, N.M.	2023
	7.44	Kreete Verlin	Albuquerque, N.M.	2020
7.	7.45	Regyn Gaffney	Albuquerque, N.M.	2017
8.	7.47	Princess Joy-Griffey	Seattle, Wash.	2007
9.	7.51	Cindy Robertson	Albuquerque, N.M.	2013
10.	7.53	Elise Unruh-Thomas	Seattle, Wash.	2023

60 METER HURDLES

(55m from 1985-1999)

1.	7.99	Maribel Caicedo	Albuquerque, N.M.	2023
2.	8.16	Charisma Taylor	Lubbock, Texas	2021
3.	8.20	Micaela De Mello	Spokane, Wash.	2023
4.	8.21*	Agneta Rosenblad	Moscow, Idaho	2001
5.	8.26	Diana Pickler	Seattle, Wash.	2007
6.	8.30	Kreete Verlin	Lubbock, Texas	2020
7.	8.35*	Tamara Gully	Cheney, Wash.	2001
8.	8.39	Antonia Buschendorf	Seattle, Wash.	2022
9.	8.42	Ellannee Richardson	Boise, Idaho	2003
10.	8.45	Liz Harper	Seattle, Wash.	2016
	8.45	Candice McFarland	Seattle, Wash.	2015

200 METERS

1.	23.98	Tamika Brown	Reno, Nev.	1998
2.	24.00	Kreete Verlin	Albuquerque, N.M.	2020
3.	24.04	Dominique Keel	Albuquerque, N.M.	2016
4.	24.17	Danielle Darden	Seattle, Wash.	2015
5.	24.21	Jasneet Nijjar	Spokane, Wash.	2023
6.	24.22	Elise Unruh-Thomas	Spokane, Wash.	2023
7.	24.27	Maribel Caicedo	Spokane, Wash.	2023
8.	24.34	Princess Joy-Griffey	Seattle, Wash.	2010
9.	24.35	Shawna Fermin	Moscow, Idaho	2012
10.	24.38	Cindy Robinson	Moscow, Idaho	2013

300 METERS

1.	38.87	Pam Qualls-Reynolds	Moscow, Idaho	1987
2.	38.92	Celestine N'Drin	Moscow, Idaho	1988
3.	39.41	Elise Unruh-Thomas	Spokane, Wash.	2023
4.	39.45	Janice Farwell	Moscow, Idaho	1985
5.	39.61	Tiffany Giles	Pullman, Wash.	2003
6.	40.15	Elena Willems	Spokane, Wash.	2023
7.	40.37	Helen Caffee	Moscow, Idaho	1984
8.	40.54*	Laura James	Moscow, Idaho	1980
9.	40.55	Mackenzie Fletcher	Spokane, Wash.	2023
10.	40.90	Monique Jessie	Pullman, Wash.	2003

400 METERS

(Since 1987, only times on tracks 200m or shorter count towards records)

1.	54.08	Tiffany Giles	Boise, Idaho	2003
2.	54.14	Ellannee Richardson	Moscow, Idaho	2001
3.	54.16	Stephanie Cho	Seattle, Wash.	2020
4.	54.17	Jasneet Nijjar	Fayetteville, Ark.	2023
5.	54.27	Shawna Fermin	Albuquerque, N.M.	2013
6.	54.44	Celestine N'Drin	-	1989
7.	54.69	Dominique Keel	Seattle, Wash.	2016
8.	55.66	Elena Willems	Spokane, Wash.	2023
9.	55.88	Bree Winfrey	Albuquerque, N.M.	2015
10.	55.89	Christiana Ekelem	Seattle, Wash.	2016

800 METERS

1.	2:05.93	Anna Layman	Ames, Iowa	2011
2.	2:06.62	Jennifer Bannon-Carpenter	South Bend, Ind.	1992
3.	2:07.96	Celestine N'Drin	-	1987
4.	2:08.11	Natatie Ackerley	Seattle, Wash.	2019
5.	2:08.45	Neema Kimtai	Seattle, Wash.	2023
6.	2:09.21	Camille Rivard	-	1985
7.	2:09.29	Marlow Schulz	Seattle, Wash.	2018
8.	2:09.73	Zorana Grujic	Seattle, Wash.	2020
9.	2:09.91	Courtney Zalud	Seattle, Wash.	2013
10.	2:10.56	Ruby Roberts	Seattle, Wash.	2011

MILE

1.	4:43.71	Abby Regan	Seattle, Wash.	2015
2.	4:43.91	Zorana Grujic	Seattle, Wash.	2020
3.	4:44.92	Lisa Egami	Seattle, Wash.	2009
4.	4:45.43	Neema Kimtai	Seattle, Wash.	2022
5.	4:46.21	Kaili Keefe	Seattle, Wash.	2019
6.	4:46.48	Ruby Roberts	Moscow, Idaho	2014
7.	4:46.64	Alaina Stone Boggs	Seattle, Wash.	2023
8.	4:49.67	Emma Jenkins	Seattle, Wash.	2019
9.	4:49.84	Vallery Korir	Seattle, Wash.	2018
10.	4:50.7	Kari Jonassen	-	1985

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3,000 METERS

1.	9:15.79	Ruby Roberts	Seattle, Wash.	2014
2.	9:21.29	Alaina Stone Boggs	Seattle, Wash.	2023
3.	9:22.54	Devon Bortfeld	Seattle, Wash.	2017
4.	9:26.56	Christina Molteni	Seattle, Wash.	2023
5.	9:26.91	Vallery Korir	Seattle, Wash.	2018
6.	9:27.45	Lisa Egami	Seattle, Wash.	2010
7.	9:27.57	Isley Gonzalez	Seattle, Wash.	2009
8.	9:28.54	Sara Trané	Seattle, Wash.	2009
9.	9:31.47	Neema Kintai	Seattle, Wash.	2022
10.	9:32.32	Caroline Austin	Seattle, Wash.	2013

5,000 METERS

1.	16:02.07	Vallery Korir	Seattle, Wash.	2018
2.	16:16.42	Devon Bortfeld	Seattle, Wash.	2017
3.	16:34.89	CharLee Linton	Seattle, Wash.	2016
4.	16:35.18	Anna Blue	-	2003
5.	16:40.19	Cristina Molteni	Seattle, Wash.	2023
6.	16:44.11	Caroline Jerotich	Seattle, Wash.	2022
7.	16:45.81	Chelsea VanDeBrake	Seattle, Wash.	2011
8.	16:49.99	Emma Jenkins	Seattle, Wash.	2019
9.	16:51.51	Emily Dwyer	Seattle, Wash.	2017
10.	16:56.12	Morgan Wilson	Seattle, Wash.	2017

4 X 400 METER RELAY

1.	3:35.49	T. Giles, M. Jessie T. Gulley, E. Richardson	Fayetteville, Ark.	2003
2.	3:40.93	Winfrey, Ekelem Keel, Allen	Seattle, Wash.	2014
3.	3:41.05	Keel, Brooks-Johnson Ekelem, Harper	Seattle, Wash.	2016
4.	3:42.30	Fermin, Layman, Elseroad-Wall, Brown	College Station, Texas	2010
5.	3:42.71	J. Van Staden, J. Nijjar E. Unruh-Thomas, E. Willems	Seattle, Wash.	2023
6.	3:42.82	Allen, Winfrey, Ekelem, Harper	Albuquerque, N.M.	2015
7.	3:42.93	Keel, Fermin, Winfrey, Allen	Seattle, Wash.	2013
8.	3:43.25	Hill, Layman, Griffey, Elseroad-Wall	Seattle, Wash.	2010
9.	3:43.26	R. Yang, J. Nijjar, J. Van Staden, E. Willems	Albuquerque, N.M.	2023
10.	3:43.85	Fermin, Griffey, Elseroad-Wall, Brown	Seattle, Wash.	2010

DISTANCE MEDLEY RELAY

(1,200m - 400m - 800m - 1600m)

1.	11:15.35	N. Kintai, J. Nijjar, E. Willems, A. Stone Boggs	Seattle, Wash.	2023
2.	11:17.92	L. Egami, L. King Layman, Trane	South Bend, Ind.	2009
3.	11:18.14	C. Zalud, S. Fermin, A. Layman, R. Roberts	Seattle, Wash.	2011
4.	11:20.77	Z. Grujic, S. Cho, M. Schultz, K. Keefe	Seattle, Wash.	2018
5.	11:23.11	K. Keefe, S. Cho, J. Grujic, Z. Grujic	Seattle, Wash.	2020
6.	11:24.54	Z. Grujic, J. Grujic, N. Ackerley, K. Keefe	Seattle, Wash.	2019
7.	11:29.22	Z. Grujic, J. Grujic, M. Schultz, K. Keefe	Seattle, Wash.	2018
8.	11:33.46	R. Roberts, B. Crabb, C. Zalud, C. Austin	Seattle, Wash.	2012
9.	11:36.30	A. Layman, S. Fermin, C. Zalud, C. Austin	College Station, Texas	2010
10.	11:41.53	L. Egami, V. Elsero-Wall, C. Zalud, C. Austin	Seattle, Wash.	2010

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HIGH JUMP

1.	1.90m/ 6' 3.0"	Mary Moore	Syracuse, N.Y.	1985
2.	1.89m/ 6' 2.25"	Ebba Jungmark	Fayetteville, Ark.	2008
3.	1.83m/ 6' 0.0"	Whitney Evans	Indianapolis, Ind.	1999
	1.83m/ 6' 0.0"	Schquay Brignac	Flagstaff, Ariz.	2002
	1.83m/ 6' 0.0"	Holly Parent	Pullman, Wash.	2011
6.	1.81m/ 5' 11.25"	Lissa Gray	Moscow, Idaho	1988
	1.81m/ 5' 11.25"	Liz Harper	Seattle, Wash.	2016
	1.81m/ 5' 11.25"	Leonie Reuter	Lubbock, Texas	2020
9.	1.79m/ 5' 10.50"	Kiana Davis	Seattle, Wash.	2016
10.	1.78m/ 5' 10.00"	Charlotte Muschamp	Pullman, Wash.	2014
	1.78m/ 5' 10.00"	Robin Mikesh	Pullman, Wash.	2005

POLE VAULT

1.	4.35m/ 14' 3.25"	Tamara Diles	Reno, Nev.	2002
2.	4.26m/ 13' 11.75"	Kristine Felix	Pullman, Wash.	2015
3.	4.14m/13' 7.0"	Molly Scharmann	Seattle, Wash.	2019
4.	4.10m/13' 5.25"	Kendall Mays	Seattle, Wash.	2009
5.	4.01m/ 13' 1.75"	Luzia Herzig	Albuquerque, N.M.	2020
6.	4.00m/ 13' 1.5"	Emily Coombs	Albuquerque, N.M.	2019
7.	3.94m/ 12' 11"	Katelyn Frost	Seattle, Wash.	2019
8.	3.92m/ 12' 10.25"	Kelsey Bueno	Albuquerque, N.M.	2013
9.	3.87m/ 12' 8.25"	Samantha Andrada	Albuquerque, N.M.	2015
10.	3.86m/ 12' 8.0"	Tessa Watkins	Seattle, Wash.	2021

LONG JUMP

1.	6.41m/ 21' 1.5"	Agneta Rosenblad	Flagstaff, Ariz.	2001
2.	6.32m/ 20' 9.0"	Kreete Verlin	Nampa, Idaho	2020
3.	6.20m/ 20' 4.25"	Chantal Brunner	Seattle, Wash.	1993
4.	6.15m/ 20' 2.25"	Conny Eckl-Gambetta	Moscow, Idaho	1985
5.	6.14m/ 20' 2"	Sandy Heinrich	Moscow, Idaho	1985
6.	6.03m/ 19' 5"	Charisma Taylor	Albuquerque, N.M.	2019
7.	6.02m/ 19' 9"	Anna Rodgers	Albuquerque, N.M.	2022
8.	5.92m/ 19' 8"	Gilana Wollman	Moscow, Idaho	2023
9.	5.80m/ 19' 0.5"	Shaquana Logan	Seattle, Wash.	2011
	5.80m/ 19' 0.5"	Candace Missouri	Seattle, Wash.	2010

TRIPLE JUMP

1.	13.61m/ 44' 8"	Charisma Taylor	Fayetteville, Ark.	2021
2.	12.89m/ 42' 3.5"	Blessing Ufodiama	Lincoln, Neb.	2023
3.	12.67m/ 41' 7"	Greer Alsop	Seattle, Wash.	2016
4.	12.66m/ 41' 6.5"	Kiana Davis	Albuquerque, N.M.	1999
5.	12.65m/ 41' 6"	Cicely Clinkenbeard	-	1999
6.	12.63m/ 41' 5.0"	Charlotte Muschamp	Albuquerque, N.M.	2014
7.	12.62m/ 41' 5.0"	Sarah Burns	Seattle, Wash.	2007
8.	12.57m/ 41' 3.0"	Sharon Li	Portland, Ore.	1994
9.	12.33m/ 40' 5.5"	Kayla Warren	Seattle, Wash.	2015
10.	12.20m/ 40' 0.75"	Oyinlola Akinlosotu	Pullman, Wash.	2018

SHOT PUT

1.	15.98m/ 52' 5.25"	Georgette Reed	Indianapolis, Ind.	1991
2.	15.57m/ 51' 1.0"	Shannon Rance	Flagstaff, Ariz.	2002
3.	15.56m/ 51' 0.75"	Chrissnay Brown	Albuquerque, N.M.	2019
4.	15.30m/ 50' 2.5"	Nana Gyedu	Spokane, Wash.	2023
5.	15.27m/ 50' 1.25"	McKinzie Garberg	Lincoln, Neb.	2007
6.	14.98m/ 49' 1.75"	Andrea Thornton	Moscow, Idaho	2001
7.	14.27m/ 46' 10"	Audrey Hughes	Spokane, Wash.	2022
8.	14.21m/ 46' 7.5"	Denise Fetsch	-	1986
9.	13.93m/ 45' 8.5"	Mary Barnett	Seattle, Wash.	2012
10.	13.78m/ 45' 2.5"	Jennifer Hamilton	Seattle, Wash.	2010

20# WEIGHT

1.	19.37m/ 63' 6.75"	Marie Muai	Seattle, Wash.	2004
2.	18.75m/ 61' 6.25"	Faimalie Sale	Seattle, Wash.	2020
	18.75m/ 61' 6.25"	Becky Potter	Reno, Nev.	2000
4.	18.70m/ 61' 4.25"	Andrea Thornton	Reno, Nev.	2000
5.	18.65m/ 61' 2.25"	Kjirsten Jensen	Moscow, Idaho	2010
6.	18.12m/ 59' 5.5"	Brittany Hinchcliffe	Boise, Idaho	2003
7.	18.03m/ 59' 2"	Alex Payne	Seattle, Wash.	2022
8.	17.89m/ 58' 8.5"	Aoife Martin	Seattle, Wash.	2019
9.	17.88m/ 58' 8"	Cassie Whitfield	Moscow, Idaho	2010
10.	17.87m/ 58' 7.5"	Katie Wardsworth	Seattle, Wash.	2017

PENTATHLON

1.	4,339 points	Diana Pickler	Fayetteville, Ark.	2007
2.	4,267 points	Julie Pickler	Fayetteville, Ark.	2006
3.	4,190 points	Alissa Brooks-Johnson	Seattle, Wash.	2018
4.	4,146 points	Liz Harper	Seattle, Wash.	2016
5.	3,804 points	Katie Miller	Seattle, Wash.	2005
6.	3,702 points	Lindsey Schauble	Seattle, Wash.	2019
7.	3,633 points	Peyton Teevens	Seattle, Wash.	2022
8.	3,609 points	Shaquana Logan	Seattle, Wash.	2012
9.	3,588 points	Angela Jensen	Seattle, Wash.	2010
10.	3,464 points	Renick Meyer	Seattle, Wash.	2023

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60 METERS

(55m from 1985-1999)

1.	6.53	Emmanuel Wells Jr.	Albuquerque, N.M.	2019
2.	6.60	Louie Hinchliffe	Seattle, Wash.	2023
	6.60*	Augustin Olobia	Indianapolis, Ind.	1991
4.	6.62*	George Ogbeide	Moscow, Idaho	1991
5.	6.67	Anson Henry	Flagstaff, Ariz.	2002
6.	6.69	Anthony Buchanan	Flagstaff, Ariz.	2002
7.	6.69	James McSwain	Pullman, Wash.	2006
8.	6.71	Bennie Chatman	Moscow, Idaho	2003
	6.71	Ja' Maun Charles	Seattle, Wash.	2020
10.	6.73*	Georges Kablan	Portland, Ore.	1979
	6.73	Justin Woods	Seattle, Wash.	2007

60 METER HURDLES

(55m from 1985-1999)

1.	7.59	Tony Li	Indianapolis, Ind.	1991
2.	7.61	Arend Watkins	Cheney, Wash.	2001
3.	7.65	Javier Moracho	Moscow, Idaho	1982
4.	7.69	Kip Ngeno	Portland, Ore.	2001
	7.69	Sam Brixley	Fayetteville, Ark.	2022
6.	7.78	Dominique Arnold	Indianapolis, Ind.	1996
7.	7.79	Matt Mason	Fayetteville, Ark.	2004
	7.79	Nick Johnson	Seattle, Wash.	2020
9.	7.84	Steve Brown	Cheney, Wash.	1985
	7.84	Robert V. Williams	Moscow, Idaho	2009

200 METERS

1.	20.86	George Ogbeide	Cheney, Wash.	1991
2.	21.07	Anthony Buchanan	Flagstaff, Ariz.	2002
3.	21.13	Mason Lawyer	Fayetteville, Ark.	2023
4.	21.25	Gary Minor	-	1976
	21.25	Emmanuel Wells	Moscow, Idaho	2019
6.	21.39	Zach Smith	Albuquerque, N.M.	2018
7.	21.42	Terrance Chambers	Seattle, Wash.	2015
8.	21.50	Ja'Maun Charles	Albuquerque, N.M.	2020
	21.50	Andre McBride	Albuquerque, N.M.	2013
10.	21.51	Greg Hornsby	Seattle, Wash.	2011

