

UNIVERSITY OF WASHINGTON HUSKY TRACK & FIELD 2011



Contact: Michael Bruscas • Tel: 206-543-2331 • Fax: 206-543-5000 • E-Mail: mbruscas@uw.edu • www.GoHuskies.com

Husky Track Aligns For Quad-Meet At Oregon

ON THE TRACK: The first scoring meet of the outdoor track season is at hand this weekend, as Washington returns to Hayward Field in Eugene for the annual Pepsi Team Invitational. This Saturday, April 9, The Husky men and women will go against host Oregon, Stanford, and Nebraska in a quad-meet format.

The action begins at 11:30 a.m. on Saturday and is scheduled to wrap around 3 p.m. An hour into the meet, at 12:30 p.m., Comcast Sports Net will join the action live and televise the remaining two and a half hours of action. A link to the live results page is available on GoHuskies.com and will go active on the day of the meet.

The meet should be highly competitive and could produce a number of great marks for early in the season. On the men's side, Stanford, Nebraska, and Oregon all happen to be ranked eighth, ninth, and 10th in that order in the USTFCCA's national Top-25. Washington is ranked a smidgeon out of the Top-25 at No. 26. The third-ranked Oregon women's team will be favored. The Stanford women rank 16th, Washington comes in at No. 32, and the Cornhuskers are ranked 38th.

Teams are allowed to score just two athletes per event in the meet, with the points breaking down as 9-7-6-5-4-3-2-1 for the top eight scorers. Relays score as 9-7-6-5.

This will be the first outdoor meet with the full Husky squad in action. Two weeks ago the Stanford Invitational lured a big group of distance runners and sprinters, but many of UW's top field event athletes will be competing for the first time this weekend.

Senior Scott Roth will open up his outdoor season in the pole vault on Saturday, competing for the first time since winning the NCAA Indoor Championship last month. He'll be joined by sophomore transfer Robby Fegles, who vaulted last year for Lane CC, set to wear his new Husky jersey for the first time.

Also entering into their first action of the year are UW's All-American javelin duo of senior Kyle Nielsen and sophomore Joe Zimmerman. Nielsen and Zimmerman were third and fourth, respectively, at the NCAA Outdoor Championships last season. NCAA prelim qualifier Jimmy Brookman gives UW a third big javelin arm.

Washington's sprints group will look to build off an impressive opening weekend at Stanford. Sophomore James Alaka comes in as the favorite in the 100- and 200-meter dashes and will be joined by junior Ryan Hamilton. Sophomore Colton Dunn and freshman Maurice McNeal will run the quarter-mile, with McNeal coming off a very impressive 21.23 opening at 200-meters at Stanford.

The men's 1,500-meter race boasts a loaded field with numerous All-Americans and NCAA competitors. Senior Colton Tully-Doyle and sophomore Joey Bywater, plus junior Ryan Soberanis and redshirt freshman Gareth Gilna give UW strong representation in one of the day's top fields. At 5,000-meters, junior Max O'Donoghue-McDonald will look for a strong encore from his Stanford 5k where he broke 14-minutes for the first time. Sophomore Rob Webster Jr. and freshman Aaron Beattie will also run. Sophomore James Cameron, on a roll since the indoor season began, will try out the steeplechase this week after running the third-best 5k in school history at Stanford.

In the jumps, Jeremy Taiwo and A.J. Maricich lead the way in the high jump, Julian Bardwell and Kale Schmidt highlight the long jump, and freshman Kasen Covington looks to contend with some talented Huskers in the triple jump, along with sophomore Clayton Johnson and Bardwell.

Aside from the javelin corps, the throwers will be led by Richard Anderson and Cameron Elisara in the shot put, Regional qualifier Angus Taylor in the hammer, and all three plus Conner Larned will toss the discus.

The distance battles on the women's side between Washington, Oregon, and Stanford should be fierce as usual. At 1,500-meters, freshmen Katie Flood and Megan Goethals will run against Oregon's NCAA mile champion Jordan Hasay. Sophomore Lindsay Flanagan has the top seed time in the 5,000-meters, coming off a great 10k run at Stanford that ranked fifth in school history. Freshman Mackenzie Carter will make her collegiate debut in the steeplechase as well.

HUSKY TRACK SCHEDULE

Indoor

Date	Meet	Location
Jan. 15	UW Indoor Preview	Seattle
Jan. 28-29	UW Invitational	Seattle
Feb. 11-12	The Flotrack Husky Classic	Seattle
Feb. 13	UW Indoor Open	Seattle
Feb. 25-26	MPSF Championships	Seattle
Mar. 5	UW Final Qualifier	Seattle
Mar. 11-12	NCAA Championships	College Station, Texas

Outdoor

Date	Meet	Location
Mar. 25-26	Stanford Invitational	Palo Alto, Calif.
Apr. 9	Pepsi Team Invitational	Eugene, Ore.
Apr. 14-16	Mt. SAC Relays	Walnut, Calif.
Apr. 22-23	Oregon Relays	Eugene, Ore.
April 29	vs. Washington State	Seattle
May 7	Ken Shannon Invitational	Seattle
May 7-8	Pac-10 Multi-Events	Tucson, Ariz.
May 13-14	Pac-10 Championships	Tucson, Ariz.
May 26-28	NCAA Preliminary Rounds	Eugene, Ore.
June 8-11	NCAA Championships	Des Moines, Iowa

Bold font indicates Husky home meet, at either Dempsey Indoor (indoor) or Husky Stadium (outdoor).

2011 USTFCCA Week 1 Outdoor Rankings

Men			Women		
1	Florida	404.85	1	Texas A&M	344.02
2	Texas A&M	329.68	2	LSU	326.85
3	Texas Tech	282.77	3	Oregon	306.54
4	Florida State	272.29	4	Oklahoma	215.66
5	LSU	211.24	5	Clemson	209.01
6	Mississippi State	183.65	6	USC	196.88
7	USC	168.90	7	Texas	184.66
8	Stanford	158.15	8	Florida State	158.95
9	Nebraska	154.04	9	Arkansas	152.25
10	Oregon	136.69	10	Arizona	145.75
11	Minnesota	133.96	11	Tennessee	143.68
12	Kansas	126.55	12	Auburn	140.67
13	Arkansas	123.70	13	Texas Tech	136.74
14	Texas	114.28	14	Baylor	129.96
15	BYU	113.14	15	Arizona State	116.27
16	Auburn	111.50	16	Stanford	114.23
17	Oklahoma	111.32	17	SMU	109.69
18	Virginia Tech	105.10	18	Washington St	106.69
19	Kansas State	98.74	19	BYU	102.46
20	South Carolina	92.17	20	Colorado	98.79
21	UCLA	92.13	21	Miami (Fla.)	97.34
22	Georgia	90.82	22	Penn State	97.29
23	Mississippi	88.10	23	Southern Illinois	95.29
24	Alabama	87.25	24	TCU	92.09
25	Princeton	84.23	25	UCF	84.83

HUSKY TRACK QUICK FACTS

University of Washington
Athletic Department, Box 354070
Seattle, WA 98195-4070

Enrollment:..... 42,000 (31,400 undergraduate)
Founded:..... Nov. 4, 1861
President:..... Phyllis Wise (Interim)
Director of Athletics:..... Scott Woodward
Nickname:..... Huskies
Colors:..... Purple and Gold
Home Facility:..... Dempsey Indoor/Husky Stadium
Press Row Phone:..... (206) 714-5556
Conference:..... Pacific-10 (Outdoor) / MPSF (Indoor)
Head Coach:..... Greg Metcalf (9th year)
Asst. Coach (Vault/Jumps):..... Pat Licari (14th year)
Asst. Coach (Throws):..... Reedus Thurmond (6th year)
Asst. Coach (Sprints/Hurdles):..... Raul Sheen (3rd year)
Asst. Coach (Distances):..... Jason Drake (2nd year)
Asst. Coach (Distances):..... Lauren Denfeld (1st year)

Website:..... www.GoHuskies.com

2010 Men's Pac-10 / MPSF Finish:..... 6th / 9th
2010 Men's NCAA Finish (Outdoor/Indoor):..... 15th / t20th
Best Men's Pac-10 Finish:..... 2nd (1976)
Best Men's MPSF Finish:..... 1st (2007, 2006)
Best Men's NCAA Finish (Outdoor/Indoor):.....
..... 2nd (1929, 1930) / t7th (2007)
Men's 2010 NCAA Final Site Competitors Returning:..... Seven
James Alaka - 100m, 200m
Kyle Nielsen - Javelin
Scott Roth - Pole Vault (i), Pole Vault
Jeremy Taiwo - Decathlon
Colton Tully-Doyle - 5,000m (i)
Ryan Vu - Pole Vault
Joe Zimmerman - Javelin

2010 Women's Pac-10 / MPSF Finish:..... 9th / 8th
2010 Women's NCAA Finish (Outdoor/Indoor):..... t66th / t28th
Best Women's Pac-10 Finish:..... 4th (1995, '96, '98)
Best Women's MPSF Finish:..... 1st (1996)
Best Women's NCAA Finish (Outdoor/Indoor):.....
..... 10th (1988) / t8th (1988)
Women's 2010 NCAA Final Site Competitors Returning:..... One
Mel Lawrence - 3000m (i), Steeplechase

Husky Athletic Communications

Michael Bruscas, Track and Field SID
E-mail: mbruscas@u.washington.edu
Office Phone: (206) 543-2230 / **Fax:** (206) 543-5000
Mobile Phone: (206) 714-5556

Moving down to the shorter races, sophomore Justine Johnson stands a good chance of breaking 2:10 at 800-meters for the first time in a strong field. At 400-meters, junior Jordan Carlson is coming off a big PR at Stanford and will look to drop under 55-seconds. And one of the key Huskies to watch on Saturday will be senior Dominique Lauderdale, coming off her 100-meter dash win at Stanford in a wind-aided PR of 11.54 seconds. Running against stiffer competition could propel her closer to the 11.47 school record.

Kelly McNamee in the high jump and Logan Miller in the pole vault should be in the mix for some big marks and big points for the Dawgs, while four Huskies led by Taylor Nichols and Shanae Lakes will line up in the triple jump.

In the throws, junior Elisa Bryant is seeded second in both the discus and hammer throws. Eastern Washington transfer Amanda Peterson is also slated to make her Husky debut in the javelin, along with sophomores Ally Mueller and Jordin Seekins.