300 METERS

1.	33.44	John Chaplin	Pullman, Wash.	1962
2.	33.46	Larry Scheurer	Pullman, Wash.	1970
3.	33.84	Georges Kablan	Moscow, Idaho	1978
4.	33.92	Ethan Willems	Spokane, Wash.	2022
5.	34.05	Tim Giesa	Moscow, Idaho	1976
6.	34.53	Clint Richardson	Pullman, Wash.	1953
7.	34.63	Lee Orr	Pullman, Wash.	1940
	34.63	Joe Nebelon	Pullman, Wash.	1949
9.	34.83	Loren Benke	Pullman, Wash.	1937
	34.83	Don Maw	Pullman, Wash.	1958

400 METERS

(Since 1987, only times on tracks 200m or shorter count towards records)

1.	46.38	Jeshua Anderson	Seattle, Wash.	2010
2.	46.71	Michael Joubert	-	1991
3.	46.83	Gabriel Tiacoh	-	1985
4.	46.75	Jake Ulrich	-	2019
5.	47.18	Jacob Sealby	Boise, Idaho	2014
6.	47.32	CJ Allen	Seattle, Wash.	2017
7.	47.67	Jared McAlvey	Spokane, Wash.	2023
8.	47.75	Ethan Willems	Albuquerque, N.M.	2023
9.	47.88	Lucas Sealby	Moscow, Idaho	2014
10.	48.09	Brandon Dawson	Seattle, Wash.	2011

800 METERS

1.	1:47.07	Bernard Lagat	Ames, Iowa	1999
2.	1:48.05	Joe Abbott	Seattle, Wash.	2011
3.	1:48.84	Jesse Jorgensen	Seattle, Wash.	2014
4.	1:48.6	Michael Joubert	-	1992
5.	1:48.9	Sotirios Moutsanas	-	1982
6.	1:49.3	Gerold Pawirodikromo	-	1979
7.	1:50.35	Matthew Swanson	Seattle, Wash.	2015
8.	1:50.80	Luke Lemenager	Seattle, Wash.	2010
9.	1:51.64	Reid Muller	Seattle, Wash.	2016
10.	1:52.02	Amir Ado	Seattle, Wash.	2022

MILE

1.	3:55.65	Bernard Lagat	Indianapolis, Ind.	1999
2.	3:55.74	Colton Johnsen	Seattle, Wash.	2022
3.	3:57.00	Zach Stallings	Seattle, Wash.	2022
4.	3:57.51	Paul Ryan	New York City	2021
5.	3:57.84	Samuel Kibiri	Palo Alto, Calif.	1991
6.	3:58.10	Peter Koech	Paris, France	1983
7.	3:59.20	Rick Riley	Los Angeles, Calif.	1970
	3:59.20	Henry Rono	Pullman, Wash.	1977
9.	3:59.66	Richard Tuwei	Detroit, Mich.	1983
10.	3:59.87	Jancinto Navarrete	Moscow, Idaho	1987

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3,000 METERS

1.	7:43.20	Henry Rono	San Diego, Calif.	1980
2.	7:45.80	Colton Johnsen	Seattle, Wash.	2022
3.	7:49.90	John Ngeno	-	1975
	7:50.90	Josephat Kapkory	Indianapolis, Ind.	1994
5.	7:53.70	Gerry Lindgren	-	1966
	7:53.70	Joshua Kimeto	-	1974
7.	7:55.80	Jacinto Navarrete	Moscow, Idaho	1987
8.	8:00.10	Zach Stallings	Seattle, Wash.	2022
9.	8:01.32	John Whelan	Seattle, Wash.	2016
10.	8:02.06	Todd Wakefield	Seattle, Wash.	2013

5,000 METERS

1.	13:34.6	John Ngeno	Portland, Ore.	1976
2.	13:34.75	Colton Johnsen	Seattle, Wash.	2021
3.	13:54.35	Drew Jordan	Seattle, Wash.	2013
4.	13:54.74	Jono Laffler	Seattle, Wash.	2012
5.	13:59.25	John Whelan	Seattle, Wash.	2016
6.	14:00.60	E.J. Guo	Indianapolis, Ind.	1990
7.	14:00.77	Brian Barsaiya	Seattle, Wash.	2023
8.	14:02.30	Andrew Kimpel	Seattle, Wash.	2014
9.	14:05.98	Michael Williams	Seattle, Wash.	2018
10.	14:07.21	Andrew Gonzales	Seattle, Wash.	2014

4 X 400 METER RELAY

1.	3:06.74	B. Leavitt, R. Follett, J. Woods, J. Anderson	Ames, Iowa	2009
2.	3:07.61	G. Hornsby, B. Dawson, J. Sealby, J. Anderson	Ames, Iowa	2011
3.	3:09.35	Anderson, Hornsby, Follett, Abbott	Seattle, Wash.	2010
4.	3:10.49	Dawson, Abbott, Hopkins, Sealby	Seattle, Wash.	2012
5.	3:10.97	Chambers, Howell, Sealby, Sealby	Seattle, Wash.	2013
6.	3:11.10	J. Avognan, C. Whitlock - J. Ramsey, G. Kablan	-	1981
	3:11.10	Allen, Sealby, Sealby, Jorgensen	Seattle, Wash.	2014
8.	3:11.80	J. Ramsey, G. Kablan - G. Pawirodikromo, J. Avognan	-	1980
9.	3:12.02	Dawson, Sealby, Hopkins, Wells	Albuquerque, N.M.	2012
10.	3:12.34	Allen, Sealby, Chambers, Sealby	Albuquerque, N.M.	2014

DISTANCE MEDLEY RELAY

(1200m - 400m - 800m - 1600m)

1.	9:29.54	E. Kamau, G. Macias, R. Kiplangat, B. Lagat	Indianapolis, Ind.	1998
2.	9:33.71	S. Kibiri, M. Joubert, C. McBride, J. Kapkory	Philadelphia, Pa.	1992
3.	9:36.49	Z. Stallings, E. Willems J. Janke, C. Johnsen	Seattle, Wash.	2021
4.	9:37.50	J. Cheruiyot, J. Ramsey G. Pawirodikromo, H. Rono	Spokane, Wash.	1979
5.	9:39.45	J. Kimeto, G. Pawirodikromo, M. Kosgie, S. Kimombwa	Seattle, Wash.	1978
6.	9:39.70	P. Koech, G. Tiacho, J. Korir, R. Tuwei	Walla Walla, Wash.	1984
7.	9:39.87	M. Cornbrash, J. Anderson, J. Abbott, T. Wakefield	Seattle, Wash.	2011
8.	9:40.21	T. Wakefield, J. Sealy, J. Jorgensen, D. Jordon	South Bend, Ind.	2013
9.	9:44.80	J. Korir, K. Durr, S. Moutsanas, R. Tuwei	Moscow, Idaho	1984
10.	9:48.50	J. Kapkory, M. Joubert, J. Nordstrom, S. Kibiri	Moscow, Idaho	1992

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HIGH JUMP

1.	2.30m/ 7' 6.5"	Greg Jones	San Diego, Calif.	1987
2.	2.25m/ 7' 4.5"	Brent Harken	Cheney, Wash.	1983
3.	2.24m/ 7' 4.25"	Trent Arrivey	Pullman, Wash.	2010
4.	2.23m/ 7' 4.0"	Brett Lowery	Moscow, Idaho	1985
5.	2.20m/ 7' 2.75"	Anastasias Adjoints	Cheney, Wash.	1983
6.	2.19m/ 7' 2.25"	Lee Braach	-	1975
7.	2.16m/ 7' 1.0"	Thane Pierson	Pullman, Wash.	2016
	2.16m/ 7' 1.0"	Mitch Jacobson	Albuquerque, N.M.	2020
	2.16m/ 7' 1.0"	Al Darnelle	Pullman, Wash.	1975
	2.16m/ 7' 1.0"	Kris Harken	Moscow, Idaho	1985
	2.16m/ 7' 1.0"	Lloyd Stoller	Moscow, Idaho	1990
	2.16m/ 7' 1.0"	Matt Alverson	Moscow, Idaho	2001

POLE VAULT

1.	5.65m/ 18' 6.5"	Christos Pallakis	Barcelona, Spain	1995
2.	5.50m/ 18' 0.5"	Tyson Byers	Fayetteville, Ark.	2007
3.	5.32m/ 17' 5.5"	Paul Nicolette	Seattle, Wash.	2005
4.	5.28m/ 17' 3.75"	Jacob Englar	Albuquerque, N.M.	2022
5.	5.25m/ 17' 2.75"	Sander Moldau	Albuquerque, N.M.	2019
6.	5.18m/ 17' 0"	Austin Sodorff	Seattle, Wash.	2015
7.	5.01m/ 16' 5.5"	Jim Precht	-	1968
8.	5.00m/ 16' 4.75"	Troy Gingerich	Pullman, Wash.	2019
	5.00m/ 16' 4.75"	Tucker Mjelde	Seattle, Wash.	2017
10.	4.97m/ 16' 3.5"	Lucas Tailin	Albuquerque, N.M.	2023

LONG JUMP

1.	8.08m/ 26' 6.25"	Matt Mason	Seattle, Wash.	2004
2.	7.85m/ 25' 9.25"	Bill Ayears	Cheney, Wash.	1988
3.	7.75m/ 25' 5.25"	Stephan Scott-Ellis	Eugene, Ore.	2012
4.	7.72m/ 25' 4"	Benson Jones	Flagstaff, Ariz.	2001
5.	7.63m/ 25' 0.5"	John Delamere	Seattle, Wash.	1973
6.	7.29m/ 23' 11"	Trevor Rogers	Seattle, Wash.	2013
7.	7.22m/ 23' 8.5"	Michael Bolligar	Seattle, Wash.	2012
8.	7.13m/ 23' 5"	Barrie Johnson	Vancouver, B.C.	1967
9.	7.04m/ 23' 1.25"	Dino Dodig	Seattle, Wash.	2016
10.	7.01m/ 23' 0"	PJ Benedictus	Pullman, Wash.	2014

TRIPLE JUMP

1.	16.97m/ 55' 8.25"	Ian Campbell	Detroit, Mich.	1978
2.	16.74m/ 54' 11.25"	Marios Hadjiandreou	Moscow, Idaho	1987
3.	16.64m/ 54' 7.5"	Joseph Taiwo	Detroit, Mich.	1983
4.	16.12m/ 52' 10.75"	Bensen Jones	Reno, Nev.	2001
5.	15.98m/ 52' 5.25"	Stephan Scott-Ellis	Pullman, Wash.	2012
6.	15.89m/ 52' 1.75"	Fancis Dodoo	Detroit, Mich.	1983
7.	15.54m/ 51' 0.0"	Ray Kimble	Moscow, Idaho	1976
8.	15.37m/ 50' 5.5"	John Delamere	Pocatello, Idaho	1972
9.	15.33m/ 50' 3.5"	Robby Flores	Albuquerque, N.M.	2018
10.	15.12m/ 49' 7.25"	PJ Benedictus	Seattle, Wash.	2014

SHOT PUT

1.	20.27m/ 66' 6.0"	Dimitrios Koutsoukis	Oklahoma City, Okla.	1986
2.	19.53m/ 64' 1.0"	John Van Reenen	Pullman, Wash.	1969
3.	19.34m/ 63' 5.5"	Ian Waltz	Indianapolis, Ind.	1998
4.	19.08m/ 62' 7.5"	Bruce Anderson	Moscow, Idaho	1986
5.	18.55m/ 60' 10.5"	Ronald Gueso Mosquera	Spokane, Wash.	2023
6.	18.28m/ 60' 0.0"	Stu (David) Henning	Vancouver, B.C.	1959
7.	18.15m/ 59' 6.75"	Friday Enjoye	Moscow, Idaho	1991
8.	18.03m/ 59' 2.0"	Jason Basket	Moscow, Idaho	1991
9.	17.68m/ 58' 0.25"	Joe Bartlett	Moscow, Idaho	2012
10.	17.59m/ 57' 8.5"	Tim Gehring	Seattle, Wash.	2003

35# WEIGHT

1.	22.64m/ 74' 3.5"	Tore Gustafsson	Oklahoma City, Okla.	1986
2.	21.28m/ 69' 9.75"	Stefan Jonsson	Moscow, Idaho	1988
3.	21.01m/ 68' 0.5"	Brock Eager	Seattle, Wash.	2018
4.	20.16m/ 66' 2"	Paul Buxton	Pullman, Wash.	1979
5.	20.12m/ 66' 0.25"	Jim Jesernig	Pullman, Wash.	1979
6.	20.09m/ 65' 11"	Phillip MacArthur	Moscow, Idaho	2009
7.	19.92m/ 65' 4.5"	John Billingsley	Cheney, Wash.	1989
8.	19.47m/ 63' 10.5"	Amani Brown	Seattle, Wash.	2019
9.	19.00m/ 62' 4.0"	Ed VandeVoorde	Pullman, Wash.	1982
10.	18.98m/ 62' 3.5"	Kevin Moore	Reno, Nev.	1997

HEPTATHLON

1.	5,635 points	Dino Dodig	Fayetteville, Ark.	2016
2.	5,631 points	Darian Powell	Pullman, Wash.	2005
3.	5,406 points	Michael Bolligar	Seattle, Wash.	2012
4.	5,298 points	Lee Walburn	Seattle, Wash.	2023
5.	5,230 points	Spencer Wordell	Pullman, Wash.	2014
6.	5,216 points	Rickey Moody	Pullman, Wash.	2008
7.	5,154 points	Brandon Brownell	Seattle, Wash.	2004
8.	5,102 points	Kyle Chasuble	Seattle, Wash.	2010
9.	5,087 points	Ryan Thomas	Seattle, Wash.	2005
10.	5,022 points	Sean Harris	Pullman, Wash.	2011

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NOTE: Only indoor program records and absolute top-10 (indoor & outdoor combined) times were listed prior to the start of the 2009-10 season. Due to incomplete digital records for seasons prior to 2009, these top-10 lists encompass any times within the program's absolute top-10 all-time, current or past program record holders, and the next top finishes since the 2009-10 indoor season.

NOTE: Hand times are listed inferior to fully-automated times sharing the same time in tenths, as established by the USTFCCA. For events under 400 meters, 0.24 seconds is the standard addition, 0.14 seconds for events 400 meters. For events longer than 400 meters.

100 METERS

1.	11.52	Pam Qualls Reynolds	Corvallis, Ore.	1987
2.	11.54	Skyler Walton	Fresno, Calif.	2022
3.	11.58	Princess Joy Griffey	Eugene, Ore.	2009
4.	11.60	Regyn Gaffney	Los Angeles	2017
	11.60	Elise Unruh-Thomas	Fresno, Calif.	2023
6.	11.61	Francesca Green	Los Angeles, Calif.	1996
7.	11.69	Sharika Higgins	Eugene, Ore.	2000
8.	11.73	Dominique Keel	Los Angeles, Calif.	2016
9.	11.82	LaTroya Mucker	Pullman, Wash.	1999
	11.82	Erin Reed	Tempe, Ariz.	2001
	11.82	Chanel James	Tucson, Ariz.	2011
<i>Wind-aided marks</i>				
	11.26w	Pam Qualls Reynolds	Walnut, Calif.	1987
	11.49w	Regyn Gaffney	Pullman, Wash.	2017
	11.50w	Sharika Higgins	Austin, Texas	2000
	11.55w	Francesca Green	Modesto, Calif.	1996
	11.57w	Elise Unruh-Thomas	Austin, Texas	2023

200 METERS

1.	23.30	Pam Qualls Reynolds	Corvallis, Ore.	1987
2.	23.35	Bria'una Watley	Seattle, Wash.	2015
3.	23.48	Tamika Brown	Pullman, Wash.	1998
4.	23.55	Dominique Keel	Lawrence, Kan.	2016
5.	23.69	Sharika Higgins	Eugene, Ore.	2000
6.	23.71	Elise Unruh-Thomas	Azusa, Calif.	2023
7.	23.77	Jasneet Nijjar	Azusa, Calif.	2023
8.	23.78	Ellannee Richardson	Tempe, Ariz.	1999
9.	23.82	Erin Reed	Tempe, Ariz.	2001
	23.82	Tiffany Giles	Los Angeles, Calif.	2003
	23.82	Lorraine King	Seattle, Wash.	2009
<i>Wind-aided marks</i>				
	23.21w	Pam Qualls Reynolds	Pullman, Wash.	1986
	23.43w	Sharika Higgins	Austin, Texas	2000
	23.69w	Diana Pickler	Austin, Texas	2007
	23.75w	Ellannee Richardson	Tempe, Ariz.	1999
	23.78w	Erin Reed	Pullman, Wash.	2001

100-METER HURDLES

1.	12.98	Micaela De Mello	Fayetteville, Ark.	2022
2.	13.25	Diana Pickler	Sacramento, Calif.	2007
3.	13.33	Charisma Taylor	Los Angeles, Calif.	2021
4.	13.48	Agneta Rosenblad	Pullman, Wash.	2001
5.	13.52	Ellannee Richardson	Austin, Texas	2003
6.	13.57	Candice McFarland	Los Angeles, Calif.	2015
7.	13.58	Shaquana Logan	Walnut, Calif.	2014
8.	13.68	Alissa Brooks-Johnson	Stanford, Calif.	2018
9.	13.72	Randi Smith	Stanford, Calif.	2000
10.	13.75	Chris Gesch	Eugene, Ore.	1992
<i>Wind-aided marks</i>				
	13.28w	Agneta Rosenblad	Berkeley, Calif.	2001
	13.43w	Shaquana Logan	Austin, Texas	2012
	13.55w	Tamara Gullely	Austin, Texas	2001
	13.60w	Alissa Brooks-Johnson	Stanford, Calif.	2018
	13.68w	Shaquana Logan	Tucson, Ariz.	2011

400 METERS

1.	52.04	Celestine N'Drin	Seoul, Korea	1988
2.	52.62	Shawna Fermin	Kuortane, Finland	2013
3.	53.16	Jasneet Nijjar	Fresno, Calif.	2023
4.	53.34	Tiffany Giles	Stanford, Calif.	2003
5.	53.90	LaTroya Mucker	Seattle, Wash.	1997
6.	54.17	Brandi Probasco-Canda	Pullman, Wash.	2006
7.	54.27	Sharika Higgins	Pullman, Wash.	1998
	54.27	Lorraine King	Seattle, Wash.	2009
9.	54.39	Randi Smith	Pullman, Wash.	2000
10.	54.59	Dominique Keel	Walnut, Calif.	2016

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400-METER HURDLES

1.	57.07	Randi Smith	Denton	2000
2.	57.31	Liz Harper	Los Angeles	2015
3.	57.48	Stephanie Cho	Eugene	2021
4.	57.51	Lorraine King	Eugene	2009
5.	57.86	Alissa Brooks-Johnson	Los Angeles	2018
6.	58.32	Monique Jessie	Stanford	2003
7.	58.51	Janice Farwell	Eugene	1986
8.	58.76	Erin Allen	Los Angeles	2015
9.	58.81	Alissa Brooks-Johnson	Los Angeles	2015
10.	58.82	Mackenzie Fletcher	Sacramento, Calif.	2023

800 METERS

1.	2:02.99	Celestine N'Drin	Durham, N.C.	1990
2.	2:03.48	Anna Layman	Tucson, Ariz.	2011
3.	2:04.68	Camille Rivard	Indianapolis, Ind.	1985
4.	2:04.81	Alishia Booterbaugh	Durham, N.C.	2000
5.	2:05.15	Linda Spaargaren	Seattle, Wash.	1985
6.	2:05.48	Elena Willems	Corvallis, Ore.	2023
7.	2:05.54	Neema Kimtai	Azusa, Calif.	2022
8.	2:05.82	Abigail Regan	Pullman, Wash.	2014
9.	2:05.94	Jennifer Carpenter	Durham, N.C.	1990
10.	2:06.30	Courtney Zalud	Pullman, Wash.	2014

1,500 METERS

1.	4:14.69	Jennifer Robertson Bravard	Seattle, Wash.	1993
2.	4:15.39	Kaili Keefe	Eugene, Ore.	2018
3.	4:17.52	Abigail Regan	Los Angeles, Calif.	2015
4.	4:18.10	Camille Rivard	Indianapolis, Ind.	1986
5.	4:18.57	Ruby Roberts	Walnut, Calif.	2014
6.	4:19.31	Lisa Egami	Stanford, Calif.	2010
7.	4:20.48	Neema Kimtai	Corvallis, Ore.	2023
8.	4:23.78	Zenny Koehler	Walnut, Calif.	1989
9.	4:23.92	Cristina Molteni	Corvallis, Ore.	2023
10.	4:24.45	Jennifer Carpenter	Eugene, Ore.	1990

5,000 METERS

1.	15:59.73	Vallery Korir	Azusa, Calif.	2018
2.	16:08.95	Alaina Stone Boggs	Walnut, Calif.	2023
3.	16:09.02	Ruby Roberts	Stanford, Calif.	2014
4.	16:14.55	Anna Blue	Stanford, Calif.	2003
5.	16:17.29	Devon Bortfled	Stanford, Calif.	2017
6.	16:18.04	Isley Gonzalez	Walnut, Calif.	2009
7.	16:20.86	Haley Paul	Stanford, Calif.	2006
8.	16:24.13	Cristina Molteni	Stanford, Calif.	2023
9.	16:26.36	Jennifer Bravard	Eugene, Ore.	1993
10.	16:29.76	Mevin Jelagat	Clovis, Calif.	2022

10,000 METERS

1.	33:16.89	Vallery Korir	Sacramento, Calif.	2018
2.	33:33.92	Cristina Molteni	Sacramento, Calif.	2023
3.	33:56.49	Mevin Jelagat	Eugene, Ore.	2022
4.	34:03.69	CharLee Linton	Stanford, Calif.	2015
5.	34:25.63	Anna Blue	Walnut, Calif.	2003
6.	34:45.81	Erin Mullins	Los Angeles, Calif.	2021
7.	35:14.27	Chelsea VanDeBrake	Stanford, Calif.	2011
8.	35:21.2	Lisa Braun	Los Angeles, Calif.	1988
9.	35:23.72	Ryan Gilmore	Stanford, Calif.	2001
10.	36:06.48	Morgan Willson	Norwalk, Calif.	2016

3,000-METER STEEPLECHASE

1.	10:07.70	Caroline Jerotich	Sacramento, Calif.	2023
2.	10:08.49	Caroline Austin	Los Angeles	2013
3.	10:14.29	Sara Trané	Northridge	2008
4.	10:15.79	Zorana Grujic	Long Beach	2019
5.	10:16.36	Meghan Leonard	Walnut	2008
6.	10:18.30	Devon Bortfled	Sacramento	2018
7.	10:24.59	Pia Richards	Walnut	2022
8.	10:25.27	Collier Lawrence	Stanford	2008
9.	10:26.19	Emily Dwyer	Torrance, Calif.	2017
10.	10:31.14	Ruby Roberts	Eugene	2011

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4 X 100 METER RELAY

1.	44.38	E Unruh-Thomas, J. Van Staden, Sacramento, Calif. 2023 J. Nijjar, S. Walton	
2.	44.50	A. Higgins, L. Mucker, Tempe, Ariz.	1999
		E. Richardson, F. Green	
3.	44.61	B. Watley, D. Darden, Austin, Texas	2015
		C. Ekelem, D. Keel	
4.	44.70	G. Wollman, E. Unruh-Thomas Phoenix, Ariz. 2023 J. Nijjar, S. Walton	
5.	44.75	R. Gaffney, D. Darden, Los Angeles, Calif.	2016
		C. Eklelem, D. Keel	
6.	44.78	S. Higgins, L. Mucker, Pullman, Wash.	1998
		T. Brown, F. Green	
7.	44.92	C. James, C. Robinson, Austin, Texas	2012
		C. McFarland, S. Fermin	
8.	44.97	S. Higgins, L. Mucker, Pullman, Wash.	1997
		T. Brown, A. Higgins	
9.	45.06	S. Logan, D. Keel Tucson, Ariz.	2014
		C. Ekelem, D. Darden	
10.	45.08	R. Davis, T. Williams, Corvallis, Ore. 1987 M. McClain, P. Reynolds	

4X400 METER RELAY

1.	3:33.65	Tiffany Giles, Monique Jessie, Stanford, Calif. 2003 Tamara Gulley, Ellannee Richardson
2.	3:35.66	Erin Allen, Dominique Keel, Austin, Texas 2015 Christiana Ekelem, Liz Harper
3.	3:36.76	Regyn Gaffney, Dominique Keel Norwalk, Calif. 2016 Christiana Ekelem, Liz Harper
4.	3:37.23	Tiffany Giles, Tamara Gulley, Austin, Texas 2002 Randi Smith, Ellannee Richardson
5.	3:37.34	Tiffany Giles, Monique Jessie Sacramento 2003 Angelita Green, Tamara Gulley
6.	3:37.42	Erin Reed, Ellannee Richardson, Berkeley, Calif. 2001 Angelita Green, Randi Smith
7.	3:37.55	Diana Pickler, Brandi Probasco-Canda, Palo Alto, Calif. 2007 Lorraine King, Julie Pickler
8.	3:38.08	Attrina Higgins, Whitney Evans, Tempe, Ariz. 1999 Randi Smith, Ellannee Richardson
9.	3:38.45	Shawna Fermin, Anna Layman, Austin, Texas 2010 Veronica Elseroad-Wall, Princess Joy Griffey
10.	3:38.54	Dominique Keel, Christiana Ekelem, Walnut Calif. 2013 Bree Winfrey, Shawna Fermin

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HIGH JUMP

1.	1.87m/ 6' 2.0"	Mary Moore	Walnut, Calif.	1986
2.	1.86m/ 6' 1.25"	Whitney Evans	Sacramento, Calif.	2003
3.	1.85m/ 6' 0.75"	Holly Parent	Tucson, Ariz.	2011
4.	1.84m/ 6' 0.5"	Diana Pickler	Austin, Texas	2007
	1.84m/ 6' 0.5"	Ebba Jungmark	Västerås, Sweeden	2008
6.	1.82m/ 5' 11.5"	Charlotte Muschamp	Pullman, Wash.	2014
	1.82m/ 5' 11.5"	Audrey Ketchum	Austin, Texas	2015
	1.82m/ 5' 11.5"	Aislinn Overby	Pullman, Wash.	2022
9.	1.81m/ 5' 11.25"	Liz Harper	Seattle, Wash.	2016
10.	1.80m/ 5' 10.75"	Christine Rice	Tucson, Ariz.	2011

POLE VAULT

1.	4.25m/ 13' 11.25"	Tamara Diles	Pullman, Wash.	2006
2.	4.18m/ 13' 8.5"	Kristine Felix	Moscow, Idaho	2017
3.	4.17m/ 13' 8.25"	Molly Scharmann	Sacramento, Calif.	2018
4.	4.08m/ 13' 4.5"	Katelyn Frost	Tucson, Ariz.	2019
5.	4.04m/ 13' 3"	Emily Coombs	Pullman, Wash.	2021
6.	4.03m/ 13' 3.0"	Jeannette Martus	Berkley, Calif.	2001
7.	4.01m/ 13' 1.75"	Tiffany Maskulinski	Los Angeles	2006
8.	3.97m/ 13' 0.25"	Alexa Huestis	Eugene, Ore.	2009
	3.97m/ 13' 0.25"	Kelsey Bueno	Los Angeles	2013
10.	3.95m/ 12' 11.5"	Kendall Mays	Spokane, Wash.	2010
	3.95m/ 12' 11.5"	Samantha Andrada	Los Angeles	2015

LONG JUMP

1.	6.52m/ 21' 4.75	Agneta Rosenblad	Berkeley, Calif.	2001
2.	6.37m/ 20' 10.75	Chantal Brunner	Seattle, Wash.	1993
3.	6.36m/ 20' 9"	Francesca Green	Los Angeles	1996
4.	6.20m/ 20' 4.25"	Diana Pickler	Stanford, Calif.	2007
5.	6.13m/ 20' 1.5"	Sharon Li	Seattle, Wash.	1993
	6.13m/ 20' 1.5"	Anna Rodgers	Pullman, Wash.	2022
7.	6.09m/ 19' 11.75"	Cicely Clinkenbeard	Pullman, Wash.	2002
8.	6.06m/ 19' 10.75"	Lauren Newman	Fresno, Calif.	2021
9.	6.01m/ 19' 8.75"	Liz Harper	Los Angeles	2016
10.	5.89m/ 19' 4.0"	Alissa Brooks-Johnson	Stanford, Calif.	2018

Top Wind-aided marks

	6.06m/ 19' 10.75"	Julie Pickler	Austin, Texas	2006
	5.96m/ 19' 6.75"	Ellannee Richardson	Berkeley, Calif.	2002

TRIPLE JUMP

1.	13.20m/ 43' 3.25"	Charisma Taylor	Queretaro, Mexico	2019
2.	13.06m/ 42' 10.25"	Cicely Clinkenbeard	Eugene, Ore.	2000
3.	13.01m/ 42' 8.25"	Kiana Davis	Austin, Texas	2017
4.	12.81m/ 42' 0.5"	Greer Alsop	Sacramento, Calif.	2018
5.	12.63m/ 41' 5.25"	Francesca Green	Tucson, Ariz.	1999
6.	12.59m/ 41' 3.75"	Sharon Li	Spokane, Wash.	1992
7.	12.58m/ 41' 3.25"	Catie Schuetzle	Seattle, Wash.	2007
8.	12.57m/ 41' 3.0"	Shelia Phillips	Cheney, Wash.	1994
9.	12.51m/ 41' 0.5"	Bree Skinner	Stanford, Calif.	2003
10.	12.47m/ 40' 11.25"	Kaylee Gardner	Eugene, Ore.	2007

Top Wind-aided marks

	13.24m/43' 5.25"	Blessing Ufodiama	Walnut, Calif.	2004
	13.22m/ 43' 4.5"	Charisma Taylor	Queretaro, Mexico	2019
	12.83m/ 42' 1.25"	Charlotte Muschamp	Pullman, Wash.	2014

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SHOT PUT

1.	16.61m/ 54' 6"	Georgette Reed	Calgary, Alberta	1991
2.	15.63m/ 51' 3.5"	Nana Gyedu	Walnut, Calif.	2023
3.	15.38m/ 50' 5.5"	Chrissnay Brown	Spokane, Wash.	2019
4.	14.96m/ 49' 1"	Jessica Zita	Pullman, Wash.	2008
5.	14.88m/ 48' 10"	Conny Eckl	Corvallis, Ore.	1988
6.	14.85m/ 48' 8.75"	Lisa Merrill	Corvallis, Ore.	1987
7.	14.80m/ 48' 6.75"	Becky Potter	Tempe, Ariz.	1999
8.	14.70m/ 48' 2.75"	Debbie Lombardi	-	1983
9.	14.42m/ 47' 3.75"	Audrey Hughes	Pullman, Wash.	2022
10.	14.15m/ 46' 5.25"	Mary Barnett	Seattle, Wash.	2013

DISCUS

1.	57.86m/ 189' 10"	Laura Lavine	Tucson, Ariz.	1988
2.	57.52m/ 188' 8"	Mandy Borschwa	Pullman, Wash.	1999
3.	54.04m/ 177' 3"	McKenzie Garberg	Des Moines, Iowa	2008
4.	54.00m/ 177' 2"	Kristy Andrews	Seattle, Wash.	1994
5.	52.46m/ 172' 1"	Andrea Thornton	Berkeley, Calif.	2001
6.	51.17m/ 167' 10"	Marie Muai	Seattle, Wash.	2003
7.	50.88m/ 166' 11"	Georgette Reed	Calgary, Alberta	1991
8.	50.07m/ 164' 3"	Ashley Kenney	Pullman, Wash.	2013
9.	49.92m/ 163' 9"	Kim Hulse	Los Angeles	1996
10.	48.54m/ 159' 3"	Becky Potter	Tempe, Ariz.	1999

HAMMER

1.	64.09m/ 210' 3"	McKenzie Garberg	Des Moines, Iowa	2008
2.	62.05m/ 203' 6.75"	Carolina Ulloa-Daza	Cali, Columbia	2021
3.	59.50m/ 195' 2"	Aoife Martin	Sacramento, Calif.	2019
4.	59.44m/ 195' 0"	Andrea Thornton	Stanford, Calif.	2001
5.	58.74m/ 192' 8"	Kjirsten Jensen	Pullman, Wash.	2010
6.	58.29m/ 191' 3"	Katie Wardworth	Long Beach, Calif.	2017
7.	57.01m/ 187' 0"	Alex Payne	Spokane, Wash.	2023
8.	56.97m/ 186' 11"	Brittany Hinchcliffe	Boise, Idaho	2003
9.	56.48m/ 185' 4"	Tara Koonce	Walnut, Calif.	2023
10.	55.95m/ 183' 6"	Sasha Korolenko	Spokane, Wash.	2021

JAVELIN

(New javelin implement adjusted for balance in 1999)

1.	56.71m/ 186' 1"	Marissa Tschida	Austin, Texas	2010
2.	54.03m/ 177' 3"	Valentina Barrios Bomacelli	Eugene, Ore.	2022
3.	53.36m/ 175' 1"	Atina Kamasi	Pullman, Wash.	2018
4.	52.94m/ 173' 8"	Courtney Kirkwood	Los Angeles	2011
5.	51.70m/ 169' 7"	Jenna Dean	Tucson, Ariz.	2005
6.	50.14m/ 164' 6"	Kendra Sachse	Seattle, Wash.	2021
7.	50.09m/ 164' 4"	Rachel Bertholf	Walnut, Calif.	2005
8.	50.05m/ 164' 2"	Christine Kirkwood	Los Angeles	2012
9.	49.21m/ 161' 5"	Anna Adamko	Los Angeles	2013
10.	49.18m/ 161' 4"	Molly Monroe	Tucson, Ariz.	2000

HEPTATHLON

1.	6,205 points	Diana Pickler	Austin, Texas	2007
2.	5,977 points	Alissa Brooks-Johnson	Stanford, Calif.	2018
3.	5,839 points	Ellannee Richardson	Sacramento, Calif.	2003
4.	5,831 points	Julie Pickler	Sacramento, Calif.	2007
5.	5,718 points	Conny Eckl	Indianapolis, Ind.	1986
6.	5,579 points	Whitney Evans	Boise, Idaho	1999
7.	5,564 points	Liz Harper	Seattle, Wash.	2016
8.	5,456 points	Cicely Clinkenbeard	Pullman, Wash.	2002
9.	5,238 points	Heidi Shultz	Azusa, Calif.	1997
10.	5,234 points	Esther Medema	Eugene, Ore.	1992

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100 METERS

1.	10.17	Anson Henry	Walnut, Calif.	2002
	10.17	Louie Hinchliffe	Sacramento, Calif.	2023
3.	10.19	Augustin Olobia	Eugene, Ore.	1991
	10.19	Benny Chatman	Los Angeles	2003
	10.19	James McSwain	Walnut, Calif.	2005
6.	10.21	Anthony Buchanan	Tucson, Arizona	2004
7.	10.24*	Gary Minor	Spokane, Wash.	1976
8.	10.26	Ray Ray Wells Jr.	Tucson, Arizona	2019
9.	10.27	George Ogbeide	Pullman, Wash.	1991
10.	10.28	Justin Woods	Eugene, Ore.	2009
		<i>Top Wind-aided marks</i>		
	10.10w	Anthony Buchanan	Los Angeles	2003
	10.12w	Bennie Chatman	Los Angeles	2003
	10.16w	James McSwain	Tucson, Arizona	2006
	10.21w	Lee Gordon	Boise, Idaho	1984
	10.26w	Jaycee Robertson	Eugene, Ore.	2006

110 METER HURDLES

1.	13.37	Tony Li	Sapporo, Japan	1991
2.	13.46	Dominique Arnold	Eugene, Ore.	1996
3.	13.47	Arend Watkins	Berkeley, Calif.	2000
4.	13.49	Kip Ngeno	Berlin, Germany	1975
5.	13.59	Jeff Bruce	Cheney, Wash.	1980
6.	13.60	Javier Moracho	Palo Alto, Calif.	1982
7.	13.70	Sam Brixey	Seattle, Wash.	2021
8.	13.77	Nick Johnson	Long Beach, Calif.	2019
9.	13.78	Jeshua Anderson	Tucson, Ariz.	2011
10.	13.81	Matt Mason	Stanford, Calif.	2004
		<i>Top Wind-aided marks</i>		
1.	13.31w	Tony Li	Modesto, Calif.	1991
2.	13.32w	Dominique Arnold	Eugene, Ore.	1996
3.	13.60w	Javier Moracho	Stanford, Calif.	1982
4.	13.66w	Sam Brixey	Seattle, Wash.	2021
5.	13.71w	Robert Williams	Eugene, Ore.	2009