HUSKIES IN THE RANKINGS: In the week one rankings from the USTFCCA, the Husky men's team comes in at No. 26, while the women are ranked 32nd. Most of the rankings data is still carried over from the 2010 season. Early additions for the men are Colton Tully-Doyle and James Cameron, who are both ranked in the Top-10 thus far in the 5k. The men were ranked 21st in the preseason poll. They return all of their point scorers from the 2010 NCAA Outdoor Championships at which they finished 15th. The men are also receiving a large chunk of points from Scott Roth, who ranks first in the pole vault. Based on last year's season-bests, Kyle Nielsen ranks fifth and Joe Zimmerman 17th in the javelin, but the two went three-four at NAAs last year, stepping up in the clutch, and Zimmerman had a bigger PR over the summer at the Junior World Championships. James Alaka is also in the Top-20 in both the 100m and 200m dashes, and Jeremy Taiwo ranks eighth in the decathlon. The women have added sizeable points so far thanks to Megan Goethals in the 5,000-meters as she ranks second nationally, and Lindsay Flanagan who is 15th in the 10k. Preseason points come from sophomore Christine Babcock and junior Elisa Bryant who were NCAA qualifiers in 2009 but redshirted last season. Junior Mel Lawrence is ranked in the Top-10 in both the 5,000m and 3,000m steeplechase and senior Brooke Pighin is 11th in the javelin but both of them are coming off injuries.

SPRINTERS START FAST AT STANFORD INVITE: The Huskies started the outdoor track season with a bang from their top two sprinters, James Alaka and Dominique Lauderdale, who each won the 100-meter dashes at the Stanford Invitational, held March 25-26. After doing short so well, Washington went long, as senior Colton Tully-Doyle and sophomore James Cameron ran the second and third-fastest 5,000-meters in school history. Washington made its mark early in the sprints. Alaka made his season debut in style, as he won the men's 100-meters in 10.37 seconds, edging out pro runner Josh Norman. It's the fifth time Alaka has gone under 10.40 seconds in his Husky career. Lauderdale ran to a big PR to start her outdoor season, winning in 11.54 seconds, well under her previous career-best of 11.77 seconds. Lauderdale's time would tie for third-best in school history but it was wind-aided. Later in the evening it was time for the distance runners to dig in. Husky freshman Megan Goethals crushed the UW freshman record at 5,000-meters, as she placed fourth in the top heat in a time of 16:06.64, surpassing Anita Campbell's 16:29.91 freshman mark from 2006. That ranks eighth on the Husky top-10 list. The top heat of the men's 5,000-meters was up next, and three UW men broke the 14-minute barrier. Tully-Doyle posted the number two 5k time in Washington history at 13:47.25. Right behind Tully-Doyle was Cameron, who showed his versatility today by stopping the clock in 13:51.83, which now ranks him third right behind Tully-Doyle and record-holder David Bazzi (13:40.61). Also getting into the mix was junior Max O'Donoghue-McDonald, who set a 20-second personal-best with a time of 13:59.82. Sophomore Lindsay Flanagan became just the fifth Husky woman ever to go under 34 minutes in the 10k, running 33:42.50 to jump up to fifth in school history. Jordan Carlson had a big PR in the 400-meters of 55.24. Sophomore Justine Johnson had a good opening at 1,500-meters, as she clocked 4:26.80, just a couple seconds off her PR. On Saturday, freshman Maurice McNeal posted a speedy debut at 200-meters, winning his section in a time of 21.23 seconds. That time would have qualified for NCAA West Prelims a year ago. Husky sophomore Colton Dunn was fourth in that same heat, running a big PR of 21.74. The top Husky men's relays also both placed second overall. At 800-meters, redshirt freshman Brad Whitley blew about six seconds off his outdoor 800-meter PR, as he led UW with a time of 1:51.94. Leading the throws was junior Angus Taylor, who opened up in the hammer throw with a best toss of 192-feet, 11-inches on his fifth attempt. Freshman Kasen Covington placed fourth in the triple jump with a best of 49-2 ¼ which came on his sixth and final jump.

2011 INDOOR IN REVIEW: Washington's 2011 indoor season had a little bit of everything, from veteran seniors going out on a high note, to impressive returns to form from familiar faces, and several new faces bursting onto the national scene. The highlight of the season was senior pole vaulter Scott Roth, who successfully defended his NCAA Indoor title with a gritty performance at nationals in College Station, Texas. Roth suffered a hamstring injury early in the season and had not competed in a month by the time NCAAs rolled around, but he was able to regain his form and won the title with a clearance of 18-0 1/2. He becomes just the sixth Husky track athlete to own multiple NCAA titles, and was the first repeat winner since fellow vaulter Brad Walker won the indoor titles in 2003-04. Roth earned the sixth All-America honor of his career, the most by a vaulter and fifth-most in school history. Also earning All-America First Team honors at NCAAs were sophomores James Cameron and Jeremy Taiwo. Cameron capped an incredible indoor season with an eighth-place mile finish, while Taiwo placed eighth in the heptathlon. Cameron punched his ticket to NCAAs by running the second-best mile in school history at 3:58.51, the fourth sub-four minute mile in UW history. Taiwo raised his own heptathlon school record to 5,780 points at nationals. The Husky men posted 12 points to tie for 18th, and while the women did not score, they were well represented by freshmen Katie Flood and Megan Goethals. The young distance runners were the only two freshmen in the 3,000-meter field. Flood placed 10th and Goethals was 13th, earning both of them All-America Second Team honors. Washington had an incredible 35 new marks written into its indoor Top-10 list, with another school record coming from senior Colton Tully-Doyle in the 3,000m (7:53.13). Tully-Doyle would place 18th at NCAAs, and senior Ryan Vu also earned All-America Second Team honors with an 11th-place finish in the pole vault in his final UW competition. Washington's own Dempsey Indoor was once again the place to be for distance runners, as a majority of the NCAA qualifiers posted their top times in Seattle. Looking at the Top-20 on the men's national list from 800-meters through 5,000-meters, exactly 40 of the 80 best times in the four distance events came from the Dempsey, while the Dempsey accounted for 29 of the 80 best marks in the same distances on the women's side.

ROTH'S TITLE HIGHLIGHTS NCAA INDOORS: Seven Huskies qualified for the NCAA Indoor Championships, hosted this year by Texas A&M in College Station. As always, the meet brought some highs and lows, but nobody went higher than senior Scott Roth, who successfully defended his indoor pole vault national title. Despite not competing in a month while rehabbing a hamstring injury, Roth's experience proved too much to overcome. Despite some early struggles, which included a third attempt at 17-6 1/2, Roth got on a roll with a first attempt clearance at 17-10 1/2 and again at 18-0 1/2. That first jump made proved critical, as only one other vaulter made that bar, and did so on his second attempt, giving Roth the tiebreaker. Ben Peterson of Minnesota was unable to clear another bar, so Roth collected his second national championship, becoming one of just six Huskies all-time to win multiple NCAA titles. Also scoring for the Huskies was sophomores James Cameron and Jeremy Taiwo. Seeded just 12th entering the meet, Cameron qualified for the mile final, and ran to eighth in a time of 4:01.88. Taiwo also finished eighth in his second career NCAA Indoor heptathlon competition. He raised his school record to 5,780, and had PRs in the 60m dash, 60m hurdles, long jump, and 1,000m run, but subpar showings in the shot put and pole vault kept Taiwo from contending for the title. Still, he became the first Husky to ever score in the heptathlon at nationals. Senior Ryan Vu competed for the final time as a Husky, tying for 11th in the pole vault with a 17-2 3/4 clearance, and senior Colton Tully-Doyle was 18th in the 3,000-meter final, struggling in a congested field that knocked him off stride. The women were represented by freshmen Katie Flood and Megan Goethals in the 3,000-meters. Both ran well as the only two freshmen in the field, and finished just out of scoring position, Flood placing 10th and Goethals 13th. The Husky men's 12 points earned them a tie for 18th in the team standings. The 12 points had only been surpassed five times since 1965 and Roth's title was the ninth indoor title in school history. Roth, Cameron, and Taiwo were named First Team All-Americans by the USTFCCA. Vu, Flood, and Goethals earned Second Team honors and Tully-Doyle was an honorable mention.

DEMPSEY INDOOR: Having just concluded its first decade of competition, Washington's Dempsey Indoor continues to enhance its reputation as one of the nation's fastest venues. Over the past two years, more and more elite professionals have come through the Dempsey on a regular basis. This year saw the likes of track superstars Shalane Flanagan, Kara Goucher, Chris Solinsky, Amy Begley, and a return from Husky legend Brad Walker, while 2010 was highlighted by Olympians Nick Symmonds, Shannon Rowbury, Jesse Williams, and Jen Rhines. The Dempsey produces numerous top-10 world marks every year and has seen 33 UW indoor school records broken, and thousands of NCAA qualifying marks. The Dempsey is also the annual host site of the MPSF Championships. The facility includes a permanent 307-meter MONDO track (six lanes on the straightaway, five on the oval) and a full 100-yard FieldTurf infield equipped to host the shot put, weight throw, long jump, triple jump, high jump and pole vault events. In addition to its competitive use, the building serves as an indoor practice facility for many UW teams. Following is a list of new facility records set during the 2010 season:

2011 Dempsey Indoor Records

Men's 60m	6.58, Josh Norman, Unattached, 1/15/11
Men's Mile	3:54.52, Chris Solinsky, Nike, 2/12/11
Men's 60m Hurdles	7.75, Ronald Brookins, Sacramento State, 2/12/11
Women's 60m	7.23, Amber Purvis, Oregon, 2/26/11
Women's 800m	2:02.91, Geena Gall, Oregon Track Club, 3/5/11
Women's 3,000m	8:53.14, Lisa Koll, Nike, 1/15/11
Women's DMR	11:02.15, Oregon, 1/28/11
Women's High Jump	6-3 1/2, Brigetta Barrett, Arizona, 2/26/11
Women's Pentathlon	4,507, Brianne Theisen, Oregon, 1/28/11

2011 HUSKIES IN THE WEST REGION TOP-50 OUTDOORS

Men					Women				
Name	Event	Mark	West Rank	National (Top-100)	Name	Event	Mark	West Rank	National (Top-100)
Colton Tully-Doyle	5,000m	13:47.25	1st	4th	Megan Goethals	5,000m	16:06.64	2nd	2nd
James Cameron	5,000m	13:51.83	3rd	8th	Lindsay Flanagan	10,000m	33:42.50	9th	15th
M. O'Donoghue-Mcdonald	5,000m	13:59.82	5th	17th	Dominique Lauderdale	100m	11.54	11th	19th
James Alaka	100m	10.37	10th	20th	Justine Johnson	1,500m	4:26.80	15th	34th
Joey Bywater	5,000m	14:20.40	19th	49th	Logan Miller	Pole Vault	12-9 1/2	tie-23rd	tie-38th
Rob Webster Jr.	10,000m	29:50.21	20th	31st	Ally Mueller	Javelin	137-1	39th	90th
Kasen Covington	Triple Jump	49-2 1/4	20th	46th	Jordan Carlson	400m	55.24	44th	83rd
Greg Drosky	3,000m Steeple	9:15.35	23rd	47th	Justine Johnson	800m	2:10.91	44th	80th
Angus Taylor	Hammer	192-11	24th	49th	Elisa Bryant	Hammer	175-0	46th	86th
Maurice McNeal	200m	21.23	26th	48th					
Aaron Beattie	5,000m	14:32.98	35th	N/A					
Brad Whitley	800m	1:51.94	41st	71st					
Julian Bardwell	Long Jump	23-4 1/2	47th	90th					