200 METERS

1.	20.52	Anson Henry	Pullman, Wash.	2002
2.	20.54*	Gary Minor	Spokane, Wash.	1976
3.	20.61	Georges Kablan	Rome, Italy	1981
4.	20.65	Chris Whitlock	Berkeley, Calif.	1983
	20.65	Gabriel Tiacoh	Pullman, Wash.	1984
6.	20.75	Anthony Buchanan	Walnut, Calif.	2002
7.	20.81*	Steve Hoover	Pullman, Wash.	1969
8.	20.83	Lee Gordon	Berkeley, Calif.	1983
9.	20.85	James McSwain	Walnut, Calif.	2005
	20.85	Justin Woods	Eugene, Ore.	2009
		<i>Top Wind-aided marks</i>		
	20.66w	Justin Woods	Provo, Utah	2006
	20.79w	Augustin Olobia	Pullman, Wash.	1992
	20.70w*	Curt Ledford	Pullman, Wash.	1938

400 METERS

1.	44.30 (CR)	Gabriel Tiacoh	Indianapolis, Ind.	1986
2.	44.80	Chris Whitlock	Colorado Springs, Colo.	1983
3.	45.84	Kris Durr	Pullman, Wash.	1984
4.	45.89	Michael Joubert	Durham, N.C.	1990
5.	46.08	Jeshua Anderson	Seattle, Wash.	2009
6.	46.36	Georges Kablan	Moscow, Idaho	1981
7.	46.64	John Avognan	Pullman, Wash.	1980
8.	46.66*	Lee Orr	Princeton, N.J.	1940
	46.66*	Joe Nebolon	Berkeley, Calif.	1947
10.	46.72	Jeff Ramsey	Palo Alto, Calif.	1981
	46.72	Jacob Sealby	Pullman, Wash.	2014

400-METER HURDLES

1.	47.93	Jeshua Anderson	Eugene, Ore.	2011
2.	49.27	Boyd Gittins	South Lake Tahoe, Calif.	1968
3.	49.40	CJ Allen	Eugene, Ore.	2017
4.	49.53	John Cassleman	Eugene, Ore.	2006
5.	49.59	Eric Dudley	Los Angeles	2003
6.	50.05	Mark Macdonald	Eugene, Ore.	1992
7.	50.23	Jared McAlvey	Walnut, Calif.	2023
8.	50.24*	Jim Allen	London, U.K.	1963
9.	50.44	Barry Leavitt	Northridge, Calif.	2008
10.	50.60*	Dick Olsen	Los Angeles	1970

800 METERS

1.	1:45.5*	Art Sandison	Knoxville, Tenn.	1969
2.	1:45.76	Jesse Jorgensen	Eugene, Ore.	2015
3.	1:46.02	Bernard Lagat	Paris, France	1998
4.	1:46.34	Sotirios Moutanas	Los Angeles	1984
5.	1:46.84	Joe Abbott	Eugene, Ore.	2011
6.	1:47.0	Michael Joubert	Seattle, Wash.	1992
7.	1:47.3	Dale Scott	Baton Rouge, La.	1973
8.	1:47.38	Eric Anderson	Tucson, Ariz.	1995
9.	1:47.5	Gerald Pawirodikromo	Medellin, Colombia	1978
10.	1:47.52	Calvin Harris	Indianapolis, Ind.	1986

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1,500 METERS

1.	3:30.56	Bernard Lagat	Zurich, Switzerland	1999
2.	3:36.48	Paul Ryan	Azusa, Calif.	2021
3.	3:38.38	Samuel Kibiri	Oslo, Norway	1991
4.	3:38.46	Peter Koech	Helsinki, Finland	1982
5.	3:38.77	Richard Tuwei	Helsinki, Finland	1982
6.	3:39.32	Zach Stallings	College Station, Texas	2021
7.	3:40.1*	Rick Riley	Los Angeles	1970
8.	3:40.31	Julius Korir	Oslo, Norway	1983
9.	3:40.72	Colton Johnsen	Eugene, Ore.	2021
10.	3:40.8	Omar Ortega	Palo Alto, Calif.	1984

5,000 METERS

1.	13:06.2	Henry Rono	Knaruik, Norway	1981
2.	13:09.50	Peter Koech	Stockholm, Sweden	1982
3.	13:20.0*	Gerry Lindgren	Seattle, Wash.	1966
4.	13:20.6	John Ngeno	Montreal, Canada	1976
5.	13:21.6	Samson Kimombwa	Zurich, Switzerland	1977
6.	13:26.8	Joshua Kimeto	Helsinki, Finland	1977
7.	13:30.60	Richard Tuwei	Stockholm, Sweden	1983
8.	13:34.75	Colton Johnsen	Boston, Massachusetts	2021
9.	13:34.8	Joel Cheruiyot	Corvallis, Ore.	1978
10.	13:36.12	Bernard Lagat	Stanford, Calif.	1999

10,000 METERS

1.	27:22.5	Henry Rono	Vienna, Austria	1978
2.	27:31.47	Samson Kimombwa	Helsinki, Finland	1977
3.	27:50.3	Joel Cheruiyot	Brussels, Belgium	1979
4.	28:00.6	Joshua Kimeto	London, England	1977
5.	28:04.6	John Ngeno	Helsinki, Finland	1975
6.	28:07.28	Peter Koech	Paris, France	1982
7.	28:09.6*	Gerry Lindgren	San Diego, Calif.	1965
8.	28:22.4	Josephat Kapkory	Walnut, Calif.	1992
9.	28:28.4	Rick Riley	Kiev, Ukraine	1970
10.	28:33.8	Dan Murphy	Seattle, Wash.	1972

3,000 METERS STEEPLECHASE

1.	8:05.4	Henry Rono	Seattle, Wash.	1978
2.	8:11.80	Julius Korir	Los Angeles.	1984
3.	8:18.22	Richard Tuwei	Hengelo, Netherlands	1983
4.	8:19.84	Peter Koech	Austin, Texas	1985
5.	8:25.63	Josephat Kapkory	Hengelo, Netherlands	1994
6.	8:28.63	Samuel Kibiri	Lindau, Germany	1991
7.	8:31.64	Colton Johnsen	Eugene, Ore.	2022
8.	8:33.76	Jorge Garcia	Barcelona, Spain	1982
9.	8:33.77	Nathan Morris	Los Angeles	1989
10.	8:36.72	Steve James	Eugene, Ore.	1981

4X100 METER RELAY

1.	39.24	G. Ogbeide, T. Li,	Eugene, Ore.	1991
		B. Burroughs, A. Olobia		
2.	39.48	G. Hornsby, NW Washington,	Tucson, Ariz.	2011
		B. Blanshan, M. Murray		
3.	39.53*	E. Ackah, K. Ngeno,	Provo, Utah	1975
		T. Giesa, G. Minor		
4.	39.54	L. Gordon, G. Tiacoh,	Pullman, Wash.	1985
		D. Livingston, K. Durr		
5.	39.55	M. Boston, M. Mason,	Pullman, Wash.	2004
		J. McSwain, A. Buchanan		
6.	39.57	G. Ogbeide, T. Li,	Tempe, Ariz.	1991
		M. Joubert, A. Olobia		
7.	39.58	M. Boston, J. Robertson,	Northridge, Calif.	2004
		J. McSwain, A. Buchanan		
8.	39.67	M. Boston, J. McSwain	Tucson, Ariz.	2006
		J. Woods, J. Robertson		
9.	39.68	L. Kirk, B. Chatman,	Los Angeles	2003
		J. McSwain, A. Buchanan		
10.	39.69	S. Dwyer, A. Henry,	Pullman, Wash.	2002
		B. Chatman, A. Buchanan		

4X400 METER RELAY

1.	3:05.58	L. Gordon, D. Livingston,	Tucson, Ariz.	1985
		C. Harris, G. Tiacoh		
2.	3:05.90	S. Stougaard, T. Manson,	Los Angeles	1986
		G. Tiacoh, C. Harris		
3.	3:06.4	B. Dawson, N. Washington,	Tucson, Ariz.	2011
		J. Sealby, J. Anderson		
	3:06.4	K. Durr, T. Manson,	Los Angeles	1986
		G. Tiacoh, C. Harris		
5.	3:07.12	J. Avognan, J. Ramsey,	Corvallis, Ore.	1981
		G. Kablan, C. Whitlock		
6.	3:07.38	A. Durr, S. Moutsanas,	Pullman, Wash.	1984
		K. Durr, G. Tiacoh		
7.	3:07.47	B. Leavitt, J. Anderson,	Tempe, Ariz.	2008
		R. Follett, J. Woods		
8.	3:07.54	S. Stougaard, T. Manson,	Pullman, Wash.	1984
		G. Tiacoh, K. Durr		
9.	3:07.60	S. Fitzgerald, L. Barton,	Pullman, Wash.	1970
		A. Sandison, L. Scheurer		
10.	3:07.65	J. Ramsey, G. Kablan,	Eugene, Ore.	1980
		G. Pawirodikromo, J. Avogan		

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HIGH JUMP

1.	2.31m/ 7' 7"	Brent Harken	Rome, Italy	1984
2.	2.30m/ 7' 6.5"	Greg Jones	San Diego, Calif.	1987
3.	2.27m/ 7' 5.5"	James Cunningham	Tacoma	1984
4.	2.25m/ 7' 4.5"	Doug Nordquist	Pullman	1981
	2.25m/ 7' 4.5"	Trent Arrivey	Walnut	2009
6.	2.21m/ 7' 3"	Brett Lowery	Berkeley, Calif.	1983
	2.21m/ 7' 3"	Mitch Jacobson	Eugene	2022
	2.21m/ 7' 3"	Thane Pierson	Pullman	2016
9.	2.20m/ 7' 2.75"	Anastasios Djonis	Cheney	1983
	2.20m/ 7' 2.5"	Lee Braach	Seattle	1976

POLE VAULT

1.	5.56m/ 18' 6.5"	Christos Pallakis	Patra, Greece	1995
2.	5.50m/ 18' 0.5"	Patrik Johansson	Oslo, Norway	1989
3.	5.40m/ 17' 8.5"	Tyson Byers	Sacramento, Calif.	2007
4.	5.39m/ 17' 8.25"	Sander Moldau	Azusa, Calif.	2018
5.	5.32m/ 17' 5.5"	Jacob Englar	Fresno, Calif.	2022
	5.32m/ 17' 5.5"	Paul Nicoletti	Seattle, Wash.	2005
7.	5.28m/ 17' 3.75"	Brian Goodman	Pullman, Wash.	1980
8.	5.27m/ 17' 3.5"	Brian Worden	Pullman, Wash.	1978
9.	5.24m/ 17' 2.5"	Greg Ernst	Pullman, Wash.	1982
10.	5.21m/ 17' 1"	Dennis Dudley	Pullman, Wash.	1976
	5.21m/ 17' 1"	Jake Baertlein	Pullman, Wash.	2012

LONG JUMP

1.	8.24m/ 27' 0.5"	George Ogbeide	Cottbus, Germany	1991
2.	8.07m/ 26' 5.75"	Bill Ayears	Spokane, Wash.	1988
3.	7.92m/ 26' 6.25"	Matt Mason	Seattle, Wash.	2004
4.	7.87m/ 25' 10"	Robert Williams	Seattle, Wash.	1979
5.	7.86m/ 25' 9.5"	Demetrios Araouzos	Boise, Idaho	1984
6.	7.82m/ 25' 8"	Peter Halson	Long Beach, Calif.	1981
7.	7.79m/ 25' 6.75"	John Delamere	Los Angeles	1974
	7.79m/ 25' 6.75"	Hilary Mawindi	Modesto, Calif.	1997
9.	7.78m/ 25' 6.5"	Stephan Scott-Ellis	Eugene, Ore.	2012
10.	7.77m/ 25' 6"	Bill Henry	Corvallis, Ore.	1969

Top Wind-aided marks

25-9 1/2w/ 7.86m	John Delamere	Pullman	1974
25-9 1/4w/ 7.85m	Stephan Scott-Ellis	Eugene	2012

TRIPLE JUMP

1.	17.19m/ 56' 4.75"	Joseph Taiwo	Lagos, Nigeria	1984
2.	16.93m/ 55' 6.5"	Ian Campbell	Detroit, Mich.	1978
3.	16.82m/ 55' 2.25"	Francis Doodoo	Eugene, Ore.	1984
4.	16.60m/ 54' 5.5"	Marios Hadjiandreou	Chania, Greece	1987
5.	16.29m/ 53' 5.75"	Demetrius Murray	Modesto, Calif.	1999
6.	16.28m/ 53' 5"	Ray Kimble	Philadelphia, Pa.	1976
7.	16.19m/ 53' 1.5"	Gary Milton	Seattle, Wash.	1982
8.	16.14m/ 52' 11.5"	Hilary Mawindi	Buffalo, N.Y.	1998
9.	16.05m/ 52' 8"	Stephan Scott-Ellis	Eugene, Ore.	2012
10.	15.80m/ 51' 10"	Jamil Smith	Northridge, Calif.	2004

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SHOT PUT

1.	20.59m/ 67' 6.75"	Dimitrios Koutsoukis	Indianapolis, Ind.	1986
2.	19.81m/ 65' 0"	John van Reenen	Bethlehem, Pa.	1970
3.	19.45m/ 63' 9.75"	Ian Waltz	Cheney, Wash.	1998
4.	19.35m/ 63' 6"	Tim Gehring	Berkeley, Calif.	2004
5.	19.16m/ 62' 10.5"	Ronald Gueso Mosquera	Stanford, Calif.	2023
6.	19.08m/ 62' 7.5"	Bruce Anderson	Moscow, Idaho	1986
7.	18.95m/ 62' 2.25"	Paul Buxton	Los Angeles	1977
8.	18.68m/ 61' 3.5"	Harold Lorenzen	Oslo, Norway	1965
9.	18.36m/ 60' 3"	Ed VandeVoorde	Palo Alto, Calif.	1982
10.	18.29m/ 60' 0.25"	Orestis Rossides	Athens, Greece	1977

DISCUS THROW

1.	64.44m/ 211' 5"	Ian Waltz	Salinas, Calif.	1998
2.	63.67m/ 208' 10"	John van Reenen	Pullman, Wash.	1970
3.	62.36m/ 204' 7"	Matt Lamb	Eugene, Ore.	2008
4.	59.72m/ 195' 11"	Jim Jesernig	Spokane, Wash.	1980
5.	59.29m/ 194' 6"	Jed Miller	Spokane, Wash.	1975
6.	58.98m/ 193' 6"	John Kolb	Fresno, Calif.	2021
7.	58.70m/ 192' 7"	Mark Robinson	Pullman, Wash.	1982
8.	58.37m/ 191' 6"	Drew Ulrick	Stanford, Calif.	2007
9.	57.79m/ 189' 7"	Adam Mahama	Ellensburg, Wash.	2017
10.	57.66m/ 189' 2"	Dimitrios Koutsoukis	Tucson, Ariz.	1985

HAMMER THROW

1.	77.76m/ 255' 1"	Tore Gustafsson	Pullman, Wash.	1986
2.	74.48m/ 244' 5"	Stefan Jonsson	Vasteras, Sweden	1988
3.	71.90m/ 235' 10.75"	Brock Eager	Long Beach, Calif.	2019
4.	70.28m/ 230' 7"	Paul Buxton	Tempe, Ariz.	1979
5.	67.98m/ 223' 0"	John Billingsley	Stanford, Calif.	1989
6.	65.84m/ 216' 0"	Jim Jesernig	Tempe, Ariz.	1979
7.	64.78m/ 212' 6"	Amani Brown	Pullman, Wash.	2019
8.	64.58m/ 211' 10"	Matt Shaffer	Pullman, Wash.	1994
9.	64.54m/ 211' 9"	Kyle Unland	Seattle, Wash.	1989
10.	64.20m/ 210' 7"	B.J. Schade	Tucson, Ariz.	1999

JAVELIN THROW

(New javelin implement adjusted for balance in 1986)

1.	78.38m/ 257' 2"	Stephan Wikstrom	Pullman, Wash.	1990
2.	78.36m/ 257' 1"	Jan Johansson	Pullman, Wash.	1986
3.	75.86m/ 248' 11"	Jim Miller	Corvallis, Ore.	1987
4.	75.30m/ 247' 0"	Mark Babich	Pullman, Wash.	1986
5.	73.80m/ 242' 1"	Randy Mendenhall	Corvallis, Ore.	1987
6.	72.83m/ 238' 11"	Curt Borland	Austin, Texas	2004
7.	72.35m/ 237' 4"	Jon Jeffreys	Pullman, Wash.	2008
8.	71.90m/ 235' 11"	Chad McKinney	Pullman, Wash.	1992
9.	71.18m/ 233' 6"	Kyle Stevens	Shoreline, Wash.	2014
10.	71.07m/ 233' 2"	Brad Stevens	Walnut, Calif.	2015

DECATHLON

1.	8,036 points	Simon Shirley	Seoul, Korea	1988
2.	7,787 points	Rickey Moody	Austin, Texas	2008
3.	7,743 points	Leo Slack	Los Angeles	1996
4.	7,741 points	Rodney Zuyderwyk	Tempe, Ariz.	1991
5.	7,626 points	Keith Collins	Eugene, Ore.	1982
6.	7,531 points	Darion Powell	Los Angeles	2005
7.	7,528 points	Brad Harris	Eugene, Ore.	1982
8.	7,497 points	Mike Allen	Corvallis, Ore.	1978
9.	7,459 points	Carlos Gambetta	Pullman, Wash.	1984
10.	7,416 points	Dino Dodig	Los Angeles	2015

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WOMEN

1984	Mary Moore	High Jump
1985	Mary Moore	High Jump
	Camille Rivard	800 Meters
1986	Camille Rivard	1000 Meters
1987	Mary Moore	High Jump
	Pam Qualls	55 Meters
1991	Georgette Reed	Shot Put
1992	Jennifer Carpenter	800 Meters
1997	Francesca Green	Long Jump
1999	Whitney Evans	High Jump
2002	Tamara Diles	Pole Vault
	Whitney Evans	High Jump
2003	Whitney Evans	High Jump
	Tiffany Giles	1600m Relay
	Monique Jessie	1600m Relay
	Angelita Green	1600m Relay
	Ellannee Richardson	1600m Relay
2005	Diana Pickler	Pentathlon
2006	Julie Pickler	Pentathlon
2007	Diana Pickler	Pentathlon
	Julie Pickler	Pentathlon
2008	Ebba Jungmark	High Jump
2011	Holly Parent (2nd)	High Jump
2020	Kreete Verlin	Long Jump
2020	Charisma Taylor	Triple Jump
2020	Leonie Reuter	High Jump
2021	Charisma Taylor	Triple Jump
2023	Maribel Caicedo	60m Hurdles



Whitney Evans, eight-time All-American, the most decorated female student-athlete in WSU history, inducted into the WSU Athletics Hall of Fame in 2013.