2011 UW NCAA INDOOR CHAMPIONSHIPS COMPETITORS

Name	Yr.	Event	Mark	Seeding	Result	All-America Status
James Cameron	So.	Mile Run	3:58.51	12th	8th, 4:01.88	First Team All-America
Katie Flood	Fr.	3,000m Run	9:09.85	5th	10th, 9:22.59	Second Team All-America
Megan Goethals	Fr.	3,000m Run	9:11.56	7th	13th, 9:23.48	Second Team All-America
Scott Roth	Sr.	Pole Vault	18-1	1st	1st, 18-0 1/2	First Team All-America
Jeremy Taiwo	So.	Heptathlon	5,746	7th	8th, 5,780	First Team All-America
Colton Tully-Doyle	Sr.	3,000m Run	7:53.13	11th	18th, 8:24.26	Honorable Mention All-America
Ryan Vu	Sr.	Pole Vault	17-7	12th (tie)	11th (tie), 17-2 3/4	Second Team All-America

2011 UPDATES TO UW'S ALL-TIME OUTDOOR TRACK AND FIELD TOP-10 LISTS

Men					Women				
Name	Event	Mark	All-Time UW Rank	School Record	Name	Event	Mark	All-Time UW Rank	School Record
Colton Tully-Doyle	5,000m	13:47.25	2nd	13:40.61	Lindsay Flanagan	10,000m	33:42.50	5th	33:13.45
James Cameron	5,000m	13:51.83	3rd	13:40.61	Ally Mueller	Javelin	137-1	6th	173-7
					Megan Goethals	5,000m	16:06.64	8th	15:35.60
					Logan Miller	Pole Vault	12-9 1/2	9th	14-2

2011 UPDATES TO UW'S ALL-TIME INDOOR TRACK AND FIELD TOP-10 LISTS

Men					Women				
Name	Event	Mark	All-Time UW Rank	School Record	Name	Event	Mark	All-Time UW Rank	School Record
Colton Tully-Doyle	3,000m	7:53.13	1st	same	Dominique Lauderdale	60m	7.37	2nd	7.34
Jeremy Taiwo	Heptathlon	5,780	1st	same	Katie Flood	3,000m	9:09.85	2nd	9:08.50
James Cameron	Mile	3:58.51	2nd	3:58.23	Megan Goethals	3,000m	9:11.56	3rd	9:08.50
Kasen Covington	Triple Jump	50-8 1/4	2nd	50-10	Taylor Nichols	Triple Jump	40-7 1/2	3rd	41-4 1/4
Andrew Ferleman	Heptathlon	5,309	2nd	5,746	Johnson/Fero/ Orr/Flood	DMR	11:20.85	4th	11:05.80
James Cameron	3,000m	8:00.17	3rd	7:53.13	Phoebe Merritt	5,000m	16:34.50	5th	16:09.26
Kale Schmidt	Heptathlon	5,140	3rd	5,746	Lindsay Flanagan	5,000m	16:36.20	6th	16:09.26
Ryan Styrk	800m	1:49.93	4th	1:48.40	Fero/Carr/ Stueckle/Carlson	4x400m	3:46.83	6th	3:44.00
James Cameron	5,000m	13:54.77	4th	13:48.86	Chelsea Orr	3,000m	9:26.73	7th	9:08.50
Joey Bywater	Mile	4:00.53	5th	3:58.23	Shaniae Lakes	Triple Jump	39-10 1/2	7th	41-4 1/4
Jeremy Taiwo	Long Jump	23-10 3/4	5th	26-7 3/4	Logan Miller	Pole Vault	13-1 3/4	8th	14-3 1/2
Rob Webster Jr.	5,000m	14:05.50	6th	13:48.86	Justine Johnson	3,000m	9:31.86	9th	9:08.50
Ryan Vu	Pole Vault	17-7	6th	19-0 1/4	Johnson/Fero/ Carter/Flood	DMR	11:34.20	9th	11:05.80
Max O'Donoghue-Mcdonald	Mile	4:03.63	7th	3:58.23					
Soberanis/Dunn/ Styrk/Tully-Doyle	DMR	9:38.23	7th	9:35.35					
A.J. Maricich	High Jump	6-11 1/2	7th (tie)	7-5					
Jeremy Taiwo	High Jump	6-11 1/2	7th (tie)	7-5					
Soberanis/Dunn/ Styrk/Cameron	DMR	9:39.29	8th	9:35.35					
Ryan Soberanis	Mile	4:04.00	9th	3:58.23					
Jeremy Taiwo	60m Hurdles	8.14	9th	7.82					
Colton Tully-Doyle	Mile	4:05.20	10th	3:58.23					
Conner Larned	Weight Throw	57-11 1/4	10th	71-5 1/2					



2011 Washington Track and Field

Men's Best Marks

Updated through 3/26/11

- For indoor events, NCAA standards are listed Automatic / Provisional.
- Wind-aided marks above 4.0 mps (W) are not accepted for NCAA qualifying.

60 Meters (Ind)	NCAA: 6.60	
Ryan Hamilton	7.00	(3/5)
Jeremy Taiwo	7.06	(3/11)
Colton Dunn	7.06	(1/29)
Ken Egu	7.06	(2/12)
Howard Lao	7.08	(3/5)
Andrew Ferleman	7.11	(2/25)
Ryan Hamilton	7.12	(2/12)
Kale Schmidt	7.18	(1/15)
Matt Anthony	7.25	(1/15)

100 Meters (Out)		
James Alaka	10.37w	(3/25)
Ryan Hamilton	10.89	(3/25)
Ken Egu	11.02	(3/25)

200 Meters (Out)		
Maurice McNeal	21.23	(3/26)
Colton Dunn	21.74	(3/26)

200 Meters (Ind)	NCAA: 20.83	
Colton Dunn	21.92	(1/29)
Kale Schmidt	22.27	(3/5)
Sam Rucker	22.85	(1/29)

400 Meters (Out)		
Sam Rucker	50.65	(3/25)

400 Meters (Ind)	NCAA: 46.15	
Colton Dunn	47.90	(2/12)
Maurice McNeal	48.65	(2/26)
Dan Sanders	49.22	(2/26)
Sam Rucker	49.48	(3/5)

800 Meters (Out)		
Brad Whitley	1:51.94	(3/26)
Ryan Styrk	1:52.40	(3/26)
Ryan Soberanis	1:53.10	(3/26)

800 Meters (Ind)	NCAA: 1:48.00	
Ryan Styrk	1:49.93	(2/12)
Gareth Gilna	1:52.37	(1/15)
Brad Whitley	1:52.64	(2/12)
James Cameron	1:52.68	(1/15)
Kyle Blume	1:52.71	(1/15)
Ryan Soberanis	1:52.98	(1/15)
Joey Bywater	1:53.13	(1/15)
Dan Sanders	1:54.03	(3/5)

1,500 Meters (Out)		
Ryan Soberanis	3:51.81	(3/25)
Michael Miller	3:52.12	(3/25)
Charlie Williams	3:52.41	(3/25)
Gareth Gilna	3:53.25	(3/25)
Ryan Styrk	3:54.28	(3/25)
Kyle Blume	3:58.41	(3/25)

Mile (Ind)	NCAA: 3:59.00	
@ James Cameron	3:58.51	(3/5)
Joey Bywater	4:00.53	(3/5)
Max O'Donoghue-McDonald	4:03.63	(3/5)
Ryan Soberanis	4:04.00	(3/5)
Colton Tully-Doyle	4:05.20	(1/29)
Rob Webster Jr.	4:10.78	(3/5)
Taylor Carlson	4:12.09	(3/5)
Kyle Blume	4:12.90	(1/29)
Cameron Quackenbush	4:17.19	(3/5)
Greg Drosky	4:17.39	(3/5)
Chris Brasino	4:31.12	(1/15)

1,000 Meters (Ind)		
Jeremy Taiwo	2:34.35	(3/12)
Kale Schmidt	2:38.66	(1/29)
Andrew Ferleman	2:55.41	(2/26)

3,000 Meters (Ind)	NCAA: 7:54.50	
@ \$ Colton Tully-Doyle	7:53.13	(2/12)

James Cameron	8:00.17	(2/12)
Gareth Gilna	8:12.51	(2/26)
Max O'Donoghue-McDonald	8:13.09	(2/26)
Rob Webster Jr.	8:13.63	(2/12)
Cameron Quackenbush	8:19.38	(2/26)
Taylor Carlson	8:23.21	(2/12)
Greg Drosky	8:36.53	(1/29)

3,000 Meter Steeplechase (Out)		
Greg Drosky	9:15.35	(3/25)

5,000 Meters (Out)		
Colton Tully-Doyle	13:47.25	(3/25)
James Cameron	13:51.83	(3/25)
Max O'Donoghue-McDonald	13:59.82	(3/25)
Joey Bywater	14:20.40	(3/25)
Aaron Beattie	14:32.98	(3/25)
Taylor Carlson	14:50.04	(3/25)

5,000 Meters (Ind)	NCAA: 13:47.00	
James Cameron	13:54.77	(2/25)
Rob Webster Jr.	14:05.50	(2/25)
Cameron Quackenbush	14:29.03	(2/25)
Taylor Carlson	14:32.36	(2/25)

10,000 Meters (Out)		
Rob Webster Jr.	20:50.21	(3/25)

60 Meter Hurdles (Ind)	NCAA: 7.70	
Jeremy Taiwo	8.14	(3/12)
Shayne Moore	8.25	(1/29)
Andrew Ferleman	8.27	(1/15)
Howard Lao	8.46	(2/12)
James Johnson	8.72	(1/29)
Kale Schmidt	8.80	(2/12)

110 Meter Hurdles (Out)		
Shayne Moore	14.89	(3/25)
James Johnson	15.48	(3/25)
Howard Lao	15.65	(3/26)

400 Meter Hurdles (Out)		
Dan Sanders	53.93	(3/25)
Kale Schmidt	54.45	(3/25)

4x100 Meter Relay (Out)		
Rucker/Alaka/Dunn/Hamilton	41.33	(3/26)
McNeal/Schmidt/Johnson/Egu	42.39	(3/26)

4x400 Meter Relay (Out)		
Rucker/Alaka/Dunn/McNeal	3:12.89	(3/26)
Schmidt/Sanders/Hamilton/Taiwo	3:14.21	(3/26)

4x400 Meter Relay (Ind)	NCAA: 3:06.50	
Schmidt/Rucker/Dunn/McNeal	3:12.17	(2/26)
Schmidt/Sanders/Dunn/Taiwo	3:14.02	(2/12)
Schmidt/Sanders/Taiwo/Dunn	3:14.51	(1/15)
Rucker/McNeal/Moore/Ferleman	3:18.62	(2/12)
Sanders/Rucker/Whitley/Styrk	3:21.36	(1/29)
Whitley/Soberanis/Blume/Styrk	3:21.53	(2/12)
Rucker/Moore/Anthony/Ferleman	3:27.46	(1/15)
Blume/Soberanis/Anthony/Lao	3:29.88	(1/29)

Dist. Medley Relay (Ind)	NCAA: 9:32.00	
Soberanis/Dunn/Styrk/Tully-Doyle	9:38.23	(2/25)
Soberanis/Dunn/Styrk/Cameron	9:39.29	(1/28)

High Jump (Out)		
A.J. Maricich	6-2 3/4 (1.90)	(3/26)
Clayton Johnson	6-11 1/2 (2.12)	(2/12)

High Jump (Ind)	NCAA: 7-4 1/4 (2.24)	
A.J. Maricich	6-11 1/2 (2.12)	(2/12)
Jeremy Taiwo	6-11 1/2 (2.12)	(2/12)
Kale Schmidt	6-6 1/4 (1.99)	(1/28)
Clayton Johnson	6-5 1/2 (1.97)	(2/12)
Andrew Ferleman	6-6 (1.98)	(2/25)

Pole Vault (Out)		
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Robby Fegles	15-11 (4.85)	(3/26)
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Pole Vault (Ind)	NCAA: 18-0 1/2 (5.50)	
@ Scott Roth	18-1 (5.51)	(1/29)
Ryan Vu	17-7 (5.36)	(2/12)
Jeremy Taiwo	15-7 (4.75)	(1/29)
Andrew Ferleman	14-8 (4.47)	(2/26)
Kale Schmidt	12-7 1/2 (3.85)	(1/29)

Long Jump (Out)		
Julian Barwell	23-4 1/2 (7.12)	(3/26)
Warren Woods	22-5 (6.83)	(3/26)

Long Jump (Ind)	NCAA: 25-11 (7.90)	
Jeremy Taiwo	23-10 3/4 (7.28)	(3/11)
Julian Bardwell	23-6 (7.16)	(3/5)
Kale Schmidt	23-4 (7.11)	(2/25)
Kasen Covington	22-7 (6.88)	(2/25)
Andrew Ferleman	22-1 3/4 (6.75)	(2/25)
Warren Woods	22-1 1/2 (6.74)	(1/15)
Thomas Kmett	21-2 3/4 (6.47)	(1/15)
Sam Rucker	20-0 1/2 (6.11)	(3/5)

Triple Jump (Out)		
Kasen Covington	49-2 1/4 (14.99)	(3/25)
Julian Bardwell	45-8 (13.92)	(3/26)
Clayton Johnson	45-6 1/2 (13.88)	(3/26)
Thomas Kmett	44-7 (13.59)	(3/26)

Triple Jump (Ind)	NCAA: 53-0 (16.15)	
Kasen Covington	50-8 1/4 (15.45)	(1/29)
Clayton Johnson	48-0 1/2 (14.64)	(2/26)
Julian Bardwell	46-10 1/4 (14.28)	(3/5)
Thomas Kmett	46-0 3/4 (14.04)	(1/15)

Shot Put (Out)		
Cameron Elisara	50-11 (15.52)	(3/25)
Richard Anderson	45-6 (13.94)	(3/25)

Shot Put (Ind)	NCAA: 63-4 (19.30)	
Cameron Elisara	52-3 1/4 (15.93)	(2/12)
Richard Anderson	51-8 1/2 (15.76)	(2/26)
Jeremy Taiwo	44-0 1/2 (13.42)	(1/15)
Andrew Ferleman	40-6 (12.34)	(3/5)
Kale Schmidt	36-1 1/2 (11.01)	(1/15)

Discus (Out)		
Conner Larned	157-0 (47.86)	(3/26)
Angus Taylor	152-1 (46.37)	(3/25)
Peter Follmer	151-3 (46.10)	(3/25)
Cameron Elisara	141-6 (43.12)	(3/25)
Andrew Ferleman	119-8 (36.47)	(3/26)

Hammer (Out)		
Angus Taylor	192-11 (58.80)	(3/26)

Weight (Ind)	NCAA: 70-6 1/2 (21.50)	
Conner Larned	57-11 1/4 (17.66)	(2/25)

Javelin (Out)		
Jimmy Brookman	187-6 (57.14)	(3/26)
Andrew Ferleman	135-1 (41.17)	(3/26)

Heptathlon (Ind)	NCAA: 5,675	
@ \$ Jeremy Taiwo	5,780	(3/11-12)
Andrew Ferleman	5,309	(2/25-26)
Kale Schmidt	5,140	(1/28-29)

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W — Wind-aided mark greater than 4.0 mps

Jan. 15 UW Indoor Preview, Seattle
Jan. 28-29 UW Invitational, Seattle
Feb. 11-12 Flotrack Husky Classic, Seattle



2011 Washington Track and Field

Women's Best Marks

Updated through 3/26/11

- For indoor events, NCAA standards are listed Automatic / Provisional.
- Wind-aided marks above 4.0 mps (W) are not accepted for NCAA qualifying.

60 Meters (Ind)	NCAA: 7.26
Dominique Lauderdale	7.37 (3/5)
Johanna Carr	7.82 (2/25)
Shea O'Donnell	7.89 (1/29)

100 Meters (Out)	
Dominique Lauderdale	11.54w (3/25)
Shea O'Donnell	12.75 (3/26)

200 Meters (Out)	
Johanna Carr	25.81 (3/26)
Shea O'Donnell	26.34 (3/26)

200 Meters (Ind)	NCAA: 23.20
Johanna Carr	25.56 (2/12)
Shea O'Donnell	25.77 (2/25)
Shelby Williams	26.50 (3/5)

400 Meters (Out)	
Jordan Carlson	55.24 (3/25)
Michelle Fero	57.57 (3/25)
Alisha Oden	59.84 (3/26)

400 Meters (Ind)	NCAA: 52.60
Michelle Fero	56.57 (2/26)
Jordan Carlson	56.71 (2/26)
Alisha Oden	59.36 (2/12)
Skye Atchley	1:00.78 (3/5)
Elaine Tran	1:02.02 (3/5)
Shea O'Donnell	1:02.09 (3/5)
Bonny Rivers	1:02.20 (3/5)

800 Meters (Out)	
Justine Johnson	2:10.91 (3/26)
Mackenzie Carter	2:14.23 (3/26)
Laura Schmitt	2:20.22 (3/26)

800 Meters (Ind)	NCAA: 2:05.00
Michelle Fero	2:12.93 (3/5)
Skye Atchley	2:15.53 (2/26)
Laura Schmitt	2:15.85 (3/5)
Amy Before	2:18.32 (3/5)
Shelby Williams	2:29.27 (2/25)
Greta Zietz	2:37.01 (1/28)

1,500 Meters (Out)	
Justine Johnson	4:26.80 (3/25)
Mackenzie Carter	4:49.53 (3/25)

Mile (Ind)	NCAA: 4:37.00
Chelsea Orr	4:44.63 (3/5)
Justine Johnson	4:45.72 (3/5)
Katie Flood	4:47.45 (1/29)
Mackenzie Carter	4:53.15 (2/26)
Phoebe Merritt	4:55.27 (3/5)
Allison Linnell	5:10.16 (1/15)
Amy Before	5:13.82 (2/12)
Jacquelyn Komen	5:16.29 (2/12)

3,000 Meters (Ind)	NCAA: 9:13.00
@ Katie Flood	9:09.85 (3/5)
@ Meagan Goethals	9:11.56 (3/5)
Chelsea Orr	9:26.73 (2/12)
Justine Johnson	9:31.86 (2/12)
Phoebe Merritt	9:33.47 (2/12)
Lindsay Flanagan	9:46.41 (1/29)
Mackenzie Carter	10:09.69 (2/26)
Allison Linnell	10:12.02 (1/29)

5,000 Meters (Out)	
Megan Goethals	16:06.64 (3/25)

5,000 Meters (Ind)	NCAA: 16:07.50
Phoebe Merritt	16:34.50 (2/25)
Lindsay Flanagan	16:36.20 (2/25)
Allison Linnell	18:21.79 (2/12)

10,000 Meters (Out)	
Lindsay Flanagan	33:42.50 (3/25)

60 Meter Hurdles (Ind)	NCAA: 8.14
Kayla Stueckle	8.83 (2/25)
Elaine Tran	9.54 (2/12)
Shelby Williams	9.59 (1/28)
Greta Zietz	10.09 (3/5)
Skye Atchley	10.58 (3/5)

100 Meter Hurdles (Out)	
Sarah Schireman	15.44 (3/26)
Shelby Williams	16.95 (3/26)

400 Meter Hurdles (Out)	
Kayla Stueckle	1:02.85 (3/25)
Elaine Tran	1:05.81 (3/26)
Skye Atchley	1:06.32 (3/25)

4x100 Meter Relay (Out)	
Carr/Lauderdale/Carlson/Stueckle	48.07 (3/26)

4x400 Meter Relay (Out)	
Fero/Carr/Stueckle/Carlson	3:52.01 (3/26)
Oden/O'Donnell/Tran/Schmitt	4:08.45 (3/26)

4x400 Meter Relay (Ind)	NCAA: 3:34.00
Fero/Carr/Stueckle/Carlson	3:46.83 (2/12)
Fero/Stueckle/Carlson/Carr	3:51.73 (1/29)
Fero/Carr/O'Donnell/Stueckle	3:54.10 (1/15)
O'Donnell/Oden/Before/Schmitt	3:59.47 (2/12)
Oden/Before/Atchley/Tran	4:07.32 (1/15)

Dist. Medley Relay (Ind)	NCAA: 11:05.50
Johnson/Fero/Orr/Flood	11:20.85 (2/25)
Johnson/Fero/Carter/Flood	11:34.20 (1/28)

High Jump (Out)	
Sarah Schireman	4-11 (1.50) (3/26)
Greta Zietz	4-11 (1.50) (3/26)
Shelby Williams	4-9 3/4 (1.47) (3/26)

High Jump (Ind)	NCAA: 6-0 3/4 (1.85)
Kelly McNamee	5-10 (1.78) (1/29)
Caroline Soules	5-4 1/4 (1.63) (1/15)
Alice Verhovek	5-2 1/4 (1.58) (2/12)
Greta Zietz	5-2 1/4 (1.58) (2/12)
Shelby Williams	4-7 (1.40) (2/25)

Pole Vault (Out)	
Logan Miller	12-9 1/2 (3.90) (3/26)
Kelly Mudlo	11-3 3/4 (3.45) (3/26)
Taylor Fjeran	11-3 3/4 (3.45) (3/26)