MEN

1965	Bob Yard (NCAA)	Pole Vault			Greg Jones	High Jump
1966	Chris Westman	2-Mile		1988	Stefan Jonsson	35-lb. Wt.
	Gerry Lindgren (NCAA)	2-Mile			John Billingsley	35-lb. Wt.
1967	Gerry Lindgren	2-Mile		1989	E. J. Guo	3000m
1968	John van Reenen	Shot Put			John Billingsley	35-lb. Wt.
	Gerry Lindgren	2-Mile			Tony Li	55m Hurdles
1974	John Ngeno (NCAA)	3-Mile		1990	Tony Li (NCAA)	55m Hurdles
1975	Joshua Kimeto (fr.)	2-Mile			E. J. Guo	5000m
	John Ngeno (NCAA)	3-Mile		1991	Augustin Olobia	55m
1976	Lee Braach	High Jump			Tony Li	55m Hurdles
	Samson Kimombwa	3-Mile			Samuel Kibiri	1-Mile
	John Ngeno	3-Mile		1992	Josephat Kapkory	3000m
	Joshua Kimeto	2-Mile			Augustin Olobia	55m
1977	James Brewster	1000 Yard		1994	Josephat Kapkory (NCAA)	3000m
	Brian Worden	Pole Vault			Christos Pallakis	Pole Vault
	Ian Campbell	Triple Jump		1997	Eric Kamau, Guillermo Macias, Rasto Kiplangat, Bernard Lagat	Distance Medley Relay
	Samson Kimombwa	3-Mile				
	Henry Rono (NCAA)	2-Mile		1998	Bernard Lagat	3000m
	Henry Rono	1-Mile			Ian Waltz	Shot Put
	Joshua Kimeto	2-Mile			Arend Watkins	55m Hurdles
	Paul Buxton (fr.)	35-lb. Wt.			Kamau, Macias, Kiplangat, Lagat (NCAA)	DMR
1978	Ian Campbell (NCAA)	Triple Jump		1999	Arend Watkins	60m Hurdles
	Henry Rono	1-Mile			Bernard Lagat	Mile
	Joel Cheruiyot (fr.)	3-Mile			Bernard Lagat	3000m
	Henry Rono	2-Mile		2000	Ian Waltz	Shot Put
	Jim Jesernig	35-lb. Wt.			Demetrius Murray	Triple Jump
1979	Brian Goodman	Pole Vault		2001	Benson Jones	Long Jump
1980	Jeff Ramsey	600 Yard		2002	Anson Henry	60m
	Georges Kablan	Mile Relay		2003	Kurtiss Dilley	High Jump
	Gerald Pawirodikromo	Mile Relay		2004	Danny Wolf	3000m
	John Avognan	Mile Relay			Tim Gehring	Shot Put
	Jeff Ramsey	Mile Relay			Matt Mason	Long Jump
1981	Joseph Taiwo	Triple Jump		2007	Tyson Byers	Pole Vault
	Sotirios Moutsanas	1000 Yard		2009	Trent Arrivey	High Jump
	Jeff Ramsey	Mile Relay			Barry Leavitt, Reny Follett, Justin Woods, Jeshua Anderson	1600m Relay
	Georges Kablan	Mile Relay				
	John Avognan	Mile Relay		2011	Joe Abbott	800m
	Chris Whitlock	Mile Relay		2012	Stephan Scott-Ellis	Long Jump
1982	Richard Tuwei (fr.)	1-Mile			Stephan Scott-Ellis (2nd)	Triple Jump
	Sotirios Moutsanas	1000 Yard			Stephan Scott-Ellis (2nd)	Long Jump
	Doug Nordquist	High Jump		2013	Jesse Jorgensen	800m
	Joseph Taiwo	Triple Jump		2014	Ray Ray Wells Jr.	60m
	Peter Koech (fr.)	2-Mile		2019	Paul Ryan	Mile
1983	Richard Tuwei	1000 Yard		2019	Ray Ray Wells Jr.	60m
	Richard Tuwei	1-Mile		2020	Sam Brixey	60m Hurdles
	Peter Koech	2-Mile		2020	Sam Brixey	60m Hurdles
	Joseph Taiwo	Triple Jump		2021	Zach Stallings	Mile
1984	Dimitrios Koutsoukis	Shot Put		2021	Colton Johnsen	3000m
	Joseph Taiwo	Triple Jump		2021	Colton Johnsen	5000m
	Francis Doodoo	Triple Jump		2022	Sam Brixey	60m Hurdles
	Peter Koech (NCAA)	3000m		2022	Colton Johnsen	Mile
	Brent Harken	High Jump		2022	Colton Johnsen	3000m
1985	Peter Koech	3000m		2023	Maribel Caicedo	60m Hurdles
	James Cunningham	High Jump				
	Dimitrios Koutsoukis	Shot Put				
	Tore Gustafsson	35-lb. Wt.				
1986	Tore Gustafsson (NCAA)	35-lb. Wt.				
	Dimitrios Koutsoukis	Shot Put				
1987	Jacinto Navarrete	3000m				
	Stefan Jonsson	35-lb. Wt.				

Bold Type = NCAA Champion (NCAA) = NCAA Meet Record (USTFCCCA awarded first and second team All-America certificates in 2011)

WOMEN

1985	Conny Eckl	Heptathlon
1986	Conny Eckl	Heptathlon
	Pam Qualls Reynolds	200m
	Laura Lavine	Discus
	Camille Rivard	1500m
	Celestine N'Drin	800m
1987	Pam Qualls Reynolds	100m
	Pam Qualls Reynolds	200m
	Shaney Coe	Javelin
	Laura Lavine	Discus
1988	Laura Lavine	Discus
1989	Jennifer Robertson	3000m
1990	Celestine N'Drin	800m
	Jennifer Robertson	3000m
1991	Georgette Reed	Shot Put
1992	Jennifer Carpenter	800m
1993	Jennifer Bravard	3000m
	Chantal Brunner	Long Jump
1996	Francesca Green	Long Jump
1999	Ellannee Richardson	Heptathlon
	Whitney Evans	High Jump
	Whitney Evans	Heptathlon
	Mandy Borschowa	Discus
2000	Alishia Booterbaugh	800m
	Cicely Clinkenbeard	Triple Jump
	Molly Monroe	Javelin
2001	Whitney Evans	High Jump
	Jeannette Martus	Pole Vault
	Ellannee Richardson	Heptathlon
	Andrea Thornton	Discus
	Andrea Thornton	Hammer
2002	Whitney Evans	High Jump
	Ellannee Richardson	Heptathlon
2003	Anna Blue	5000m
	Whitney Evans	High Jump
	Ellannee Richardson	Heptathlon
2005	Tamara Diles	Pole Vault
	Julie Pickler	Heptathlon
	Diana Pickler	Heptathlon
2006	Diana Pickler	Heptathlon
	Julie Pickler	Heptathlon
2007	McKenzie Garberg	Discus
	Julie Pickler	Heptathlon
2008	McKenzie Garberg	Discus
	McKenzie Garberg	Hammer
	Anna Layman	800m
2009	Marissa Tschida	Javelin
2010	Anna Layman	800m
	Marissa Tschida	Javelin
	Courtney Kirkwood	Javelin
2011	Marissa Tschida	Javelin
	Courtney Kirkwood (2nd)	Javelin
2013	Shawna Fermin (2nd)	400m
2016	Liz Harper (2nd)	Heptathlon
2017	Alissa Brooks-Johnson	Heptathlon
2018	Kaili Keefe (2nd)	1500m
	Alissa Brooks-Johnson	Heptathlon

2021	Stephanie Cho	400m Hurdles
2022	Valentina Barrios Bornacelli	Javelin

Bold Type = NCAA Champion (NCAA) = NCAA Meet Record

USTFCCCA HONORABLE MENTION

2015	Alissa Brooks-Johnson	400m Hurdles
	Liz Harper	400m Hurdles
	Bria'una Watley	4x100m Relay
	Danielle Darden	4x100m Relay
	Christiana Ekelem	4x100m Relay
	Dominique Keel	4x100m Relay
	Erin Allen	4x400m Relay
	Dominique Keel	4x400m Relay
	Christiana Ekelem	4x400m Relay
	Liz Harper	4x400m Relay
	Audrey Ketcham	High Jump
	Alissa Brooks-Johnson	Heptathlon
2018	Stephanie Cho	400m Hurdles
2021	Charisma Taylor	Triple Jump
	Suzu Pace	High Jump
2022	Micaela De Mello	100m Hurdles
	Aislinn Overby	High Jump

**U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) added second team and honorable mention All-America certificates beginning in 2011.



Laura Lavine was WSU's first woman NCAA Outdoor Champion, winning back-to-back discus titles and still holds the school discus record.

MEN



Jack Nelson was never was beaten in a collegiate race during three seasons at Washington State College. He tied the World Record in the 100-yard dash and broke the WR in the 200-yard dash.

1909	Jack Nelson	100 Yard
	Jack Nelson	200 Yard
1921	Eldon Jenne (NCAA)	Pole Vault
1925	John Devine	2-Mile
1928	Wes Foster	100 Yard
1931	Homer Hein	Javelin
1934	George Theodoratos	Shot Put
1935	George Theodoratos	Shot Put
	Dwight Scheyer	Discus
1936	Lorin Benke	440 Yd. IH
1937	Lorin Benke (NCAA)	440 Yard
	Lee Orr	220 Yard
1939	Curt Ledford	220 Yard
	Bill Dale	880 Yard
	Mel Pettichord	220 Yard
1940	Lee Orr	440 Yard
	Dixie Garner	2-Mile
1947	Joe Nebolon	440 Yard
1951	Bill Parnell	1-Mile
	Clem Eischen	880 Yard
1952	Clint Richardson	Triple Jump
	Al Fisher	5,000m
1953	Clint Richardson	Long Jump
1954	Bob Gary	220 Yard
	Bob Gary	100 Yard
1955	Bob Gary	220 Yard
1959	Spike Arlt	120 Yd. HH
	Spike Arlt	440 Yd. IH
1960	Wayne Wilson	Pole Vault
1962	Eilif Fredriksen	Triple Jump
	Don Bertoia	880 Yard
1963	Jim Allen	440 Yd. IH
	Eilif Fredriksen	Triple Jump
1964	Bob Keppel	High Jump
	John Valiant	10,000m
	John Valiant	Steeplechase
1965	Chris Westman	6-Mile
	Bob Keppel	High Jump

	Chris Westman	3-Mile
1966	Gerry Lindgren (NCAA)	3-Mile
	Gerry Lindgren	6-Mile
	Chris Westman	3-Mile
1967	Gerry Lindgren	3-Mile
	Gerry Lindgren	6-Mile
1968	John van Reenen	Discus
	Gerry Lindgren (NCAA)	5,000m
	Gerry Lindgren	10,000m
	Carl O'Donnell	Javelin
	Boyd Gittins	400m Hurdles
	John van Reenen	Shot Put
1969	Jim Voss	High Jump
	Tony Tenisci (fr.)	Hammer
	Rick Riley	6-Mile
	Art Sandison	880 Yard
	John van Reenen (NCAA)	Discus
1970	Art Sandison	880 Yard
	John van Reenen	Shot Put
	Peter Wright	High Jump
	John van Reenen	Discus
1971	Phil Wash	Decathlon
1973	Dean Clark	Steeplechase
	John Ngeno (fr.)	3-Mile
1974	John Ngeno	3-Mile
	John Ngeno	6-Mile
1975	John Ngeno	3-Mile
	Kip Ngeno	120 Yd. HH
	John Ngeno	6-Mile
1976	John Ngeno (NCAA)	10,000m
	Joshua Kimeto	5,000m
	Samson Kimombwa (fr.)	5,000m
	John Ngeno	5,000m
	Ray Kimball	Triple Jump
1977	James Brewster	800m
	Joshua Kimeto	5,000m
	Henry Rono (fr.)	Steeplechase
	Samson Kimombwa (NCAA)	10,000m
	Paul Buxton (fr.)	Hammer
	Samson Kimombwa	5,000m
	Dwight Midles	Hammer
	Ian Campbell (fr.)	Triple Jump
1978	Samson Kimombwa	10,000m
	Ian Campbell	Triple Jump
	Josua Kimeto	5,000m
	Henry Rono (NCAA)	Steeplechase
	Samson Kimombwa	5,000m
	Gene Lorenzen	Javelin
1979	Jim Jesernig	Hammer
	Gene Lorenzen	Javelin
	Joel Cheruiyot	10,000m
	Paul Buxton	Hammer
	Henry Rono	Steeplechase
1980	Samson Kimombwa	10,000m
	Jim Jesernig	Hammer
1981	Joseph Taiwo	Triple Jump
	Greg Ernst	Pole Vault

MEN CONTINUED...

1982	Richard Tuwei (fr.) Peter Koech (fr.) Brent Harken Laslo Babits Peter Koech Joseph Taiwo Tom Diehl Tore Gustafsson Ed VandeVoorde Keith Collins	Steeplechase 5,000m High Jump Javelin 10,000m Triple Jump Javelin Hammer Hammer Decathlon
1983	Julius Korir (fr.) Richard Tuwei Tore Gustafsson Laslo Babits Peter Koech Chris Whitlock Brent Harken Julius Korir Richard Tuwei	Steeplechase Steeplechase Hammer Javelin 10,000m 400m High Jump 5,000m 5,000m
1984	Lee Gordon Peter Koech Peter Koech Julius Korir Julius Korir Joseph Taiwo Gabriel Tiacoh Francis Dodoo Dimitrios Koutsoukis Jan Johansson (fr.) James Cunningham Carlos Gambetta	100m 5,000m 10,000m 5,000m Steeplechase Triple Jump 400m Triple Jump Shot Put Javelin High Jump Decathlon
1985	Gabriel Tiacoh (NCAA) Peter Koech Peter Koech Tore Gustafsson (NCAA) Jan Johansson Randy Mendenhall Dimitrios Koutsoukis	400m 5,000m Steeplechase Hammer Javelin Javelin Shot Put
1986	Gabriel Tiacoh Calvin Harris Nathan Morris Tore Gustafsson Dimitrios Koutsoukis Jan Johansson Mark Babich Jim Miller Julius Korir Julius Korir	400m 800m Steeplechase Hammer Shot Put Javelin Javelin Javelin Steeplechase 5,000m
1987	Jim Miller Randy Mendenhall Stefan Jonsson	Javelin Javelin Hammer
1988	Stefan Jonsson Greg Jones Patrik Johansson Simon Shirley John Billingsley	Hammer High Jump Pole Vault Decathlon
1989	John Billingsley	Hammer

	Kyle Unland Simon Shirley Tony Li Leo Slack	Hammer Decathlon 110m Hurdles Decathlon
1990	Tony Li Michael Joubert	110m Hurdles 400m
1991	George Ogbeide George Ogbeide Tony Li Benari Burroughs Augustin Olobia Augustin Olobia Samuel Kibiri Samuel Kibiri Robert Price John Hill E. J. Guo E. J. Guo	Long Jump 400m Relay 400m Relay 400m Relay 400m Relay 100m Steeplechase 1500m Steeplechase Steeplechase 5,000m 10,000m 400m Hurdles 5,000m
1992	Mark Macdonald Josephat Kapkory Matt Shafer	Hammer 10,000m
1994	Josephat Kapkory Patrick Muturi Chad McKinney Matt Shaffer	10,000m 10,000m Javelin Hammer
1995	Christos Pallakis Leo Slack	Pole Vault Decathlon
1996	Dominique Arnold Leo Slack	110mHH Decathlon
1997	Bernard Lagat Ian Waltz Ian Waltz	1500m Discus Shot Put
1998	Bernard Lagat Hilary Mawindi Ian Waltz Ian Waltz Arend Watkins	1500m Triple Jump Discus Shot Put 110m Hurdles



Julius Korir was the only collegiate athlete to ever win an NCAA 5,000m and steeplechase and then go on to win the gold medal in the steeplechase. Korir's steeple win at the 1984 Los Angeles Olympics was the only gold medal for Kenya at those games.

MEN CONTINUED...

1999 Bernard Lagat **5000m**
Bernard Lagat **1500m**
Demetrius Murray Triple Jump



Bernard Lagat earned 11 NCAA All-America certificates and was MVP of the 1999 NCAA Indoor Championships with wins in the mile and 3,000m. He also won the 5,000m at the 1989 NCAA Outdoor Championships.