Pole Vault (Ind)	NCAA: 14-1 1/4 (4.30)
Logan Miller	13-1 3/4 (4.01) (2/26)
Kelly Mudlo	11-10 (3.61) (3/5)
Taylor Fjeran	12-6 (3.81) (3/5)
Tasha Clark	11-4 1/4 (3.46) (2/12)
Ashley Schnapp	11-3 3/4 (3.45) (1/29)
Klarissa Wren	10-11 3/4 (3.35) (1/29)

Long Jump (Out)	
Taylor Nichols	16-11 1/4 (5.16) (3/26)
Shaniae Lakes	16-5 (5.00) (3/26)

Long Jump (Ind)	NCAA: 20-11 1/4 (6.38)
Taylor Nichols	18-5 3/4 (5.63) (2/12)
Shaniae Lakes	18-4 1/4 (5.60) (1/29)
Alana Alexander	17-6 1/4 (5.34) (1/15)
Bonny Rivers	17-4 3/4 (5.30) (3/5)
Michelle Johnson	17-2 (5.23) (1/29)
Shelby Williams	16-10 3/4 (5.15) (1/28)
Greta Zietz	15-8 3/4 (4.79) (1/28)

Triple Jump (Out)	
Shaniae Lakes	37-4 (11.38) (3/26)
Taylor Nichols	37-0 1/4 (11.28) (3/26)
Alana Alexander	36-9 3/4 (11.22) (3/26)

Lindsey Fleishman	34-9 1/2 (10.60) (3/26)
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Triple Jump (Ind)	NCAA: 43-7 3/4 (13.30)
Taylor Nichols	40-7 1/2 (12.38) (2/26)
Shaniae Lakes	39-10 1/2 (12.15) (3/5)
Alana Alexander	38-10 1/4 (11.84) (2/26)
Lindsey Fleishman	37-0 1/2 (11.29) (2/26)
Michelle Johnson	35-8 3/4 (10.89) (1/29)

Shot Put (Ind)	NCAA: 55-5 1/2 (16.90)
Shelby Williams	41-8 1/2 (12.71) (1/15)
Greta Zietz	29-5 1/4 (8.97) (1/28)

Discus (Out)	
Elisa Bryant	143-5 (43.71) (3/25)

Hammer (Out)	
Elisa Bryant	175-0 (53.34) (3/25)

Weight (Ind)	NCAA: 68-10 (21.00)
Elisa Bryant	63-8 1/4 (19.41) (1/29)
Erica Huse	45-10 1/2 (13.98) (1/29)

Javelin (Out)	
Ally Mueller	137-1 (41.78) (3/26)
Sarah Schireman	86-8 (26.42) (3/26)
Shelby Williams	77-4 (23.57) (3/26)

Pentathlon (Ind)	NCAA: 4,075
Shelby Williams	3,254 (2/25)
Greta Zietz	2,955 (1/28)

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Jan. 15 UW Indoor Preview, Seattle
Jan. 28-29 UW Invitational, Seattle
Feb. 11-12 Flotrack Husky Classic, Seattle
Feb. 25-26 MPSF Championships, Seattle
Mar. 5 UW Final Qualifier, Seattle
Mar. 11-12 NCAA Indoor Championships, College Station, Texas
Mar. 25-26 Stanford Invitational, Palo Alto, Calif.
Mar. 26 Club Northwest Spring Break Open, Seattle

MEN'S ALL-TIME OUTDOOR TOP-10 MARKS

100 Meters

10.18	Ja'Warren Hooker	1998
10.26	Pablo Franco	1975
10.27	Sterling Hinds	1982
10.30	LaNorris Marshall	1983
10.32	James Alaka	2010
10.43	Davaon Spence	2005
	Ed Turner	1996
10.44	Byron Howell	1984
10.48	Isaiah Stanback	2006
10.50	Kelly Coleman	1992

200 Meters

20.23	Ja'Warren Hooker	2000
20.37	Jordan Boase	2008
20.46	LaNorris Marshall	1981
20.61	Sterling Hinds	1982
20.66	Byron Howell	1985
20.68	Pablo Franco	1977
20.71	James Alaka	2010
20.74	Ed Turner	1996
21.06	Joe Turner	2008
21.12	Bernie Jackson	1981

400 Meters

44.82	Jordan Boase	2008
44.91	Ja'Warren Hooker	2000
45.81	Orlando McKay	1990
45.87	Alex Harcourt	2007
46.06	Billy Hicks	1975
46.13	Derek Prior	1998
46.30	B.J. Dawson	1998
46.31	Brent Merritt	1991
46.41	Bruce Jackson	2006
46.44ch	Terry Tobacco	1959
46.44h	Mark Williamson	1984

c - Converted from 440 yards

800 Meters

1:46.29	Ryan Brown	2006
1:47.21	Rob Webster	1982
1:47.54h	Bill Smart	1970
1:48.04h	Mitch Leffler	1992
1:48.14	Austin Abbott	2008
1:48.24h	Greg Gibson	1976
1:48.39	Brice Newton	1997
1:48.60	Ty Minnis	1995
1:48.72	Dwight Wheaton	1991
1:48.84h	Peter Favell	1978

1,500 Meters

3:39.63	Austin Abbott	2009
3:39.89	Bruce Stirling	1987
3:41.74h	Alan Hjort	1989
3:42.64	Geoff Perry	1998
3:43.24h	Greg Gibson	1976
3:43.34h	Rick Albright	1973
3:43.40	Eric Garner	2004
3:43.56	Stormy Shouman	1990
3:43.74	Peter Favell	1978
3:43.77	Gary Gustafson	1978

3,000m Steeplechase

8:32.27	Dan Bell	1987
8:32.54h	Jim Johnson	1972
8:40.24	Atle Naesheim	1989
8:41.17	Greg Metcalf	1992
8:41.83	Carl Moe	2008
8:42.14h	Bill Koss	1972
8:44.54h	Gary Gustafson	1976
8:44.93	Nick Pavach	1996
8:46.92	Mike Hill	2002
8:48.34h	Christian Belz	1997

5,000 Meters

13:40.61	David Bazzi	2001
13:47.25	Colton Tully-Doyle	2011
13:51.83	James Cameron	2011
13:53.45	Alan Hjort	1989
13:54.07	Jeremy Park	2003
13:54.54	Adam Leahy	1990
13:56.84h	Tim Murray	1977
13:57.58	Bill Stolp	1979
13:57.85	Bruce McDowell	1989
13:59.26	Jake Schmitt	2010

i10,000 Meters

28:34.54	David Bazzi	2001
28:49.69	Jeremy Mineau	2006
28:53.99	Jake Schmitt	2009
28:58.34h	Curt Corvin	1986
29:07.22	Mike Sayenko	2007
29:13.04h	Jim Reinke	1987
29:22.47	Kevin Peters	2006
29:22.54h	Bill Stolp	1979
29:27.14h	Steve Surface	1977
29:27.84h	Bill McClement	1978

110-Meter Hurdles

13.57	Spider Gaines	1976
13.91	Lorenzo Bellamy	1980
13.94	Dana Hall	1990
14.04ch	Bill Roe	1967
14.11	Aaron Williams	1981
	Ben Meyer	2000
14.21	James Fredrickson	2007
14.22	Jeremy Taiwo	2010
14.24ch	Dave Williams	1967
	Jim Seymour	1970
	Terry Lavery	1974

c - Converted from 120-yard hurdles

400-Meter Hurdles

49.51	Shane Charles	2006
49.85	Bernard Ellison	1991
50.63	James Fredrickson	2007
51.45	Brad Goodrich	2002
51.64ch	Terry Lavery	1974
	Tom Straithairn	1978
	Dan Johnston	1998
51.88c	Brian Mondschein	1975
51.89	Sean Williams	2004
52.17	Ben Meyer	2000

c - Converted from 440-yard hurdles

4x100-Meter Relay

39.24	Brown/Hinds/ Howell/Marshall	1983
39.43	Boase/Davidson/ S. Williams/Spence	2005
39.49	Marshall/Stankovic/ Howell/Jackson	1981
39.52	Boase/Fredrickson/ Turner/Hamilton	2008
39.84ch	Carr/Elkins/Hicks/Davis	1974
39.86	Noji/Hall/McKay/Jones	1990
39.94ch	Kirtman/Hicks/ Franco/Tinner	1975
39.97	Boase/Bacon/ Turner/Hamilton	2008
40.00	Bacon/Fredrickson/ Turner/Hamilton	2008
40.07	Boase/Harcourt/ Charles/Stanback	2006

c - Converted from 440-yard relay

4x400-Meter Relay

3:03.85	S. Williams/Charles/ Brown/Jackson	2005
3:04.14yh	Tinner/Belur/Franco/ Hicks	1975
3:04.22	Boase/Charles/ Brown/Jackson	2006
3:04.73	Bryant/McKay/ Merritt/Elison	1990
3:05.21	Hooker/Prior/ Anabel/Dawson	1998
3:06.41	Adams/McCary/ S. Williams/Jackson	2004
3:06.53	Strub/McKay/ Merritt/Elison	1991
3:07.08	Boase/Charles/ McCary/Jackson	2006
3:08.37	Boase/Charles/ S. Williams/Jackson	2005
3:08.39	Gudaitis/Fredrickson/ Brown/Harcourt	2007

c - Converted from mile relay

High Jump

7-6 1/2	Rick Noji	1990
7-3 1/4	Norris Frederick	2008
7-1	Lucian Moore	1977
	Mike Ramos	1986
7-0 1/2	J.D. Taylor	1985
	Mark Alan	1989
7-0 1/4	Tracey Thomas	1988
	Sean Steele	2001
7-0	Darryl Laverdure	1973
	Doug Meade	1981

Pole Vault

18-6 1/2	Brad Walker	2003
18-4 1/2	Scott Roth	2009
18-0 1/2	Garth Willard	1992
18-0 1/4	Steve Oravetz	1979
17-10 1/2	Ron Johnson	1992
	Bryan Madche	1996
	Matt Phillips	2000
17-7 3/4	Ryan Vu	2010
17-7	Jared O'Connor	2009
17-6 1/4	Kirk Bryde	1972

Long Jump

27-4	Phil Shinnick	1963
25-7	Rob Scott	1992
25-6 3/4	Norris Frederick	2006
25-5 3/4	Wariboko West	1964
25-1 3/4	Grant Birkinshaw	1971
25-1 1/4	Aaron Williams	1981
25-0	Ed Turner	1997
24-9	Peter Spencer	1969
24-8 1/4	J.R. Wolfork	2005
24-7 1/4	Tony Zackery	1986

Triple Jump

52-5 3/4	Wayne Hinkley	1975
51-5 1/2	Eric Klein	1968
51-5	Al Harris	1983
50-11	Dion Brown	1989
50-5 1/4	Aaron Williams	1981
	Tony Parrish	1995
50-4 1/4	Vestee Jackson	1982
50-3	Dennis Cook	1977
49-11	Jerrold Akins	1994
49-9 3/4	John Triplett	1976