2000	Ian Waltz	Discus
	Ian Waltz	Shot Put
2001	Eric Dudley	400m Hurdles
	Arend Watkins	110m Hurdles
2002	Anson Henry	100m
2003	Eric Dudley	400m Hurdles
	Darion Powell	Decathlon
2004	Curt Borland	Javelin
	Anthony Buchanan	100m
2005	Tyson Byers	Pole Vault
2006	John Cassleman	400m Hurdles
	Matt Lamb	Discus
2007	Matt Lamb	Discus
2008	Jeshua Anderson	400m Hurdles
	Trent Arrivey	High Jump
	Rickey Moody	Decathlon
2009	Jeshua Anderson	400m Hurdles
	Trent Arrivey	High Jump
	Matt Lamb	Discus
2010	Jeshua Anderson	400m Hurdles
2011	Jeshua Anderson	400m Hurdles
	Joe Abbott (2nd)	800m
	Brett Blanshan (2nd)	400m Relay
	Greg Hornsby (2nd)	400m Relay
	Nate Washington (2nd)	400m Relay
	Marlon Murray (2nd)	400m Relay
2012	Stephan Scott-Ellis	Long Jump
2015	Jesse Jorgensen (2nd)	800m
2016	CJ Allen (2nd)	400m Hurdles
2017	CJ Allen (2nd)	400m Hurdles
	Brock Eager (2nd)	Hammer
2018	Brock Eager (2nd)	Hammer
2019	Brock Eager (2nd)	Hammer
2021	Paul Ryan (1st)	1500m

	Colton Johnsen (2nd)	3000m Steeplechase
2022	Mitch Jacobson (1st)	High Jump
	Colton Johnsen (2nd)	3000m Steeplechase

Bold Type = NCAA Champion (NCAA) = NCAA Meet Record

USTFCCCA HONORABLE MENTION

2014	Jesse Jorgensen	800m
	Andrew Gonzales	3000m Steeplechase
2015	Kyle Stevens	Javelin
	Dino Dodig	Decathlon
2018	Chandler Teigen	1500m
	Sander Moldau	Pole Vault
2019	Nick Johnson	110m Hurdles
2019	Mitch Jacobson	High Jump
2019	Peyton Fredrickson	High Jump
2021	Zach Stallings	1500m
	Sam Brixey	110 Hurdles
	Mitch Jacobson	High Jump
2022	Jacob Englar	Pole Vault

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Jeshua Anderson was a three-time NCAA Outdoor Championships men's 400m hurdles champion (2008, 2009 & 2011), and was the runner-up in 2010.

WOMEN

1987	Laura Lavine	Discus	189-7
	Celestine N'Drin	800m	2:05.13
1988	Laura Lavine	Discus	186-2
1989	Celestine N'Drin	400m	53.01
	Jennifer Carpenter	800m	2:07.47
	Jennifer Robertson	3000m	9:26.79
	Jennifer Robertson	5000m	16:36.14
1990	Celestine N'Drin	800m	2:04.05
1992	Jennifer Carpenter	1500m	4:26.42
1993	Chantal Brunner	Long Jump	20-4 1/4
1996	Francesca Green	Long Jump	20-10 1/2
1998	Francesca Green	Long Jump	20-6 1/2
1999	Cicely Clinkenbeard	Triple Jump	42-8 1/4w
	A. Higgins, L. Mucker		
	E. Richardson, F. Green	4x100 Relay	44.50
2000	Molly Monroe	Javelin	152-7
2001	Whitney Evans	High Jump	5-10 3/4
	Ellannee Richardson	Heptathlon	5578 pts
	Agneta Rosenblad	Long Jump	21-4 3/4
2002	Whitney Evans	High Jump	5-11 1/4
	Ellannee Richardson	Heptathlon	5821 pts
2003	Ellannee Richardson	Heptathlon	5766 pts
	Whitney Evans	High Jump	5-11 1/2
2005	Julie Pickler	Heptathlon	5569 pts
	Robin Mikesh	High Jump	5-10
2007	Sara Trané	Steeplechase	10:19.89
	Diana Pickler	Heptathlon	6018 pts
2008	Sara Trané	Steeplechase	10:17.80
2009	Lorraine King	400m Hurdles	57.51
2010	Marissa Tschida	Javelin	173-3
2011	Anna Layman	800m	2:03.48
	Marissa Tschida	Javelin	183-9
2013	Kristine Felix	Pole Vault	13-4 1/4
2014	Charlotte Muschamp	High Jump	5-11 1/2
2015	Alissa Brooks-Johnson	Heptathlon	5803 pts
2017	Alissa Brooks-Johnson	Heptathlon	5638 pts
2018	Alissa Brooks-Johnson	Heptathlon	5977 pts

MEN

1919	Charles Smith	2-Mile	9:59.4
	Eldon Jenne	Pole Vault	11-8
	Overman Howell	120 Yd. HH	15.4
1920	Charles Smith	2-Mile	9:53.8
	Eldon Jenne	Pole Vault	13-0 3/8
1921	Eldon Jenne	Pole Vault	12-0
1928	Wes Foster	100 Yd. Dash	9.9
	Wes Foster	220 Yd. Dash	21.6
1929	Ben Herron	Pole Vault	12-6
	Wes Foster	100 Yd. Dash	10.1
	Jack Mooberry, True Ouillette	Mile Relay	3:23.0
	Wes Foster, Ken Kelly		
1930	Wes Foster	100 Yd. Dash	10.1
	Wes Foster	220 Yd. Dash	21.8
	Rex Taylor	880 Yd.	1:57.8
	Homer Hein	Javelin	198-3 3/8
1931	Al Crosetto	2-Mile	9:38.5
1932	Ken Wills	1500m	3:59.6
	Al Crosetto	5000m	15:53.5n
	Arthur Crews	Javelin	199-3
	Max Boone	Pole Vault	13-0
	George Martin	Long Jump	23-8
	Milford Schultz	High Jump	6-0
1933	Ken Leendersten	880 Yd.	1:57.1
	Max Boone	Pole Vault	12-0 5/8
1934	Roy Carriker	Mile	4:24.6
	George Theodoratos	Shot Put	52-0 7/8
	Ron Kelly	120 Yd. HH	14.7
	Ted Christoffersen,		
	Lawrence Giles	High Jump	6-0 3/4
1935	Harry Nettleton	440 Yd. Dash	49.40
	George Theodoratos	Shot Put	50-0 3/8
	Dwight Sceyer	Discus	150-4
	Harry Nettleton, Ken Leendersten,	Mile Relay	3:20.3
	Delmar Farley, Loren Benke		
	Leslie Darr	Pole Vault	12-6
	Lorin Benke	Long Jump	23-8 1/2
	Lorin Benke	220 Yd. LH	23.2
1937	Lee Orr, Jack Orr, Harry Nettleton,		
	Lorin Benke (WR)(CR)	Mile Relay	3:12.3
1938	Mel Pettichord, Robert Littlejohn,	Mile Relay	3:15.0
	Curt Ledford, Lee Orr		
1939	Dixie Garner	2-Mile	9:22.1
	Lee Orr	220 Yd. Dash	21.2
	Bill Dale	880 Yd.	1:54.6
1940	Lee Orr (1-t)	440 Yd.	46.9
	Dixie Garner	2-Mile	9:12.5
1941	Pat Haley	220 Yd. LH	23.7
	Noel Williams	2-Mile	9:23.8
	Bill Dale	880 Yd.	1:51.7
1945	Roy Nuckolls (fr.)	Mile	4:35.3
	Darroll Waller, Vince Hanson	High Jump	5-7
1948	Robert Selfridge	2-Mile	9:35.5
1949	Richard Paeth	2-Mile	9:29.3
1952	Al Fisher	2-Mile	9:24.7
	Bob Gary (fr.)	100 Yd. Dash	9.9
	Eric Roberts	High Jump	6-5 7/8
1953	Al Fisher	2-Mile	9:17.8
	Howard McCants	High Jump	6-6
1954	Bill Link	880 Yd.	1:54.4
	Bob Gary	220 Yd. Dash	21.5
1955	Bob Gary	100 Yd. Dash	9.9
	Bob Gary	220 Yd. Dash	21.2

MEN CONTINUED...

1959	Dick Rubenser	Javelin	229-9 1/2		Dennis Livingston, Kris Durr		
1963	Eilif Fredricksen	Triple Jump	48-10 1/2		Lee Gordon, Dennis Livingston, 1600m Relay	3:05.58	
1964	Bill Self	Pole Vault	15-9 1/2		Calvin Harris, Gabriel Tiacoh		
	Buck Kipe	Javelin	237-2	1986	Julius Korir	5000m	13:52.71
	Jim Allen	440 Yd. IH	51.9		Julius Korir	Steeplechase	8:28.91
	Chris Westman	3-Mile	13:53.1		Gabriel Tiacoh	400m	44.58
1965	Richard Hickman	100-Yd. Dash	9.6		Dimitrios Koutsoukis	Shot Put	64-11 1/4
1966	Gerry Lindgren	3-Mile	13:12.8		Jan Johansson	Javelin	239-4
	Bob Keppel	High Jump	6-9		Tore Gustafsson	Hammer	248-1
1967	Gerry Lindgren	3-Mile	13:37.5	1987	Stefan Jonsson	Hammer	237-2
1968	John van Reenen	Discus	194-10		Jim Miller	Javelin	248-11
	Gerry Lindgren	3-Mile	13:29.6		Simon Shirley	Decathlon	7,559 pts
	Rod Dahl	Steeplechase	9:02.6		Jacinto Navarrete	10,000m	29:54.39
1969	Stu Hunnings	Javelin	257-8	1988	Tim Manson	800m	1:48.2
	John van Reenen	Discus	194-1		Stefan Jonsson	Hammer	233-9
	Larry Almberg	Steeplechase	8:51.6	1989	Marty Stroschein	Steeplechase	8:37.07
	Art Sandison	880 Yd.	1:48.9		E. J. Guo (fr.)	10,000m	29:45.56
1970	Art Sandison	880 Yd.	1:48.2	1990	Stephan Wikstrom	Javelin	244-6
	Rick Riley	Mile	3:59.2		Tony Li	110m Hurdles	13.93
1973	John Ngeno (fr.)	6-Mile	28:23.6		E. J. Guo	5000m	14:24.15
	Tony Tenisci	Hammer	190-5	1991	Samuel Kibiri	1500m	3:43.59
1974	Gary Minor	220 Yd. Dash	21.2		Tony Li	110m Hurdles	13.65
	John Ngeno	6-Mile	28:28.0		George Ogbeide, Tony Li	400m Relay	39.57
	Kip Ngeno	120 Yd. HH	13.8		Michael Joubert, Augustin Olobia		
	John Ngeno	3-Mile	13:16.0	1992	Josephat Kapkory	1500m	3:45.34
1975	Marl Murray	Hammer	194-11		Josephat Kapkory	10,000m	29:22.04
	John Ngeno	6-Mile	28:38.0	1994	Josephat Kapkory	Steeplechase	8:56.35
1976	John Ngeno	5000m	13:51.2		Josephat Kapkory	5000m	14:16.65
1977	Samson Kimombwa	10,000m	28:13.4		Josephat Kapkory	10,000m	29:39.32
	James Brewster	800m	1:48.5	1995	Eric Anderson	800m	1:47.38
	Samson Kimombwa	5000m	13:35.4	1996	Leo Slack	Decathlon	7,743 pts
	Henry Rono (fr.)	Steeplechase	8:35.4	1997	Bernard Lagat	1500m	3:41.98
1978	Henry Rono	10,000m	27:46.55		Hilary Mawindi	Long Jump	25-2 1/2
	Henry Rono	5000m	13:20.23		Ian Waltz	Discus	196-4
1979	Henry Rono	5000m	13:32.8		Ian Waltz	Shot Put	61-8 1/4
1980	Samson Kimombwa	10,000m	28:39.2	1998	Bernard Lagat	800m	1:48.19
1981	Brent Harken	High Jump	7-2 1/4		Bernard Lagat	1500m	3:44.33
1982	Laslo Babits	Javelin	267-1		Hilary Mawindi	Long Jump	24-10 1/2
	Richard Tuwei (fr.)	Steeplechase	8:31.70	1999	Bernard Lagat	1500m	3:52.06
	Keith Collins	Decathlon	7691 pts		Arend Watkins	110m Hurdles	13.84
	Tore Gustafsson (fr.)	Hammer	215-4	2000	Demetrius Murray	Triple Jump	52-10
	Joseph Taiwo	Triple Jump	55-5 3/4		Ian Waltz	Discus	198-7
	Peter Koech (fr.)	5000m	13:36.71	2001	Eric Dudley	400m Hurdles	50.53
1983	Julius Korir (fr.)	Steeplechase	8:31.24		Arend Watkins	110m Hurdles	13.62
	Peter Koech	10,000m	28:37.3	2002	Anson Henry	100m	10.29
	Tore Gustafsson	Hammer	228-0		Anson Henry	200m	20.52
	Chris Whitlock	400m Dash	46.28	2003	Anthony Buchanan	100m	10.10w
	Brett Lowery (fr.)	High Jump	7-3		Lamarr Kirk, Bennie Chatman, 400m Relay	39.68	
	Richard Tuwei	5000m	13:42.8		James McSwain, A. Buchanan		
1984	Gabriel Tiacoh	400m Dash	45.24	2004	Anthony Buchanan	100m	10.21
	Julius Korir	5000m	13:49.13	2005	Darion Powell	Decathlon	7531 pts
	Peter Koech	10,000m	29:07.84	2008	Jeshua Anderson (fr.)	400m Hurdles	49.55
	Julius Korir	Steeplechase	8:26.10	2009	Jeshua Anderson	400m Hurdles	48.90
	Joseph Taiwo	Triple Jump	54-9 1/4		Trent Arrivey	High Jump	7-2 1/4
	James Cunningham	High Jump	7-2 1/2	2010	Jeshua Anderson	400m Hurdles	48.63
	Al Durr, Sotirios Moutsanas, 1600m Relay	3:07.38		2011	Jeshua Anderson	400m Hurdles	48.13
	Kris Durr, Gabriel Tiacoh				Stephan Scott-Ellis	Triple Jump	52-2
1985	Gabriel Tiacoh	400m Dash	45.00		Greg Hornsby, Nate Washington, 400m Relay	39.48	
	Peter Koech	1500m	3:41.29		Brett Blanshan, Marlon Murray		
	Peter Koech	10,000m	29:37.72	2012	Stephan Scott-Ellis	Long Jump	25-9 1/4w
	Richard Tuwei	Steeplechase	8:32.61	2014	CJ Allen	400m Hurdles	51.14
	Dimitrios Koutsoukis	Shot Put	65-5 1/4	2015	Jesse Jorgensen	800m	1:46.49
	Lee Gordon, Gabriel Tiacoh, 400m Relay	39.61		2016	CJ Allen	400m Hurdles	50.36

MEN CONTINUED...

	Thane Pierson	High Jump	7-3
2017	Brock Eager	Hammer	221-1
2018	Sander Moldau	Pole Vault	17-21/24
2019	Brock Eager	Hammer	228-8
2022	Jacob Englar	Pole Vault	16-9 1/4



In three years, quartermiler **Gabriel Tiacoh** delivered three Pacific-10 Conference titles, one NCAA Championship and one Olympic Silver Medal.

TEAM SCORING - WOMEN

NORPAC Women

Year	Score	(Place)
1983	28	(6th)
1984	82	(4th)
1985	133	(2nd)
1986	126.5	(2nd)

Women's Pac-10/12

Year	Score	(Place)
1987	55	(5th)
1988	24	(9th)
1989	52.33	(5th)
1990	50	(7th)
1991	39	(7th)
1992	58	(5th)
1993	38	(6th)
1994	34	(8th)
1995	15	(9th)
1996	56	(7th)
1997	66	(6th)
1998	76.5	(6th)
1999	123	(3rd)
2000	86	(4th)
2001	101.5	(4th)
2002	85	(5th)
2003	87	(5th)
2004	45.5	(8th)
2005	74.5	(6th)
2006	40	(7th)
2007	67.83	(5th)
2008	71.5	(T-6th)
2009	44	(9th)
2010	52	(8th)
2011	49	(7th)
2012	27	(9th)
2013	42	(7th)
2014	46.5	(8th)
2015	64	(5th)
2016	45	(8th)
2017	45	(9th)
2018	26	(10th)
2019	24.5	(10th)
2020	canceled due to COVID-19 Pandemic	
2021	16.5	(11th)
2022	29	(11th)

NCAA Outdoor - Women

Year	Score	(Place)
1986	20	(10th)
1987	15	(19th)
1988	10	(T-24th)
1989	6	(T-37th)
1990	4	(T-47th)
1991	4	(T-46th)
1993	1	(T-55th)
1999	21	(T-20th)
2000	2	(T-59th)
2001	15	(T-18th)
2002	16	(T-15th)
2003	21	(T-12th)
2005	8	(T-32nd)
2006	10	(T-25th)
2007	9	(T-27th)
2008	8	(T-31st)
2009	3	(T-58th)
2010	5	(T-42st)
2011	6	(T-40th)
2012	0	
2013	0	
2014	0	
2015	0	
2016	0	
2017	3	(T-52nd)
2018	3	(T-46th)
2020	canceled due to COVID-19 Pandemic	
2021	1	(T-63rd)
2022	4	(T-54th)
2023	0	

TEAM SCORING - MEN

Men's Pac-8/10/12

Year	Score	(Place)
1963	26	(4th)
1964	40	(3rd)
1965	41	(2nd)
1966	20	(7th)
1967	28	(8th)
1968	66	(6th)
1969	87.75	(3rd)
1970	72	(5th)
1971	26	(8th)
1972	14	(8th)
1973	88	(4th)
1974	76	(4th)
1975	96	(3rd)
1976	88	(4th)
1977	132	(2nd)
1978	109.5	(4th)
1979	73.33	(4th)
1980	67	(4th)
1981	74	(5th)
1982	113	(2nd)
1983	132	(1st)
1984	157.33	(1st)
1985	149.5	(1st)*
1986	104	(3rd)
1987	79	(3rd)
1988	80	(2nd)
1989	72	(4th)
1990	102	(2nd)
1991	133.66	(1st)*
1992	79.5	(4th)
1993	-	-
1994	109	(3rd)
1995	68	(5th)
1996	82.5	(5th)
1997	90	(6th)
1998	103	(4th)
1999	69	(7th)
2000	59.5	(9th)
2001	67.5	(7th)
2002	71	(7th)
2003	77	(6th)
2004	41	(9th)
2005	36.5	(9th)
2006	37	(9th)
2007	84	(7th)
2008	73.5	(6th)
2009	91	(4th)
2010	67	(7th)
2011	85	(7th)
2012	56.5	(8th)
2013	45	(9th)
2014	66.5	(9th)
2015	31.5	(9th)
2016	41.60	(10th)
2017	68.5	(6th)

2018	56.5	(7th)
2019	53	(7th)
2020	canceled due to COVID-19 Pandemic	
2021	61.5	(6th)
2022	34	(9th)

*Title forfeited and vacated due to NCAA violations.