Shot Put

65-11	Steve Summers	1979
65-4	Ben Lindsey	1998
64-4	Russ Vincent	1976
62-11 1/4	John Hubbell	1969
62-9 1/2	Ernie Conwell	1996
61-7	Pete Kaligis	1994
61-3 3/4	Ernie Cathcart	1972
60-10 1/4	Jeff Johnson	1981
60-3	Erik Johnson	1988
60-0 1/4	Neal Kneip	1986

Discus

214-7	Borys Chambul	1976
210-3	Adam Setliff	1993
208-9	Mart Israel	2007
202-7	Ben Lindsey	1998
201-8	Doug Wollen	1982
200-1	Will Conwell	2006
192-11	Todd Wilson	1991
192-4	Dan Tabish	1987
189-6	Pat Feider	1990
187-3	Mat Schwinn	2003

Hammer

238-7	Scott Neilson	1978
222-1	Martin Bingisser	2007
216-2	Neil Kneip	1985
212-7	Zack Midles	2010
208-5	Sam Fu	1995
205-8	Erik Johnson	1988
201-0	Angus Taylor	2010
200-5	Damon Felice	1996
200-0	Casey Ballwey	1974
196-9	Rich Bagley	1979

Javelin (new implement, 1986-)

249-6	Darryl Roberson	1989
247-1	Kyle Nielsen	2010
244-10	Joe Zimmerman	2010
240-8	Tony Parsley	1991
238-8	Troy Burkholder	1996
237-2	Mike deMunnik	1994
236-1	Craig Manalili	1994
233-10	Juan Romero	2006
233-5	Bob Rockett	1987
	Jacob Smith	1995

Javelin (old implement, pre-1986)

287-6	Bob Rockett	1985
280-8	Duncan Atwood	1978
275-6	Cary Feldman	1971
269-6	Rod Ewaliko	1976
264-7	Gary Quitslund	1972
261-3	Tom Sinclair	1979
260-0	Mike Mahovich	1980
255-7	Dale Pedersen	1983
254-3	Robert Moulder	1980
242-3	Fred Luke	1968

Decathlon

8,322	Mike Ramos	1986
8,063	Steve Erickson	1985
7,758	Gary Gefre	1980
7,521	Jeremy Taiwo	2010
7,465	Gary Wipfler	1981
7,426	Jacob Predmore	2000
7,125	Brian Mondschein	1977
7,065	Stan Vegar	1977
7,006	Blake Bidleman	2007
6,991	E.J. Iddings	1997

MEN'S ALL-TIME INDOOR TOP-10 MARKS/FRESHMAN RECORDS

60 Meters

6.55	Ja'Warren Hooker	2001
6.71c	Ed Turner	1997
	Willem Ryan	1997
6.77c	Tim Martin	1994
	Sterling Hinds	1983
6.78	James Alaka	2010
6.78c	Napoleon Kaufman	1993
	Rick Noji	1987
6.80	Isaiah Stanback	2006
6.80c	Carlos Hattix	1997

c - Converted from 55 meters

200 Meters

20.56	Ja'Warren Hooker	2001
20.85	Jordan Boase	2009
21.05	Ed Turner	1997
21.18	Shelton Sampson	2003
21.41	Alex Harcourt	2007
21.51	James Fredrickson	2008
21.54	Beno Bryant	1990
21.57	Joseph Turner	2008
	Tim Martin	1994
	Orlando McKay	1990

400 Meters

46.09	Jordan Boase	2009
46.43	Alex Harcourt	2007
46.45	Derek Prior	1999
46.86	B.J. Dawson	1998
47.32	Orlando McKay	1991
47.40	James Fredrickson	2008
47.41	Sean Williams	2005
47.54	Jeff Gudaitis	2009
47.58	Bernard Ellison	1990
47.82	Bruce Jackson	2006

800 Meters

1:48.40	Ryan Brown	2007
1:48.56	Austin Abbott	2009
1:49.59	Shane Charles	2005
1:49.93	Ryan Styrk	2011
1:50.19	Brian Govier	2007
1:50.52	Ryan Soberanis	2009
1:50.65	Mitch Leffler	1993
1:51.14y	Rich Mesmer	1968
1:51.17	Bruce Jackson	2005
1:51.55	Todd Arnold	2003

c - Converted from 880 yards

Mile

3:58.23	Austin Abbott	2009
3:58.51	James Cameron	2011
3:58.93	Eric Garner	2002
3:59.24	Greg Gibson	1974
4:00.53	Joey Bywater	2011
4:01.33	Carl Moe	2007
4:03.63	Max O'Donoghue-McDonald	2011
4:03.77	John Russell	2004
4:04.00	Ryan Soberanis	2011
4:05.20	Colton Tully-Doyle	2011

3,000 Meters

7:53.13	Colton Tully-Doyle	2011
7:54.13	Jeremy Park	2003
8:00.17	James Cameron	2011
8:02.56	Eric Garner	2002
8:02.82	Carl Moe	2004
8:03.04	Jake Schmitt	2009
8:04.92	Mark Mandi	2004
8:04.94c	Jim Johnson	1972
8:06.04	Dustin Duke	2002
8:06.57	David Bazzi	2001

c - Converted from two-mile run

5,000 Meters

13:48.86	Colton Tully-Doyle	2010
13:54.03	Jeremy Mineau	2006
13:54.25	Jake Schmitt	2009
13:54.77	James Cameron	2011
13:58.51	David Bazzi	2001
14:05.50	Rob Webster Jr.	2011
14:10.81	Andy Fader	2004
14:11.39	Jon Hickey	2004
14:12.51	Mark Mandi	2004
14:13.89	Mike Hill	2002

60-Meter Hurdles

7.82c	Dana Hall	1991
7.90c	Skip Moody	1998
7.95c	Ben Meyer	1997
8.03	James Fredrickson	2007
8.06c	Kyle Gano	1994
8.08	Marc James	2004
8.09c	Greg Barber	1999
8.10c	Don Morehead	1984
8.14	Jeremy Taiwo	2011
8.15	Shayne Moore	2010

c - Converted from 55-meter hurdles

4x400-Meter Relay

3:07.03	Boase/Brown/Charles/Jackson	2006
3:07.33	Hooker/Dawson/Anabel/Prior	1998
3:07.86	Harcourt/Brown/Charles/Jackson	2006
3:07.94	S. Williams/Brown/Charles/Jackson	2005
3:09.08	Gudaitis/Stil/Brown/Fredrickson	2007
3:09.74	Gudaitis/Fredrickson/Boase/Harcourt	2008
3:10.07	Hooker/Mackey/Prior/Anabel	1999
3:10.67	N. Williams/Adams/McCary/S. Williams	2004
3:10.74c	Kozol/Bathurst/Bredahl/Stankovic	1981
3:11.11	Rucker/Gudaitis/Turner/Boase	2009

c - Converted from mile relay

Distance Medley Relay

9:35.35	Abbott/Jackson/Brown/Moe	2006
	Garner/S. Williams/Moe/Russell	2004
9:35.89	Abbott/Fredrickson/Brown/Moe	2007
9:36.20	Abbott/S. Williams/Brown/Fader	2005
9:36.21	Bywater/Gudaitis/Soberanis/Abbott	2009
9:38.09	Russell/S. Williams/Arnold/Moe	2004
9:38.23	Soberanis/Dunn/Styrk/Tully-Doyle	2011
9:39.29	Soberanis/Dunn/Styrk/Cameron	2011
9:40.82	Garner/S. Williams/Arnold/Park	2003
9:43.40	Abbott/Stil/Govier/Spady	2007

Men's Freshman Records

100 Meters	10.18, Ja'Warren Hooker, 1998
200 Meters	20.70, Ja'Warren Hooker, 1998
400 Meters	46.42, Ja'Warren Hooker, 1998
800 Meters	1:47.9h, Greg Gibson, 1973
1,500 Meters	3:44.36, Austin Abbott, 2005
Mile	4:04.5h, Greg Gibson, 1973
3,000 Meters	8:02.02i, Carl Moe, 2004
Steeplechase	8:44.4h, Gary Gustafson, 1976
5,000 Meters	13:54.03i, Jeremy Mineau, 2006
10,000 Meters	28:49.69, Jeremy Mineau, 2006
110-Meter Hurdles	13.57, Spider Gaines, 1976
400-Meter Hurdles	51.53, Brad Goodrich, 2001
High Jump	7-4 1/2, Rick Noji, 1986
Pole Vault	17-10 1/2, Scott Roth, 2007
Long Jump	25-6 1/4i, Norris Frederick, 2005
Triple Jump	50-8 1/4i, Kasen Covington, 2011
Shot Put	59-11, Russ Vincent, 1974
Discus	187-2, Ben Lindsey, 1997
Hammer Throw	221-5, Scott Neilson, 1976
Javelin (old)	266-11, Bob Rockett, 1983
Javelin (new)	244-10, Joe Zimmerman, 2010
Decathlon	7,638, Mike Ramos, 1982

High Jump

7-5	Rick Noji	1988
7-3	Norris Frederick	2008
7-0 1/4	Warren Eickhoff	2005
	Rob Reynolds	1996
	Tracey Thomas	1988
6-11 3/4	Sean Steele	2001
6-11 1/2	A.J. Maricich	2011
	Jeremy Taiwo	2011
6-11	Greg Fjellman	1992
6-10 3/4	Tay Cody	1994
	Mark Allan	1991

Pole Vault

19-0 1/4	Brad Walker	2003
18-9 1/4	Scott Roth	2010
17-10	Steve Oravetz	1979
17-9 3/4	McKane Lee	2007
17-7 3/4	Matt Phillips	2000
17-7	Ryan Vu	2011
17-6 1/2	Garth Willard	1992
17-6	Jeff Taylor	1975
17-1 3/4	Brian Madche	1998
17-1	Jared O'Connor	2009
	Craig Connors	1998
	Todd Campbell	1995

Long Jump

26-7 3/4	Norris Frederick	2008
25-6 1/2	Phil Shinnick	1965
25-0	Ed Turner	1996
24-5 1/2	Robert Scott	1992
23-10 3/4	Jeremy Taiwo	2011
23-9 1/2	J.R. Wolfork	2006
23-9	Skip Moody	1997
23-7 1/2	Mike Ramos	1984
23-7 1/4	Shane Paulsen	1991
23-6 3/4	Vestee Jackson	1982

Triple Jump

50-10	John Triplett	1976
50-8 1/4	Kasen Covington	2011
50-2 1/2	Wayne Hinkley	1975
50-0 1/2	Tony Parrish	1995
49-8 1/4	Marcus Kelly	2001
49-7	Greg Henderson	1982
49-3 3/4	James Sims, Jr.	2003
49-2 1/4	Jerrold Akins	1992
49-1 3/4	Al Harris	1984
48-11 1/2	Tyriiff Rudder	2001