NCAA Outdoor - Men

Year	Score	(Place)
1921	2.75	
1925	5	
1928	6	
1930	5	
1931	6	
1934	6	
1935	12	(6th)
1936	4	
1937	20	(5th)
1939	24	(4th)
1940	18	(8th)
1941	3	
1946	2	
1947	6	
1948	5	
1949	2	
1951	14.16	(10th)
1952	6	
1953	8.6	(10th)
1954	14	(9th)
1955	6	
1959	8.1	
1960	4	
1962	4.76	(9th)
1963	10	
1964	19.5	(5th)
1965	23.5	(6th)
1966	29	(5th)
1967	21	(7th)
1968	57	(2nd)
1969	40	(3rd)
1970	21	(7th)
1971	4	
1972	1.5	
1973	10	
1974	15	(10th)
1975	20	(9th)
1976	34	(4th)
1977	46	(4th)
1978	26	(9th)
1979	21	(10th)
1980	10	(20th)
1981	8.5	(21st)
1982	85	(3rd)
1983	66	(5th)
1984	94.5	(2nd)
1985	46	(2nd)
1986	52	(2nd)
1987	15	(19th)
1988	19.5	(13th)
1989	11	(T-22nd)
1990	6	(T-47th)
1991	42	(2nd)
1992	18	(T-13th)
1994	14	(T-17th)
1995	9	(T-26th)
1996	12	(T-26th)
1997	7	(T-40th)
1998	16	(T-14th)
1999	23	(11th)
2001	4	(T-48th)
2002	1	(T-68th)
2003	8	(T-27th)
2004	5	(T-44th)
2005	4	(T-46th)
2006	10	(T-26th)
2007	3	(T-62nd)
2008	11	(T-23rd)
2009	14	(T-17th)
2010	8	(T-33rd)
2011	10	(T-25th)
2012	4	(T-49th)
2013	0	
2014	0	
2015	0	
2016	0	
2017	3	(T-52nd)
2018	0	
2019	0	
2020*		
2021	1	(T-62nd)
2022	1	(T-62nd)
2023	0	

Men's Team Results

1895 (1-0-0)	WSU 38	Idaho 12	WSU 81	Washington 59	UM 70.75	WSU 57	1939 (2-0-0)	WSU 95.6	Idaho 36.3
1896 (0-1-0)	Idaho 27	WSU 18	1913 (2-1-0)	WSU 72	Whitman 39	WSU 70	WSU 87	UW 44	
1898 (1-0-0)	WSU 36	Idaho 3	WSU 90.5	Idaho 39.5	1927 (2-1-0)	WSU 70	1940 (3-1-0)	California 98	WSU 33
1899 (1-0-0)	WSU 27	Idaho 17	UW 68	WSU 63	Oregon 66	WSU 65	WSU 78	Idaho 53	
1900 (1-1-0)	Washington 74	WSU 44	1914 (4-1-0)	WSU 76	Montana 51	Idaho 65	WSU 73	Oregon 58	
WSU 44	Idaho 7	WSU 93.5	Idaho 68	M.A.C. 37.5	1928 (4-1-0)	Montana 64	WSU 68.6	UW 62.3	
1901 (1-1-0)	WSU 82	Whitman 41	WSU 81	WSU 63	WSU 84	Idaho 47	1941 (4-0-0)	WSU 91	Idaho 40
Washington 96	WSU 26	WSU 76	WSU 77	Whitman 50	Washington 78	WSU 53	WSU 73	Montana 56	
1902 (1-1-0)	Washington 86	WSU 35	1915 (3-1-0)	WSU 58	WSU 79	Oregon 52	WSU 72.6	Oregon 58.3	
WSU 68	Whitman 54	WSU 67	WSU 112	Idaho 64	WSU 96.5	Idaho 53.5	WSU 73	UW 58	
1903 (1-1-0)	Idaho 71	WSU 51	WSU 76	M.A.C. 19	WSU 96.5	Gonzaga 9	1942 (1-2-0)	Idaho 79 2/5	WSU 51 3/5
WSU 79	Whitman 43	WSU 87	UW 72	Whitman 55	1929 (1-1-0)	Idaho 23	WSU 71	Oregon 60	
1904 (3-0-0)	WSU 81	Idaho 41	WSU 67	WSU 58	WSU 108	WSU 48.6	UW 71.3	WSU 59.6	
WSU 87	Montana 26	Idaho 66	1916 (3-1-0)	Idaho 64	UW 82.3	1930 (2-1-0)	1943 (1-2-0)	WSU 89	Idaho 42
WSU 84	Whitman 48	WSU 84	WSU 87	Whitman 43	1931 (2-1-0)	Whitman 46	UW 69	Oregon 80.5	WSU 50.5
1905 (2-0-0)	WSU 74	Whitman 48	Idaho 66	WSU 65	WSU 83	Idaho 48	1945 (3-5-0)	WSU 75 2/3	Idaho 55 1/3
WSU 69	Idaho 59	WSU 74	WSU 62	Montana 47	WSU 93	Oregon St. 61 3/5	WSU 75	Whitman 56	
1906 (0-3-0)	Montana 62	WSU 51	1918 (2-0-0)	S.A.A.C. 60	UW 75	WSU 55	Idaho 69 1/6	WSU 61 5/6	
Whitman 61	WSU 59	WSU 69	Idaho 62	1919 (2-0-0)	1932 (4-1-0)	Idaho 88	Trainees 62	WSU 28	
Idaho 72	WSU 52	WSU 74	Idaho 56	WSU 79	Washington 68	Oregon St. 57	UW 41	WSU 28	
1907 (3-2-0)	WSU 104	Montana 26	Idaho 56	WSU 74	WSU 60	Idaho 54	UW 61	WSU 35	
Oregon 84	WSU 38	WSU 79	Idaho 56	1920 (1-1-0)	WSU 77	Idaho 44	WSU 35	Idaho 27 1/2	
Oregon St. 64.5	WSU 52.5	Oregon St. 71.5	Idaho 56	Washington 77	WSU 83	Montana 31	Whitman 38 1/2	WSU 35	
WSU 51	Whitman 36	WSU 84	Idaho 56	WSU 54	WSU 83	1933 (2-0-0)	1946 (2-1-0)	Idaho 69.3	WSU 61.6
WSU 51	Idaho 35	Oregon St. 71.5	Idaho 56	WSU 68.5	WSU 83	Idaho 17	Idaho 69.3	WSU 76	Oregon 55
1908 (2-1-0)	WSU 37	Idaho 33	Idaho 56	1921 (1-2-0)	WSU 114	Washington 59	WSU 69.5	WSU 69.5	UW 61.5
Oregon 62	WSU 60	WSU 78	Idaho 56	WSU 78	WSU 72	Idaho 58	1947 (5-0-0)	WSU 77	Montana 54
WSU 73	Montana 56	UW 84	Idaho 56	UW 84	WSU 72	Oregon 59	WSU 80	WSU 80.5	Oregon St. 51
1909 (3-0-0)	WSU 99	Whitman 23	Idaho 56	Oregon St. 71.5	WSU 77.5	UW 52.5	WSU 80.5	WSU 67	Oregon 50.5
WSU 82	Oregon St. 39	1922 (1-2-0)	Idaho 56	WSU 58.5	WSU 73	Idaho 88	WSU 89	WSU 89	Washington 64
WSU 100	Idaho 31	WSU 92	Idaho 56	1923 (2-1-0)	WSU 72	Oregon 59	WSU 89	WSU 89	Idaho 42
1910 (3-1-0)	WSU 117	Whitman 23	Idaho 56	Idaho 56	WSU 77.5	UW 52.5	1948 (5-0-0)	WSU 98	Idaho 32
Oregon 81	WSU 81	WSU 92	Idaho 56	Idaho 56	California 85	WSU 46	WSU 90	WSU 90	Oregon 41
WSU 82	Oregon St. 45	UW 93	Idaho 56	Idaho 56	WSU 63 3/5	Oregon 63 2/5	WSU 102	WSU 102	Oregon St. 42
WSU 76	Idaho 64	OSU 77.5	Idaho 56	Idaho 56	WSU 95	Idaho 36	WSU 87.3	WSU 87.3	Montana 29
1911 (3-0-0)	WSU 83	1924 (5-0-0)	Idaho 56	Idaho 56	WSU 71.3	UW 54.6	1949 (5-0-0)	WSU 107	UW 43.6
WSU 79	Idaho 61	WSU 69	Idaho 56	Idaho 56	WSU 80	WSU 36	WSU 107	WSU 81.6	Montana 24
WSU 99.5	Whitman 40.5	WSU 69	Idaho 56	Idaho 56	WSU 90	Oregon 63 2/5	WSU 81.6	WSU 88.5	Oregon 49.3
1912 (3-0-0)	WSU 71	1925 (3-2-0)	Idaho 56	Idaho 56	WSU 96	Washington 62	WSU 88.5	WSU 103.5	Oregon St. 42.5
WSU 74	Idaho 52	WSU 85	Idaho 56	Idaho 56	WSU 98.5	Idaho 49.5	WSU 88.5	WSU 79	Idaho 23.5
		WSU 85	Idaho 56	Idaho 56	WSU 98.5	Montana 16	WSU 103.5	1950 (3-1-1)	Washington 52
		Montana 73	Idaho 56	Idaho 56	1937 (3-0-0)	Idaho 51	WSU 93 3/4	WSU 93 3/4	Montana 37 1/4
		WSU 77.3	Idaho 56	Idaho 56	WSU 80	Oregon 41	Oregon 75.5	WSU 84	WSU 55.5
		UW 85	Idaho 56	Idaho 56	WSU 90	Washington 55	WSU 84	WSU 73.5	Oregon St. 47
		1926 (4-1-0)	Idaho 56	Idaho 56	WSU 76	WSU 60.3	WSU 73.5		Idaho 56.5
		WSU 66.5	Idaho 56	Idaho 56	Idaho 70.6	Oregon 64			
		WSU 73	Idaho 56	Idaho 56	WSU 67	WSU 56			
			Idaho 56	Idaho 56	Washington 75				

Men's Team Results Continued...

<p>WSU 65.5 1951 (4-0-0) WSU 77 WSU 74 WSU 68.6 WSU 72.5 1952 (3-1-0) WSU 93.5 Oregon 67.5 WSU 94.5 WSU 77 1953 (4-0-0) WSU 96 WSU 97 WSU 86 WSU 79.5 1954 (2-2-0) Oregon 67.5 WSU 89.6 WSU 89.5 Washington 68 1955 (2-2-0) WSU 93.3 WSU 94.5 Oregon 72 UW 70 1956 (3-1-0) WSU 91.5 Oregon 72.5 WSU 73 WSU 76.6 1957 (4-2-0) WSU 101 WSU 100 WSU 101 Oregon 94 WSU 82.3 UW 84.3 1958 (7-1-0) WSU 120 WSU 97 WSU 103 WSU 100 WSU 97 Oregon 71 WSU 95.25 WSU 71 1959 (6-2-0) WSU 89 WSU 120 WSU 99 WSU 102 WSU 100 Oregon St. 66 Oregon 74 WSU 67.6</p>	<p>UW 65.5 Idaho 54 Oregon St. 56 Oregon 62.3 UW 58.5 Idaho 37.5 WSU 63.5 Oregon St. 36.5 UW 54 Oregon St. 34 Idaho 23 Oregon 45 UW 51.5 WSU 63.5 Idaho 41.3 Oregon St. 41.5 WSU 63 Oregon 37.6 Idaho 36.5 WSU 59 WSU 61 Idaho 31.5 WSU 58.5 Oregon St. 58 UW 59.4 Whitworth 30 EWU 31 Idaho 30 WSU 37 Oregon St. 48.6 WSU 46.6 Gonzaga 11 Idaho 34 EWU 28 Whitworth 30 EWU 34 WSU 59 Oregon St. 35.75 Washington 60 EWU 42 Whitworth 11 Idaho 31 EWU 29 Whitworth 31 WSU 65 WSU 57 UW 63.3</p>	<p>1960 (3-2-0) WSU 98 WSU 85 Oregon St. 66 Oregon 74.5 WSU 71.5 1961 (2-3-0) WSU 81.3 WSU 69 Oregon 86 Oregon St. 92 UW 75.3 1962 (3-2-0) WSU 113 WSU 86.5 Oregon St. 91 Oregon 98 WSU 80 1963 (3-2-0) WSU 120 WSU 106 Oregon St. 92 Oregon 87 WSU 74 1964 (3-3-0) WSU 110 WSU 73 Stanford 78 Oregon 81 USC 86 WSU 85 1965 (3-1-0) WSU 83 Oregon 75 WSU 81 WSU 82 1966 (1-4-0) Oregon St. 89 WSU 78 Oregon 82 UCLA 107 UW 75 1967 (1-5-0) WSU 106 Oregon St. 104 California 101 Oregon 91 UCLA 100 UW 88 1968 (6-2-0) WSU 132 WSU 136 WSU 114 Oregon St. 89 WSU 109 WSU 77 USC 90</p>	<p>WSU 107 1969 (9-2-0) WSU 139 WSU 136 WSU 137 WSU 128 Oregon St. 86 WSU 88 WSU 114 WSU 84 WSU 89 USC 82 WSU 115 1970 (8-2-0) WSU 150 WSU 143 WSU 136.5 WSU 134 WSU 142 WSU 100 WSU 78 Oregon 83.5 UCLA 97 WSU 105 1971 (6-5-0) WSU 121 WSU 122 WSU 127 WSU 146 WSU 128 WSU 94 Oregon St. 82.5 California 96 Oregon 107 UCLA 84 Washington 84 1972 (8-2-0) WSU 128 WSU 147 WSU 129 Oregon St. 101 WSU 150 WSU 124 WSU 123 WSU 114 Oregon 99 WSU 100 1973 (9-2-0) WSU 142 WSU 139 WSU 141 WSU 134 WSU 119 Oregon St. 91 WSU 107 Oregon 94 WSU 123</p>	<p>Washington 38 Whitworth 19 Idaho 21 EWU 22 Montana 27 WSU 68 Stanford 66 Arizona St. 40 San Jose St. 67 Oregon 65 WSU 72 Washington 39 Montana St. 8 Whitworth 10 Montana 16.5 EWU 19 Idaho 10 Oregon St. 63 California 76 WSU 70.5 WSU 42 UW 49 EWU 10 Whitworth 9 Montana 27 Idaho 8 Idaho St. 20 San Jose St. 69 WSU 71.5 WSU 48 WSU 46 WSU 61 WSU 61 Idaho 34 EWU 17 CWU 33 WSU 62 Wyoming 12 Idaho 22 Air Force 26 Montana 36 WSU 63 Washington 62 CWU 10 EWU 60 Whitworth 36 Idaho 54 Colorado St. 73 WSU 72 Nebraska 83 Utah St. 64</p>	<p>WSU 121.5 WSU 91.5 1974 (8-1) WSU 124 WSU 121 WSU 86.5 WSU 87 Oregon 94 WSU 121 WSU 131 WSU 113 WSU 84 1975 (7-3) WSU 140 WSU 136 San Jose St. 82 Oregon St. 92.5 WSU 94 WSU 151 WSU 124 WSU 130 WSU 141 UW 95 1976 (7-1) WSU 121 WSU 130 WSU 121 WSU 99 WSU 135 Oregon 95 WSU 125 WSU 117 1977 (8-1) WSU 103 WSU 146 WSU 104 Oregon 94 WSU 105 WSU 108 WSU 88.5 WSU 120 WSU 120 1978 (11-0) WSU 107.5 WSU 106 WSU 104 WSU 85 WSU 137 WSU 112 WSU 123 WSU 125 WSU 108 WSU 124 WSU 134 1979 (10-1) WSU 81 WSU 99</p>	<p>Montana 64.5 UW 71.5 Boise St. 58 Weber St. 66 SJSU 67.5 Oregon St. 76 WSU 71 EWU 53 Idaho 40 Montana 55 UW 79 CSUH 30 CSUS 34 WSU 81 Oregon St. 92.5 WSU 73.5 Oregon 64 Idaho 11 Montana 58 EWU 51 Club NW 15 WSU 68 Idaho St. 42 Idaho 43 Oregon St. 42 BYU 60 Boise St. 17 WSU 68 Montana 22 Washington 45 Oregon St. 59 Boise St. 39 BYU 59 WSU 68 Utah 70 Montana 57 UW 74.5 Idaho 61 Weber St. 43 Oregon St. 51.5 Arizona St. 45 California 55 Oregon 78 Idaho 41 Colorado St. 74 Montana 63 Boise St. 50 UW 54 Montana 56 Weber St. 33 EWU 77 Oregon St. 63</p>
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Men's Team Results Continued...

<p>WSU 91 WSU 129 Oregon 95 WSU 100.5 WSU 122 WSU 116 WSU 127 WSU 86 WSU 117</p> <p>1980 (9-2)</p> <p>WSU 98 WSU 119 Oregon 96 WSU 84 WSU 100 WSU 104 WSU 102 California 93 WSU 101 WSU 105 WSU 103</p> <p>1981 (11-0)</p> <p>WSU 114 WSU 126 WSU 105 WSU 98 WSU 103 WSU 86 WSU 124 WSU 96 WSU 91 WSU 104 WSU104</p> <p>1982 (11-0)</p> <p>WSU 105 WSU 121 WSU 90 WSU 123 WSU 98 WSU 108.5 WSU 115 WSU 95 WSU 108 WSU 140 WSU 97</p> <p>1983 (14-0)</p> <p>WSU 128 WSU 116 WSU 116 WSU 90 WSU 100 WSU 110 WSU 82 WSU 89 WSU 115 WSU 115 WSU 112</p>	<p>Arizona St. 71 Idaho 57 WSU 68 BYU 62.5 Utah St. 25 Utah 26 Weber St. 19 Washington 77 Montana 45</p> <p>Idaho 50 Montana 34 WSU 67 Arizona St. 70 Oregon St. 63 Idaho 58 Fresno St. 46 WSU 61 Washington 63 N. Arizona 44 Arizona 46</p> <p>Idaho 49 Montana 29 Oregon St. 58 Washington 65 BYU 60 Oregon 77 Idaho 35 Arizona St. 66 Washington 72 Montana 33 Stanford 57</p> <p>Idaho 25 Montana 12 Oregon 73 Stanford 40 Arizona St. 64 Oregon St. 47.5 Idaho 41 Washington 68 Boise St. 47 Montana 21 Kansas St. 66</p> <p>Montana 41 Idaho 53 Oregon St. 42 California 71 Arizona St. 59 Stanford 36 USC 65 Oregon 74 Idaho 43 EWU 67 Weber St. 46</p>	<p>WSU 100 WSU 97 WSU 95</p> <p>1984 (12-0)</p> <p>WSU 94 WSU 120 WSU 113 WSU 97 WSU 97 WSU 121 WSU 116 WSU 115 WSU 105 WSU 126 WSU 92 WSU 96</p> <p>1985 (8-0)</p> <p>WSU 113 WSU 124 WSU 140 WSU 107 WSU 116 WSU 105 WSU 100 WSU 105</p> <p>1986 (10-1)</p> <p>WSU 120 WSU 95 Oregon 86 WSU 119 WSU 107 WSU 96 WSU 110 WSU 108 WSU 93 WSU 102 WSU 101</p> <p>1987 (10-1)</p> <p>WSU 96 Oregon 94 WSU 127 WSU 94 WSU 104 WSU 115 WSU 95 WSU 106 WSU 99 WSU 96 WSU 92</p> <p>1988 (7-1)</p> <p>Oregon 94 WSU 104 WSU 107.5 WSU 94 WSU 91 WSU 95.5 WSU 91</p>	<p>EWU 53 Montana St. 55 UCLA 68</p> <p>Oregon 69 Stanford 22 California 50 San Jose St. 65 USC 62 EWU 42 Weber St. 41 Boise St. 42 Washington 56 Boise St. 23 Oregon St. 67 Idaho 54</p> <p>Oregon St. 49 Kansas St. 36 Weber St. 21 Oregon 55 Idaho 34 Oregon St. 48 Boise St. 52 Washington 58</p> <p>Oregon St. 42 Washington 67 WSU 77 Oregon St. 38 Idaho 46 Idaho 50 Montana 29 Montana St. 33 Boise St. 57 Washington 51 Idaho 34</p> <p>Oregon St. 62 WSU 69 Idaho 27 Idaho 42 EWU 42 Montana St. 41 Weber St. 59 Idaho 50 Colorado 47 Boise St. 61 Washington 67</p> <p>WSU 69 Oregon St. 44 Idaho 23.5 Idaho 40 Boise St. 50 Oregon St. 48.5 Washington 70</p>	<p>WSU 116 1989 (8-1) WSU 91 WSU 116 Oregon 101 WSU 99.5 WSU 93 WSU 101 WSU 108 WSU 83 WSU 129</p> <p>1990 (9-1)</p> <p>Oregon 89 WSU 82 WSU 108 WSU 123 WSU 107 WSU 108 WSU 110 WSU 133.67 WSU 144 WSU 97</p> <p>1991 (10-0)</p> <p>WSU 121 WSU 130 WSU 131.5 WSU 116.5 WSU 129 WSU 127 WSU 111 WSU 136 WSU 101 WSU 99</p> <p>1992 (11-0)</p> <p>WSU 102 WSU 114 WSU 137 WSU 113 WSU 125 WSU 135 WSU 96 WSU 116 WSU 85 WSU 96 WSU 105</p> <p>1993 (8-1)</p> <p>WSU 97 WSU 129 Cal 100.5 WSU 123.5 WSU 131 WSU 114 WSU 102 WSU 88 WSU 145</p> <p>1994 (13-0)</p> <p>WSU 124.5</p>	<p>Montana 24 Kansas St. 74 Idaho 52 WSU 62 Illinois 96.5 Boise St. 71 Idaho 42 EWU 36 Washington 77 Montana 29</p> <p>WSU 74 Oregon 81 Georgetown 34 Cal Poly Slo 36 Idaho 35 EWU 27 Washington 53 Boise St. 22.33 Idaho 1 BYU 65</p> <p>Ohio St. 33 Idaho 24 Portland 16.5 Oregon 83.5 Indiana 67 Alabama 112 Oregon 52 Idaho 16 Washington 61 Nebraska 62</p> <p>BYU 58 Idaho 48 EWU 20 Air Force 46 Idaho 36 Portland 14 California 67 Nevada 38 Oregon 78 Washington 67 Idaho 57</p> <p>Oregon 66 Idaho 29 WSU 98.5 MSU 77.5 Idaho 54 Kansas St. 84 Arizona St. 90 Washington 74 Portland St. 10</p> <p>EWU 37.5</p>	<p>WSU 109 WSU 143 WSU 103 WSU 129 WSU 130 WSU 97 WSU 111 WSU 132 WSU 111 WSU 114 WSU 89 WSU 127</p> <p>1995 (5-3)</p> <p>WSU 97 WSU 92 Oregon 116 Nebraska 116 WSU 106 WSU 122 WSU 114 Oregon 106</p> <p>1996 (8-2)</p> <p>WSU 122 WSU 94 WSU 147 Oregon 104 WSU 110 UW 104 WSU 112 WSU 83 WSU 94 WSU 92</p> <p>1997 (8-2)</p> <p>WSU 104 WSU 124 WSU 82 WSU 94 UW 103 Oregon 106 WSU 103 WSU 110 WSU 113 WSU 115</p> <p>1998 (4-1)</p> <p>Oregon 90 WSU 93 WSU 106 WSU 86 WSU 113</p> <p>1999 (2-1)</p> <p>WSU 83 WSU 94 UW 86</p> <p>2000 (2-1)</p> <p>WSU 103 UW 106 WSU 108</p>	<p>Idaho 46 Portland 17 Washington 94 EWU 60 Portland 43 California 96 Nevada 73 Sac. St. 53 Air Force 79 Cal Poly SLO 70 Washington 73 Idaho 25</p> <p>Washington 62 Arizona 70 WSU 82 WSU 92 Michigan 89 Washington 66 Idaho 67 WSU 95</p> <p>EWU 41 Idaho 69 Gonzaga 12 WSU 96 Stanford 88 WSU 97 Idaho 81 Boise St. 75 Weber St. 65 Idaho St. 71</p> <p>Idaho 59 EWU 29 Oregon 81 Idaho 77 WSU 99 WSU 85 Arizona 87 Indiana 82 Boise St. 44 Utah St. 42</p> <p>WSU 73 Washington 70 Idaho 56 Kansas 73 Boise St. 49</p> <p>Oregon 65 Idaho 54 WSU 77</p> <p>Idaho 58 WSU 57 Utah St. 91</p>
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Men's Team Results Continued...

2001 (7-1)

WSU 101 California 62
 WSU 100 UW 63
 UCLA 101 WSU 62
 WSU 111 UW 52
 WSU 114 EWU 40
 Idaho 86 WSU 76
 WSU 132 Boise St. 20
 WSU 115 LBSU 40

2022 (0-1)

UW 100 WSU 63

2002 (3-1)

UCLA 104.5 WSU 98.5
 WSU 120 California 75
 WSU 113 Idaho 86
 WSU 103 UW 99

2003 (1-0)

WSU 116 UW 81

2004 (1-0)

WSU 112 Washington 90

2005 (0-1)

UW 110.5 WSU 92.5

2006 (0-1)

UW 112 WSU 91

2007 (0-1)

UW 103 WSU 60

2008 (1-0)

WSU 93 UW 70

2009 (1-0)

WSU 92 UW 70

2010 (1-0)

WSU 108 UW 55

2011 (0-1)

UW 83 WSU 80

2012 (3-0)

WSU 92 Tennessee 66
 WSU 85.5 UCLA 77.5
 WSU 87 Washington 76

2013 (0-1)

Washington 92 WSU 71

2014 (1-1)

WSU 85 UCLA 78
 Washington 84 WSU 79

2015 (0-1)

UW 113 WSU 50

2016 (0-1)

UW 95 WSU 68

2017 (0-1)

UW 84 WSU 79

2018 (1-0)

WSU 89 UW 74

2019 (0-1)

UW 103 WSU 60

2020

Cancelled due to COVID-19 pandemic

2021 (0-1)

UW 86 WSU 77

Northern Pacific Conference Championships

Year	WSU Finish	Champion
1983	2nd	Oregon
1984	2nd	Oregon
1985	2nd	Oregon

Pac-12 Conference Championships

Year	Site	WSU Finish	Champion
1986	Stanford, Calif.	6th	Oregon
1987	Stanford, Calif.	3rd	Oregon
1988	Stanford, Calif.	4th	Oregon
1989	Stanford, Calif.	2nd	Washington
1990	Stanford, Calif.	4th	Oregon
1991	Stanford, Calif.	7th	Oregon
1992	Stanford, Calif.	6th	Oregon
1993	Stanford, Calif.	8th	Stanford
1994	Stanford, Calif.	6th	Stanford
1995	Stanford, Calif.	7th	Oregon
1996	Stanford, Calif.	7th	Stanford
1997	Stanford, Calif.	7th	Stanford
1998	Stanford, Calif.	6th	Stanford
1999	Long Beach, Calif.	7th	Stanford
2000	Seattle, Wash.	5th	Stanford
2001	Scottsdale, Ariz.	6th	Stanford
2002	Pasadena, Calif.	6th	Stanford
2003	Pullman, Wash.	8th	Stanford
2004	San Francisco, Calif.	5th	Stanford
2005	Tucson, Ariz.	5th	Stanford
2006	Stanford, Calif.	6th	Stanford
2007	Corvallis, Ore.	5th	Stanford
2008	Springfield, Wash.	5th	Washington
2009	Long Beach, Calif.	10th	Washington
2010	Seattle, Wash.	9th	Stanford
2011	Litchfield Park, Ariz.	11th	Colorado
2012	Santa Clarita	12th	Oregon
2013	Louisville, Colo.	10th	Arizona
2014	Oakland, Calif.	9th	Oregon
2015	Colfax, Wash.	10th	Oregon
2016	Tucson, Ariz.	11th	Colorado
2017	Springfield, Ore.	10th	Colorado
2018	Stanford, Calif.	8th	Oregon
2019	Monmouth, Ore.	10th	Stanford
2020-21	University Pl., Wash.	6th	Stanford
2021	Salt Lake City, Utah	7th	Colorado
2022	Riverside, Calif.	7th	Colorado

Pac-12 Cross Country Athlete of the Year

Year	Name
1989	Jennifer Robertson Bravard

NCAA Cross Country Competitors

Year	Site	Name	Finish
1983	Bethlehem	Lisa Braun	51
1983	Bethlehem	Cheryl Livingstone	76
1983	Bethlehem	Kari Jonassen	101
1983	Bethlehem	Linda Spaargaren	114
1983	Bethlehem	Camille Rivard	115
1983	Bethlehem	Joan McGrath	130
1984	College Park	Cheryl Livingstone	69
1985	Milwaukee	Linda Spaargaren	46
1985	Milwaukee	Kari Jonassen	50
1985	Milwaukee	Lisa Braun	64
1985	Milwaukee	Camille Rivard	69
1985	Milwaukee	Cheryl Livingstone	93
1985	Milwaukee	Zenny Koehler	119
1985	Milwaukee	Mary Reed	127
1987	Charlottesville	Lisa Braun	45
1992	Bloomington	Jennifer Bravard	100
1998	Lawrence	Megan Maynard	22
2001	Greenville	Everlyne Lagat	30
2003	Waterloo	Anna Blue	78
2005	Terre Haute	Haley Paul	14
2009	Terre Haute	Lisa Egami	169
2017	Indianapolis	Vallrey Korir	33
2020	Stillwater	Erin Mullins	123
2021	Tallahassee	Amir Ado	195

NCAA Cross Country Championships

Year	Site	WSU Score	WSU Finish	Champion
1983	Bethlehem	347	15th	Oregon
1985	Milwaukee	227	T-7th	Wisconsin

Cross Country All-Americans

Year	Name
1998	Megan Maynard
2001	Everlyne Lagat
2005	Haley Paul
2017	Vallrey Korir

Pac-12 Conference Men's Championships

Year	Site	WSU Finish	Champion
1969	Stanford, Calif.	2nd	Oregon
1970	Pullman, Wash.	2nd	Oregon
1971	Los Angeles, Calif.	1st	Washington State
1972	Seattle, Wash.	1st	Washington State
1973	Stanford, Calif.	2nd	Oregon
1974	Stanford, Calif.	1st	Washington State
1975	Stanford, Calif.	1st	Washington State
1976	Stanford, Calif.	2nd	Oregon
1977	Stanford, Calif.	3rd	Oregon
1978	Fresno, Calif.	2nd	Oregon
1979	Stanford, Calif.	2nd	Oregon
1980	Stanford, Calif.	Inc. Team	UCLA
1981	Stanford, Calif.	6th	UCLA
1982	Fresno, Calif.	4th	Oregon
1983	Stanford, Calif.	No entry	Arizona
1984	Stanford, Calif.	2nd	Arizona
1985	Stanford, Calif.	5th	Stanford
1986	Stanford, Calif.	9th	Arizona
1987	Stanford, Calif.	3rd	Arizona
1988	Stanford, Calif.	6th	Oregon
1989	Stanford, Calif.	6th	Oregon
1990	Stanford, Calif.	Inc. Team	Oregon
1991	Stanford, Calif.	4th	Arizona
1992	Stanford, Calif.	6th	Oregon
1993	Stanford, Calif.	2nd	Washington
1994	Stanford, Calif.	7th	Arizona
1995	Stanford, Calif.	6th	Oregon
1996	Stanford, Calif.	4th	Stanford
1997	Stanford, Calif.	3rd	Stanford
1998	Stanford, Calif.	3rd	Stanford
1999	Long Beach, Calif.	8th	Arizona
2000	Seattle, Wash.	7th	Stanford
2001	Tucson, Ariz.	8th	Stanford
2002	Pasadena, Calif.	5th	Stanford
2003	Pullman, Wash.	6th	Stanford
2004	San Francisco, Calif.	7th	Stanford
2005	Tucson, Ariz.	8th	Stanford
2006	Stanford, Calif.	7th	Oregon
2007	Corvallis, Ore.	7th	Oregon
2008	Springfield, Wash.	6th	Oregon
2009	Long Beach Calif.	6th	Stanford
2010	Seattle, Wash.	6th	Stanford
2011	Litchfield Park, Ariz.	6th	Colorado
2012	Santa Clarita, Calif.	8th	Colorado
2013	Louisville, Colo.	6th	Colorado
2014	Oakland, Calif.	9th	Colorado
2015	Colfax, Wash.	6th	Colorado
2016	Tucson, Ariz.	5th	Colorado
2017	Springfield, Ore.	6th	Stanford
2018	Stanford, Calif.	5th	Stanford
2019	Monmouth, Ore.	6th	Colorado
2020-21	University Pl., Wash.	6th	Stanford
2021	Salt Lake City, Utah	5th	Colorado
2022	Riverside, Calif.	7th	Stanford

*2020 championships moved to spring due to COVID-19 pandemic

Pac-12 Individual Champions

Year	Name
1969	Gerry Lindgren
1972	John Ngeno
1974	John Ngeno
1975	Joshua Kimeto
1976	Henry Rono
1977	Joel Cheruiyot
1978	Henry Rono
1979	Henry Rono
1981	Richard Tuwei
1992	Josephat Kapkory
1993	Josephat Kapkory
1997	Bernard Lagat

NCAA West Region Individual Champions

Year	Name
1976*	Henry Rono (fr.)
1977	Joel Cheruiyot (fr.)
1978	Henry Rono
1979	Henry Rono
1981	Richard Tuwei (fr.)
1991	Josephat Kapkory
1992	Josephat Kapkory
1993	Josephat Kapkory

NCAA Cross Country Championships

Year	Site	WSU Score	WSU Finish	Champion
1966	Lawrence	208	5th	Villanova
1969	New York	187	4th	Texas-El Paso
1971	Knoxville	122	2nd	Oregon
1972	Houston	179	4th	Tennessee
1973	Spokane	166	3rd	Oregon
1974	Bloomington	144	4th	Oregon
1975	College Park	92	2nd	Texas-El Paso
1976	Denton	179	3rd	Texas-El Paso
1977	Spokane	278	9th	Oregon
1984	University Park	214	7th	Arkansas
1998	Lawrence	433	18th	Arkansas
2011	Terre Haute	512	21st	Wisconsin
2015	Louisville	547	26th	Syracuse
2016	TerreHaute	370	14th	Northern Arizona

Cross Country All-Americans

<u>Year</u>	<u>Name</u>	<u>Site</u>
1965	Gary Benson	Lawrence
1965	Chris Westman	Lawrence
1966	Chris Westman	Lawrence
1966	Gerry Lindgren (NCAA)	Lawrence
1967	Gerry Lindgren	Laramie
1969	Rick Riley	New York
1969	Gerry Lindgren (NCAA)	New York
1970	Mark Hiefield	Williamsburg
1970	Don Smith (fr.)	Williamsburg
1971	Dan Murphy (fr.)	Knoxville
1971	Phil Burkwist	Knoxville
1972	Dan Murphy	Houston
1973	John Ngeno	Spokane
1973	Dan Murphy	Spokane
1974	John Ngeno	Bloomington
1975	Joshua Kimeto	College Park
1975	Kurt Beckman	College Park
1975	John Ngeno	College Park
1976	Henry Rono (NCAA)	Denton
1976	Samson Kimombwa	Denton
1976	Joshua Kimeto	Denton
1977	Henry Rono	Spokane
1977	Joel Cheruiyot (fr.)	Spokane
1979	Henry Rono	Bethlehem
1979	Joel Cheruiyot	Bethlehem
1981	Richard Tuwei (fr.)	Wichita
1984	Peter Koech	University Park
1987	Jacinto Navarrete	Charlottesville
1990	Samuel Kibiri	Knoxville
1990	E. J. Guo	Knoxville
1991	Josephat Kapkory	Tucson
1992	Josephat Kapkory	Bloomington
1993	Josephat Kapkory	Bethlehem
1993	Patrick Muturi	Bethlehem
1997	Bernard Lagat	Greenville
1998	Eric Kamau	Lawrence
1998	Bernard Lagat	Lawrence
2016	Michael Williams	Terre Haute

Pac-12 Athlete of the Year

<u>Year</u>	<u>Name</u>	<u>Class</u>
1975	Joshua Kimeto	Sophomore
1976	Henry Rono	Freshman
1977	Henry Rono	Sophomore
1979	Henry Rono	Senior
1981	Richard Tuwei	Freshman
1992	Josephat Kapkory	Junior
1993	Josephat Kapkory	Senior

Coach of the Year Honors

<u>Year</u>	<u>Name</u>	<u>Award</u>
1970	Jack Mooberry	NCAA District 8
1975	John Chaplin	Pac-10, NCAA District 8

Bold Type = NCAA Champion; (NCAA) = NCAA Meet Record