Shot Put

65-5 1/4	Ben Lindsey	1998
64-4	Russ Vincent	1975
64-1	Steve Summers	1980
60-7	John Hubbell	1969
60-6 1/2	Ernie Conwell	1995
58-11 1/2	Eric Johnson	1988
57-5 3/4	Neal Kneip	1986
56-10 1/4	George Sutherland	1975
56-7 1/4	Brett Holden	1982
56-5 1/4	Daniel Te'o-Nesheim	2007

35-lb. Weight Throw

71-5 1/2	Scott Neilson	1979
67-0	Martin Bingisser	2007
65-7 1/2	Neal Kneip	1986
62-6	Zack Midles	2009
62-1 3/4	Russ Vincent	1978
61-6	Eric Johnson	1989
61-4 3/4	Bill Stengele	1997
60-2	Angus Taylor	2010
58-0 1/4	Will Conwell	2006
57-11 1/4	Conner Larned	2011

Heptathlon

5,780	Jeremy Taiwo	2011
5,309	Andrew Ferleman	2011
5,140	Kale Schmidt	2011
5,126	Blake Bidleman	2006
4,874	Corey Fredericks	2007
4,714	Jake Vetter	2010
4,702	Bryce Borer	2010
4,644	Bobby Noble	2008
4,634	Jeremy Lashinske	2010
4,609	Doug Blaty	2004

WOMEN'S ALL-TIME OUTDOOR TOP-10 MARKS

100 Meters

11.47	Zelda Johnson	1985
11.53	Donna Dennis	1983
11.54h	Ashley Lodree	2006
11.77	Dominique Lauderdale	2010
11.84	Esrenee Cunningham	1989
	Tracy Griffin	1994
11.86	Shirley Walker	1985
11.87	Marzette Penton	1996
11.90	Meledy Smith	1984
11.94	Michele Stapleton	1989

200 Meters

23.40	Donna Dennis	1983
23.86	Tracy Griffin	1994
24.12	Chelsie Pentz	2000
24.13	Zelda Johnson	1985
24.14h	Esrenee Cunningham	1989
24.34	Lauran Dignam	2004
24.44	Tamanika Terry	1994
24.44h	Joyce Schweim	1989
24.50	Keisha Griffis	1998
24.52	Falesha Ankton	2009

400 Meters

54.31	Lauran Dignam	2006
54.44	Keisha Griffis	1998
54.45	Patrice Woods	1996
54.47	Terra Barter	1995
54.64	Koko Sandmeyer	1994
54.70	Monique Glass	1998
54.74h	Colleen Richardson	1980
54.84h	Kelsey Sheppard	2000
54.98	Asya Muhammad	1998
55.05	Chelsie Pentz	2000

800 Meters

2:05.73	Sarah Bolender	1987
2:05.97	Courtney Inman	2003
2:06.07	Katie Follett	2009
2:06.51	Kailey Campbell	2009
	Dana Arnim	1980
2:06.55	Christine Babcock	2009
2:06.75	Mary Dong	1987
2:06.80	Sandra Gregg	1981
2:06.98	Amanda Miller	2008
2:07.39	Dani Schuster	2007

1,500 Meters

4:10.66	Katie Follett	2010
4:10.93	Courtney Inman	2003
4:12.84h	Regina Joyce	1981
4:14.63	Amy Lia	2006
4:14.94	Michelle Turner	2008
4:16.10	Christine Babcock	2009
4:16.68	Amanda Miller	2008
4:18.31	Sandra Gregg	1981
4:18.43	Kailey Campbell	2009
4:18.81	Danelle Kabush	1998

3,000 Meters

8:55.05	Regina Joyce	1982
9:16.56	Tara Carlson	1996
9:20.35	Margaret Butler	2000
9:23.42	Anita Campbell	2009
9:23.66	Janicka Peterson	1990
9:23.89	Jennifer Smalley	1991
9:26.38	Cami Matson	2000
9:31.04	Emily Johnson	1996
9:31.10	Sabrina Monro	2003
9:31.91	Anne Howard	1991

3,000m Steeplechase

9:40.98	Mel Lawrence	2009
10:33.28	Laura Halverson	2004
10:35.31	Kate Spigel	2003
10:37.27	Dallon Williams	2004
10:43.26	Camille Connelly	2005
10:44.96	Allison Linnell	2009
10:49.34	Mo Huber	2008
11:01.27	Karen Schwager	2004
11:04.87	Trisha Rasmussen	2006
11:09.94	Amanda Stopa	2009

5,000 Meters

15:35.60	Regina Joyce	1982
15:45.85	Anita Campbell	2009
15:48.72	Katie Follett	2009
15:50.36	Mel Lawrence	2009
15:55.71	Tara Carlson	1996
15:56.90	Sabrina Monro	2003
16:01.20	Anna Aoki	2001
16:06.64	Megan Goethals	2011
	Gillian Palmer	2001
16:28.11	Kenna Patrick	2009

10,000 Meters

33:13.45	Regina Joyce	1983
33:32.28	Sabrina Monro	2003
33:35.51	Kate Bradshaw	2001
33:40.22	Anita Campbell	2009
33:42.50	Lindsay Flanagan	2011
34:04.70	Deeja Youngquist	1999
34:04.77	Anna Aoki	2001
34:12.54h	Karen Petley	1982
34:34.79	Lisa Gibbs	2002
34:42.10	Lauren Saylor	2009

100-Meter Hurdles

12.99	Ashley Lodree	2007
13.18	Falesha Ankton	2010
13.55	Claudine Robinson	1994
13.62	Shirley Walker	1984
13.69	Joyce Schweim	1990
13.86	Leslie Campbell	1991
13.98	Grace Vela	2004
14.05	Brynne Steward	2003
	Patrice Davis	1999
14.07	Keisha Griffis	1998

400-Meter Hurdles

57.13	Terra Barter	1995
57.35	Keisha Griffis	1997
57.79	Mari Bjone	1991
58.29	Kelsey Sheppard	2000
58.40	Patrice Woods	1995
59.45	Angie Tasker	1990
	Patrice Davis	1997
59.52	Falesha Ankton	2008
59.53	Joyce Schweim	1989
59.60	Syreeta Martin	2007

4x100-Meter Relay

44.74h	Smith/Walker/Johnson/Dennis	1985
45.20	Keller/Walker/Smith/Dennis	1984
45.63	Cunningham/Stapleton/Gamby/Schweim	1989
45.67	Smith/T. Moore/Pentz/Hawkins	2000
45.81	Vela/Craddock/Steward/Lodree	2004
45.88	Ankton/Lauderdale/Carlson/Greene	2009
45.89	McClatcher/Penton/Griffis/Muhammad	1998

46.04	Steward/Lodree/Dignam/Nash	2005
	Washington	1999
46.07	Dignam/Leonhardt/Ankton/Nash	2006
	Griffin/Sandmeyer/Woods/Barter	1994

4x400-Meter Relay

3:37.68	McClatcher/Glass/Griffis/Muhammad	1998
3:39.04	Sheppard/Pentz/Moore/Bledsoe	2000
3:39.65	Woods/Casbere/Barter/Sandmeyer	1994
3:41.60	Newton/Minelli/Woods/Barter	1995
3:41.92	Washington	1999
3:41.97	Reimbold/Minelli/Newton/Woods	1996
3:43.24h	Nomiyama/Shannon/Arnim/Richardson	1980
3:43.61	Dignam/Leonhardt/Martin/Ankton	2006
3:43.92	Glass/Minelli/Davis/Newton	1997
3:44.58	Steward/Dignam/Lodree/Miller	2005

High Jump

6-2 3/4	Vicki Borsheim	1987
6-0 1/2	Maggie Garrison	1978
6-0	Sherri Felton	1978
5-10 1/4	Dianne Baumann	1983
5-10	Makare Desilets	1997
5-9 3/4	Gaye Brandenstein	1982
5-8 3/4	Kelly McNamee	2009
	Celia Willis	1990
	Mary Prince	1990
5-8 1/2	Janie Vermeere	1994

Pole Vault

14-2	Kate Soma	2004
13-9 3/4	Andrea Peterson	2009
13-9 1/4	Carly Dockendorf	2005
13-5 3/4	Stevie Marshalek	2007
13-5 1/4	Kelley DiVesta	2006
	Ashley Wildhaber	2005
13-3 1/2	Lara Jones	2009
12-11 1/2	Sandy Erickson	2000
12-9 1/2	Logan Miller	2011
12-7 1/2	Sarah Pappas	2008

Long Jump

21-0	Meledy Smith	1984
20-8 1/2	Ashlee Lodree	2007
	Tara Davis	1995
20-8 1/4	Shiri Milton	1984
20-1	Kendra Keller	1987
	Angie Tasker	1989
19-11 1/4	Jakki Davis	1984
19-10 3/4	Sonja Forster	1992
19-9	Kam Warner	1994
19-7 1/2	Tami Mathewson	1990
	Zee Ogarro	2002

Triple Jump

41-7 3/4	Tara Davis	1995
41-4 1/2	Brittany Roberts	2003
41-0 1/4	Shaniae Lakes	2010
40-9 3/4	Michelle Reid	1997
40-8 1/4	Angie Tasker	1989
40-7	Suzanne Silvis	1994
40-4 3/4	Sidney Brown	2004
40-1 1/4	Taylor Nichols	2010
39-11 1/2	Fahern Thomas	1992
39-10 1/2	Kyla Sutton	1996

Shot Put

55-7	Jennifer Ponath	1988
52-6	Shirley Ross	1988
51-10 1/4	Caryl Van Pelt	1981
51-5	Aretha Hill	1998
51-2 1/2	Meg Jones	1987
50-8 3/4	Sesilia Thomas	2000
49-4 1/2	Jackie Henry	1983
48-5 1/4	Sherree Ellis	2007
48-0 3/4	Cherron Davis	2004
47-0 1/4	Soozie Shanley	1995

Discus

215-3	Aretha Hill	1998
179-3	Jennifer Ponath	1988
175-8	Cecilia Barnes	1999
174-10	Meg Jones	1987
170-7	Sandy Whitlock	1990
168-0	Susanne Dandenault	1990
165-2	Elisa Bryant	2009
161-2	Soozie Shanley	1995
160-1	Jackie Henry	1980
159-1	Caryl Van Pelt	1979

Hammer

190-6	Elisa Bryant	2009
189-9	Kameko Gay	2003
169-1	Rebecca Morrison	1998
168-7	Soozie Shanley	1996
168-2	Aretha Hill	1998
156-4	Cecilia Barnes	1999
155-3	Shannon Harvey	2007
155-2	Carin Trygg	2004
153-3	Arlecier West	2006
150-5	Piper Hope	2005

Javelin (new implement, 1986-)

173-7	Megan Priestersbach	2004
168-11	Brooke Pighin	2009
161-9	Tiffany Zahn	2006
159-6	Heather Reichmann	2003
143-8	Kaisa Keranen	2007
137-1	Ally Mueller	2011
136-4	Chris Withey	2000
136-3	Jordin Seekins	2010
122-5	Grace Vela	2005
117-1	Rebecca Morrison	1999

Javelin (old implement, pre-1986)

197-4	Helena Uusitalo	1986
191-2	Deanna Carr	1983
182-4	Shelly Sanford	1989
173-4	Tessie Schorr	1993
171-10	Liz Lasiter	1986
170-6	Vicki Smiley	1983
	Lisa Torrison	1983
	Kristin Ronning	1993
167-2	Monika Parker	1994
165-10	Laura Kruse	1994

Heptathlon

5,266	Sonja Forster	1992
5,225	Grace Vela	2004
5,186	Angie Tasker	1989
4,845	Liz Fuller	2007
4,831	Janie Vermeere	1994
4,796	Deanna Carr	1982
4,657	Shelley Pascoe	1991
4,623	Sarah Schireman	2010
4,469	Kaisa Keranen	2006
4,404	Dianne Baumann	1982

WOMEN'S ALL-TIME INDOOR TOP-10 MARKS/FRESHMAN RECORDS

60 Meters

7.34	Ashley Lodree	2007
7.37	Dominique Lauderdale	2011
7.40c	Tracy Griffin	1994
7.50c	Donna Dennis	1986
	Zelda Johnson	1985
7.52c	Marzette Penton	1997
7.57c	Tami Mathewson	1993
7.60	LeTasha Moore	2002
7.62c	Jamara Alexander	2001
7.64c	Joyce Schweim	1991
	Keisha Griffis	1996

c - Converted from 55 meters

200 Meters

24.22	Ashley Lodree	2007
24.49	Tracy Griffin	1994
24.61	Falesha Ankton	2009
24.86	Marzette Penton	1996
	Chelsie Pentz	2000
24.99	Bianca Greene	2010
25.10	Syreeta Martin	2008
25.13	Lauran Dignam	2004
25.23	Joyce Schweim	1991
25.27	Jamara Alexander	2000

400 Meters

55.11	Kelsey Sheppard	2002
55.46	Lauran Dignam	2006
55.48	Chelsie Pentz	2000
55.74	Koko Sandmeyer	1994
55.91	Patrice Woods	1996
55.99	Kinyatta Leonhardt	2007
56.01	Kellie Gamby	1991
56.13	LeTasha Moore	2002
56.23	Monique Glass	1999
56.35	Lara Kelley	1999

800 Meters

2:06.69	Amanda Miller	2008
2:07.80	Katie Follett	2010
2:07.85	Kailey Campbell	2009
2:08.39	Courtney Inman	2003
2:08.97	Michelle Turner	2008
2:09.73	Amy Lia	2004
2:09.99	Dani Schuster	2007
2:10.17	Kira Harrison	2007
2:11.06c	Sarah Bolender	1987
2:11.08	Terra Barter	1995

c - Converted from 800 yards

Mile

4:34.98	Katie Follett	2010
4:38.00	Christine Babcock	2009
4:38.51	Kailey Campbell	2009
4:39.93	Amanda Miller	2008
4:40.08	Michelle Turner	2008
4:40.24	Courtney Inman	2003
4:42.17	Ingvill Makestad	2004
4:42.27	Lindsey Egerdahl	2005
4:43.33	Dani Schuster	2007
4:44.34	Amy Lia	2006

c - Converted from 1,500 meters

3,000 Meters

9:08.50	Mel Lawrence	2009
9:09.85	Katie Flood	2011
9:11.56	Megan Goethals	2011
9:15.73	Katie Follett	2009
9:20.53	Kendra Schaaf	2010
9:25.45	Anita Campbell	2009
9:26.73	Chelsea Orr	2011
9:31.24	Lauren Saylor	2009
9:31.86	Justine Johnson	2011
9:32.28	Sabrina Monro	2002

5,000 Meters

16:09.26	Anita Campbell	2009
16:11.82	Mel Lawrence	2010
16:22.13	Sabrina Monro	2003
16:33.01	Anna Aoki	2000
16:34.50	Phoebe Merritt	2011
16:36.20	Lindsay Flanagan	2011
16:45.58	Lisa Gibbs	2002
16:45.96	Lauren Saylor	2008
16:49.24	Kenna Patrick	2009
16:49.35	Trisha Rasmussen	2008

60-Meter Hurdles

8.01	Ashley Lodree	2007
8.21c	Claudine Robinson	1994
8.41	Falesha Ankton	2009
8.41c	Joyce Schweim	1991
8.55	Brynne Steward	2006
8.55c	Leslie Campbell	1990
8.59c	Patrice Davis	1999
8.62c	Kam Warner	1994
8.63	Grace Vela	2005
8.66c	Lara Kelley	1999

c - Converted from 55-meter hurdles

4x400-Meter Relay

3:44.00	Glass/Sheppard/ Muhammad/Griffis	1999
3:44.26	Pentz/Sheppard/ Moore/Bledsoe	2000
3:44.90	Dignam/Steward/ Leonhardt/Martin	2006
3:45.32	R. Moore/Jensen/ Sheppard/Hawkins	2002
3:45.40	Woods/Griffin/ Sandmeyer/Barter	1994
3:46.83	Fero/Carr/ Stueckle/Carlson	2011
3:47.19	Sandmeyer/Hallett/ Doht/Bjone	1991
3:47.58	Martin/Ankton/ Miller/Lodree	2007
3:47.88	Martin/Ankton/ Miller/Turner	2008
3:48.68	L. Moore/Sheppard/ Jensen/Hawkins	2002

Distance Medley Relay

11:05.80	Babcock/Ankton/ K. Campbell/Follett	2009
11:12.77	Miller/Ankton/ Turner/Follett	2008
11:19.94	Miller/Tvare/ Turner/Follett	2008
11:20.85	Johnson/Fero/ Orr/Flood	2011
11:23.12	Lia/Jensen/ Makestad/Egerdahl	2004
11:23.57	Makestad/Harrison/ Lia/Egerdahl	2004
11:24.45	Miller/Leonhardt/ Schuster/Lia	2007
11:25.67	Schuster/Leonhardt/ Harrison/Miller	2007
11:34.20	Johnson/Fero/ Carter/Flood	2011
11:35.41	Kabush/Griffis/ Froese/Butler	1998

Women's Freshman Records

100 Meters	11.53, Donna Dennis, 1983
200 Meters	23.40, Donna Dennis, 1983
400 Meters	54.6h, Colleen Richardson, 1980
800 Meters	2:06.55, Christine Babcock, 2009
1,500 Meters	4:12.7h, Regina Joyce, 1981
3,000 Meters	8:59.39, Regina Joyce, 1981
Steeplechase	10:37.27, Dallon Williams, 2004
5,000 Meters	16:29.91, Anita Campbell, 2006
10,000 Meters	34:34.79, Lisa Gibbs, 2002
100-Meter Hurdles	13.41, Ashley Lodree, 2004
400-Meter Hurdles	57.35, Keisha Griffis, 1996
High Jump	6-0, Sherri Felton, 1978
Pole Vault	13-3 3/4, Kelley DiVesta, 2005
Long Jump	21-0, Meledy Smith, 1984
Triple Jump	41-0 1/4, Shaniae Lakes, 2010
Shot Put	50-5 1/4i, Meg Jones, 1985
Discus	175-8, Cecelia Barnes, 1999
Hammer Throw	178-9, Elisa Bryant, 2008
Javelin (old)	170-6, Vicki Smiley, 1983
Javelin (new)	157-9, Tiffany Zahn, 2003
Heptathlon	4,891, Angie Tasker, 1987

High Jump

6-2	Vicki Borsheim	1988
6-0	Maggie Garrison	1977
5-11 1/2	Kelly McNamee	2009
5-8 1/4	Dianne Baumann	1983
5-8	Grace Vela	2005
	Celia Willis	1990
5-7 3/4	Daria Pavlov	2006
	Francine Richardson	1997
5-7	Liz Fuller	2006
	Sidney Brown	2003
	Mary Prince	1990

Pole Vault

14-3 1/2	Kate Soma	2005
13-9 1/4	Kelley DiVesta	2008
	Ashley Wildhaber	2005
13-7 3/4	Carly Dockendorf	2006
13-7 1/4	Stevie Marshalek	2005
13-5 1/4	Lara Jones	2009
13-2 1/4	Andrea Peterson	2009
13-1 3/4	Logan Miller	2011
12-11 1/2	Kelly Mudlo	2010
12-9 1/2	Sandy Erickson	2002

Long Jump

20-5 1/2	Meledy Smith	1984
19-9 3/4	Tara Davis	1995
19-9	Kendra Keller	1984
19-7 3/4	Angie Tasker	1989
	Jakki Davis	1984
19-6 3/4	Grace Vela	2005
19-6 1/4	Ashley Lodree	2004
	Kam Warner	1994
19-5 3/4	Michele Reid	1998
19-3	Marzette Penton	1998

Triple Jump

41-4 1/4	Brittany Roberts	2003
41-0 1/4	Daria Amiad-Pavlov	2009
40-7 1/2	Taylor Nichols	2011
40-6 3/4	Angie Tasker	1988
40-3 1/4	Sidney Brown	2005
40-0 1/2	Michele Reid	1998
39-10 1/2	Shaniae Lakes	2011
39-7 1/2	Tara Davis	1995
39-5 3/4	Lindsey Fleishman	2010
39-3 3/4	Grace Vela	2005

Shot Put

52-7 1/2	Jennifer Ponath	1988
51-4 1/2	Shirley Ross	1988
50-9 1/2	Meg Jones	1988
49-10 3/4	Caryl Van Pelt	1978
49-9 3/4	Seselia Thomas	2000
49-4 1/4	Aretha Hill	1998
47-5 1/4	Sheree Ellis	2007
46-10	Suzanne Dandenault	1991
46-7 1/4	Whitney Hooks	2007
46-1 1/4	Cherron Davis	2003

20-lb. Weight Throw

65-8 3/4	Elisa Bryant	2009
55-2	Aretha Hill	1998
52-2 1/2	Soozie Shanley	1996
51-9	Korede Oyetuga	2010
51-5 3/4	Seselia Thomas	2000
50-11 1/2	Arlecier West	2005
50-8 3/4	Kameko Gay	2003
49-1 1/2	Rebecca Morrison	1999
47-9 1/4	Searan Salibian	2002
47-7 1/4	Carin Trygg	2004

Pentathlon

3,915	Grace Vela	2005
3,854	Daria Amiad-Pavlov	2006
3,840	Liz Fuller	2008
3,696	Dianne Baumann	1983
3,692	Angie Tasker	1989
3,559	Kelly McNamee	2009
3,508	Sonja Forster	1990
3,471	Bonnie Snyder	2005
3,381	Lindsey Kirschman	2010
3,284	Sarah Schireman	2010